

Community News

Mail announcements to The Estill Tribune, 6135 Winchester Road, Irvine, KY 40336
Call (606) 723-5012; Fax to (606) 723-2743; or E-mail it to <News@EstillTribune.Com>

Daytime

Al-Anon Daytime Meetings

Al-Anon is a fellowship of relatives and friend of alcoholics who believe their lives have been affected by someone's drinking. Its single purpose is to help families and friends of alcoholics. If you would be interested in a daytime meeting, please contact Amanda Webb/West Care at 726-0385.

Fridays, 6:00 to 8:00pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine, for anyone who plays.

Thursdays @ 7:00pm

Estill Chorus Spring Rehearsals

Estill chorus rehearsals have begun for the spring semester! The Chorus is open to any singer who desires a high level of choral experience. There is no audition. Rehearsals are held Thursday evenings from 7:00 to 8:30 at Irvine First Christian in the Fellowship Hall. The chorus especially is in need of more men, and high schoolers are also welcome. Please, join us. For more information, e-mail <estillchorus@gmail.com>.

First Monday of the Month

Twin City Kruzerz Car Club

Twin City Kruzerz Car Club will be holding their monthly meeting on the first Monday of each month at Irvine City Hall at 7:00 p.m. If the meeting falls on a holiday it will be held the following day (Tuesday). All members and anyone wishing to join the club are welcome. If you have any questions please call Loyd Flynn at 723-6776, or Kenneth Tipton at 723-7554.

Spay/Neuter Funds Still Available

Pet Spay & Neuter Assistance

There is still spay/neuter money available through The Humane Society's Angels of Estill County which acquired a grant to help reduce our pet overpopulation. If you have a cat or dog needing to be altered, please email Ellen Frederick at <ellen.frederick@windstream.net> or <peacefulpawsky@aol.com> for forms/instruction. These funds were made possible from the KY spay/neuter licensing program and are limited. They are available to residents of Estill, Lee, Wolfe, Owsley and Jackson counties. This money must be spent or we'll have to give it back. Don't miss out on this program. Program is subject to fund availability. Thanks for helping our community reduce our pet overpopulation. Funds are independent of the Estill County Animal Shelter. Please do not call the Shelter about this program.

Stickeler's Answer

Stickelers Answer

The answer is telephone. Although a telephone can be upright or horizontal, the others are functional only if they are in an upright position.

Stickeler's Puzzle on Page 12



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Saturday, March 1st @ 8pm

American Legion Spring Dance

American Legion Post #79 is hosting a spring dance for members and guests on Saturday, March 1, starting at 8 p.m. Entertainment will be provided by Todd Chaney.

Tuesday, March 4th @ 7pm

Estill County Historical Society

The Estill County Historical and Genealogical Society will meet at 7 p.m. on Tuesday, March 4, 2014 at the Estill County Public Library. The speaker will be Jerry Rose. The 2014 calendar is now available at the Museum on Saturdays. There should be a correction in the calendar for the month of July: "Anne Rainey Clark" should be listed as "Nancy Ann Rainey Clark". The Estill County Pictorial History, WW II Book, the School Book, and the two volumes of the Cemetery Books are still available.

Tuesday, March 11th @ 10:30am

GTE/Sylvania/UAW Retirees

Winchester GTE/Sylvania/Osram/UAW retirees will meet at 10:30 a.m., Tuesday, March 11th at the Union Hall and then travel to Richmond for lunch at Ryan's. All Winchester Sylvania retirees and former employees are welcome to join us for lunch.

Saturday, March 15th @ 1pm

Estill High School Class of '69

The ECHS Class of 1969 will have a reunion planning meeting at 1 p.m. on Saturday, March 15 at Michael's Restaurant in Ravenna. For more information, please call Debbie at (859) 519-0563.

Friday, March 21st @ 6:30 p.m.

Madison Co. Civil War Roundtable

The bi-monthly meeting of the Madison County Civil War Roundtable will be on Friday, March 21, 2014, at 6:30 p.m. at Ryan's Restaurant, just off I-75, Exit 87, in Richmond. Civil War historian Don Rightmyer will give a presentation entitled, "Kentucky's Fighting Men." If you have questions, please call Phillip Seyfrit, at (859) 623-8979.

Saturday, April 12th, 9am-Noon

Water Quality Training Workshop Needs Volunteers To Be Trained To Sample Estill County Streams

There will be a water quality training workshop held at the Estill County Extension office on Saturday, April 12th from 9:00 a.m. until noon. Several have indicated that they would like to participate in the project but organizers would like to have a few more participate; so, if you know of anyone who would like to do this or if you can recruit someone whom you feel would be interested, please have them contact Tom Bonny with their name and e-mail address and/or phone number. The amount of time required will be minimal (once in the spring and once in the fall) and will take only a few minutes to do the test at your designated stream.

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Kitchen Diva

Roast Up A Feast of Flavors

by ANGELA SHELF MEDEARIS

Roasting meats and vegetables is one of the oldest cooking techniques in human history. The earliest form of cooking was probably the direct heat method -- placing raw meat into an open fire. Roasting via indirect heat was probably an accident. Raw meat was left near the fire, cooking the side closest to the heat. Eventually, somebody thought of putting the meat on a stick, and turning it so that all of the sides cooked evenly -- and spit-roasting was born.

The earliest ovens were made of earth and clay and were found in Central Europe. An earth oven is one of the key indicators of human civilization. It is one of the most common artifacts archaeologist look for at an anthropological dig.

Typically, a pit was dug into the ground and then heated, usually by rocks or smoldering debris. The food was wrapped in leaves and set on top of the heat source, then covered with earth. Cooking times are usually long, as the food is cooked by slow roasting. This type of earth oven has been used by many cultures.

In pre-dynastic Egypt, each mud-brick house had an oven. The ceramic oven is built of clay or another ceramic material, and takes different forms depending on the culture. It is one of the earliest forms of our modern ovens. In India, it is referred to as a "tandoor." Ovens were used to cook food and to make bricks. Brick is another ceramic material and was used to make ovens popular in Italy. With no need for spits or constantly turning the food over a fire, oven roasting was born.

High-heat roasting concentrates the flavor of meats and vegetables and brings out their natural sweetness. Best of all, it can be done year-round -- on the grill in good weather and in the oven during cold weather.

There's no comparison between roasted and steamed vegetables. Roasted veggies have browning, caramelization and crisp edges and texture, which adds to their flavor. Roasted vegetables also add wonderful flavors to dishes without a lot of fat and calories. Roasting garlic, potatoes and carrots can work wonders as fat substitutes in recipes for mashed vegetables, sauces, cream soups and casseroles. You can spread six cloves of roasted garlic over a slice of bread as you would butter.

This recipe for Oven Roasted Vegetable Hash is the perfect way to roast up a feast of flavors using your favorite seasonal vegetables!



OVEN ROASTED VEGETABLE HASH

You can prepare all the vegetables up to 4 hours ahead, except the onions, which will become bitter. Don't overcrowd the pan or the food will steam, not roast.

- 3 to 3-1/2 pounds root vegetables, in any combination***
- 2 cups broccoli or cauliflower florets**
- 2 medium yellow onions, peeled**
- 3 tablespoons extra-virgin olive oil, rendered bacon or pancetta fat or brown butter, or a mixture of the oils**
- 1 tablespoon poultry seasoning**
- 1 teaspoon ground black pepper**
- 1 teaspoon honey or sugar**
- 1 tablespoon salt**
- 4 ounces aged goat cheese**

1. Preheat oven to 450 F.
2. Peel the root vegetables. Cut celery root into 1-inch-thick slices, then cut each slice into 1/4- to 1/3-inch thick strips; cut crosswise to make 1/4- to 1/3-inch dice. If any of the other vegetables are thicker than 1-1/2 inches in diameter, cut them lengthwise in half, then cut crosswise into 1/4- to 1/3-inch-thick slices. Cut the onions into eighths through the root ends, leaving the wedges intact.

3. Line a heavy-rimmed baking pan with foil or parchment paper. Place the oil into a large bowl. Mix the oil with the poultry seasoning, pepper, sugar and 1/2 tablespoon of the salt. Place the onions into the oil and toss to coat. Lay the onion wedges cut-side down in one corner of the pan.

4. Place the rest of the vegetables into the bowl and mix with remaining oil until well-coated. Scatter the root vegetables over the rest of the pan. Sprinkle the vegetables with the remaining 1/2 tablespoon of the salt.

5. Roast, turning the vegetables every 15 minutes or so with a spatula, until tender and golden, about 45 minutes. The cooked hash can be stored, covered, in the refrigerator for up to 3 days. Warm in a nonstick skillet over moderate heat before serving.

To Prep Ahead: Mix the vegetables with the seasoned oil, and cover the bowl tightly with plastic wrap. Set aside at room temperature. Proceed with the instructions for roasting the vegetables. Makes 4 to 6 servings.

*Root vegetables include parsnips, carrots, celery root, parsley root, turnips, white or sweet potatoes, acorn or butternut squash, Brussels sprouts, asparagus, green beans and garlic.

(Additional information provided by Elaine Magee, MPH, RD, www.WebMD.com)

Angela Shelf Medearis is an award-winning children's author, culinary historian and author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva!, on Facebook and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.