

# 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.

## 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.

## THE ILLUSTRATED BIBLE

The word of the Lord came to Zechariah, saying, "Thus says the Lord of hosts: 'Execute true justice, show mercy and compassion everyone to his brother.'"



Detail of print by Michael Leunig

ZECHARIAH 7: 8,9

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## Stickeler's Answer

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## Stickeler's Puzzle on Page 12

**Jimmie L. Johnson, DMD, PSC**  
**Family Dentistry**  
87 Wildwood Place (off Court St.)  
**Irvine, Kentucky**  
**(606) 723-3213**

**Rader's** 5 S. Irvine Road  
Irvine, Kentucky  
**River Grill**  
Under the Irvine Bridge Chris Rader, Owner

"The Only Floating Restaurant in Ky."  
**Now Open 6am For Breakfast!**  
**(606) 723-6439**  
**Try Our Sunday Buffet!**

**Thursday, March 6th @ 5:30pm**

### Kiwanis Meets At Michael's

The Kiwanis Club of Irvine and Ravenna will meet Thursday, March 6th at 5:30 p.m. at Michael's Restaurant in Ravenna.

Tony Crachiolo, Services for Veteran Families Specialist with KY River Foothills will present the program.

Donations were given by the club in February to: the High School Key Club, Mushroom Festival 5K, and WestCare.

Kiwanis is a global organization of volunteers dedicated to "improving the world one child and one community at a time."

**Saturday, March 8th, 8am-1pm**

### Save A Life And Get A Shirt

It's a season to bleed blue. Kentucky Blood Center (KBC) donors can show off their love of basketball and save a life at the Estill County Community's upcoming blood drive on Saturday, March 8, 8:00 a.m. until 1:00 p.m. at First Christian Church in the Fellowship Hall at 270 Main Street in Irvine.

Those who donate at the drive will receive a Kentucky Basketball Madness T-shirt and a chance to win a 55" LG LED Smart TV and a Google Chromecast HDMI Streaming Media Player.

To schedule a donation, visit [kybloodcenter.org](http://kybloodcenter.org) or call 800.775.2522.

Blood donors must be 17-years-old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements.

Sixteen-year-old donors must have a signed parental permission slip, which can be found at [kybloodcenter.org](http://kybloodcenter.org).

**Monday, March 10th @ 1:30pm**

### Estill County Retired Teachers

Estill County Retired Teachers will meet Monday, March 10, 2014 at the Estill County Public Library meeting room at 1:30 p.m.

Susan Hawkins with the River City Players will be the speaker. Come and learn about their next performance.

**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.

**Tuesday, March 11th @ 6:30am**

### Estill County Relay For Life

Relay For Life of Estill County will meet on Tuesday, March 11th at 6:30 p.m. in the Fellowship Hall of South Ir-

vine Baptist Church. If you are interested in forming a team or participating, please attend.

**Thursday, March 7th @ 7pm**

### Estill Chorus Spring Rehearsals

Due to the severity of this winter's weather, Estill Chorus has been unable to meet and rehearse. We are RE-STARTING THE SPRING SEMESTER ON THURSDAY, MARCH 13. As always, we will meet at the

First Christian Church at 7:00 pm. Everyone is welcome to be a part of this choir. Hope to see you there!

Please, join us. For more information, e-mail <[estillchorus@gmail.com](mailto:estillchorus@gmail.com)>.

**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.

## Kitchen Diva

### St. Patrick's Day Feast

by ANGELA SHELF MEDEARIS

St. Patrick's Day celebrates all things Irish, including the color green. Why not enjoy the holiday by going green and healthier with your traditional St. Patrick's Day feast?

Corned beef and cabbage is a favorite meal on St. Patrick's Day, but some folks may want to cut back on the fat and calories. Brisket is naturally high in fat, but there are ways to reduce it. One way is to trim away any excess fat from the meat before it is cooked. Another is to cook the meat a day ahead of time and refrigerate it. Once the meat cools, the fat will harden and can be skimmed off.

The type of brisket you buy also makes a difference. A flat half brisket would have 191 calories and 6 grams of fat per 3.5 ounce serving. The same amount of point half brisket has 244 calories and nearly 14 grams of fat. Whole brisket has 218 calories and 10 grams of fat. Leaving a 1/4-inch trim of fat almost doubles the calories in all of the brisket cuts. One of the lowest-calorie briskets is the one in which all the fat is trimmed.

Potatoes are another favorite Irish food. Potatoes are not very high in calories and have no fat, but making them with lots of butter and high-fat milk adds fat. Keep the holiday tradition alive but reduce the calories by serving a side of Low-Fat Buttermilk Mashed Potatoes. The secret is the buttermilk, which adds a creamy texture and buttery flavor.

Save calories by baking two large potatoes in the oven or microwave, then quartering and peeling them (or leave the skins on if you'd like). Place the potatoes in a deep bowl and add 2 tablespoons of butter and 2/3 cup of 1/2 percent- or 1 percent-fat buttermilk. Use a potato masher or mixer to blend the potatoes. Season to taste.

Enjoy St. Patrick's Day with this tasty, but reduced-fat meal!



#### CORNED BEEF BRISKET WITH CABBAGE

- 2 stalks celery, halved
- 4 carrots
- 1 medium onion, cut in 4 wedges
- 1 4-pound corned beef brisket
- 2 tablespoons steak sauce
- 2 tablespoons Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon black pepper
- 4 to 6 cups low-sodium beef broth
- 1 tablespoon corned beef spices or pickling spices (or spices that come with the brisket)
- 1 medium head cabbage, cut into 6 wedges
- Grainy mustard for serving

1. Place celery, carrots and onion in the bottom of a large slow-cooker or crock pot. Rinse the corned beef brisket. Season brisket and vegetables with the steak sauce, Worcestershire sauce, and salt and pepper. Place the brisket on top of the vegetables. Pour in the beef broth until it barely covers the brisket. Cover and cook on low for eight to nine hours.

2. Remove the meat and vegetables from the pot and cover with foil to keep warm. Increase heat to high and add the cabbage to the slow cooker. Cook cabbage until softened but still crispy, about 20 to 30 minutes.

3. Remove any excess fat from the brisket. Slice brisket across the grain. Serve with the vegetables and the mustard and a side of the low-fat buttermilk mashed potatoes. Remove any excess fat from the cooking liquid. Pass the extra cooking liquid at the table. Serves 6 to 8.

**TIP:** Powdered buttermilk, which can be found in the baking section of the grocery store, allows you to use what you need without wasting the rest.

(Additional information provided by Tammy Roberts, MS, RD, LD, Nutrition and Health Education specialist, Bates County, University of Missouri Extension)

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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](http://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](http://Hulu.com). Recipes may not be reprinted without permission from Angela Shelf Medearis.

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## Sammy's Furniture & Appliances

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