

UK COOPERATIVE EXTENSION SERVICE
University of Kentucky – College of Agriculture

EXTENSION NOTES

Family And Consumer Sciences

Set Up Your Teen For Success

Parents want their teenagers to grow into successful adults, but sometimes parents' definition of success results in additional stress and pressure on their teenage children.

Many parents would like their children to be top in their class, the highest scorer on their college entrance exams in their school or an honor student. Others may have visions of raising a scholarship athlete or accomplished musician. Many teens and their parents feel like they must have a full resume of club leadership accomplishments and organized activity participation to get into their first college choice. Trying to meet these perceived requirements can be draining to both teens and parents.

Unfortunately, these are unrealistic goals for many children, and no one child can excel in all areas. Some children believe they will let their parents down or be thought of as a failure if they don't reach a particular goal, which can cause a lot of anxiety.

Fortunately, parents can help relieve these worries in their

children's lives. Examine their likes and dislikes. Do they really enjoy staying after school to learn advanced academic concepts with their teachers, spending time in the athletics training rooms in the off-season to tone up for next year or practicing the piano? Parents may notice that their children find more enjoyment in other things; they spend their spare time reading, drawing, listening to music, working on their cars or volunteering. Parents can nurture their children's interests and encourage them to pursue those activities. Teenagers who enjoy their activities are more likely to strive for success and take on leadership responsibilities in these areas.

Trying is really the key to success from everything from schoolwork to a career choice. Parents should encourage and reward effort and hard work and not just a letter grade, athletic statistic or blue ribbons. If a child fails in a new endeavor, parents can provide support in helping her to succeed the next time or find something else more suited to her talents to focus on. The important thing for parents to stress is that hard work will eventually pay dividends.

More information on raising healthy families is available at Estill County office of the University of Kentucky Cooperative Extension Service.

Source: Carole Gnatuk, Senior Extension Specialist for Child Development; "Letting Go with Love and Confidence" by Kenneth Ginsburg and Susan Fitzgerald
Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.

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>

Fridays, 6:00 to 8:00pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets at the First Christian Church, Main Street, Irvine, for anyone who plays.

Monday, April 21st 8:00am - 2:00pm

Free Disposal at Landfill

There will be FREE disposal for the trash of Estill County citizens on Monday, April 21 from 8 a.m. to 2 p.m. at Advanced Disposal (located at 2700 Winchester Road, Irvine).

If you wish to participate, please remember the following rules:

- Absolutely no trash can be left along roadsides. Neither the county nor state will be offering door to door pickup.
- No tires will be accepted.
- All white-goods (i.e. appliances) must be taken directly to the landfill. Please keep in mind that whitegoods are free every day at the landfill.

Tuesday, April 22nd @ 7:00 p.m.

River City Players To Meet

River City Players community theater group will be holding our regular monthly meeting Tuesday, April 22, 2014 at 7:00 p.m. in the Estill County Public Library community room.

Everyone welcome, please

Sunday, April 27th @ 2:00 p.m.

ECHS Class of '59 Reunion

Members are invited to attend a planning meeting at Michaels Restaurant, on Sunday afternoon at 2 p.m., on April 27th to discuss plans for a 55th class reunion.

Please bring any information that you may have to

Monday, May 5th @ 7:00pm

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

Tuesday, May 6th @ 6:00pm

Estill Historical May Meeting

The Estill County Historical and Genealogical Society will meet at Aldersgate Camp on Tuesday, May 6th at 6 p.m.

The meal will be a choice of steak for \$14.50 or chicken for \$12.50. To make a reservation, please contact Diane Arthur at 606-723-2636 by April 30.

The 2014 calendar is still 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.

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

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Thursday, April 17th @ 12:00 Noon

Save on Auto Insurance AARP Smart Driver Safety Course

Taking the AARP Smart Driver Safety Course could earn you a discount on your automobile insurance premiums for three to five years, and you will be a better driver.

Estill County Extension Office will sponsor a 4-hour class located at 76 Golden Court, Irvine, KY 40336 on Thursday, April 17th from 12:00 pm to 4:30 p.m.

The Smart Driver Safety Program is a classroom course for drivers aged 50 and over. The course identifies many of the changes which occur as we age and suggests strategies for accommodating to those changes for safer driving. There will be NO exams. Participants who complete the course will receive a certificate which many car insurance agencies honor with a discount. A small fee covers course expenses: \$17.00 for AARP members, \$20.00 for non-members. If you are a member, you will need to bring your AARP membership card with you to the class.

Seating is limited. Pre-register by calling 606-723-4557.

Monday, April 21st @ 1:00pm

Meats 101: Beef

Liz Kingsland, Bourbon County Family and Consumer Sciences Extension Agent will be presenting Meats 101: Beef on Monday, April 21st at 1:00 p.m. at the Estill County Extension Office. Do you love to eat steak? Burgers? This lesson will give you a lot of information about new cuts of beef; wet age vs. dry age; prime, choice, and select cuts of beef; grain fed; buying local meats; fat content of beef; and cooking methods based upon the cut of meat selected. Recipes will be provided and we will have a tasting experiment as well.

This program is free and open to the public. For more information, call 606-723-4557 or come by the Estill County Extension Office located at 76 Golden Court.

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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

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

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.

families and friends of alcoholics.

If you would be interested in a daytime meeting, please contact Amanda Webb/West Care at 726-0385.

Your Vote Is Important!
Re-Elect
EARL YOUNG JR.

Magistrate District #2
Your vote will be appreciated!
Paid by Earl Young Jr., 77 Dry Branch Rd., Irvine, KY

Kitchen Diva

A Family Business Cast in Iron

by **ANGELA SHELF MEDEARIS**

Cast-iron skillets, pots and Dutch ovens are enjoying a surge in popularity among cookware users all across America, and no wonder: It's inexpensive, long lasting, eco-friendly, sustainable, versatile and healthy! Cast iron is no longer just for the camper or cowboy -- today, it's a staple piece of cookware in any kitchen helmed by a cook who loves good food.

Traditional cast iron is the original non-stick cookware. It is seasoned with vegetable oil baked onto the iron at a high temperature, creating its natural, easy-release properties. The more you cook, the better it gets. Seasoning also protects cast iron from moisture -- and rust. Because you create, maintain and even repair the "seasoning," your cookware can last 100 years or more. Chemical non-stick coatings cannot be repaired, greatly limiting their lifespan.

Cast iron also retains heat to cook evenly without hot spots. Its ability to withstand and maintain very high cooking temperatures makes it a good choice for searing or frying, and its excellent heat retention makes it a good option for long-cooking stews or braised dishes.

Cooking with cast iron even may offer health benefits. An American Dietetic Association study found that cast-iron cookware can leach significant amounts of dietary iron into food, which may benefit anemics and those with iron deficiencies.

My favorite cast iron cookware is made by the Lodge Manufacturing Company in South Pittsburg, Tenn. (population 3,300) alongside the Cumberland Plateau of the Appalachian Mountains. It was here that Joseph Lodge and his wife, Susan, settled an 1896 and opened his first foundry. Lodge created a legacy of quality that has thrived through two World Wars and the Great Depression, and is still carried on by his family today.

In 2002, the Lodge Logic line of pre-seasoned cookware was introduced, eliminating the hassle of its unseasoned counterparts. It was an industry first that has since become an industry standard.

With the proliferation of television cooking shows and a rise in consumer demand, Lodge broadened its variety of cookware with its Porcelain Enamelled Cast Iron, in which a smooth porcelain surface is bonded to the iron. The product marries the best of both materials: The heat retention of cast iron and porcelain enamel's beauty and resistance to acidic and alkaline foods, which unlike cast iron, allows it to be used to marinate and refrigerate.

A recent innovation is the Lodge Seasoned Steel line features 100 percent carbon-steel skillets that are American-made and seasoned at the Lodge foundry. They can hang tough in professional kitchens as well as the campsite.

A new cookbook, Lodge Cast Iron Nation, provides 200 recipes curated from Lodge's network of high-profile chefs and cast-iron cookware fans from around the country. Packed with classic regional casseroles, soups and stews, new twists on old favorites, plus desserts from the icebox and the oven. This cookbook proves that cast iron isn't just for combread.



CHICKEN CROQUETTES

I've adapted this family recipe from the Lodge Cast Iron Nation cookbook, doubling the amount of the White Cream Gravy used as a binder in the recipe to serve as a side with the croquettes.

- White Cream Gravy:**
5 tbsp. unsalted butter
1 tbsp. vegetable oil
1/2 cup all-purpose flour
1 teaspoon salt
1 teaspoon black pepper
1 tsp. poultry seasoning
1/4 teaspoon cayenne pepper
2 cups whole milk
1 tbsp. Worcestershire sauce

- Chicken Croquettes:**
2 cups cooked chicken cut into small pieces or 2 cups cooked ground chicken or turkey
1/2 cup finely minced green onions, green tops and white ends
1 large egg, beaten
3/4 cup fine breadcrumbs or Panko breadcrumbs
Vegetable oil

1. Melt the butter and add the oil to a Lodge 10-inch cast iron skillet over medium heat. Add flour, salt, black pepper, poultry seasoning and cayenne pepper. Stir for 3 to 4 minutes, without coloring the flour. Slowly pour in the milk and the Worcestershire sauce, stirring all the while, and continue to stir until the white sauce thickens. Pour half of the white sauce into a bowl and set aside.

2. Add the chicken and the green onion to the remaining white sauce in the pan. Place the chicken mixture into a bowl, cover and set it in the refrigerator for at least 30 minutes to cool.

To Make the Croquettes:

1. Place a beaten egg into a small bowl. Place the breadcrumbs on a plate. When the chicken mixture is cool, take a rounded tablespoon of the mixture; first dredge it in the crumbs, then coat with the beaten egg, then dredge the croquette with the crumbs again. Refrigerate the croquettes in a single layer in a covered dish for several hours to firm up.

2. In a Lodge 10-inch cast-iron skillet, heat 1 inch of oil over medium to high heat. When the oil is hot, fry the croquettes in batches (don't crowd them in the pan because they will steam and won't get crisp), turning often until croquettes are a golden brown. Drain on paper towels.

3. Re-heat the reserved White Cream Gravy and serve it on the side with the Chicken Croquettes. Serves 6 to 8.

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.