

# 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>

## UK COOPERATIVE EXTENSION SERVICE University of Kentucky – College of Agriculture EXTENSION NOTES

### Family And Consumer Sciences

Thursday, April 24th @ 12:00 Noon

#### Friendly Bacteria Workshop

Probiotics are the friendly bacteria that are beneficial to us. Learn how they work, where we get them and how they affect our health. Join us at the Estill County Extension Office on Thursday, April 24th, at 12:00 noon to learn how to keep healthier. This class will be taught by Jennifer Howard, Clark County Family & Consumer Sciences Extension Agent.

This program is free and open to the public. For more information, contact the UK Estill County Cooperative Extension Office (723-4557) located at 76 Golden Court.

*Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.*

Saturday, Sunday of Mushroom Festival

#### ECCPP Volunteers Needed

Estill County Center for Pregnancy & Parenting is setting up an information booth at the Mushroom Festival coming up this weekend. We need help with set-up early Saturday morning, take-down late Sunday afternoon, and throughout both days, to always have someone at the booth.

If any of you can help, please let me know what hours you will be available. Also if you can e-mail a phone number where you can be reached if I need to tweak the schedule, that would be great!

Thanks and blessings,  
Sandra Wilds,  
Executive Director

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

update information about fellow class members. We will have an updated copy of the class roster available for you.

Hope to see you at the meeting. Call 723-8446 if you have any questions.

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

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.

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.

Saturday, May 10th

#### Letter Carriers' Food Drive

Every year the National Association of Letter Carriers (NALC) and the United States Postal Service conduct a food drive to supplement the food banks in the local area.

There are many families located throughout the country who depend on these food banks for help. Please help

us make 2014 the best year ever for food collection here in Estill County, and to help our neighbors in their time of need.

The NALC Letter Carrier's food drive is Saturday May, 10th this year. Please plan to join us in this very important endeavor.

Info on Class Members Needed

#### 1984 ECHS Class Reunion

The Class of 1984 planning committee has been working hard on planning a fun-filled, 30-year class reunion.

Wow, 30 years, can you believe it!! However, we need your help, we need your address and names of any other classmate that you might know. Please call or text Belinda Fox Puckett at (859) 358-1403 or Vickie Miller Singleton at (859) 582-8138. You can also join our

"ECHS Class of '84" facebook page and leave your address on there or private message for Vicki or Belinda.

Go ahead and mark your calendars for September 12 & 13. All the details will be in the letter we will mail to you, and we will also post it on our "ECHS Class of '84" facebook page.

Help us spread the word. We hope you are as excited as we are!!

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.

Thursday, May 1st @ 7:00 p.m.

#### ECHS Class of 1974

The ECHS Class of 1974 will be having a class reunion meeting on Thursday, May 1, 2014, at the Irvine Fire Department behind City Hall.

The meeting will begin at

7:00 p.m. Hope to see our classmates there.

## Kitchen Diva

### Spring Peas, Please!

by ANGELA SHELF MEDEARIS

One of the best ways to celebrate the coming of spring is with a basket full of small, very fresh, sweet green peas. You know that peas are fresh when their pods are firm and green, so avoid any that are yellowing or wilting. Go for medium pods rather than large, thick-skinned ones, which are more mature and contain larger, tougher peas. Break open a pod and check the peas inside. They should be small, bright green and firm; if you taste one, it should be tender and sweet.

If all you can find are large, mature peas, opt for frozen peas instead. They're usually picked when they're young and tender and immediately frozen. Mature peas are not as tender and sweet as young ones, and they're less versatile. They need to be cooked longer and more slowly, and their firmer texture works well only in stews and braises.

Peas provide essential nutrients and are an excellent source of vitamins K and B6, and folic acid, all crucial to bone strength and cardiovascular health.

You'll probably find three types of fresh peas available at the market right now: English, sugar snap and snow peas.

English peas (also called shelling peas, green peas or garden peas) are the most common. Their pods are inedible, so the peas must be shelled before eating. "Petits pois" is the name given to very small English peas.

Sugar snap peas have a thicker, edible shell. As the name denotes, this variety is sweet like sugar and makes a distinctive sound when its shell is broken. Sugar snap peas can be eaten both raw and cooked.

Snow peas, often seen in Chinese cooking, are flatter, thinner and more translucent than the others. They are eaten in their entirety, and no shelling is required.

Peas don't have much of a shelf life, so don't store them for long periods of time. Store pods in a plastic bag in the crisper drawer of the refrigerator. Use them within a couple of days.

Shelling peas is easy. To do it, remove the stem end of the pod, peel the stringy fiber from the seam, pry the pod open and run your thumb along the interior to detach the peas.

Once they're shelled, the best way to store peas is to freeze them. First blanch them for a minute or two in boiling, salted water, and then shock them in an ice-water bath until cool to help maintain their bright color. Drain and freeze in zip-top bags. They will keep for five to six months.

Peas lend themselves to almost any cooking method and mix well with a variety of flavors, such as cured meats. Bacon, pancetta, prosciutto, smoked ham and chorizo work wonderfully with peas, as their pronounced saltiness complements the peas' gentle flavor.

Fresh mint also is a classic flavor partner, but feel free to experiment with other fresh spring herbs such as basil, chervil, chives, dill and tarragon. Peas are a natural with onions, scallions and other alliums, and they pair well with other spring vegetables like asparagus, new potatoes, carrots and fava beans. They're delicious as a side dish with chicken, lamb or duck, and with any kind of fish, especially cod, salmon and scallops. When they're small and tender, peas are great raw in salads. Try this delicious Sweet Pea and Asparagus Salad, and celebrate spring!



SWEET PEA AND ASPARAGUS SALAD

- 1/4 cup lemon juice
- 1 teaspoon lemon zest
- 1/4 cup canola oil, or extra-virgin olive oil
- 1 teaspoon sugar or honey
- 1/2 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/8 teaspoon cayenne pepper
- 2 heads Boston or Bibb lettuce, torn into bite-size pieces
- 2 cups very thinly sliced fresh asparagus (about 1 bunch)
- 2 cups shelled fresh peas (about 3 pounds unshelled)
- 1 pint grape or cherry tomatoes, halved
- 2 tablespoons minced fresh chives, or scallion greens

Combine lemon juice and zest, oil, sugar or honey, garlic powder, salt, black pepper and cayenne pepper in a large salad bowl. Add lettuce, asparagus, peas, tomatoes and chives or the top of a green onion; toss to coat. Serve immediately. Makes 8 servings.

\*\*\*

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.

(c) 2013 King Features Synd., Inc., and Angela Shelf Medearis

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

**ROSE BUILDING & REMODELING**  
1725 O'Possum Run Road  
**Irvine, KY 40336 606-723-2919**  
Call **859-200-4675**  
Electrical Licensed & Fully Insured  
**MARK ROSE**  
Owner

# CAST YOUR VOTE FOR CLUSTER HOWARD

## STATE REPRESENTATIVE

### Education

- Associate of Arts Lees College
- Bachelor of Arts Berea College—History and Political Science
- Master of Arts Morehead State University—Health Experience
- Falcon Coal Company 1974-1978 Reclamation
- 1979-1996 Lees College—Coach, Instructor, Dean
- 1996-2014 HCTC—Dean and Student Ombudsman

# Vote Cluster Howard

## 91<sup>st</sup> District State Representative

Paid by Cluster Howard, 151 Pine Hill Drive, Jackson, KY 41339

