

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>

Tuesday, May 13th @ 10:30am

Winchester GTE/Sylvania Retirees

Winchester GTE / Sylvania/Osram/UAW retirees will meet Tuesday, May 13, 10:30 a.m., at the Union Hall in Winchester for a short business meeting, then travel to Natural Bridge Stater Park for lunch at the Lodge.

All Winchester Sylvania retirees and former employees are welcome to join us at lunch.

Monday, May 12th @ 11am

Retired Teachers To Visit Lincoln House

The Estill County Retired Teachers will be visiting the Mary Todd Lincoln House Monday, May 12th at 11 a.m. The house is located at 578 Main Street in Lexington. There is free parking in back. If you plan to go, meet at West Irvine Plaza at 9:45 a.m. to car pool. For further information call 606-723-4479.

Saturday, May 10th @ 8am-1pm

Blood Drive Scheduled In Irvine

Life Saving Opportunity

Estill County area residents are invited to be life-savers an upcoming Kentucky Blood Center blood drive scheduled Saturday, May 10 from 8 am - 1 pm at Central Office Gym at 253 Main Street in Irvine.

Every donor will receive a \$10 Walmart gift card! To schedule a donation or for more details, visit kybloodcenter.org or call 800.775.2522.

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

Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org.

About Kentucky Blood Center

KBC, the largest FDA regulated blood bank in Kentucky, is a non-profit organization dedicated to ensuring a safe, adequate blood supply for patients at nearly 70 Kentucky hospitals and clinics in more than 60 counties. KBC relies on volunteers to donate 400 pints of blood per day to meet area patients' needs. Over the last year KBC distributed nearly 130,000 blood components.

Saturday, May 10th

Letter Carriers' Food Drive Takes Place Sat., May 10th

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.

Tuesday, May 13th @ 6:30pm

Estill County Relay For Life

Relay For Life of Estill County will meet on Tuesday, May 13, 2014 at 6:30 p.m. in the Fellowship Hall of South Irvine Baptist Church. It is not too late to have a team or help with the event.

Relay For Life will be held Friday, June 6th Estill County High School track, from 6:00 p.m. until 6:00 a.m. Help us in the Fight Against Cancer! If you have questions, call Becky at 723-5871.

Saturday, May 17th, starting @ 8am

Marcum & Wallace Relay For Life Team

Marcum & Wallace Memorial Hospital Relay for Life Team will be having a YARD SALE on Saturday, May 17th at Mercy Primary Care (formerly Cedar Vil-

lage), 1100 Richmond Road in Irvine, starting at 8 a.m.

Come and support the Relay for Life Team and find a good deal!

Saturday, June 7th, 9-5

15th Annual Berea L&N Day

History comes alive on Saturday, June 7th in Berea, KY during the 15th Annual L&N Day. Join current and retired railroad employees, train buffs, and "kids" of all ages in celebrating the last brick L&N Railroad Depot still standing between Cincinnati and Knoxville.

Built in 1917, this historic depot, now home to the Berea Welcome Center, will be filled with memorabilia for show and sale, exhibits,

working model trains, and much, much more! Visitors can collect a commemorative ticket and watch freight trains cruise by just a few feet from the platform.

Located in the heart of the Old Town Artists' Village, North Broadway, Berea, KY, This event is FREE and open to the public from 9 a.m. - 5 p.m.

For more information call 1-800-598-5263 or visit the web at www.berea.com

Saturday, July 26th

IHS 1964 Class Anniversary

The Irvine High School Class of 1964 will celebrate the 50th anniversary of its graduation at Natural Bridge State Park on July 26th.

If you are a classmate of this group please contact either Tim Monson (859-224-2368) or Tom Bonny (606-723-5694) or thb@irvineonline.net.

The classmates that we have not been able to make contact

with are: Alvin Ballard, Robert (Bobby) Farris, Myra French, Jimmy Hall, Alonzo Horn, Sue Northern, Beverly Shearer, Donna Shearer, Margaret Tipton, Ronnie Welch, Harold Dean Wells, and Frankie Yeager. If anyone has contact information regarding any of these people, please let one of us know, or ask them to contact us.

Through Fathers Day

Estill's Baby Bottle Fundraiser

The Estill County Center for Pregnancy & Parenting announces their annual Baby Bottle fundraiser. The Center is now open and serving clients and needs the support of our community to continue this much needed ministry.

From Mothers Day until Father's Day you can take a baby bottle home, fill it with your daily pocket change, cash or a check, and return it to the Center. That's it! This is such an easy way to help mothers, fathers and their babies!

Some local churches are participating and will have bottles to pass out to their families. Businesses may have a larger bottle for collection. Bottles coming from the Center are specially marked so you know where the money is going.

If you, your church or business would like to participate and have not been contacted, please call for more information and to reserve your bottles. 606-723-0184 or email: familyliferesources40336@gmail.com

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.

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!!

Monday, June 2nd @ 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.

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Asparagus is Perfect for Spring Recipes

by ANGELA SHELF MEDEARIS

Nothing says spring is here like a beautiful bunch of crisp asparagus. While asparagus is available year-round, it's much better when purchased locally.

Asparagus is easy to select and prepare, and comes in a variety of vibrant colors including green, violet, purple and white. It also grows wild and is commercially available fresh, frozen and canned. The stalks range in size from colossal to small. Various types and colors of asparagus can be used without a noticeable difference in taste, so mix and match colors and sizes for visual interest. It tastes delicious hot or cold.

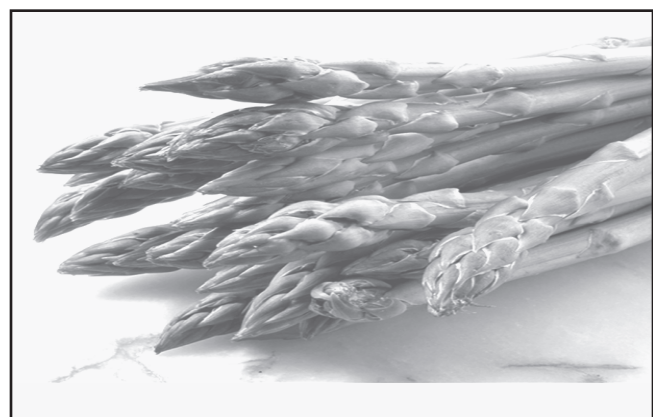
Asparagus should be crisp and firm, not limp or wrinkled, with tightly closed tips. Dull colors and ridges in the stems are an indication of a lack of freshness. The stalks should not be limp or dry at the cut and of uniform thickness.

If you're planning to use the asparagus on the same day, rinse it under cool water and pat the stalks dry with a paper towel. Smaller stalks can be broken or cut at the point where the stem naturally snaps. Peeling the end of thicker stalks with a paring knife or a vegetable peeler removes any woody stems and can be done up to 2 hours before cooking. Place the prepared asparagus in a plastic bag in the refrigerator to stay crisp.

Never wash or soak fresh asparagus before storing. If the asparagus is bound with a rubber band, remove it, as it will pinch and bruise the stalks. Asparagus can be stored up to two days if the stalks are trimmed and placed upright in a jar with about an inch of water in the bottom. Cover the asparagus with a plastic bag and store the spears in the refrigerator. It also freezes well if blanched first in hot water.

Asparagus is a nutritional powerhouse. One-half cup of cooked asparagus contains significant amounts of folic acid, vitamin C, potassium and beta-carotene. It's also a heart-healthy food, and a natural diuretic.

This versatile vegetable works well as a room-temperature appetizer, blended into a soup, as a flavorful side dish, the main ingredient in a colorful salad or as part of a main course like my recipe for Lemon Chicken with Asparagus.



LEMON CHICKEN WITH ASPARAGUS

- 4 chicken breasts, about 3 pounds, washed and fat trimmed and removed
- 1 1/2 tablespoons olive oil
- 4 garlic cloves, chopped
- 1 red bell pepper, chopped
- 1/2 pound asparagus, stalks trimmed and cut into 1 inch pieces
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 1/2 teaspoons poultry seasoning
- 1 teaspoon lemon zest
- 1/2 cup chicken stock
- 3 cups cooked rice
- In a large non-stick skillet, heat the oil over medium high heat. Season the chicken pieces with the salt, pepper and poultry seasoning. Place the chicken, skin-side down, and cook for 5 to 7 minutes. Turn the pieces skin-side up, and cook until golden brown and done, about 5 minutes.
 - Stir in the garlic and red bell pepper. Add the asparagus and cook for 1 minute. Stir in the zest and the chicken stock and bring to a simmer. Cover and cook for 3 minutes. Serve immediately over hot rice..
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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. 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.

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