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Vitamin D has gotten a lot of media coverage lately as various studies have tied normal levels of vitamin D to certain health benefits and lack of the vitamin to certain diseases. While many of these current studies provide conflicting messages, it

Achieve Adequate Amounts of Vitamin D

is generally understood that vitamin D is needed for optimal health. It helps us absorb calcium and phosphorus, so we can have strong bones and teeth. The vitamin also regulates the amount of calcium in our blood, helps strengthen our immune system and helps regulate cell growth. It also decreases the risk of falls in older adults by as much as 20 percent. A lack of vitamin D can cause your bones to soften and increases your risk of bone fractures.

Our exposed skin produces vitamin D from sun exposure. Our bodies do not need a lot of sun exposure to help us reach our recommended daily amount. About 15 minutes in the sun three times a week is enough.

Individuals who have certain skin diseases may not be

able to get adequate amounts of vitamin D, as they need to limit their skin's exposure to the sun. People with dark skin, older adults and overweight individuals may not be able to produce adequate amounts of vitamin D with sun exposure alone. Winter sunlight is also not strong enough for any of us to get adequate amounts of vitamin D. We can get our daily-recommended amount of vitamin D by adding foods to our diets that naturally contain vitamin D or are fortified with the vitamin.

Fatty fish such as salmon, cod and tuna naturally contain high levels of vitamin D. The vitamin is also found in egg yolks in smaller quantities. Foods fortified with vitamin D include most milk, some orange juices, yogurt,

cheese, cereal, bread and soy drinks. A reference to vitamin D is usually only found on food labels of fortified foods.

Vitamin D supplements are also available for those deficient in the vitamin. Check with your doctor before adding any kind of supplement to your diet.

For more information about vitamins and healthy living, contact me at the Estill County Extension Office (606-723-4557). There is also an upcoming lesson on Vitamins and Supplements on October 20th at 1:00 p.m. at the Estill County Extension Office. This lesson is free and open to everyone!

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

Tuesday, September 23rd at Raders'

Estill County Lions Club

The Estill County Lions Club will meet on the first and third Tuesday of every month at Raders River Restaurant, under the Irvine Bridge. The meal is at 6:30 p.m. and business meeting begins at 7 p.m.

Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world. We invite

those who feel a call to make our community a better place through service to attend and learn about how Lions around the world earn our motto, "We Serve..."

The Estill County Lions Club has been accepting applications for eye glass assistance, since Monday, September 1, 2014. Contact Jim Witt at 606-723-2500.

Tuesday, September 23rd @ 5:30pm

Irvine-Ravenna Woman's Club

The Irvine-Ravenna Woman's Club will meet Tuesday, September 23, 2014, at 5:30 p.m. at the Estill County Food Bank. Members will be volunteering in a service project for the food bank.

The club was organized in 1954 and has been "Com-

mitted to Service" since its founding. New members are always welcome. Come be a part of the fun and fellowship while serving our community.

Contact Tina Pasley, club president, at Citizens Guaranty Bank for more information.

Wednesday, September 24th @ 2pm

Legal & Financial Planning

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. A program about Alzheimer's will be held on Wednesday, September 24th from 2-4:30 p.m. at the Madison County Public

Library located at 507 West Main Street, Richmond. Registration is required. Please contact 1-800-272-3900 or e-mail infoky-in@alz.org.

Guest speakers will be Carolyn Kenton Bluegrass Elderlaw and Loretta Henderson of the Bluegrass Area Agency on Aging.

Saturday, September 27th

Rosses Creek Annual Picnic

The Rosses Creek annual picnic will be held Saturday, September 27, 2014 at the old school building.

Everyone is invited to attend. Bring a covered dish, a

soft drink, and a lawn chair. We will have plenty of Gospel Singing and plenty of fun.

If you have questions, call Bill at (606) 723-2653.

Sunday, September 28th @ 1pm

Annual Dunaway Family Reunion

The annual Dunaway Reunion will be held on Sunday, September 28, 2014 at the Irvine Masonic Lodge on

Broadway.

Dinner will be potluck and served around 1 p.m. Everyone is welcome to attend.

Sunday, September 28th @ 1:30pm

Annual Stone Family Reunion

The annual Stone Reunion will be held on Sunday, September 28, 2014 at the Clay City Community Center in Clay City, Kentucky. Bring a basket lunch and join us for

great food and fellowship. Table service (plates, forks, etc.) will be provided. Lunch will be served at 1:00 p.m. Friends and relatives are invited. Please mark your calendars.

Wednesday, October 1st @ 11:15 am

Irvine High '47 & '48 reunion

The annual reunion of Irvine High School Classes of 1947 and 1948 will be held at 11:15 a.m. on Wednesday, October 1, 2014 at Michael's Restaurant in Ravenna.

Members and/or friends interested in attending, please contact Wanda Wilson (723-2418), Juella Blackwell (723-3416) or Peg Wilson (723-2232).

Saturday, October 4th, 11am-5pm

Annual Rader/Raider reunion

The annual Rader/Raider Reunion will take place on Saturday, October 4, 2014 at Catalpa Park near Lake Reba, in Richmond. Festivities will take place between 11 a.m. thru 5 p.m., with food on the tables by 12:30 p.m.

Family and friends are encouraged to bring enough food and drinks to feed your family who will be attending.

Don't forget to also bring a gift for the door prizes & Family Auction. Hope to see you there.

Kitchen Diva

Fruit of the Vine

by ANGELA SHELF MEDEARIS and GINA HARLOW

If you were to make a checklist of all the wonderful qualities one fruit could possess -- sweet, tart, tasty raw or cooked, fresh or dried, with delicious juice, various flavors, edible leaves and nutritious oil -- the grape and its vine would check every box. It must be for that reason that no other fruit, no matter how glamorous its reputation, is grown and produced as much as the grape.

The cultivation of grapes dates back to the beginning of civilization on the Asian and European continents. In North America, when the Europeans arrived, they found almost countless varieties of wild grapes, many found nowhere else in the world. Most of those wild grapes were considered inedible by the early colonists, although they were an elemental food of the Native Americans. Soon, however, the wild American grapes became hybridized with European varieties, and grapes became more widely consumed. One of the notable varieties is the super-delicious Concord grape.

The grapevine has a presence around the globe, and the fruit and the plant are used in a wide variety of ways. From the beginning, wine was made from grapes, but it wasn't long before it was discovered that grapes were wonderful dried, and there is even mention of raisins in the Bible.

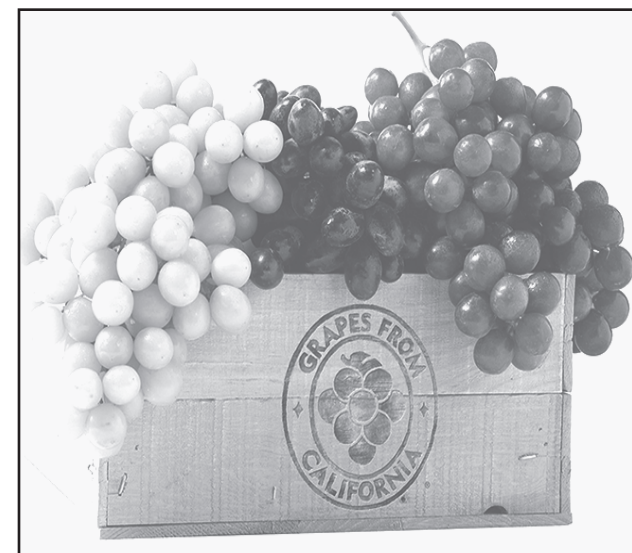
The practice of making oil from the seeds also is ancient and appears to have begun soon after cultivation began. The same is true for the leaves, which are eaten fresh or brined, and a version of stuffed grape leaves not only is integral to Greek cuisine, but found in the foods of almost every Middle Eastern country.

The fruit itself is a good source of vitamins A and C, and antioxidants. The leaves are especially high in vitamin A and minerals, while the oil or extract from the seeds also contain antioxidants that may be helpful in lowering cholesterol and fighting heart disease.

Keep grapes in the coldest part of the refrigerator wrapped in a perforated plastic bag to allow excess moisture to escape. Unfortunately, grapes won't ripen after they've been picked.

When it comes to cooking with grapes, most people think of jams or pies, but even sweet grapes add an interesting dimension of flavor to savory dishes, and the more bitter grapes, such as some of the wild varieties like the Texas Muscadine, take on a sweetness when sauteed or roasted. If you've never tried grape leaves, you are missing a tangy treat. They are the perfect receptacle for a wide variety of stuffings.

Try this recipe for Bacon Seared Pork Chops with Grape Sauce, which uses grapes in a uniquely savory way!



SEARED PORK CHOPS WITH GRAPE SAUCE

- 1 teaspoon Kosher salt
- 1 teaspoon black pepper
- 1 tablespoon poultry seasoning
- 4 pork chops, bone out, 1 1/2 inches thick
- 2 strips bacon, cut into small pieces
- 3 tablespoons extra-virgin olive oil
- 2 cups seedless red grapes
- 2 tablespoons flour
- 1 1/2 cups low-sodium chicken stock
- 1 tablespoon Worcestershire sauce
- 1 tablespoon butter
- 3 tablespoons chopped green onions, white and green parts, for garnish

1. Season chops on both sides with salt, pepper and 1/2 teaspoon of poultry seasoning, and let sit outside refrigerator for 10 to 15 minutes to come to room temperature.

2. Add bacon and 1 tablespoon oil to saute pan, and cook over medium-high heat. Once bacon starts to render some fat, about 2 minutes, add grapes. Allow the bacon to continue to render and get crispy, and the grapes to split open and release their juices, about 3 to 5 minutes. Remove half of bacon and grapes and set aside.

3. Add flour and the remaining 1/2 tablespoon poultry seasoning to bacon fat; stir for 1 to 2 minutes. Stir in chicken stock and Worcestershire sauce. Turn temperature to high, and bring the mixture to boil. Turn heat to simmer, stirring occasionally, until liquid is reduced by half and thickens. Stir in butter, cover pan, and set aside.

4. To a cast-iron pan, add remaining 2 tablespoons olive oil and heat over medium-high heat. Add seasoned pork chops and sear. Cook pork for 6 to 7 minutes on the first side. Flip over and reduce heat. Cook for another 6 to 7 minutes until cooked through. Remove pork from the pan, and allow to rest for about 5 minutes prior to serving.

5. When ready to serve, add reserved grapes and bacon to sauce. Taste and re-season if needed with additional salt and poultry seasoning. Pour over the chops and garnish with green onions. Makes 4 servings.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. Read Gina Harlow's blog about food, gardening and horses at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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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>

Tuesdays, 12:30-2pm

Family Planning Clinic Moved

The Estill County Health Department "Family Planning Clinic" has moved to Tuesday afternoons. Please

walk-in from 12:30 until 2:00 p.m.

Call (606) 723-5181 if you have any questions.

Thursday, September 18th @ 3pm

Four Seasons Garden Club

The Four Seasons Garden Club's meeting will be Thursday, September 18, 2014, at 3 p.m. at the Estill County Adult Learning Center.

The program will be "Identifying Wild flowers" and will be presented by Patti Reese.

The object of the club is to stimulate the knowledge and love of gardening among amateurs; to aid in the protec-

tion of native trees, plants, and birds; and to promote cleanliness, beauty, and improvement of property in Estill County. New members are welcome to join the club which meets on the 3rd Thursday of each month.

The Four Seasons Garden Club is a member of the National Council of State Garden Club, Inc.

Thursday, September 18th @ 7pm

Estill Community Chorus

Rehearsals for the 2014 Christmas Concert will begin Thursday, September 18th at 7 p.m. at First Christian Church, Main Street, Irvine. Everyone is welcome! Auditions are not required. Rehearsals will be every Thursday night, except Thanksgiving.

Nancy Farmer will be the accompanist with Ann Siudmak assisting with rehearsals as needed.

Carol Anne Wilson has been named Director of the Estill County Community Chorus. Lynne Parks, founder, is not able to continue as director.

The Estill Arts Council has once again partnered with the Chorus for this endeavor and we thank them for their sup-

port.

We are asking all former members to come back and sing with us for this very special Christmas Concert.

Music has been selected and your folders will be available Thursday night the 18th. If you have folders from the spring rehearsals please bring them with you.

Scholarships will be available if needed. Please see Carol Anne Thursday night or call her at 859-556-0163 for more information.

The Christmas Concerts will be held Friday evening December 5th and Sunday afternoon December 7th.

Hope to see you, Thursday September 18th at 7 p.m.

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 an Appalachian Dulcimer or anyone

who is interested in playing one is welcome to attend.

The Appalachian Dulcimer was designated as the official state instrument of Kentucky in 2001.

Saturday, September 20th @ Noon

Dixon Family Annual Reunion

The descendants of Grover Cleveland and Oma Floyd Dixon will be having their annual family reunion on Saturday, September 20, 2014,

at the Roy Dixon Farm, 1020 McKee Road. Lunch will be potluck and served around noon. Friends and relatives are invited to attend.

Sunday, September 21st @ 1pm

Annual McIntosh Reunion

The annual McIntosh Reunion of the family of James and Rosa Puckett McIntosh will be held Sunday, September 21, 2014, at the Veterans Memorial Park in Ravenna.

Lunch will be potluck and

served around 1 p.m.

There will be pot contests for both adults and children and door prizes for nearly everyone attending.

All family and friends are welcome.