

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>

For a limited time . . .

Spay & Neuter Funding

The Humane Society's Angels of Estill County has acquired funds for spay/neuter. Please contact Ellen Frederick at ellenfrederick@windstream.net for details. Funds are limited so please put your request in promptly.

Thursday, October 16, 11:30 am

Planned Parents United Meeting

Come join us the third Thursday of each month. Estill County Planned Parents United meets at 11:30 a.m. at Wisemantown United Methodist Church, 1358 Wisemantown Road, Irvine. For information, please call 723-3337.

Thursday, October 16th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, October 16, 5:30 p.m., at Michael's Restaurant in Ravenna. The Kiwanis Club has over 90 years of service to our community and is beginning a new club year. New members are welcome. Anyone interested can contact club president, Paula White.

Thursday, October 16th @ 6pm

Garden Thyme Herb Club

The Garden Thyme Herb Club will be meeting on Thursday, October 16, at 6 p.m. Following a potluck meal, Dr. Linda Grimes will be presenting yarrow as the herb of the month. Kathy Puckett and Linda Parks will present a program on making a hypertufa plant pot. Each attendee will be making a small pot to take home with them. All members and guests are invited to attend.

Thursdays @ 7pm

Estill Community Chorus

There is still time to join the Estill County Community Chorus. Rehearsals are held Thursdays 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 October 30th and Thanksgiving November 27th. The concerts will be held at First Baptist Church, 351 Broadway, Irvine and will be held Friday December 5th and Sunday December 7th. The Estill Arts Council has once again partnered with the Chorus for this endeavor. Carol Anne Wilson will be the Director and Nancy Farmer will be the accompanist with Ann Siudmak assisting with rehearsals as needed. We are asking all former members to come back and sing with us for this very special Christmas Concert of favorites. Scholarships will be available. Please see Carol Anne Thursday night or call her at 859-556-0163 for more information.

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.

4th Annual Holiday Bazaar and Basement Sale

St. Elizabeth Catholic Church

Saturday, November 1, 2014

9 A.M. until 2 P.M.

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COOPERATIVE EXTENSION SERVICE
University of Kentucky - College of Agriculture

EXTENSION NOTES

Family And Consumer Sciences

Monday, October 20th @ 1:00 p.m.

Vitamins & Supplements

from Chelsea K. Bicknell, Estill County Extension Agent for Family and Consumer Sciences

Vitamins and supplements are often talked about in the news and are recommended frequently, but which ones are right for you? Are they even necessary? Are they safe? Come to the Estill County Extension Office on Monday, October 20th at 1:00 p.m. to learn the answers to these questions and more. Chelsea Bicknell, Estill County Family & Consumer Sciences Extension Agent will be your instructor. Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.

Tuesday, October 21st @ 7pm

EAC Presents "Good Photo, Bad Photo"

Tuesday, October 21st at 7 p.m. in the Estill County Public Library community room, Estill Arts Council welcomes Kentucky Arts Council arts marketing director Ed Lawrence, who will be presenting "Good Photo -- Bad Photo," how to produce photos that will promote your work. This program is sponsored by the Estill Arts Council with support from the Kentucky Arts Council and is FREE and OPEN to the PUBLIC. Refreshments will be available. For more information contact Mary Reed, EAC at 606-723-4678.

Friday, October 30th, 6-8 pm

Coats are being accepted now

The Body of Christ Ministries, 58 River Drive, Irvine, is now conducting their 5th annual Coat Drive. The coats will be given away Thursday, Oct. 30, 6-8 p.m. at Body of Christ Ministries, 58 River Drive. Coats can be dropped off at Body of Christ Ministries on Thursdays at 6:30 p.m. or Sundays at 10 a.m. All donations will be appreciated.

Saturday, November 22nd

FBLA's Light Up Rivertown

FBLA will once again organize Irvine's Light Up Rivertown. The event will begin with a Craft/Christmas Fair in the Court House. Booth spots are limited and are already beginning to fill up. The day will be filled with many other activities as well. Entertainment will be provided throughout the day on the Court House steps. Gingerbread Houses can be entered for prizes, the town tree will be decorated with ornaments made by children from Estill County, and a Tree Lighting Service will be held at 6:00 p.m. to conclude the day. Santa will be on hand for pictures, a Horse and Carriage will be available for rides around the Court House, and other surprises throughout the day. Local businesses are encouraged to participate by hosting open houses or other activities as well. Anyone wishing to reserve a spot for the Christmas Fair or a time to perform should call the Estill County High School at 606-723-3537.

Saturday, December 6th, 10am-4pm

EAC's 11th Arts & Crafts Show

Looking for a place to offer your original, handmade items for sale? The Estill Arts Council invites you to participate in the 11th annual Arts & Crafts Show on Saturday, December 6th from 10 a.m. - 4 p.m. at Central Office gym. The show offers an opportunity for people to meet their shopping needs with the perfect, unique gift such as home décor, holiday decorations, wreaths, jewelry, clothing, products for the home, and baked goods. Area artists and craftsmen can get an application form from the Citizens Guaranty Bank (River Drive), Estill County Public Library, Ravenna Greenhouse or on EAC's Facebook page. The cost of a 10' x 10' space will be \$15 for Estill Arts Council members and \$20 for non-Estill Arts Council members, before Nov. 8. Entries postmarked after Nov. 7 will be an additional \$10. For more information call 606 723-4678 or 723-5694.

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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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Kitchen Diva

The Spice World's Golden Treasure

by ANGELA SHELF MEDEARIS and GINA HARLOW

Curry is a heady melange of spices and pungent root vegetables that come together to form a symphony of flavors that create the essence of the blend. Yet when you hear the word "curry" you might assume it refers to a dish popular in Indian cuisine. Curry is used in countless ways in cuisines all over the world -- from Asia to Europe, the Caribbean and South America.

The amalgamation that is curry, in all its forms, represents the spice world coming together in an exotic and piquant melting pot of flavors extracted from pods and seeds, peppers, wine, ginger and garlic. The vast array of ingredients represented in curries hails from Asia and its subcontinents. But these highly coveted seasonings eventually made their way to the rest of the world.

Curry is an immigrant that became a naturalized citizen in many countries, with a unique version born in each new land. As the foundation of spices that constituted the original curry moved from one place to the next, the curries themselves took on different qualities.

Many curries are the color of gold, and it is an interesting coincidence, because the curry spices at one time traded as if they were gold. For thousands of years, humans have valued the qualities of aromatic plants. Spices were coveted everywhere and used in everything from cuisine to medicines.

In Asia, spices moved across the continent by land, and were the heart of an important and lucrative commerce. Hundreds of years after that, with the invention of sophisticated navigational vessels, explorers and traders took to the seas, along with their prized cargo of spices.

The curries we see today are descendants of mixtures that date back 4,000 years. Thanks to archeological advances, scientists can determine what our ancestors ate by examining skeletons and ancient pieces of pottery. We know that even then, a form of curry was part of the primitive culinary landscape. While curries vary from place to place, they all seem to have evolved from the basic spices of ginger, garlic and turmeric. Curries can consist of countless ingredients, from cumin and coriander to hot chilies and lemongrass.

While some curries are dry, most are added to a stew, combined with actual curry, bay or lime leaves, and vegetable, beef or chicken stock or coconut milk. There is a strong history of meat in these stews, but many curries are vegetarian. Curry and vegetables are a wonderful combination, elevating vegetable dishes to tasty, stand-alone heights. Try my recipe for Quick Curried Vegetables, and make your own Mild Curry Powder to use in this and countless other recipes!



QUICK CURRIED VEGETABLES

This recipe can be adapted to fit the seasons. Cubes of squash, pumpkin, sweet potatoes, broccoli florets or tender greens all work well.

- 2 teaspoons olive or vegetable oil
- 3 tablespoons mild curry powder (recipe below or bottled brand)
- 1 large onion, chopped (about 1 1/2 cups)
- 1 large bell pepper, seeded, ribs removed and sliced into strips
- 4 cloves garlic, peeled and chopped
- 1 teaspoon salt
- 1 teaspoon black pepper
- 3 tablespoons tomato paste
- 1 (13.5-ounce) can reduced-fat coconut milk
- 1 cup low-sodium vegetable or chicken broth
- 3 medium-size red-skinned potatoes (about 1 pound), scrubbed and cut into 1-inch chunks
- 1 (9-ounce) package frozen cut green beans
- 1 small cauliflower, cut into small florets (about 4 cups)
- 1/2 cup frozen green peas
- 1/4 cup chopped cilantro
- 1 to 2 tablespoons fresh lime juice

1. Heat oil in large saucepan over medium-high heat. Add curry powder and cook, stirring for about 30 seconds. Add the onion, bell pepper, garlic, salt and pepper, and cook 5 minutes, or until golden brown, stirring frequently. Add tomato paste and cook for 2 minutes.

2. Stir in coconut milk and broth. Bring to boil. Add potatoes, reduce heat to medium, cover and cook 15 minutes, or until potatoes are still firm but almost done.

3. Stir in green beans and cauliflower. Cover, and cook 5 minutes more, or until vegetables are tender. Remove from heat. Stir in peas, cilantro and lime juice. Serve with white or basmati brown rice, if desired. Serves 6.

- #### MILD CURRY POWDER
- 2 tablespoons ground cumin
 - 2 tablespoons ground coriander
 - 2 teaspoons ground turmeric
 - 1/2 teaspoon crushed red pepper flakes
 - 1/2 teaspoon mustard seed
 - 1/2 teaspoon ground ginger

In a blender or food processor, combine cumin, coriander, turmeric, red pepper flakes, mustard seed and ginger. Process to a fine powder. Store in an airtight container. Makes 1/4 cup.