

March Is Red Cross Month: A Time To Recognize Everyday Heroes

The American Red Cross is recognizing the country's everyday heroes during Red Cross Month.

"Everyday heroes help those in need in Kentucky," said Terry Burkhardt, CEO, American Red Cross Bluegrass Chapter. "They are our volunteers, our blood donors, people who take our classes or those who make a financial contribution to help us help others. During Red Cross Month we thank them for their support."

March has been recognized as Red Cross Month for more than 70 years. All of our presidents, including President Barack Obama, have designated March as Red Cross Month to recognize how the American Red Cross helps people across

the country and around the world.

The Red Cross responds to nearly 70,000 disasters big and small in this country every year. It provides 24-hour support to members of the military, veterans and their families at home and around the world; collects and distributes about 40 percent of the nation's blood supply; and trains millions of people in first aid, water safety, and other life-saving skills.

Last year in the Bluegrass area, the Bluegrass Chapter provided disaster relief to 660 families, assisted 2,048 military families, and trained 12,518 people in lifesaving skills. Also, through a contract with LexTran, our unique Red Cross Wheels program provided over

188,780 rides to disabled residents of Fayette County.

"This month is a great time for people to become part of the Red Cross," Burkhardt said. "They can become a Red Cross volunteer, work on a preparedness plan for their household, or take a Red Cross class."

The Red Cross is not a government agency and relies on donations of time, money and blood to do its work. An average of 91 cents of every dollar the Red Cross spends is invested in humanitarian services and programs.

The Bluegrass Chapter of the Red Cross encourages everyday heroes who would like to join our team to go www.redcross.org/ky/lexington/volunteer to complete

a volunteer application.

About the American Red Cross:

The American Red Cross shelters, feeds, and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org, or visit our chapter on Twitter at @BluegrassARC and Facebook at facebook.com/AR-BluegrassArea.

Kitchen Diva Funny Flower

by ANGELA SHELF MEDEARIS and GINA HARLOW

It's strange, it's lovely, it's a thistle, it's a flower, it's the pale-green blossom of spring -- it's the artichoke. Artichokes are in season, so it's time to go to the market and get some thorny deliciousness for yourself.

Artichokes may be a food you think you know - stripped down to its heart and frozen and packaged in a box, jar or can. But artichokes are delicious in all their forms. If you've never had the chance to buy them in their full, sculptural beauty, fresh off the plant, mature or young and tender, then you're truly missing something.

The artichoke is a member of the cardoon family, which is native to the Mediterranean. Cultivation began there as early as the 9th century. The artichoke likes mild, dry climates for growing, and in the United States it seems to prefer California's central valley almost exclusively. Being what it is, a leafy flower, makes it a great source of fiber. It's also high in vitamin C and magnesium.

If you live in California, you've probably had the chance to savor a fresh artichoke. However, it might seem a little exotic to the rest of us. The big round globe, with all its layers, might be a little intimidating. What to do with it? What is edible? What is not?

Use fresh artichokes within a few days of purchase. You may want to trim off the prickly points of the leaves before preparing them. Surprisingly, most of the flower is edible. The only exceptions are the more fibrous end of the stem (the upper part of the stem is very good) and the center. This part of the large, mature artichoke is inedible.

There are many tasty and attractive ways to prepare fresh artichokes. Large heads are delicious stuffed and roasted. Or artichokes can be steamed and the leaves removed and served for dipping into any sauce your imagination allows. Once the fuzzy center -- the "choke" of the artichoke -- is removed, the hollowed out core can be used as a serving dish for salads or soups. Small, young artichokes don't have to have the fibrous center choke removed, and can be cooked and eaten whole.

Try this wonderful recipe for Lemon Chicken With Artichokes and Olives. The simple combination of flavors showcases artichokes in a delicious way.



Lemon Chicken with Artichokes and Olives

- 1 large (4 pound) chicken, halved, backbone removed
- 2 tablespoons olive oil
- 1 tablespoon unsalted butter
- 2 tablespoons poultry seasoning
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 cup low-sodium chicken broth
- 6 whole garlic cloves with skins on
- 5 large artichoke hearts, quartered, 3 1/2 pounds total (See "How to Prep Hearts" below)
- 2 tablespoons grated lemon peel
- 2 teaspoons lemon juice
- 1 cup unpitted green olives
- 5 flat-leaf parsley sprigs

1. Preheat oven to 375 F. Heat oil and butter in large Dutch oven over medium-high heat. Sprinkle chicken all over with poultry seasoning, salt and pepper. Lay chicken in hot oil, skin-side down. Cook until browned, about 5 minutes. Turn chicken over. Pour the chicken broth around the outside edges of the chicken. Add the garlic, artichokes, lemon juice and lemon peel.

2. Roast chicken in oven, uncovered, until cooked through, about 1 hour or when temperature reaches 165 F on thermometer placed in thickest part of the thigh without touching bone. Remove the bird from the oven; let rest 10 minutes. (The thigh meat is forgiving, even if overcooked. In fact, it becomes more tender when cooked to at least 160 F.) Add olives and parsley and serve immediately. Serves 4 to 6.

How to Prep Artichoke Hearts: Snap off thick green outer leaves down to yellowish core. Halve artichokes crosswise; discard thorny tips. Trim stem to about 1/2 inch and peel tough outer skin from remaining stem. Halve artichoke lengthwise; scoop out and discard fuzzy, red-tipped choke. Put hearts in cold water with a little lemon juice and set aside until you're ready to cook.

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. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Read Gina Harlow's blog about food and gardening 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>

Friday, March 13th, 6-8pm

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, March 14th, 8am-1pm

Donors Can Save A Life

For those donors whose blood runs blue, Kentucky Blood Center is offering a special "My blood type is Wildcat blue" T-shirt. Donors at the following drive will receive the shirt.

The Estill County Community blood drive will be held Saturday, March 14th from 8 a.m. - 1 p.m. at the First Christian Church in the Fellowship Hall at 270 Main St. in Irvine.

All donors will be eligible to

win a \$25 Walmart Gift Card! To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

Blood donors must be 17-years-old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org.

Tuesday, March 17th at Raders'

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, March 17th and on the first and third Tuesday of every month at Raders' River Restaurant. 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 Inter-

national, 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..."

Tuesday, March 17th @ 7pm

From Artist to Arts Business

The March 17, 2015 Estill Arts Council's programming meeting will feature "From Artist to Arts Business".

This presentation is designed for visual & craft artists who are considering entering the arts market place. Kentucky Arts Council's Arts Marketing Director Ed Lawrence gives tips on registering

a business in Kentucky, preparing for shows & exhibits, and pricing for wholesale & retail markets.

This FREE workshop will be held in the Estill County Public Library community room at 7 p.m. Q & A session will follow the program. Light refreshments will be provided.

Applications Being Accepted For Supplemental Food Program

Applications are now being accepted for the Commodity Supplemental Food Program (CSFP)

This is a monthly supplemental food package program for low-income elderly, age sixty (60) and over.

The Estill County Senior Center, local distributing agency for the CSFP, is currently accepting applications for this program.

To apply, please provide the following documents:

state issued ID, proof of income for all members of the household and a current utility bill.

Apply at the Estill County Senior Citizens Center, 100 Golden Court, Irvine. Office hours are Monday, Tuesday, Thursday and Friday 8 a.m. till 4 p.m. and Wednesdays 8 a.m. until 1 p.m.

Please call Diane Riddell (606) 723-4787 for more information about the CSFP.

Visit Our Website At <EstillTribune.Com> For Up-To-Date Obituaries

UK COOPERATIVE EXTENSION SERVICE



University of Kentucky - College of Agriculture
Estill County Family & Consumer Sciences
Chelsea K. Bicknell
Estill County Extension Office

Monday, March 16th @ 1pm

"Short And Sweet" Learning Session

Desserts often add a large amount of empty calories to our diets - but they don't have to! Learn how to prepare "better for you" desserts with short prep time. Learn how to incorporate more nutrient-rich ingredients and how to prepare bite-size desserts.

On Monday, March 16th, at 1:00 p.m. at the Estill County Extension Office, Rachel Abney, Nicholas County Family & Consumer Sciences Agent, will hold a learning session called "Short and Sweet." Participants will journey through recipes and learn how to adapt them to be healthier, adjust serving sizes, and get to taste a few new things! Join us for a fun-filled lesson and learn how you can have your cake and eat it too!

For more information, call the Estill County Extension Office at 606-723-4557.

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

Wednesday, March 18th @ 1:30pm

Chemical Demilitarization Advisory

Mark your calendar for the Kentucky Chemical Demilitarization Citizens' Advisory Commission and Chemical Destruction Community Advisory Board Meeting on Wednesday, March 18 at 1:30 p.m. at EKU's Carl D. Perkins

Building, Rooms A and B.

This meeting is a good opportunity to learn more about the Blue Grass Chemical Agent-Destruction Pilot Plant at the Blue Grass Army Depot. For more information, call 626-8944.

Saturday, March 21st @ 5-7:30pm

ECHS Band Spaghetti Supper

The Estill County High School Band will have a Spaghetti Dinner on Saturday, March 21st from 5-7:30 at Estill Springs Elementary.

The dinner will include spaghetti, bread, dessert and drink. Tickets are \$5 in ad-

vance or \$7 at the door. Options for carry-out and delivery are available as well (drinks are not included in delivery).

For additional information, please contact any band member.

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