

Estill Adult Ed Now Offers GED® Express Option

Beginning on Wednesday, April 1, 2015, qualified adult education students across Kentucky will have the opportunity to participate in an accelerated learning opportunity that will allow them to progress more quickly toward taking the GED® test. This accelerated learning opportunity, called GED® Express, will be offered locally at the Estill County Adult Education center, located at 200 Wallace Circle, Irvine.

Kentucky Adult Education programs that have launched GED® Express early are already seeing

promising results. "With the GED® Express option, we are finding more students are getting on board with moving forward with their GED®," says Dr. Paula Jones, adult education program director for Madison, Garrard and Clay counties. "In these early stages, we are seeing progress, growth and successful completion. The new GED® Express option has been a 'win-win' for our students and for our program."

GED® Express helps qualified individuals progress more quickly toward earning a GED® diploma

by offering targeted instruction to address the student's specific skill gaps through a combination of independent and direct instruction in academic content areas, technology and test-taking skills.

"The current GED® test, launched a little over a year ago, allows students to take one test module at a time, which is really beneficial to the student," says Mary Skipper, Director Estill County Adult Education, GED® Express capitalizes on this opportunity and helps students really focus and hone in on building the

specific skills they need in order to earn a GED® diploma as quickly as possible. We want students to be successful and will do what we can to help them move toward taking the next step, whether that is improved employment opportunities or further education – or both."

For more information about GED® Express or other services offered by Estill County Adult Education, call 606-723-7323, e-mail msaduldu@irvineonline.net or visit estillcounty-adultlearningcenter@irvineonline.net.

Kitchen Diva The Conscious Carnivore

by ANGELA SHELF MEDEARIS and GINA HARLOW

It's difficult these days to give a dinner party, or even to plan a holiday meal for the family. Uncle Dan has high cholesterol, while sister Jane is gluten intolerant. Then there is niece Ashley, who is a newly proclaimed vegan. When we consider what to eat, it's overwhelming. It's important to understand allergies and medically diagnosed illnesses, and how food contributes to them. But beyond that, we find ourselves wondering, "What should I eat?" "Should I buy organic?" "Should I even eat meat?" "What does 'local and sustainable' mean?"

Shopping at a farmers' market is part of the local and sustainable movement, but what does it mean to you? For starters, small and organic farmers use techniques that allow for the long-term fertility of their farmland. When you buy food that is grown locally, there is a shorter distance and less cost for transport, which is good for consumers, but also is thought to be good for our planet. For those of us who include meat and fish in our diets, it's just as important to understand what to buy. Overfishing and the high energy involved in traditional ranching now are things to consider. Lately, new proteins are becoming available at the market that are good for us and for the environment. Along with many game meats, bison is becoming available at many local grocery stores. Bison is nutrient dense, has less fat and calories and more iron than chicken or salmon. And when it comes to Mother Earth, bison is good for her, too. Commercially farmed bison spend their lives on the range, with grazing patterns that have little effect on the land.

This recipe for Thai-Style Bison with Crispy Cabbage Slaw will help you become a more conscious carnivore while enjoying a delicious meal!



Thai-Style Bison with Cabbage Slaw

- 2 (8 ounce) bison skirt steaks, with all visible fat removed
- 2 tablespoon lemon grass, minced
- 2 Serrano Chile peppers, minced with seeds
- 2 shallots, minced
- 1 bunch green onions, sliced
- 1/2 tablespoon fish sauce for marinade
- Juice from 1 1/2 limes for marinade
- 1/4 cup fresh cilantro, chopped
- 1/4 cup fresh mint, chopped
- Juice of 1/2 lime for salad
- 1 teaspoon fish sauce for salad
- 1/2 teaspoon honey, agave syrup, or sugar
- 4 cups red cabbage, shredded
- 1 large orange, peeled and white pith removed, and slices separated into segments
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon salt
- 1 teaspoon cracked black pepper
- 1 teaspoon garlic, granulated

For Marinade:

Combine lemon grass, chilies, shallots, green onions, fish sauce, lime juice, cilantro and mint. Add thinly sliced bison. Toss to coat. Note: Marinade can be prepared up to one day ahead, or while steaks are resting.

For Salad:

In a large bowl, combine lime juice, fish sauce, honey, agave syrup or sugar until well-combined. Add in cabbage and orange slices, and toss well to coat in lime-juice mixture. Place in refrigerator to keep cool while you are preparing skirt steaks.

For Bison Steak:

1. Preheat grill to high for 5-10 minutes, or on stovetop heat a cast-iron grill pan on high.
2. Coat steaks with olive oil and season liberally on both sides with salt, pepper and garlic.
3. Cook over a charcoal or gas grill, or in grill pan on the stovetop for 5 minutes on first side, and 3 minutes on reverse side. Let steaks rest 10 minutes, then slice thinly against the grain of the meat.
4. Drain cabbage, place on platter and top with marinated bison steak.

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>

Thursday, April 2nd @ 5:30pm

Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, April 2, 5:30 p.m., at Michael's Restaurant. The program will be "Water Quality Monitoring" to be presented by Jack Stickney.

The Kiwanis Club has over 90 years of service to our community. New members are welcome. Anyone interested can contact any Kiwanis member.

Friday, April 3rd, 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, April 4th @ 8pm

SAL Spring Dance

The Sons of American Legion is having a dance at the American Legion Post 79 on Saturday, April 4 at 8 p.m.

The dance is featuring Donnie Isaacs.

Members and guests are welcome.

Tuesday, April 7th at Raders'

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, April 7th 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 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..."

Tuesday, April 7th @ 7pm

Estill Historical Society Meeting

The Estill County Historical and Genealogical Society will meet at 7 p.m. on Tuesday, April 7, 2015 at the Estill County Library meeting room.

April 22. The amount for the meal, which will probably be about the same as last year, will be presented at the April meeting.

This will be a planning meeting for the Mushroom Festival.

The 2015 Calendar is now available at the Museum on Saturdays between 10 a.m. and 4 p.m. The Estill County Pictorial History, WW II Book, the School Book, and the two volumes of the Cemetery Books are still available.

Wednesday, April 8th @ 2pm

Living With Alzheimer's Meeting

A "Living with Alzheimer's: For Caregivers - Early Stage" program will take place at the Madison County Public Library, located at 507 West Main Street, Richmond, 2-4 p.m. on Wednesday, April 8th.

er's and how to address them. Additionally, caregivers will learn about what lies ahead legally and financially, the importance of early planning, and how to build an effective care team.

This program will help participants understand the common symptoms and behaviors seen in early stage Alzheimer's

To register, call 1-800-272-3900 or email infoky-in@alz.org. This program was created especially for family caregivers, so please no professionals.

Applications Accepted For Food Program

Applications may still be 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. 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.

Sunday, April 12th @ 6:30pm

Estill Class of 1985 Meeting

The Estill County High School Class of 1985 is planning its 30th year class reunion. The reunion will be held on Saturday, July 25th at Gillum's in the Richmond Mall from 5:00 p.m. - 9:00 p.m. The cost of the reunion will be \$5.00 per person and \$10.00 per couple. There will no charge for children, if any attend.

To help with the cost of the reunion, please mail your payment and the names of those that will be attending to Rebecca Click at 260 Sandhill Road in Irvine, KY 40336 as soon as possible to pay for the rental fee of the room and such. NO catered food will be provided. All classmates and guests can order from the menu at Gillum's. A bill for food, and drink purchased that night will be given to each individual. Tips will not be included.

For more information check out our Facebook page called Estill County High Class of 1985. We are also on

Classmates.com and Alumniclass.com. Our planning committee's next meeting will be Sunday, April 12th at 6:30 at Hardee's on Richmond Road in Irvine. Everyone is welcome to help!! If you have any other questions or want to help call 606-643-5569.

We are also looking for these classmates... Bobby Barnes, Kevin Brandenburg, Lisa Clark, Connie Embury, Floyd Fowler, Bryan Hall, Jeff Hamm, Carolyn Hatton, Lisa Hines, Renae Hudson, Barb Lewis, Kim Licklighter, Jody McKinney, Susan Miller, Paul Morris, Gary Reynolds, Mike Rose, Tina Rose, Randy Shumate, Tonya Snowden, Roy Swalom, Alfreda Tipton, Betty Tipton, Billy Tipton, Vonda Tipton, Tennia Townsend, Joe Townsend, Pam Walters, Kenny Watson, Pam Wertz, Linda Winkler and Joy Young.

If you are a family member or can help us contact them please call 606-643-5569.

UK COOPERATIVE EXTENSION SERVICE

University of Kentucky - College of Agriculture

Estill County
Family & Consumer Sciences

Chelsea K. Bicknell
Estill County Extension Office

Tuesday, April 14th @ 6pm

Know The 10 Signs of Alzheimer's

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease. The workshop will be presented by Chelsea Bicknell, Estill County Family and Consumer Sciences Extension Agent on Tuesday, April 14th at 10:00 a.m. at Wallace Circle and 6:00 p.m. at Mountain Crest Community Room. 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.

Pay by Thursday, April 30th

Lions' Amish Country Trip

Come join the Estill County Lions Club for a day of fun as we travel to Amish Country in Montgomery, Indiana aboard a comfortable Toby Tours bus on Saturday, June 20th, 2015, sponsored by the Estill County Lions Club.

The \$79.00 price includes lunch at an Amish home, driver's tip and an \$8.00 do-

nation to help our Lions help others. An Amish step-on guide will spend the day with us. Get some friends together and join us.

For more information call Terry Williams at (606) 723-5447 or Tracy Snowden at (606) 723-4023. Full payment needed by no later than April 30th.

Saturday, May 2nd @ 11am

"Save the Mack" Brunch

Make plans now to start your race day activities and fun by attending the "Save the Mack" Derby Day Brunch hosted by River City Players, Saturday, May 2nd, 11:00 a.m. - 2:00 p.m., at the Masonic Lodge on Broadway, Irvine, KY. Come join us for fun, food, and games.

The Parade of Hats will begin at 1:00 p.m.; prizes will be awarded for Prettiest, Funniest, and Most Creative. \$10 donation, all proceeds

go to "Save the Mack" fund. Tickets are available from RCP members, or call Myra Finney at (606) 723-4238, or Bobby Carol Noland at (606) 723-2254.

"Save the Mack" T-shirts are now available.

Short Sleeve XL & smaller sizes: \$15. 2XL & larger sizes: \$20. Long Sleeve: \$20.

Visit our booth at the EAC Arts and Crafts show December 6th to buy a T-shirt, or a RCP Refrigerator Magnet.

Jimmie L. Johnson, DMD, PSC

Family Dentistry

87 Wildwood Place (off Court St.)
Irvine, Kentucky
(606) 723-3213