

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>

Effective Tuesday, April 7th

Slade Rest Area Temporarily Closed

The Junior Williamson Rest Area, located off the Mountain Parkway at Exit 33 (Slade) in Powell County, was closed on Tuesday, April 7, 2015 for repairs to the plumbing in the building.

The duration of the closure is not yet known. When the facility reopens, an update will be posted to the Department of Highways District 10's Facebook and Twitter accounts.

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.

ers 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.

Thursday, April 9th @ 5:30pm

Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, April 9 at 5:30 p.m. at Michael's Restaurant.

about the "One Book/One Book Jr." program and summer reading.

Whitney Hays, children's librarian at the Estill County Public Library will speak

Persons dedicated to improving the world one child and one community at a time are welcome to become members.

Thursday, April 9th @ 6:30pm

Free Basic Mental Illness Class

NAMI Kentucky will be presenting a free basic mental illness class at Rice Station Christian Church, 1675 Old Richmond Road Loop in

Irvine, on Thursday, April 9, 2015, starting at 6:30 p.m.

For more information, please contact NAMI Kentucky at (859) 979-1772.

Friday, April 10th, 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.

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 be no charge for children, if any attend.

niclass.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.

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.

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 Swallow, Alfreda Tipton, Betty Tipton, Billy Tipton, Vonda Tipton, Tennia Townsend, Joe Townsend, Pam Walters, Kenny Watson, Pam Wertz, Linda Winkler and Joy Young.

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

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

Tuesday, April 14th @ 10:30am

GTE/Sylvania/Osram/UAW

Winchester GTE/Sylvania/Osram/UAW retirees will gather at the Union Hall on Tuesday, April 14, at 10:30 a.m. and after a short meeting will travel to Windy Corner Market and Restaurant

in Lexington for lunch about 11:30 a.m.

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

Tuesday, April 14th @ 1:30pm

Estill Retired Teachers To Meet

The Estill County Retired Teachers will meet Tuesday, April 14, 2015 at 1:30 p.m. at the Estill County Public

Library. Steve Garrett will enlighten everyone on Legislative issues pertaining to Retired Teachers.

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.

Saturday, April 18th @ 11am

Estill High Grad And State Apiarist Presents Bee Info

Kentucky State Apiarist Tammy Horn will discuss Native Bees, Honey Bees and Appalachian Trees at the Estill County Public Library, Saturday April 18 at 11:00 AM.

lishing bees and beekeeping in the region, as well as the need for more floral diversity for bee survival.

Because of fragmented land use, native bees are disappearing at alarming rates with very little documentation. As part of the presentation, Horn will discuss Coal County Beeworks, a group committed to re-estab-

This FREE program, presented as part of the One Book community reading project, is open to the public, and was funded in part by the Kentucky Humanities Council, Inc and the estate of William T. Williams

Tuesday, April 21st at Raders'

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, April 21st 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.

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..."

Estill County Lions Club is part of Lions Club Inter-

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.

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.

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

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.

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.

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

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

\$10 donation, all proceeds

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.

Applications Accepted For Food Program

Applications may still be accepted for the Commodity Supplemental Food Program (CSFP)

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

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.

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

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

To apply, please provide the following documents:

Jimmie L. Johnson, DMD, PSC
Family Dentistry
87 Wildwood Place (off Court St.)
Irvine, Kentucky
(606) 723-3213

Kitchen Diva Ramp Up for Spring

by ANGELA SHELF MEDEARIS and GINA HARLOW

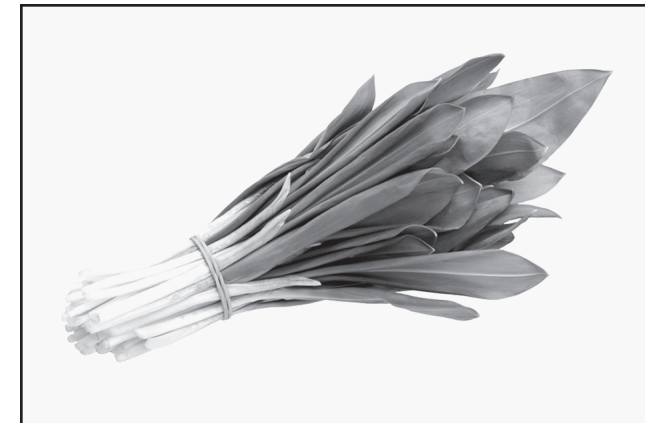
Spring is the time when many of us head out to the farmer's markets. In addition to buying incomparably fresh food and supporting the local economy, there's another reason why shopping at a farmer's market is a treat. If you keep your eyes and mind open, you'll find many varieties of vegetables and fruits that you won't find anywhere else. Ramps, also known as wild leeks, are a springtime luxury.

Because of their short season, ramps are lesser known than other members of the allium family, which includes onions, leeks and garlic. They grow wild, mainly in the eastern United States. Ramps also can be found on the side of mountains, in forests and along creek bottoms all the way to Missouri and up into Canada. They are a precious and beloved hallmark of spring in these areas. Festivals even have sprung up in their honor, most notably in North Carolina and West Virginia.

Ramps are even more desirable because they are not easily cultivated. So, most times, even at the farmer's market, the ramps you find are harvested from the wild. Besides their unique taste and rarity, ramps are high in vitamins A and C. In the Appalachians, ramps historically have been regarded as a spring tonic believed to cleanse the blood. Although this characteristic of ramps is unproven, studies have shown that they contain selenium, which is an essential micronutrient.

Ramps have a strong flavor that is similar to a garlic and onion combined. When used with a knowing and delicate hand, the unique flavor of ramps lends itself to a variety of dishes. As the world around us has become more food obsessed, chefs looking for new and different ingredients have incorporated ramps into their menus.

If you are fortunate to find ramps, prepare them soon, as their delicate leaves don't hold up well. They can be substituted in any recipe that calls for onions, scallions or garlic. But use caution, as a little of this pungent vegetable goes a long way. These recipes for Ramp Butter and Ramp and Bacon Vinaigrette showcase the vibrant flavor of ramps while extending their season.



RAMP BUTTER

- 1/4 pound ramps, roots trimmed
- 11 tablespoons unsalted butter, at room temperature
- 1/2 teaspoon sea salt
- 3 whole salt-packed anchovies, rinsed, soaked and filleted, then finely chopped, optional
- 1 tablespoon finely grated lemon zest (from about 2 large lemons)
- 1 1/2 teaspoons freshly squeezed lemon juice, or more to taste
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon freshly ground black pepper

1. Melt 1 tablespoon of butter in a heavy-bottom pan over high heat until melted. Sauté the ramps until wilted, then chop into a small dice. Scrape ramps into a large bowl and add the remaining 10 tablespoons butter, salt, anchovies if desired, lemon zest, lemon juice, olive oil, red pepper flakes and black pepper.

2. Stir mixture with fork or wooden spoon just until well-combined.

3. You can refrigerate the butter for a day or two in a covered bowl. Or, spoon the butter mixture onto a piece of food-safe parchment paper. Roll up mixture on parchment to create a log shape. Twist ends of paper to seal butter, and place it into a re-sealable plastic bag. Refrigerate butter log until firm, about 3 hours. Slice into "coins" to serve immediately, or freeze parchment-wrapped logs in plastic bag for up to 3 months. Makes about 1 1/2 cups.

RAMP AND BACON VINAIGRETTE

- 12 ramps, roots trimmed
- 2 slices bacon
- 3/4 cup olive oil
- 3/4 cup minced parsley
- 1/4 cup white wine vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper, to taste
- 1/2 teaspoon honey

1. Heat a cast-iron grill or heavy-bottom pan over medium-high heat. Cook bacon for 2 minutes. Add the ramps and continue to cook both, flipping once, until ramps are slightly charred and bacon is crisp, another 3 minutes.

2. Transfer bacon and ramps into blender. Add half the oil, parsley, vinegar, mustard, salt, pepper and honey; and puree until smooth. With the motor running, drizzle in remaining oil until emulsified.

3. Store in refrigerator in air-tight container for up to 2 weeks. Shake before using. Makes 1 1/2 cups.

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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