

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>

Wednesday, April 22nd 11am-1pm

Estill Main Street Clean Sweep

Please join us on Earth Day for the 2nd Annual Main Street Clean Sweep on April 22, 2015 from 11:00-1:00. We will sign in at the courthouse starting at 10:30 a.m.. You can register your group/individual by clicking the link below. If you need more information please call Kim Dawes at (606) 723-7524.

UK COOPERATIVE EXTENSION SERVICE
University of Kentucky – College of Agriculture



Estill County Family & Consumer Sciences
Chelsea K. Bicknell
Estill County Extension Office

Wednesday, April 22nd @ 6pm

Living Green: Living an Environmentally Responsible Life Class

In today's society, "green" is used to describe everything from household cleaners to cars. It's the topic of talk shows, books, and political campaigns. But, what does "green" really mean? Simply put "green" is environmental responsibility. Making choices that are environmentally friendly.

We, as humans, are dependent on our Earth's natural resources. Everything from the air we breathe, to the water we drink, to the soil we use for food production – these resources are vital to our existence. Therefore, it's important that we care for and respect these resources. Understanding how our daily choices affect our environment is key. By making a few simple changes in our day-to-day routine we can conserve natural resources and protect our environment for present and future generations.

Estill County Cooperative Extension is offering a Living Green class on Earth Day, April 22nd at 6:00 p.m. at the Estill County Extension Office, 76 Golden Court. The class will provide information on ways to be more environmentally friendly or "green" by saving energy, conserving water, reducing waste, eating responsibly, and acting locally. For more information contact Chelsea Bicknell at 723-4557 or chelsea.bicknell@uky.edu.

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

Wednesday, April 22nd at 7pm

Estill-Powell ASAP Meeting

The Estill-Powell ASAP Board is hosting a community awareness meeting concerning Underage Drinking and Alcohol Abuse on Wednesday, April 22nd at 7 p.m. at the Estill County Public Library meeting room.

This is free and open to the public. Information is useful for parents, educators, medical providers, coaches, youth group leaders, pastors and others working with youth and young adults in our communities. Light refreshments will be served. You may contact Sharon Hensley, Estill-Powell ASAP Coordinator at 606-723-7187 for more information.

Friday, April 24th, 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.



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Witts Country Market Is now selling Wings and Pizza



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Lunch Specials Daily (M-F)
(606) 726-0026
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4650 Richmond Road in Irvine
(next to Big Katz Auto Sales)

Saturday, April 25th, 7-11am

Irvine Masonic Pancake Breakfast

Irvine Masonic Lodge will be having an all you can eat pancake breakfast on Saturday April 25, 2015 from 7:00 a.m. until 11:00 a.m. at the Lodge Building. The Lodge is located at the corner of Broadway and North Lilly Avenue.

Pancakes, sausage, bacon, scrambled eggs, juice, milk, and coffee will be served.

The cost will be \$7 for adults and \$5 for children 5 to 12 years of age. Children 4 and under eat free with paying adult. 5-K Fungus Run participants will receive \$1 discount on their breakfast.

Carry outs will be available by calling 723-2188.

Tickets will be available at the door.

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.

Saturday, May 2nd, 8am-?

Relay For Life Yard Sale

The Marcum & Wallace Relay for Life team is hosting a yard sale to benefit Estill County Relay for Life on

Saturday, May 2 from 8 a.m. until ? at Mercy Primary Care - Irvine on Richmond Road.

Tuesday, May 5th @ 6pm

ECH&GS to meet at Aldersgate

The Estill County Historical and Genealogical Society will meet at 6 p.m. on Tuesday, May 5, 2015 at Aldersgate at Fitchburg for the anniversary dinner.

If anyone would like to attend the meeting and meal at Aldersgate, please call Diana Arthur at 723-2636 by April 22. The steak dinner will be \$16.00, and the chicken will

be \$12.50.

Please check the address on your newsletter for renewal of membership.

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.

Tuesday, May 5, 6:30pm 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.

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..."

Saturday, May 9th @ Your Mailbox

Letter Carriers Food Drive

Every year the National Association of Letter Carriers (NALC) and the United States Postal Service conduct a food drive to supplement the food banks in the local area. There are many families located throughout the country who depend on these food banks

for help. Please help us make 2015 the best year ever for food collection here in Estill County, and to help our neighbors in their time of need. The NALC Letter Carrier's food drive is Saturday May, 9th this year. Please plan to join us in this very important endeavor.

Sunday, May 17th @ 6:30pm

Estill High School Class of 1985

The Estill County High School Class of 1985 is planning it's 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 single or \$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 rent-

al fee of the room and such. 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, May 17th at 6:30 p.m. 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 several classmates. If you know of any classmate who has not been informed of the reunion, please let them know.

Kitchen Diva A Fish Story

by ANGELA SHELF MEDEARIS and GINA HARLOW

Since prehistoric times, man has seized a spear, fashioned a rod with string or tied a net together to pull a meal from streams and oceans. Even today, in some cultures, fishing is much more meaningful than just providing food. It's a way of life, handed down and etched into the heredity. Taking food from the water was, and is, the most basic way to provide sustenance and survival.

Today, food choices abound. Having fish as a part of our diets is not a necessity, but it's a common and a healthy choice. Along with being a naturally low-fat protein, most fish, especially fatty fish, are high in omega-3 fatty acids, which contribute to heart and brain health. Omega-3s also can be found in nuts, flaxseed and soybeans.

Choosing the right fish is important. Some fish are susceptible to mercury and other environmental contaminants. Other fish are in danger of becoming overfished. So what's a fish lover to do? Luckily, new fishing practices have evolved that allow us to choose types of fish we can feel good about eating. There also are informative websites like www.seafoodwatch.org that provide up-to-date information about the best types of seafood to serve.

Here are a few suggestions from eNature:

- Catfish: responsibly raised, fast-growing herbivores
- Dungeness Crab: from well-regulated fisheries
- Salmon: wild caught
- Crayfish, crawfish or Crawdads: appropriately farmed
- Anchovies: fast-growing and abundant
- Shrimp -- Atlantic Northern Pink: Abundant and captured without environmental damage
- Scallops: responsibly farm-raised and abundant

Along with species and harvesting methods, it's important to choose the right place to buy your fish. Select a store known for selling in large quantities on a daily basis, so you'll have some assurance that your fish is fresh. Never buy packaged fish unless it's frozen, and then make sure you read the labels and check the producers. Don't be afraid to ask the fishmonger to let you smell the fish. Fresh fish should have no smell, a translucent quality to the meat and be firm to the touch (although they're probably not going to let you touch it).

My recipe for Sautéed Catfish with Anchovy Chimichurri showcases two relatively inexpensive but nutritious types of seafood in a simple, flavorful dish.



Sautéed Catfish with Anchovy Chimichurri For the Anchovy Chimichurri:

- 3/4 cup fresh basil
 - 3/4 cup fresh celery leaves
 - 3/4 cup cilantro
 - 3/4 cup parsley
 - 7 anchovy fillets (boneless and skinless), finely chopped
 - 1 celery stalk, sliced
 - 1/4 cup plus 2 tablespoons plus 1 teaspoon extra-virgin olive oil
 - 2 tablespoons plus 1 teaspoon fresh lemon juice
 - 1 tomatillo, husk peeled and discarded
 - 2 garlic cloves, 1 chopped
 - 1/8 teaspoon crushed red pepper
 - 1 teaspoon salt
 - 1 teaspoon freshly ground black pepper
- For the Catfish:**
- 4 catfish fillets (3.5 to 4-ounces each), U.S. Farm-Raised Catfish
 - 2 tablespoons olive oil
 - 1 1/2 tablespoons poultry seasoning
 - 1/2 teaspoon paprika
 - 1 teaspoon salt
 - 1 teaspoon freshly ground black pepper

Mix the basil, celery leaves, cilantro and parsley with 6 of the 7 chopped anchovy fillets. Transfer 1/3 of the basil herb mixture to a medium bowl. Add sliced celery and 1 teaspoon each of the olive oil and lemon juice. Cover and reserve mixture to garnish the fish.

To make the Chimichurri:
Puree the remaining basil mixture and the remaining anchovy in a food processor or a blender. Slowly drizzle in the 1/4 cup olive oil until ingredients are well-combined. Season the Chimichurri with salt, as needed. Cover and set aside.

To prepare Catfish:
1. Heat olive oil in a medium skillet over medium heat. Rinse catfish fillets and pat dry. Season catfish on both sides with the poultry seasoning, paprika, salt and pepper. Place fillets in skillet and saute for 3 minutes per side, or until fish is completely opaque and flakes easily with a fork.

2. Remove catfish from pan. Serve with a generous amount of Anchovy Chimichurri and top with the remaining basil mixture garnish. Serves 4-6.

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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