

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>

Mondays & Wednesdays at 10:00am

Body Fitness Exercise Classes

Body Fitness Exercise Classes instructed by Sister Loretta Spotila, RN, are being held on Monday and Wednesday mornings, 10-11 a.m. at the Estill County UK Cooperative Extension Service on Golden Court, off Stacy Lane in Irvine. These classes involve gentle exercise and movement and build strength and flexibility. They are helpful for persons with arthritis, asthma, and difficulty moving. Donation is \$3.00 per class. For more information, contact Sister Loretta at 723-8505.

Wednesdays, now at 5:30pm

Beginner Yoga at Marcum-Wallace

Beginner Yoga class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30 to 6:30 p.m. with instructor Laritza Gomez. The cost is one non-perishable food item for Helping Hands Outreach Ministry.

Thursday, February 6th at 5:30pm

Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, February 6 at 5:30 a.m. at Steam Engine Pizza. Kiwanis clubs focus on changing the world by serving children, one child and one community at a time. Service is at the heart of every Kiwanis club, no matter where in the world it's located. New members are welcome.

Friday, February 7th at 9:00am

Retired Co. C Guard Breakfast

Attention: All retired and former National Guard members of Charlie Company 1/149th, there will be a breakfast at Cracker Barrel, in Richmond, on Friday, Feb. 7th, and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

Friday, February 7th at 6:00pm

Class Making Thank You Cards

Join instructor Yvonne Harrison on Thursday, January 30th at 6:00 p.m. as she teaches us how to make Thank-You cards. Class fee is \$7 and all supplies will be provided to make 6 cards. This class is open to anyone ages 10 and up. The class will be held at the Estill County Extension Office, 76 Golden Court, Irvine. Please sign up and prepay by January 28th. If you have any questions, call the Estill County Extension Office at 606-723-4557.

Saturday, February 8th at 12:00 Noon

Relay for Life "Rock-A-Thon"

The next Estill County Relay for Life activity will be a Rock-A-Thon to be held on Saturday, February 8, 2020, from 12:00 Noon until 5 p.m. at the Rice Station Christian Church. The event will be used to raise money for the annual Relay. Participants will be rocking in rocking chairs to raise money. Rebecca Wolfenbarger has stepped down as county chair so Patty Barnes, Amanda Muncie and Patricia Bringer are now co-chairing the Estill County Relay for Life event this year which will happen on June 12, 2020 at the ECHS track. For more information, contact the co-chairs or follow Estill County Relay for Life on Facebook.

Saturday, February 8th at 5pm

Line up for Love Barn Dance

The River City Players and the Estill Action Group are teaming up to bring the Line up for Love Barn Dance in Estill County this coming Saturday, February 8, 2020, beginning at 5:00 p.m. Everyone is invited to join us at the Estill County Fair Barn for line dancing, clogging demonstrations, cats and treats! Bring the family, or your sweetheart for an early Valentine's Day dance! Even if you don't know how to grape vine or scuff and stomp, we'd love to have you out! Admission is \$3 per person or \$5 per couple. Concessions will be available for purchase and donations will be accepted. Proceeds will support Save the Mack and Twin City Trail Town. *River City Players and Estill Action Group are proud to be divisions of the Estill Development Alliance.*

Saturday, February 8th at 6:00pm

Commander and Adjutant's Birthday

Come help American Legion Post #79 celebrate our Commander and Adjutant's birthday on Saturday, February 8 at 6:00 p.m. with a DJ and KARAOKE.

Monday, February 10th at 7pm

SE KY Gem, Mineral & Fossil Club

The Southeast KY Gem, Mineral & Fossil Club will meet Monday, February 10 at 7 p.m. at the Public Library, 246 Main Street, Irvine. The program will be "Fossils". Plans will be made for the Agate Hunts on April 21, 22, and 23 and the KY Agate, Gem, Mineral, & Fossil Show to be April 24, 25, and 26 during the Mountain Mushroom Festival. The club is the assisting organization for the agate hunts and the show. Visitors are welcome to attend. Membership forms will be available for anyone interested in joining the group.

Tuesday, February 11th at 1:00pm

Leader Lesson: Essential Oils

Many people enjoy using essential oils as part of their wellness routines, but before you reach for a specific oil, take some time to learn about using essential oils safely and wisely. Become informed of the pros and cons of the oils as well as precautions for usage. If you are interested in learning about the essential oils being promoted on today's market and their claimed benefits, join Shonda Johnston, Clark County Family and Consumer Sciences Extension Agent on Tuesday, February 11, 2020, 1:00 p.m. at the Estill County Extension Office. Please register by calling 606-723-4557 so we will have plenty of handouts available.

Tuesday, February 11th at 5:30pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet on Tuesday, February 11th and the second Tuesday of each month at the Estill County Golf Club from 5:30-7 p.m. Come, join us. Together we can make a difference.

Tuesday, February 11th at 7:00pm

Estill DAV Chapter 94 to Meet

DAV Chapter 94 will be meeting at 7:00 p.m., Tuesday, February 11th and the second Tuesday of each month at Estill County Senior Citizens Center, off Stacy Lane. If you are a veteran with 10 percent or more service connection, you are welcome. Call 1-606-663-2504 for more information. We are veterans and we would appreciate your attendance. Veterans from surrounding counties are also

Thursday, February 14th - 10am-1pm

Alzheimers Training Program

A program, "Living with Alzheimer's: For Caregivers - Early Stage" will take place Thursday, February 14th at the Madison County Cooperative Extension Office located at 230 Duncannon Lane in Richmond from 10am-1pm.

Saturday, February 15th

Free GED! Make It Happen Now!

Kentucky Skills U is offering FREE GED® tests! FREE GED Ready® Test. SAVE \$24.00! FREE Schedule and take the GED® test. SAVE \$120.00! Receive the diploma packet within a week of passing the test. This offer is temporary. Call 606-464-5021 or 606-723-7323 Lee County or Estill County Adult Education Skills U Centers. The next GED test in Estill County is Saturday, February 15, 2020.

Saturday, February 15th at 8:00pm

American Legion Valentine's Dance

American Legion Post 79 will be hosting a Valentine's Dance on Saturday, February 15, 2020, starting at 8:00 p.m. with DJ Kenny Chenault. Door charge is \$10.00. All proceeds go to the American Legion.

Tuesday, February 18th at 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, February 18th and on the first and third Tuesday of every month at the Irvine First Christian Church meeting room on Main Street at 6:30 p.m. Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world.

Friday, February 21st at 6pm

SE KY Gem, Mineral & Fossil Club

River City Players and Irvine Chapter #357, O.E.S. are hosting "Murder at Mardi Gras" Mystery Dinner Theater. Dress in your most colorful feathers & beads and join the fun on Friday, February 21, 2020 at the Irvine Lodge on Broadway. Dinner served at 6 p.m. RESERVATIONS ARE REQUIRED. Tickets are \$20 each and are available at Pickers' Paradise, or from RCP & Eastern Star members. Or, call 606-723-5755 for more information. Dinner Menu: Turkey Manhattan, Green Beans, Dessert, Coffee or Tea.

Monday, February 24th - 6:30pm

Democratic Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, January 24th at 6:30 p.m. and the 4th Monday of every month at the Estill County Public Library, 246 Main Street. For additional information you can email [Estillcountydemocrats@gmail.com](mailto:estillcountydemocrats@gmail.com).

Sunday, March 1st at 2:00pm

Amvets Post 67 in Clay City

Amvets Post 67, located at 99 Veterans Lane, Clay City holds its meeting monthly, 1st Sunday of each month at 2:00 p.m. Also, everyone is invited to Post 67 Clay City for Bingo every Monday. Doors open at 5:00 p.m. Bingo starts at 6:30 p.m. For more information, call 606-663-0071.

Tuesday, March 24th at 5:30pm

Living With Alzheimer's & Dementia

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join us and hear from professionals about resources, monitoring care and providing meaningful connection for the person with late stage Alzheimer's and their families. This program will take place February 28th from 10am-1pm at the Madison County Cooperative Extension Office located at 230 Duncannon Lane in Richmond. To register, call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900. Registration is required. This program was created especially for family caregivers, so please no professionals.

Kitchen Diva

A Seductive Supper for Valentine's Day

I love preparing a romantic dinner for Valentine's Day. Cooking is one of the ways I show my love for my sweet husband, Michael. We've been married for 45 years, so I've had plenty of opportunities to create romantic meals, from breakfast in bed to late-night fireside suppers.

What better time to prepare a heart-healthy meal than on the one day of the year that celebrates matters of the heart -- Valentine's Day? My recipe for Roasted Salmon with Pomegranate Butter Sauce is an elegant way to make a special day even more memorable and provides the gift of good health.

While 80% of all the salmon sold is farm-raised, wild salmon is the best choice. You can choose from a handful of different Pacific salmon, including Sockeye, Pink Coho and King (Chinook). Atlantic salmon also is an option. The U.S. prohibits fishing for it, so the ones you'll find in American supermarkets are farm-raised.

Eating two to three servings per week of foods rich in omega-3 is a healthy choice. A serving of salmon (about 3 to 4 ounces) is about 200 calories. Salmon is low in mercury and saturated fat. It's a good source of protein, and one of the best sources of vitamin B12, potassium and other nutrients like iron and vitamin D.

If you've never tried roasted salmon, get ready for a treat. The heat from the oven seals in the flavor of the salmon much better than moist-heat methods like poaching or steaming. The pomegranate butter sauce is what makes this dish so deliciously unique. Pomegranate juice is fairly easy to find in most grocery stores, and the flavor marries beautifully with the salmon.

My recipe for roasted salmon is a delicious choice for a Valentine's Day dinner and the perfect way to combine heartfelt sentiments with heart-healthy benefits.



Photo Credit: DepositPhotos

Roasted Salmon with Pomegranate Butter Sauce

The pomegranate butter sauce is a red variation of the classic French "beurre blanc," which translated from French means "white butter." One important tip: Slowly incorporate the butter over very low heat so it softens into a creamy emulsion with the acidic base. If the heat is too high, the butter will simply melt.

- 1 (2 pound) center-cut salmon fillet, with skin
- 1 teaspoon salt
- 1 teaspoon black pepper

For the Pomegranate Butter Sauce:

- 1/2 cup bottled pomegranate juice
- 1/4 cup good quality balsamic vinegar
- 1/4 cup orange juice
- 2 tablespoons honey
- 2 tablespoons minced shallots
- 1/2 teaspoon chopped fresh rosemary or 1/4 teaspoon crumbled dried rosemary
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 8 tablespoons (1 stick) unsalted butter, chilled, cut into 8 equal portions

1. Heat oven to 400 F. Lightly oil a large rimmed baking sheet.

2. Run your fingers over the cut side of the salmon, feeling for any pin bones. If necessary, pull out the bones with sterilized tweezers. Season salmon on both sides with the salt and pepper. Place the salmon on the baking sheet, flesh side up. Cut the salmon vertically into 6 equal portions, but do not separate the pieces. (This makes the salmon easier to serve after cooking.)

3. Roast until the salmon shows just a hint of bright pink when prodded in the center of the fillet at one of the cuts with the tip of a knife, 12 to 15 minutes.

4. Meanwhile make the butter sauce. Bring the pomegranate juice, balsamic vinegar, orange juice, honey, shallots, rosemary, salt and the pepper to a boil in a non-reactive medium saucepan over high heat. Cook until the liquid is reduced to 1/4 cup, about 8 minutes. Reduce the heat to very low.

5. Remove the pan from the heat and whisk in 1 tablespoon of the butter. Whisk until the butter softens into a creamy texture, occasionally returning the pan to the heat to keep it warm, but not hot. Repeat with the remaining butter, one tablespoon at a time. Season with salt and pepper to taste. Do not bother to try to keep the sauce piping hot; it will be heated by the warmth of the salmon.

6. Remove the skin and any fat from the salmon and discard. Serve the salmon on individual dinner plates and spoon the sauce on top. Serve immediately. Makes 6 servings.

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. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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