

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>

Entire Month of February

Hearts for Hospice at CGB

Throughout February, Citizens Guaranty Bank in Irvine will offer customers Hearts for Hospice. For a donation, customers will receive a memorial heart, which will be displayed at the bank throughout the month. All proceeds support Hospice Care Plus.

Wednesdays @ 5:30pm

Beginner Yoga at Marcum & Wallace

Beginner Yoga Class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30-6:30 p.m. with instructor Laritza Gomez. The cost is one non-perishable food item for Helping Hands Outreach Ministry. The instructor will guide the class through basic poses focused on relaxation, building core strength, and flexibility. Regularly practicing yoga has many health benefits!

Monday, February 15th at 9am

Training For Crisis Pregnancy

A training session for volunteers who may have an interest in meeting with pregnant clients and mentoring them through their pregnancy are invited to take part in an upcoming training: Light University training series, Crisis Pregnancy Coaching. **CRISIS PREGNANCY** 101 & 102. First two sessions will be on Monday, February 15, 9:00 a.m. and February 22, 10:00 a.m. at the Center

UK COOPERATIVE EXTENSION SERVICE University of Kentucky – College of Agriculture



Estill County Family & Consumer Sciences Pam Dooley Powell County Extension Office

Monday, February 15th @ 12 Noon

Know the 10 Signs: Early Detection Matters

As our bodies age so do our brains. Slower thinking and occasional memory loss often accompany normal aging. However, according to the Alzheimer's Association, memory loss that disrupts daily life can sometimes be a symptom of dementia or Alzheimer's Disease. Join us on Monday, February 15th, at Noon at the Estill County Extension Office to learn the 10 warning signs and symptoms that can alert individuals to early detection. Pam Dooley, Family & Consumer Sciences Extension Agent in Powell County will share the evidence-based program distributed by the Alzheimer's Association, the leading voluntary health organization in Alzheimer's care, support and research. *Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.*

Tuesday, February 16th @ 1:30pm

Afternoon Yoga At The Library

Afternoon yoga at the Estill County Public Library starts Tuesday, February 16th at 1:30 p.m. Yoga relieves stress, builds strength and improves flexibility. Even if you've never tried yoga before, please come and join us - you will love the way it makes you feel! All ages and abilities are welcome and admission is free. Call the library at 723-3030 if you have any questions.

Tuesday, February 16th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, February 16, 2016, 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..."

Friday, March 4th @ 9am

Retired Co. C Guard Breakfast

Attention: All retired and old National Guard members of Charlie Company 1/149th. There will be a breakfast at Cracker Barrel, in Richmond, on Friday, March 4th and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

MILLERS CREEK TOP SOIL & FILL DIRT Rock Hauling 1-12 Tons Call (606) 726-9004

Thursday, March 10th @ 5pm

Legal & Financial Planning

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. A workshop on Thursday, March 10th, from 5-6:30 p.m., is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place. The guest speaker will be attorney Robert McClelland. The program sponsored by the Alzheimer's Association and will be held at the Lexington Public Library, Beaumont Branch located at 3080 Fieldstone Way. A light dinner will be provided free of charge by Bridgepointe at Ashgrove Woods. Registration is required. Please contact 1-800-272-3900.

Thursday, March 25th @ 10:30am

Conversations About Dementia

A program on Thursday, March 25th shares tips for breaking the ice and having difficult conversations around some of the most common issues that arise when someone shows signs of Alzheimer's or dementia. Issues such as doctor visits, deciding when to stop driving, planning for the future, and building a care team that works and communicates well are discussed. Learning how to approach these conversations will help to reduce some of the stress that can accompany the process of addressing a disease like Alzheimer's. To register, call the Alzheimer's Association's 24/7 Helpline at 1-800-272-3900. It will be held 10:30-11:30 a.m. at the Madison County Senior Center, 1215 West Main Street in Richmond.

Whether it is found in the wild, or grown, harvested and dried, about 2 out of every 3 cats are affected by the **catnip** plant. Cats will roll in it or try to eat it. As a garden plant, it likes sunny spots, growing 3 feet or more, and displays delicate, bluish flowers in summer. Also used in teas, tinctures, or poultices for human use, it is known to induce calm, restfulness and healing.

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Farming News

Available Now

Soil Testing

Farmers, gardeners, and homeowners should consider soil testing to determine what nutrients are in their soils and what nutrients are lacking that must be added for proper growth of crops, pasture, vegetables, ornamentals, or lawns. Soil testing is a special chemical analysis that provides a guideline for lime and fertilizer needs of soils. Soil testing service is available to every Kentucky citizen through the University of Kentucky Agricultural Experiment Station and the Cooperative Extension Service. We have soil sample bags and soil probes we can loan. Estill County farmers can soil test through our office for FREE thanks to funding by the Estill County Extension District Board. Offer has some limitations. For more information, visit or contact the Estill County Extension Service at 723-4557.

DANNY NEWMAN

Now Hauling Gravel for Tipton Ridge Quarry

Single-Axle Dump Truck Loads Range From 1 to 12 Tons
(606) 723-9816 or (606) 643-6118

BROWN FARM MEATS

Is Now Accepting EBT, debit, Mastercard, and Visa

Located inside Discount Tobacco 389 Richmond Road in Irvine, KY
M-F, 9-6, Saturday, 9-Noon (606) 643-5107 or (606) 643-5758
Kentucky Proud Certified • H-Grown • Corn-Fed • USDA-Inspected
Call for pickup or delivery! We sell any size quantities!

Products

- Boston Butt Pork Roast . \$3⁵⁰/Lb. (Great for Pulled Pork)
- Sausage \$3⁵⁰/Lb. (Hot, Medium or Mild)
- Whole Cured Ham \$3⁵⁰/Lb. (Sliced is \$4.00 per Lb.)
- Ham Steak \$3⁵⁰/Lb.
- Ham Cutlets \$3⁵⁰/Lb. (Similar to cube steak, only ham)
- Bacon \$4²⁵/Lb.
- Jowl Bacon \$3⁵⁰/Lb.
- Pork Tenderloin \$4⁵⁰/Lb.
- Pork Chops \$4⁰⁰/Lb.
- Spare Ribs \$3⁵⁰/Lb.
- Country Style Ribs \$3⁵⁰/Lb.
- Baby Back Pork Ribs \$3⁵⁰/Lb.
- Pork Burgers \$4⁰⁰/Lb. (Ground, pattied pork with no seasoning)
- Bratwursts \$4⁰⁰/Lb.

Bundle Packages

- 1/4 Processed Hog \$115⁰⁰
- 1/2 Processed Hog \$210⁰⁰
- Whole Processed Hog \$440⁰⁰

Kitchen Diva Tame Your Tummy with Turmeric

by **ANGELA SHELF MEDEARIS**

I enjoy studying and reading about natural health remedies from around the world. My new favorite health and cooking spice is turmeric. Turmeric is a golden-colored culinary spice that often is used in curry dishes. It gives mustard that bright yellow shade and has been commonly used in traditional Chinese medicine for its health properties. Research shows turmeric may be effective for improving an upset stomach and for reducing osteoarthritis pain. In some studies, its effectiveness compared favorably with that reported for pharmaceuticals, according to a National Institutes of Health report. Other early evidence suggests benefits for Alzheimer's disease, colorectal cancer, gum disease, Crohn's disease, irritable bowel syndrome, rheumatoid arthritis, diabetes and other diseases. However, the Natural Medicines Comprehensive Database reports that it is too soon to rate the effectiveness of turmeric for these conditions. "Turmeric's benefits are attributed to its anti-inflammatory and antioxidant action," said Dr. Pam Duitsman, nutrition and health education specialist. Curcumin, a constituent of turmeric, also is believed to have anti-inflammatory, anticancer and antioxidant properties, according to early findings from animal and lab studies. "The best news is that turmeric is a spice that offers dishes a delicious subtle earthy flavor, and can accomplish its health-promoting work with virtually no adverse side effects," said Duitsman. "It is easy to reap the health benefits of turmeric by cooking with it, rather than taking it as a supplement." She recommends experimenting with turmeric by adding a pinch to recipes like vinaigrettes, pizza dough, rice dishes, eggs and egg salad, sauteed vegetables, lentils, soups, smoothies, etc. This Curry Spice Blend recipe has large amounts of turmeric. Use it in my Easy Chicken Curry and improve your health while enjoying a delicious dish!

CURRY SPICE BLEND

- 2 tablespoons turmeric
- 2 tablespoons ground coriander
- 1 tablespoon ground cumin
- 2 teaspoons ground cardamom
- 2 teaspoons ground ginger
- 2 teaspoons black pepper
- 1 teaspoon powdered cloves
- 1 teaspoon cinnamon
- 1 teaspoon ground nutmeg

Combine the ingredients in a jar. Cover tightly and shake. Keep in a cool, dark, dry place. Makes 1/2 cup.

Depositphotos.com

EASY CHICKEN CURRY

- 1 1/4 pounds boneless, skinless chicken breasts or thighs, cut into 1/4-inch strips
- 1 1/8 teaspoons salt
- 1 teaspoon ground black pepper
- 2 1/2 teaspoons curry powder or spice blend, divided
- 3/4 cup plain low-fat (2 percent) or whole Greek yogurt (do not use nonfat), divided
- 4 tablespoons vegetable oil, divided
- 1 medium yellow onion, finely chopped
- 4 garlic cloves, minced
- 1 tablespoon grated fresh ginger
- 2 cups low sodium chicken broth
- 1 tablespoon cornstarch
- 2 teaspoons sugar or stevia
- 1 cup frozen peas (no need to thaw)
- 1/4 cup chopped fresh cilantro or basil
- 3 sprigs green onions, roots removed and discarded, white and green tops chopped

1. Sprinkle the chicken evenly with the salt, pepper, 1 1/2 teaspoons curry powder and 1/4 cup of the yogurt. Mix the chicken with the spices and yogurt until well-coated.
2. Heat 2 1/2 tablespoons of oil in a 12-inch skillet over high heat until just smoking. Add the chicken in a single layer and cook, stirring occasionally, until lightly browned but still pink in spots, about 3 minutes. Transfer the partially cooked chicken to a clean bowl and set aside.
3. Add the remaining 1-1/2 tablespoon of the oil to the skillet and set heat to medium. Add the onions and cook, stirring occasionally, until softened, about 5 minutes. Stir in the garlic, ginger and remaining 1-1/2 teaspoons curry powder and cook until fragrant, about 1-2 minutes.
4. Using a small bowl, whisk the chicken broth and cornstarch together to dissolve the cornstarch. Add it to the skillet along with the sugar or stevia and 1/8 teaspoon salt. Bring to a boil, then reduce the heat to medium and cook until the sauce thickens, about 5 minutes.
5. Add the peas and return the partially cooked chicken to the skillet. Reduce heat to low and simmer until chicken is cooked through, about 3-5 minutes. Remove pan from the heat, and stir in 1/4 cup of the remaining yogurt. Season with salt and pepper, to taste. Sprinkle with cilantro or basil, if desired. Garnish with green onions. Serve with basmati rice, if desired. Serves 4.

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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