

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>

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 Lariza Gomez. The cost is one non-perishable food item for Help-

ing 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!

Thursday, March 3rd @ 6:30pm

Mountain Mushroom Festival

The 26th annual Mountain Mushroom Festival will be April 23-24, 2016. A planning session will be Thursday, March 3 at 7 pm in Irvine City Hall, 101 Chestnut Street. The theme will be "Mountain Mushroom Festival: Pride in

Community". More volunteers and groups are needed to assist in the events and activities. Anyone interested in assisting with the festival is welcome. For further information contact City Hall at 723-2554 or Francine Bonny, 723-5694.

Thursday, March 3rd @ 7:00pm

Calling All Estill Co. Singers

The Estill County Community Chorus will be starting back up on Thursday evening, March 3, 2016 at 7:00 p.m. We are SO EXCITED!!!! We are inviting and encouraging ALL SINGERS - ALL AGES - Middle School, High School and Up, to join us. We welcome you to come and be a part, no matter whether you are a soprano, alto, tenor or bass. NO AUDITIONS! Just bring your VOICES!!! We have FUN singing familiar songs and learning new songs.

We meet every Thursday night - except for Maundy Thursday (which is March 24th, this year) from 7:00 p.m. - 8:30 p.m., at Irvine United Methodist Church-243 Main St., Irvine, KY. Our Theme for the Spring Session and Concert is "I Love America." We will be performing this concert on Sunday, June 5th at 3:00 p.m. Our Director is Carol Anne Wilson. Our Accompanist will be Nancy Farmer, and our Assistant Accompanist is Ann Siudmak.

Friday, March 4th, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club will resume meeting on Friday, March 4th and will meet every Friday from 6 to 8 p.m. at the Estill County Library, 246 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.

Tuesday, March 8th @ 10:30am

GTE/Sylvania/Osram Meeting

The Winchester GTE/Sylvania/Osram/UAW retirees will gather at 10:30 a.m., Tuesday March 8 at the Union Hall on Bloomfield Road for a short meeting and then move to the

Broadway Café in Winchester for lunch.

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

Tuesday, March 8th @ 6:30pm

Relay for Life of Estill County

Relay For Life of Estill County will meet on Tuesday, March 8th at 6:30 p.m. at

South Irvine Baptist Church Fellowship Hall.

Wednesday, March 9th @ 1:30pm

Chemical Destruction Board

Mark your calendar for the Kentucky Chemical Demilitarization Citizens' Advisory Commission and Chemical Destruction Community Advisory Board Meeting on Wednesday, March 9 at 1:30 p.m. at EKU's Carl D. Perkins

Building, Rooms A and B.

This meeting is a good opportunity to learn more about the Blue Grass Chemical Agent-Destruction Pilot Plant at the Blue Grass Army Depot. For more information, call (859) 626-8944.

Wednesday, March 9th @ 1:30pm

Family Caregiver Workshop

A program specialized for family caregivers will be held Friday, March 11, 2016, 9 a.m. - 4 p.m. at the Madison County Extension Office, 230 Duncannon Lane in Richmond.

giving issues. Local and statewide experts who specialize in aging and Alzheimer's care will present topics that are valuable to family caregivers of persons with dementia.

The event will offer information about Alzheimer's disease and caregiving and will also provide an opportunity to reflect, regenerate, and gain a new perspective on your care-

This training is designed specifically for family caregivers and is therefore not open to those who are professional caregivers.

Registration is required; to register, call 1-800-272-3900.

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.

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.

Tuesday, March 15th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, March 15, 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 18th @ 6:30pm

Madison County Civil War Roundtable

The next monthly meeting of the Madison County Civil War Roundtable will be on Friday, March 18, 2016, at 6:30 p.m. at the Dinner Bell Restaurant, just off I-75, Exit 76 in Berea.

Noted historian Stuart Sandes will give a presentation entitled, "Lincoln's Confederate 'Little Sister': Emilie Todd Helm." Please call Phillip Seyfrit at (859) 623-8979 with questions.

Saturday, March 19th @ 11:00am

Jackson County "Walk to the Cross"

Jackson County P.A.I.D. (Prayer Against Illegal Drugs) will be having a "Walk To The Cross," on Saturday, March 19th, starting at 11:00 a.m.

and participants will carry the cross up US-421 for all who have fallen to addiction.

"Come, pick up the cross and take a stand against drugs and leave it at the Cross where victory is won!"

The Walk will start at Fill-Ups Gas & Grocery in McKee

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.

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.

Issues such as doctor visits, deciding when to stop driving, planning for the future, and building a care team that works and communicates well

It will be held 10:30-11:30 a.m. at the Madison County Senior Center, 1215 West Main Street in Richmond.

Friday, April 1st @ 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, April 1st and on the first Friday of each month at 9 a.m.

All are invited and welcome. Hope to see you there!

Register Early for May 20 & 21

Lions Club Opry Trip Planned

Join the Estill County Lions Club on a fun trip to the Grand Ole Opry in Nashville, Tennessee on May 20 and 21. We'll depart Irvine at 8 AM on Friday, May 20th aboard a Toby Tours Motorcoach, arriving in Nashville in time for a luncheon cruise aboard the General Jackson Showboat.

fore heading out for a couple hours of shopping at the famous Opry Mills Mall. We'll depart Nashville in time to arrive back in Irvine near 7 PM on the 21st.

We'll then head over to get comfortable at the Gaylord Opryland Hotel, before heading out for an evening of great entertainment at the Grand Ole Opry.

Talk about a whirlwind of fun and excitement, ll for the amazing low price of: \$282 per person double occupancy; \$262 per person triple occupancy; \$252 per person quadruple occupancy.

The next morning, enjoy a delicious buffet breakfast at the Opryland Hotel and take a ride on the Delta Flatboat be-

Pick a friend, grab your spouse, but don't miss this one! Your participation also supports our local Lions Club. Contact Terry Williams at 723-5447 or Tracy Snowden at 723-4023.

Guidelines and Registration

Mushroom Festival Guidelines

The Mountain Mushroom Festival invites the community to get involved in the activities and events of the festival. Guidelines and registration forms for the Mountain Mushroom Festival events are available in Irvine City Hall and on the festival website: www.mountain-mushroomfestival.org.

2K Run/Walk, Parade, and Mushroom Festival pageant. Other activities that have cash prizes are the Mushroom Cook-Off, Mushroom Hunting Contest, Fungus 5K, Cake Decorating Contest, Photography Contest, and Window Decorating Contest. Categories from youth to adults are noted on the guidelines. Contact the festival at 606 723-1233 for further information.

BODY FITNESS EXERCISE CLASSES

HELPFUL FOR PERSONS WITH ARTHRITIS, ASTHMA, DIFFICULTY MOVING

Gentle Exercise and Movement Builds Strength and Flexibility

Times: Monday and Wednesday mornings, 10-11 a.m.

Place: Estill County UK Extension Office on Stacy Lane Road

Donation: \$3.00 per class

For more information, Call Sister Loretta: 723-8505

Kitchen Diva Infuse Your Food with Asian Flavors

by ANGELA SHELF MEDEARIS

If you're tired of cooking the same thing over and over, try infusing your recipes with new flavors. Asian cooking techniques and flavors encompass thousands of sauces and condiments. Here's a quick overview of several different types of popular Asian sauces, pastes, oils, wines and vinegars that will open up a new world of possibilities for spicing up your evening meals.

ASIAN SAUCES

Soy sauce: Made from traditionally fermented soybeans and wheat, soy sauces have a dark color and a slightly sweet, mildly salty flavor that isn't overpowering.

Dark soy sauce: Soy sauce mixed with molasses and cornstarch to sweeten and thicken to a syrupy consistency.

Tamari: A gluten-free soy sauce made without the traditional addition of wheat. It has a saltier, stronger, savory flavor that is perfect for seasoning meat, vegetables, cooking liquids, sauces and marinades, or as a condiment for rice or noodles.

Hoisin sauce: This dark, rich, paste-like sauce has a spicy-sweet flavor and reddish brown color, and is best used for meats. It's often referred to as Chinese barbecue sauce. Hoisin sauce typically is made from fermented soybeans, vinegar, garlic, sugar, red chilies and Chinese spices, plus various other spices and starches for thickeners.

Oyster-flavored sauce: Made from oyster extract (super-concentrated oyster broth), salt, sugar, thickening starch, caramel coloring, seasonings and cornstarch to create a thick, salty-sweet sauce with smoky notes for stir-fries or as a sauce for vegetables.

Plum sauce: Plum sauce is made from a combination of salted plums, apricots, yams, rice vinegar, chiles, sugar and other spices. It varies in flavor from sweet to tart to salty, and its texture ranges from smooth to a chunky, jam-like texture.

Char siu sauce: A combination of fermented soybeans, vinegar, tomato paste, chiles, garlic, sugar and Chinese spices; used on Chinese barbecued spareribs and roast pork.

Black bean sauce: Made of salted black beans and rice wine; has a savory, slightly salty flavor that sometimes gets a little kick from garlic and hot chiles.

Fish sauce: This sauce is made from fermented anchovies and other fish or shellfish. It adds a distinct, deep rich flavor to savory dishes and often is used in small quantities (about 1/4 to 1/2 teaspoon at a time) in place of salt in Asian curries, sauces and marinades.

OILS AND PASTES

Chile oil: This reddish-orange oil comes from infusing whole, dried red chiles or crushed red pepper flakes in oil.

Sesame oil: A dark amber, aromatic oil pressed from toasted sesame seeds used on a finished dish.

Sesame paste: A thick, peanut-buttery paste, made from toasted white sesame seeds.

Sambal: Very spicy chili paste made from ground red chilies, vinegar, lime juice, garlic or other flavoring agents. Usually combined with other ingredients, in small quantities, to make a sauce.

VINEGARS AND WINE

Rice vinegars: Less acidic, slightly sweet with a mild, less tart flavor. Variations include black, red, seasoned, Chinese and Japanese.

Mirin: Sweet, low-alcohol rice wine widely used in Japanese cuisine. Can be used as a substitute for vinegar or wine, or used as a glaze or marinade.



This recipe for Asian curry chicken and shrimp soup includes several types of sauces and spices to create a burst of flavor in a bowl.

ASIAN CURRY CHICKEN AND SHRIMP SOUP

- 4 cups fat-free, less-sodium chicken broth
- 1 tablespoon fish sauce
- 1 tablespoon oyster sauce
- 2 teaspoons minced garlic
- 1 1/2 teaspoons minced fresh ginger
- 3/4 teaspoon green, yellow or red curry paste
- 1 (8-ounce) package mushrooms, cleaned and sliced
- 1/2 pound peeled and deveined large shrimp
- 1/2 pound skinless, boneless chicken breast, cut into 1-inch pieces
- 1 (3-ounce) package trimmed snow peas
- 1/4 cup fresh lime juice or 2 tablespoons rice wine vinegar
- 1 1/2 teaspoons sugar
- 1 (13.5-ounce) can light coconut milk
- 2 tablespoons (1/2-inch) sliced green onion tops
- 2 tablespoons chopped fresh cilantro

1. Combine the broth, fish and oyster sauces, garlic, ginger and curry in a large Dutch oven, stirring to combine. Add mushrooms; bring to a boil. Reduce heat, and simmer 4 minutes.

2. Add the shrimp, chicken and snow peas; bring to a boil. Cover, reduce heat, and simmer 3 minutes. Stir in lime juice or vinegar, sugar and coconut milk. Cook 2 minutes or until thoroughly heated. Sprinkle with the green onions and cilantro. 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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