

# 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 Laritza 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!

**Thursdays @ 7:00pm**

## Estill Community Chorus

The Estill County Community Chorus meets 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.

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.

Our Theme for the Spring Session and Concert is “I

Anyone is welcome to join the choir.

**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.

**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 ECU’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.

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

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-

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.

**Thursday, March 10th @ 5:30pm**

## Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, March 10, 5:30 p.m., at Michael’s Restaurant. Dickinson Arthur, Estill County Schools Director of Pupil Personnel, will be the speaker. Make a

difference in the community by getting involved with the Kiwanis Club that has 93 years of service to our community. New members are welcome. Anyone interested can contact any Kiwanis member.

**Friday, March 11th, 6-8pm**

## Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club will resume meeting on Friday, March 11th 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.

**Saturday, March 12th, 8am-1pm**

## Blood Donors Can Save Lives

Cat fans can save a life, bleed blue and show off their team spirit this month by donating blood.

Kentucky Blood Center (KBC) is offering donors a “My blood type is Wildcat blue” shirt when they give at the upcoming blood drive for the Estill County Community on Saturday, March 12th from 8 a.m. - 1 p.m. at the First Christian Church fellowship hall at 270 Main Street in Irvine.

To schedule a donation, visit [kybloodcenter.org](http://kybloodcenter.org) or call 800.775.2522. Walk-ins are also welcome.

Blood donors must be 17-years-old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements. Sixteen-year-old donors must have a signed parental permission slip, which can be found at [kybloodcenter.org](http://kybloodcenter.org).

**Saturday, March 12th @ 5pm**

## American Legion Birthday

American Legion Post #79 will be celebrating the birthday of American Legion on Saturday, March 12.

A fish and frog leg supper will begin at 5 p.m. Hush pup-

pies, cole slaw, and French fries will also be served.

A dance will start at 8 p.m. with Thirsty Thursday performing. All members and guests are welcome.

**Monday, March 14th @ 1:30pm**

## Estill Retired Teachers Meeting

The Estill County Retired Teachers will meet Monday, March 14, at the Estill County Public Library meeting room at 1:30 p.m.

Debbie Cox from Interfaith Wellness Center will be speaking on health issues affecting most people as they mature.

**Monday, March 14th @ 7pm**

## SE Ky. Mineral & Fossil Club

The Southeast KY Gem, Mineral & Fossil Club will meet Monday, March 14 at 7 p.m. at the Estill County Public Library. The program will be a “Show, Tell, and Trade”. Further plans will be made for

the Agate, Gem, and Mineral Show on April 22, 23, and 24 at the Mountain Mushroom Festival. Anyone interested in joining is welcome to attend. Yearly dues are \$20 per family and \$15 per individual.

**Tuesday, March 15th @ 6:30pm**

## Estill County Arts Council

Please join the Estill Arts Council on Tuesday, March 15th at 6:30 p.m. in the Estill County Public Library community room to help us welcome our featured speaker, local photographer, Linda Durham.

Linda opened her photography studio, Creekside Treasures, in 1995. Although recent-

ly retired from studio work, Linda is continuing to practice her craft, focusing on creating art through the lens of her camera. Come and learn of her career journey from beginner to accomplished recipient of several prestigious awards. Q & A session will follow Linda’s presentation. Light refreshments will be served.

**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.

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

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!”

**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.

**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!

# Kitchen Diva St. Patrick’s Day the Traditional Way

by ANGELA SHELF MEDEARIS

I read an interesting nationwide St. Patrick’s Day survey recently, which found that regardless of family roots or Irish heritage, the holiday is more about food and family than drinking. More than 30 percent of respondents said they celebrate at home or at the houses of friends and family members. Less than 14 percent of those who participated in the survey celebrated at a bar or local pub.

If you’re planning to celebrate the holiday at home, my traditional St. Patrick’s Day menu is easy to prepare ahead of time. The main course is a Lamb Stew with Root Vegetables and Pearl Barley with a side of Northern Irish Potato Bread. Here’s a little history about my traditional Irish menu and recipes:

**IRISH STEW:** This dish originated from the old ways of cooking over an open fire. A good Irish stew should be thick and creamy, not swimming in juice. Adding potatoes and pearl barley gives the stew body and makes it a hardy, main-course meal. Carrots are typically added for extra color and interest.

The authentic Irish recipe calls for mutton, which is usually an older lamb with a tougher texture of meat, which made it perfect for stewing. I suggest using lamb from Australia, which is readily available at most American grocery stores. It’s juicy, tender and raised to a specific size and weight that produces a quality product that is nutritious, slightly leaner than beef, and less expensive than American domestic lamb. Australian lamb typically is grass-fed, and has a phenomenal flavor and texture. To learn more about Australian lamb, beef and goat, or for more delicious Australian lamb recipes, go to [www.australian-lamb.com](http://www.australian-lamb.com).

**NORTHERN IRISH POTATO BREAD:** Northern Ireland’s love of the potatoes is part of a rich legacy of dishes, including this recipe for potato bread (also called fadge or farls). Typically, this bread recipe incorporates leftover boiled and mashed potatoes.

Try these traditional Irish recipes and use Australian lamb to add a modern twist to your St. Patrick’s Day menu.



### Lamb Stew with Root Vegetables and Pearl Barley

- 2 pounds boneless Australian lamb shoulder, trimmed of fat and cut into bite-size pieces
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons freshly ground black pepper
- 1 tablespoon all-purpose flour
- 1 tablespoon olive oil, divided
- 1 or 2 medium Irish or white potatoes, scrubbed and cut into 1/8-inch rounds
- 3 medium carrots, cut into 1/4-inch rounds
- 2 large yellow onions, chopped
- 4 cloves garlic, minced
- 1 cup pearl barley
- 4 cups water or chicken broth
- 2 tablespoons chopped, fresh parsley

1. In a medium mixing bowl, toss the lamb with the salt, pepper and flour.

2. Heat 1/2 tablespoon olive oil in a 4 to 5-quart Dutch oven over medium-high heat until it shimmers. Add half of the lamb, and brown on all sides, about 7-8 minutes total. Remove the lamb to a bowl and repeat with the remaining oil and lamb. Remove the second batch of lamb and add it to the bowl.

3. Add the onions to the pot, and cook for 1 to 2 minutes. Add the garlic, potatoes, carrots and the remaining teaspoon of salt and pepper. Cook for 3 to 4 minutes, stirring occasionally. Return the lamb to the pot with the barley. Stir to combine.

4. Add the water or chicken broth and bring to a boil. Once boiling, decrease the heat to low, cover and simmer for 30 to 45 minutes or until the liquid is absorbed and the lamb and barley are tender. Five minutes before the stew is finished, add the parsley. Stew will be thick. Taste for seasoning and add more salt and pepper as desired.

### NORTHERN IRELAND POTATO BREAD

- 1 cup mashed potatoes
- 1 tablespoon unsalted butter or Irish butter
- 1/2 teaspoon salt
- 1/4 cup flour plus more for sprinkling

1. Place potatoes into a large, microwavable bowl. Mix in the butter and salt. Heat on HIGH for 3 to 4 minutes or until warm. Mix in the flour until the mixture turns into a dough.

2. Split the dough into two equal pieces. Sprinkle a cutting board with the remaining flour. Roll the dough on the floured board to create two circles about 1/4-inch thick.

3. Cut the circles into quarters. Brown on both sides on a lightly greased hot griddle or heavy bottomed pan about 5-6 minutes. Serve warm with stew.

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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](http://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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