

# 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>

## Thursday & Friday appointments

### Parents - Earn While You Learn

The Estill County Center for Pregnancy & Parenting is now accepting new clients for Thursday and Friday appointments.

Anyone pregnant or parenting children under age 3, is invited to enroll in the center's 'Earn While You Learn' program. Prenatal or parenting instruction, one-on-one

with a coach, earns you 'Baby Bucks' which are then used to purchase infant and toddler items in the on-site boutique full of things for baby, toddler and maternity needs.

Call 723-0184 or stop in at 126 Kentucky Avenue in Irvine, Tuesday 1-5 or Thursday & Friday 10-5 to schedule an appointment.

## Wednesday, May 24th @ 10:00am

### Spring Session Body Fitness Classes End

The spring session of body fitness exercise classes instructed by Sister Loretta Spotila, RN, will end on Wednesday, May 24, 2017.

Helpful for persons with arthritis, asthma, difficulty moving; the gentle exercise

and movement builds strength and flexibility.

The last classes for the season will be held on Monday and Wednesday at the UK Extension office on Stacy Lane Road. For more info, call Sister Loretta at 723-8505.

## Wednesdays, now at 5:45pm

### Beginner Yoga at Marcum-Wallace

Beginner Yoga class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday at 5:45 p.m. with instructor Laritza Gomez. The cost in one non-perishable food item for Helping Hands Outreach Ministry.

Bring your own yoga mat. The instructor will guide the one-hour class through basic poses focused on relaxation, building core strength and flexibility.

For more information, contact 606-726-2119.

## Thursday, May 25th @ 5:30pm

### Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, May 25, 5:30 p.m., at Michael's Restaurant.

A devotional will be given and members will be making plans for upcoming activities and events.

Make a difference in the

community by getting involved with the Kiwanis Club that has 95 years of service to our community. New members are needed and welcomed.

Anyone interested can contact any Kiwanis member.

## Fridays, 6-8pm

### Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club will meet every Friday from 6 to 8 p.m. at the Estill County Library, 246 Main Street, Irvine, for anyone who plays an Appa-

lachian Dulcimer. Or anyone who is interested is playing one is welcome to attend.

The Appalachian Dulcimer was designated as the official state instrument of Kentucky.

### M&W one of only four hospitals in Ky. with top nurse-patient communication scores

A recent report from Becker's Hospital Review recognized Marcum & Wallace Memorial Hospital (MWMH) for being one of the top four hospitals in Kentucky with top nurse-patient communication scores, as reported by patients.

The data for the report was from the Centers for Medicaid and Medicare (CMS) Hospital Compare website that compiles patient satisfaction surveys. The surveys showed MWMH was above the state average rate of 82 percent and above the national rate of 80 percent. MWMH patient satisfaction surveys reported that 89 percent of patients at

MWMH responded on their survey that nurses always communicated well.

"This recognition means so much because it is feedback from our patients," said Trena Stocker, MWMH Chief Nurse Executive. "Our nurses are dedicated to providing amazing patient care and communication with patients impacts their hospital experience. I am proud of their work and this recognition."

For more information visit, <http://www.beckershospitalreview.com/quality/4-hospitals-in-kentucky-with-top-nurse-patient-communication-scores.html>

## Saturday, May 27th @ 2:00pm

### Warner-Richardson Reunion

We would like to invite all family and friends of the late Zack and Ruby Richardson Warner to come join us for our annual family reunion Saturday, May 27th at the Bethel

Christian Church picnic grounds on the Old Fox Road in Irvine, Kentucky. Time, 2:00 till 7:00 p.m. Please bring a covered dish and drinks. Hope to see you there.

## Friday, June 2nd @ 9am

### 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 Rich-

mond, on Friday, June 2nd and on the first Friday of each month at 9 a.m.

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

## Tuesday, June 6th @ 6:30pm

### Estill County Lions Club

The Estill County Lions Club will meet Tuesday, June 6th and on the first and third Tuesday of every month at Rader's 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..."

## Saturday, June 10th @ 9:00am

### 11th Annual Holes for Hoops Golf

The 11th Annual Holes for Hoops Golf Scramble will be held on Saturday, June 10, 2017, at the Estill County Golf Club. This is sponsored by and all proceeds are given to the Estill County High School boys basketball team.

Scramble format will be played from foursomes with a 9:00 a.m. shotgun start. Cost is \$50.00 per player, \$200.00 per team. Fee includes 18

holes of golf, use of cart, lunch at 1:00 p.m., excellent prizes, and an opportunity to support the young men of ECHS. Extras include: mulligans \$5.00 each (2 maximum).

For additional information contact Coach Bentley at (859) 200-3704 <Jon.Bentley@Estill.KySchools.us> or Coach Benton at (859) 248-7335 <Rick.Benton@Estill.KySchools.us>.

## Saturday, June 10th @ 1:00pm

### American Legion Car & Bike Show

American Legion Post #79 will be presenting its 5th Annual Car & Bike Show plus burnout on Saturday, June 10, 2017 (Rain date, June 17) at the Post on Millers Creek Road in Ravenna. Registration runs 10:00 a.m. until 1:00 p.m.

As always, some of the greatest food will be available plus door prizes, 50/50 and more.

Awards include dash plaques (first 50), Commander's Choice, Honor Guard

Choice, Jimmy Bryant Memorial, Young Cruiser Award (two classes), 1975 and Back (top 15), 1976 to Present (top 7), plus the best of Ford, GM, Mopar in each class, Best Specialty (foreign), and Rat/Rod also Club Participation. Bike trophies include Best Custom, Best Original, Best Trike, Best Rat, Best Dresser, and Burnout trophies (1st, 2nd & 3rd).

For more information, call Jack at 723-4045 or Willard at 723-2318.

## Saturday, June 10th @ 8:00pm

### Post 79 Ladies Auxiliary Sock Hop

The American Legion Post #79 Ladies Auxiliary will be hosting a Sock Hop on Saturday, June 10, 2017, from 8:00 p.m. until Midnight at the

Post. Dress in your favorite era, 50's, 60's, 70's, 80's. Music provided by Kenny Chenault. \$5. Cover Charge.

## June 17th @ 6pm

### ECHS 1967 Class Reunion

The 1967 Class of Estill County High School will celebrate its 50th anniversary at 6:00 p.m., June 17, 2017 at Michael's Restaurant in Ravenna. This is open to anyone who attended as a freshman, sophomore, junior or senior. We are attempting to contact as many as we can, but ask that you pass this in-

formation on to others that may have been a part of this class. It will be a wonderful time to rekindle old friendships.

If you plan to attend or need more information, contact Becky at 606-723-7119 or Peggy at 606-643-5014 by May 20th. Hope to hear from you!

## Saturday, June 24th @ 2:00pm

### ECHS Class of 1970 Reunion

Estill County High School Class of 1970 Reunion, will be held on Saturday, June 24, 2017, 2:00 p.m. at Michael's Restaurant in Ravenna.

All students and teachers

are invited! 1969-1971 classes are also welcome!

RSVP to Linda McIntosh Howell at [linda233@rocketmail.com](mailto:linda233@rocketmail.com) or call/text @859-588-2904 by June 19.

## Kitchen Diva

# Cooking with Cast Iron

by ANGELA SHELF MEDEARIS

My love affair with cast-iron cookery began when my mother, Angelina, gave me the heavy, black, cast-iron skillet that originally belonged to my grandmother, Willie Mae Davis. What I love most about cooking in my grandmother's skillet is that it's a direct connection to my history and heritage. I don't fry foods very often, but my heirloom skillet is my pan of choice for the task. As I stand there, turning pieces of fish or chicken in the bubbling hot oil, I think about all the other women in my family who have done the same task with this same pan.

In times past, properly seasoned cast iron was the nonstick cookware of its day. It can stand up to high heat and almost any type of utensil without damaging its surface. Cast-iron cookware also leaches small amounts of iron into the food, a benefit for those who have iron deficiencies. Cast iron heats up slowly, so using it requires a little planning, but once it's hot, it distributes the heat evenly and holds it steady like an oven. Seasoned cast iron doesn't require oil to sear or blacken meats.

Recently, I received a beautiful, mid-sized (10 1/4-inch) cast-iron skillet with "love" handles on each side as a gift from Lodge cookware. It's perfect for serving directly from the stove to the table. I also could use my new pan right away because Lodge pans are already seasoned with a baked-in factory coating of oil.

Seasoning is simply oil baked into the pores of the iron, which prevents rust and provides a natural, easy-release finish that continues to improve with use. Seasoning can refer to both the initial finish of the cookware as well as the ongoing process of maintaining that finish.

Lodge uses a soy-based vegetable oil to season its traditional cast iron and carbon-steel cookware. No synthetic chemicals are added. The oil is highly refined, and all proteins that cause soy-related allergies are eliminated. The oil contains no animal fat, peanut oil or paints.

Here are a few tips for cleaning your cast-iron pans:

1. Wash cast iron by hand with a nylon-bristle scrub brush. If needed, use a pan scraper for stuck-on bits.
2. For extra-sticky situations, simmer a little water for 1 minute, then use the scraper after cooled.
3. Dry promptly and thoroughly with a lint-free cloth or paper towel.
4. Rub with a very light layer of cooking oil or Lodge Seasoning Spray, preferably while the cookware is still warm.
5. Hang or store cookware in a dry place.
6. Occasionally, you may notice some dark residue on your towel when cleaning. This is perfectly safe -- it's just the seasoning reacting to foods that may be slightly acidic or alkaline. It will disappear with regular use and care. Soap isn't necessary, but if you like, a little mild detergent is fine ... promise.
7. It's very important to maintain the seasoning of your cast iron and seasoned steel cookware by applying a very thin layer of oil after each cleaning. This will help keep you cooking for decades.

I gave one of my large, cast-iron Lodge skillets to my daughter, Deanna, which she immediately put to use to pan-sear fish. So, from mother to daughter to granddaughter and great-granddaughter, the cast-iron tradition continues in our family, one fabulous meal at a time. And to think that it all started with a single cast-iron pan from my grandmother, Willie Mae.

This recipe for Black Pepper Shrimp is the perfect dish to prepare in a cast-iron pan.



Deposit-Photos.com

### CAST-IRON BLACK PEPPER SHRIMP

- 1 pound large shrimp
  - 2 tablespoons olive oil
  - 2 tablespoons peeled and shredded fresh ginger
  - 2 teaspoons ground coriander
  - 1 1/2 teaspoons cracked black peppercorns
  - 1/2 teaspoon stevia or agave syrup
  - Juice of 1/2 lime
  - 1/2 teaspoon kosher salt, or to taste
  - 2 tablespoons thinly sliced scallion greens
1. Peel and devein shrimp, leaving the last shell segment and tailfin intact.
  2. Heat the oil in a 9-inch or 10 1/4-inch Lodge cast-iron skillet over high heat until very hot, about 3 minutes. Add the ginger and cook, stirring, until the shreds turn light brown and caramelize, about 2 minutes. Stir in the coriander, peppercorns and sweetener, and let heat for 15 seconds.
  3. Add shrimp and cook, shaking and tossing, until they turn pink and curl up, about 2 minutes.
  4. Sprinkle with lime juice, salt and scallion greens. Gently mix together and serve from the skillet or as a topping for brown rice or whole-wheat pasta with roasted red bell peppers.

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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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