

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>

Pay by Thursday, April 30th

Lions' Amish Country Trip

Come join the Estill County Lions Club for a day of fun as we travel to Amish Country in Montgomery, Indiana aboard a comfortable Toby Tours bus on Saturday, June 20th, 2015, sponsored by the Estill County Lions Club.

The \$79.00 price includes lunch at an Amish home, driver's tip and an \$8.00 do-

nation to help our Lions help others. An Amish step-on guide will spend the day with us. Get some friends together and join us.

For more information call Terry Williams at (606) 723-5447 or Tracy Snowden at (606) 723-4023. Full payment needed by no later than April 30th.

Friday, May 1st, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, 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 in 2001.

Saturday, May 2nd @ 11am

"Save the Mack" Brunch

Make plans now to start your race day activities and fun by attending the "Save the Mack" Derby Day Brunch hosted by River City Players, Saturday, May 2nd, 11:00 a.m. - 2:00 p.m., at the Masonic Lodge on Broadway, Irvine, KY. Come join us for fun, food, and games.

The Parade of Hats will begin at 1:00 p.m.; prizes will be awarded for Prettiest, Funniest, and Most Creative. \$10 donation, all proceeds

go to "Save the Mack" fund. Tickets are available from RCP members, or call Myra Finney at (606) 723-4238, or Bobby Carol Noland at (606) 723-2254.

"Save the Mack" T-shirts are now available.

Short Sleeve XL & smaller sizes: \$15. 2XL & larger sizes: \$20. Long Sleeve: \$20.

Visit our booth at the EAC Arts and Crafts show December 6th to buy a T-shirt, or a RCP Refrigerator Magnet.

Saturday, May 2nd, 8am-?

Relay For Life Yard Sale

The Marcum & Wallace Relay for Life team is hosting a yard sale to benefit Estill County Relay for Life on

Saturday, May 2 from 8 a.m. until ? at Mercy Primary Care - Irvine on Richmond Road.

Monday, May 4th, 7:30am-3pm

St. Elizabeth Basement Sale

St. Elizabeth Church will have a Basement Sale on Monday, May 4th from 7:30 a.m. until 3:00 p.m. with

summer clothing & footwear for all the family, sewing machines, household and much more. Everyone welcome.

Tuesday, May 5th @ 6pm

ECH&GS to meet at Aldersgate

The Estill County Historical and Genealogical Society will meet at 6 p.m. on Tuesday, May 5, 2015 at Aldersgate at Fitchburg for the anniversary dinner.

If anyone would like to attend the meeting and meal at Aldersgate, please call Diana Arthur at 723-2636 by April 22. The steak dinner will be \$16.00, and the chicken will

be \$12.50.

Please check the address on your newsletter for renewal of membership.

The 2015 Calendar is now available at the Museum on Saturdays between 10 a.m. and 4 p.m. The Estill County Pictorial History, WW II Book, the School Book, and the two volumes of the Cemetery Books are still available.

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4650 Richmond Road in Irvine
(next to Big Katz Auto Sales)

Tuesday, May 5, 6:30pm at Raders'

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, April 21st 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 Inter-

national, 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, May 9th @ Your Mailbox

Letter Carriers Food Drive

Every year the National Association of Letter Carriers (NALC) and the United States Postal Service conduct a food drive to supplement the food banks in the local area. There are many families located throughout the country who depend on these food banks

for help. Please help us make 2015 the best year ever for food collection here in Estill County, and to help our neighbors in their time of need. The NALC Letter Carrier's food drive is Saturday May, 9th this year. Please plan to join us in this very important endeavor.

Monday, May 11th @ 6pm

MS Support Group To Meet

"Myelin Matters," a multiple sclerosis support group will meet Monday, May 11, 2015 at 6 p.m. at the Estill

County Public Library.

For more info, contact: Lisa Combs-- Facilitator 606 560-9240.

Friday, May 15th @ 10am

Bluegrass Honor Flight Program

Bluegrass Honor Flight representative, George Campbell, will give a presentation on the Honor Flight program at the Estill County Senior Center on Friday, May 15th at 10 a.m. at the Center.

Honor Flight Bluegrass flies veterans to Washington, DC for a one-day all expenses paid trip to visit the me-

morials that have been built to honor their Service and sacrifices.

In 2015 Honor Flight Bluegrass will fly three missions to Washington - May 16th flown out of Louisville, June 6th also flown out of Louisville, and Sept 26 flown out of Lexington KY.

Sunday, May 17th @ 6:30pm

Estill High School Class of 1985

The Estill County High School Class of 1985 is planning it's 30th year class reunion. The reunion will be held on Saturday, July 25th at Gillum's in the Richmond Mall from 5:00 p.m.-9:00 p.m. The cost of the reunion will be \$5.00 per single or \$10.00 per couple. There will no charge for children, if any attend.

To help with the cost of the reunion, please mail your payment and the names of those that will be attending to Rebecca Click at 260 Sandhill Road in Irvine, KY 40336 as soon as possible to pay for the rent-

al fee of the room and such.

For more information check out our Facebook page called Estill County High Class of 1985. We are also on Classmates.com and Alumniclass.com. Our planning committee's next meeting will be Sunday, May 17th at 6:30 p.m. at Hardee's on Richmond Road in Irvine. Everyone is welcome to help!! If you have any other questions or want to help call 606-643-5569.

We are also looking for several classmates. If you know of any classmate who has not been informed of the reunion, please let them know.

2015 Mushroom Cook-Off Contest

Winner: Robbin Fassas - 1st Place

Wild Mushroom Tart Recipe

- 1/2 package Puff Pastry
- 1 cup fresh sliced Morel Mushrooms
- 1 Egg, beaten with 1 teaspoon of water
- 5 strips Cooked Bacon
- 1 thinly sliced large Onion
- 1 large clove Garlic, grated
- 2 TBLS chopped Fresh Chives
- 4 small sliced Asparagus Spears
- 1 1/2 Blue Cheese
- 1 1/2 oz Parmesan Cheese
- Salt & Pepper to taste

Butter small casserole dish or short sided pan, line pan with puff pastry
Brush egg mixture into pastry
Sauté vegetables separately, salt & pepper to taste

Layer bacon and sautéed vegetables in pan with chives, then put cheese on top
Bake at 400 degrees for 15 minutes

2015 Cake Decorating Contest

12 and Under Winners:

- 1st Place - Jamilynn Spiers
- 2nd Place - James Werner
- 3rd Place - Analyse Day

Adult Winners:

- 1st Place - Emma Day
- 2nd Place - Lillie Martin

Winners courtesy of Susan Hawkins

Visit Our Website At
<EstillTribune.Com>
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Springtime sparklers

Colorful pansies, violas and primroses shine like jewels from early spring to early summer. They like garden beds, patio containers or windowsills that have full or partial sun. Don't let them get soggy or too dry; water 2 to 3 times a week.

Source: <http://voices.yahoo.com/>

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Kitchen Diva

Quesadillas Get A Healthy Makeover

by ANGELA SHELF MEDEARIS and GINA HARLOW

Quesadilla is a Spanish word for "little cheese thing." The recipe typically calls for mounds of cheese and pork chorizo between two corn tortillas. Although there's just a small amount of cheese in this recipe, it's the lean ground chicken, the spices and the delicious salsa that are the stars of this healthy dish. The substitution of lean ground chicken breast for pork chorizo cuts down on the calories without sacrificing any of the flavor. Chorizo sausage is usually made with ground pork and combined with fat, wine, paprika and salt and stuffed into a casing made of tripe. Paprika and red chilies are the primary spices in Mexican chorizo and infuse it with a deep reddish color.

This recipe uses the same spices as the pungent Mexican sausage to marinate the ground chicken, allowing you to mimic the flavor of chorizo while cutting out the fat. Small, diced potatoes add a distinctive texture and also absorb the spices. The avocado salsa completes the dish and adds a burst of fresh citrus with the addition of the lime juice.

Try one of these healthy quesadillas, accompanied by a dab of fat-free sour cream, if desired, for breakfast, lunch or dinner. You'll never miss the original recipe!



Chicken Chorizo and Potato Quesadillas

- 1/2 pound ground all-natural chicken breast
- 2 tablespoons chili powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 small bay leaf, ground in a spice grinder
- 1/2 teaspoon ground cinnamon
- 1 teaspoon Italian seasoning
- 1/8 teaspoon ground cloves
- 1 tablespoon cider vinegar
- 1 cup diced and peeled potato
- 2 teaspoons canola oil
- 1/2 cup diced, purple onion
- 1/2 cup shredded reduced-fat Cheddar cheese
- 8 corn or whole-wheat tortillas

The Salsa:

- 1/2 ripe avocado
- 1/2 cup chopped tomato
- 1/2 cup diced purple onion
- 1 large garlic clove, minced
- 1/4 cup chopped fresh cilantro leaves
- 1/2 Serrano chili, minced
- 2 teaspoons fresh lime juice
- 1 teaspoon salt
- 1 teaspoon pepper

To prepare the Quesadillas:

1. Combine the chicken, chili powder, salt, pepper, bay leaf, cinnamon, Italian seasoning, cloves and vinegar in a bowl, mix well. Set aside.

2. Boil the potato in lightly salted water in a saucepan until tender, drain. Heat 1 teaspoon canola oil in a non-stick skillet over medium-high heat. Sauté the chicken mixture, stirring to break up the pieces, until the chicken is almost cooked through.

3. Add the potato, onion and remaining canola oil, cook until the potatoes begin to brown. Remove from heat and mash mixture. Top each of 4 tortillas with an equal amount of chicken mixture. Top with shredded Cheddar cheese, then another tortilla. Spray a griddle or nonstick skillet with non-stick cooking spray.

4. Cook the Quesadillas over medium heat until both sides are crisp, turning once.

To prepare the Salsa:

In a small bowl, mix together the avocado, tomato, onion, garlic, cilantro, chili, lime juice, salt and pepper until well-combined. Cut Quesadillas into wedges and serve with the salsa. Makes 4 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. Read Gina Harlow's blog about food and gardening at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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