

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 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!

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. 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. Anyone is welcome to join the choir.

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 Appalachian 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.

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!

Saturday, April 2nd @ 8pm

Dance at American Legion Post #79

There will be a dance at American Legion Post #79 on Saturday, April 2, starting at 8 p.m. Music will be by One House Pint and Still Thirsty. All members and guests are welcome.

Tuesday, April 5th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, April 5, 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...”

Tuesday, April 5th @ 7pm

Historical Society To Plan for Festival

The Estill County Historical and Genealogical Society will meet at the Estill County Public Library on April 5, 2016 at 7 p.m. This will be a planning meeting for the Mushroom Festival. The May 3 meeting will be at Aldersgate at 6 p.m. Please let Diana (606-723-2636) know by April 25, if planning to attend. The meal will be \$16.00 for steak and \$12.50 for chicken.

Attention Veterans

A Veterans Benefits Field Representative will be at the National Guard Armory, 335 Cow Creek Road, Ravenna, on Thursday, April 7th and normally the first Thursday of each month. The hours are 1:30 p.m. until 3:30 p.m.

Veterans and their dependants will receive assistance filing for Federal and state veterans benefits. This service is provided free of charge by the Kentucky Department of Veterans Affairs. To apply, veterans need to furnish copies of pertinent documentation to verify eligibility. For further information, please call toll free within Kentucky, 1-866-376-0308, to speak with a Veterans Benefits Field Representative.

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UK COOPERATIVE EXTENSION SERVICE
University of Kentucky – College of Agriculture
Estill County
Family & Consumer Sciences
Estill County Extension Office

Thursday, April 7th @ 12:00 Noon

Tackling Your Laundry

Learn to create a safe laundry room that protects families; choose the right product for the right job; remove common stains that tend to ruin our garments; understand the difference between traditional and high-efficiency washing machines; and much more.

This program will be presented on Thursday, April 7th, at Noon at the Estill County Extension Office by Kay Denniston, Family & Consumer Sciences Extension Agent in Bourbon County.

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.

Friday, April 15th @ 6:30pm

CKy. World War II Roundtable

The bi-monthly meeting of the Central Kentucky World War II Roundtable will be Friday, April 15, 2016 at 6:30 p.m. at Hanger's Restaurant in Richmond, just off I-75 Exit 90. David E. Jones will give a presentation entitled “England's King Edward VIII and the Abdication Crisis.” If you have questions, please call Phillip Seyfrit at (859) 623-8979.

Friday & Sunday April 15th & 17th

Memories of the Mack

“Memories of the Mack” will be presented April 15th and 17th at the Estill County High School auditorium by River City Players. Tickets are \$10 and can be purchased at the door; six and under FREE.

This performance is a continuation of River City Players' Heritage Tourism - Telling Estill County's Story project, begun in 2015. The original play, based on short stories written by local author Donna Crow, uses history and local legends, gathered during interviews. For more information, visit www.RiverCityPlayers.net.

Tuesday, April 19th @ 12:00 Noon

Library Space Planning Committee

The April meeting of Estill County Public Library's Space Planning Committee has been changed to Tuesday, April 19, at 12:00 noon in the library meeting room. The regular meetings, which are held on the second Thursday of the month, will resume on May 12, 2016.

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.

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.

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.

Saturday, June 18th, 9-3

Band Car Show & Touch-a-Truck

Your state championship Estill County Marching Engineer band is hosting a car show and touch-a-truck event on Saturday June 18, 2016 from 9-3 at the Estill County High School. If you have an interesting vehicle that kids would like to see, and perhaps touch, you can contact Geri Harrison at 859-200-1002 to register. If you have a classic car that you would like to enter in the car show (no-touch), contact Wayne Collins at 859-625-2372.

Admission to the event is \$5 for adults, \$3 for kids and 5 and under are free. Will have a DJ, door prizes, raffle items, trophies for car show, touch-a-truck demonstrations and fabulous concessions. If you are interested in being a sponsor for this event, contact Geri Harrison at 859-200-1002.

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Kitchen Diva “Lettuce” Celebrate Spring

by ANGELA SHELF MEDEARIS

One of my favorite memories of spring is visiting my favorite local urban farm and looking down the rows of emerald lettuce greens, snap peas and spring onions. Lettuces are a cool-weather crop and spring onions, also known as green onions or scallions, are at their vibrant best when the weather is mild.

What I love the most about lettuce greens is the vast array of flavors, colors and textures. Break out of the salad bowl rut and try a variety of lettuce greens in non-traditional ways. Here's an overview of some of the more interesting types of lettuce greens:

Arugula or Rocket

Typically has long, spiked, dark green leaves and a strong, peppery flavor, especially when the leaves are larger and wild-harvested. Cultivated arugula varies in intensity of flavor, so taste before using. Arugula adds a bold punch to salads or an intense note as an ingredient in hearty dishes.

Little Gem lettuce

A mixture of soft leaves with a slight crunch, similar to butter lettuce in texture.

Mesclun

A French Provencal word meaning “mixed,” mesclun is a combination of tender, wild-harvested or cultivated young greens. Most mesclun varieties include greens with texture and peppery flavor such as curly endive, mezzula, mustard leaves, watercress, arugula, purslane, cress, Asian greens like mizuna, red kale and chicory, plus a few herbs such as cilantro, basil or parsley.

Mache, Corn Salad or Lamb's Lettuce

This lettuce grows in a tight bunch of four or five leaves attached to a root. It has more flavor and texture than most salad greens, but requires more care when cleaning because grit and dirt tend to settle in the rosette-shaped leaves near the roots.

Dandelion greens

Dark emerald in color and bitter, these greens offer a distinctive flavor component when added raw, and lose some of their sharpness when cooked low and slow.

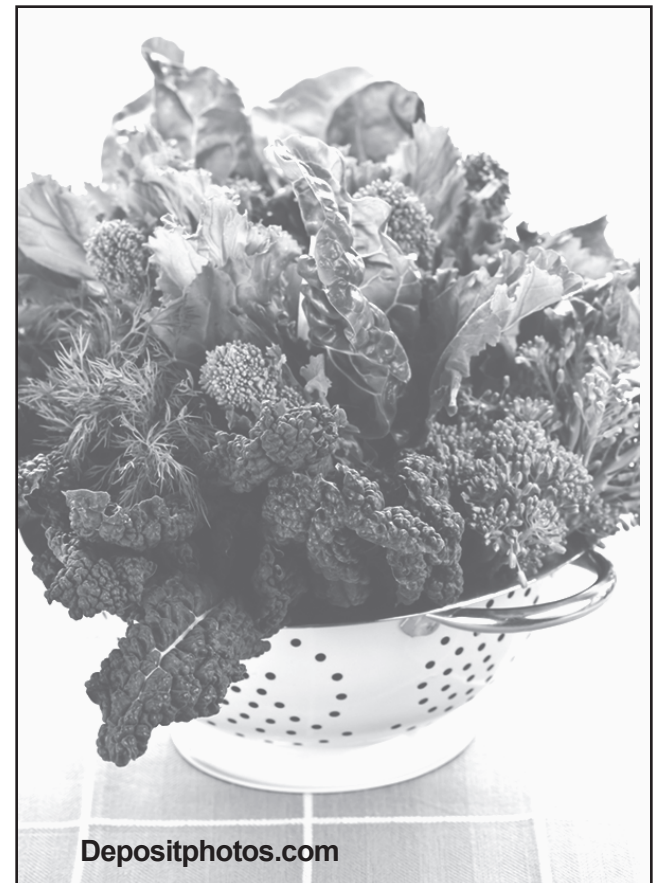
Escarole

With its subtle bite, hearty texture and longer growing season, escarole is sweeter and at its tender best during the warm spring months. Add it raw to provide complexity to a salad or as an interesting addition to cooked dishes in place of spinach.

Pea greens

These are the giant, tangled vines on which peas grow. Pea greens are typically available at farmers markets in spring and early summer.

My recipe for Chicken with Lettuce, Spring Onions and Butter Snap Peas showcases the best of spring greens and vegetables in a buttery, lemony sauce.



Depositphotos.com

Chicken with Lettuce, Spring Onions and Snap Peas

- 3 tablespoons olive oil
- 1 (3 1/2-4 pound) chicken, cut into 10 pieces
- 1 1/2 tablespoons poultry seasoning
- 1 1/2 teaspoons salt, divided
- 1 1/2 teaspoons freshly ground black pepper, divided
- 2 tablespoons unsalted butter
- 4 stalks green onions, green and white parts, finely diced
- 2 cloves garlic, minced
- 2-3 stalks celery hearts and leaves, finely diced
- 2 cups (6 ounces) sugar snap peas, strings removed, 1 cup halved crosswise and 1 cup thinly sliced
- 2 heads Little Gem lettuce, halved or quartered, or 1 head Bibb lettuce, torn into 3-inch pieces
- Zest of 1/2 lemon

1. Heat oil in a large skillet over medium heat. Season chicken with poultry seasoning and 1 teaspoon each of salt and pepper. Working in batches, cook, skin side down, until underside is golden brown, 10-12 minutes. Turn and cook until other side is golden brown and chicken is cooked through, 8-10 minutes. Transfer to a plate.

2. Heat butter in same skillet and add onions, garlic, celery and the halved snap peas; season with the remaining salt and pepper. Cook, stirring occasionally, until onions and snap peas are softened, 5-7 minutes. Add lettuce, sliced snap peas and lemon zest, and cook, tossing, until just tender (or, if using Bibb lettuce, until leaves are wilted), about 3 minutes. Cut remaining lemon half into slices and serve with the chicken and vegetables. 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.