

# 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!

**Thursday, March 17th @ 3:00pm**

## Four Seasons Garden Club

The Four Seasons Garden Club's meeting will be on Thursday, March 17, 2016 at 3:00 p.m. at the Bonnys at Wisemantown.

Tom Bonny, will give a demonstration on "Pruning Fruit Trees." The meeting is open to the public and free of charge.

The object of the club is to stimulate the knowledge and love of gardening; to aid in

the protection of native trees, plants, and birds; and to promote cleanliness, beauty, and improvement of property in Estill County. New members are welcome to join the club which meets on the 3rd Thursday of each month.

The Four Seasons Garden Club is a member of the National Council of State Garden Club, Inc.

**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 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.

**Tuesday, March 22nd @ 12:00 Noon**

## Estill County Board of Health

The Estill County Board of Health will be meeting on Tuesday, March 22, 2016

at Michael's Restaurant in Ravenna at 12:00 Noon. The public is welcome!

**Tuesday, March 22nd @ 5:30pm**

## Irvine-Ravenna Woman's Club

The Irvine-Ravenna Woman's Club will meet Tuesday, March 22 at 5:30 p.m. at the Center for Pregnancy and Parenting, 126 Kentucky Avenue in Irvine.

Members will be doing a service project switching out the children's clothing from winter clothes to summer clothes.

Woman's Club is a civic organization with the motto "Committed to Service". The

local club was organized in 1954 and has served the needs of the community through a broad range of projects and programs throughout the years.

Membership is open to all women who are interested in community service in an atmosphere of fellowship. Become a volunteer and make new friends. The club meets on the 4th Tuesday evening of each month.

**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 Seyffrit 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!

**Tuesday, April 1st @ 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, April 1, 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 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.

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

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.

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.

## Now Reopened

Enjoy your stay at . . .  
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## Kitchen Diva Easter Traditions, Naturally

by ANGELA SHELF MEDEARIS

For millennia, eggs have been symbolic of spring, rebirth and new life. For Christians, the Easter egg is emblematic of the death, burial and resurrection of Jesus Christ. Traditionally, eggs were dyed red to represent the blood that Christ shed on the cross. The practice fit well with the spring holiday of Easter, as it is the celebration of Jesus' resurrection. Early Christians in Mesopotamia adopted the tradition of decorating eggs to give as gifts and included the tradition in their Easter celebrations.

### HARD COOKING EGGS

A key to preparing eggs for dyeing, particularly when using eggs from the grocery store, is to wash them with soap and water. This removes the thin coat of wax that helps to keep eggs fresh. Then, hard-cook the eggs by simmering (not boiling) the water with the eggs for 15 to 20 minutes, depending on the size of the egg.

### TRADITIONAL DYES

While dye packages have become popular, you can create your own brilliant hues with food coloring and vinegar. Here's how:

In 3/4 cup hot water, mix 1 tablespoon white vinegar and several drops of food coloring. Mixing the primary colors yields various colors of the rainbow.

### NATURAL DYES

If muted, pastel colors are your goal, try using some natural egg dyes. One method is to place a hard-cooked egg in a plastic sandwich bag with some dye material (see list below for ideas) and a small amount of water. Tie bag closed. (Press and seal bags are not recommended, as the seal may pop during cooking.) Simmer 10 minutes in hot water, and then place in cool water. When cooled, remove the bag, untie and remove the egg. Different colors will be left on the egg from the natural materials.

There are a number of fruits and plants that make good dyes, but those listed below are available at this time of year. As mentioned, most of these will be pale colors, unless you refrigerate them in the bag with the dye for at least 6 to 12 hours.

- Red: Pomegranate or cherry juice, concentrate or canned cherries and syrup
- Yellow: Dandelion flowers or roots
- Light Brown: Yellow onion skins
- Red-Brown: Red onion skins
- Light Green: Parsley leaves
- Grey Gold to Pink: Spinach leaves
- Beige: Fresh oregano or mint leaves
- Blue: Red cabbage leaves
- Brown: Coffee grounds or strong brew
- Lavender: Yellow Delicious apples

### Depositphotos.com



### DRAWING ON EGGS

Another simple method to decorate Easter eggs is to draw on them with wax crayons before dyeing or painting. The areas covered with crayon wax will resist the dye and create wonderful patterns.

White crayon is usually used for crayon-resist art. The seemingly invisible white outlines that are created as you draw on a white surface such as on paper or an eggshell are later "magically" revealed after dyeing or painting over these white outlines. You can think of the egg as a blank canvas that can be drawn on as desired. Colored crayons are perfectly fine to use and are great for making a pictorial design.

Here's what you'll need:

- Hard-boiled eggs
- Wax crayons
- Paper cup or bowl
- 1. Pat the hard-boiled eggs dry to remove any moisture on the surface.
- 2. To decorate the eggs, draw lines and basic shapes, or you can do more complex images.
- 3. Color the eggs by dipping the entire egg into a dye bath. Make an egg dye by mixing 3/4 cup warm water, 1 tablespoon white vinegar and 10 drops of food coloring, or by using the natural dye methods suggested above.
- 4. Place the egg into the dye so that it is entirely submerged. Let the egg sit for at least 5 minutes. The longer it stays in the dye bath, the deeper the color will be.
- 5. When the egg is removed from the dye, you'll notice that the areas with wax resist the dye and form a neat design on the egg. Place the egg on top of a bottle cap, egg cup or similar object to air dry.

TIP: Use warm water, not hot water, for kids to safely mix and handle the egg dye.  
Happy Easter, and make memories with your children!  
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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. 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.