

# 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 Suidmak.

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.

**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 Friday, April 15th at 7 p.m. and 3 p.m. on the Sunday, the 17th. at the Estill County High School auditorium by River City Players.

The original play, based on short stories written by local author Donna Crow, uses history and local legends, gath-

ered during interviews.

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.

For more information, visit [www.RiverCityPlayers.net](http://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.

**Tuesday, April 19th @ 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, April 19, 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...”

**Monday, April 25th @ 1pm**

## Class for Alzheimer’s Disease Providers

A class for Alzheimer’s disease providers will be offered on April 25th at the Madison County Cooperative Extension Office located at 230 Duncannon Lane from 1 p.m.

- 2:30 p.m.

To register, please call the Association’s 24/7 helpline at 1-800-272-3900. Designed for family caregivers; please no professionals.

**Saturday, April 30th @ 9am**

## New Hospice Volunteer Training

Hospice Care Plus will hold a training for new volunteers on Saturday, April 30, 9 a.m.-4 p.m., at the Compassionate Care Center in Richmond. Pre-registration appreciated. Please call 859-626-9292 or email [hospice@hospicecp.org](mailto:hospice@hospicecp.org).

Volunteers are needed for many roles. Learn more at [hospicecareplus.org](http://hospicecareplus.org).

**Friday, May 7th @ 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, May 7th and on the first Friday of each month at 9 a.m.

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

**Friday, May 7th @ 11am**

## River City “Derby Day Brunch”

River City Players “Derby Day Brunch” will be Friday, May 7, 2016, 11 a.m. - 2 p.m. at the Irvine Lodge Cafeteria on the corner of Broadway and Lilly Avenue. Cost is \$10 per person.

There will be a bowtie contest for men & women and a hat contest for the prettiest, most creative, and funniest.

Call 723-2254 or 723-5755 for advance tickets. “SAVE THE MACK”

**Friday, May 20th @ 6:30pm**

## Madison Civil War Roundtable

The next bi-monthly meeting of the Madison County Civil War Roundtable will be on Friday, May 20, 2016, at 6:30 p.m. at Hanger’s Restaurant, just off I-75, Exit 90, in Richmond.

Historian Sister Judith Metz will give a presentation entitled, “The Sisters and Charity During the Civil War.”

Please call Phillip Seyfrit at 859-623-8979 with questions.

**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.

## Main Street Clean Sweep

LEXINGTON, Ky – Bluegrass Greensource needs your help this Earth Day for our third annual Main Street Clean Sweep. On April 22nd from 12-4pm, we are asking volunteers throughout Central Kentucky to get outside and pick up litter (some sites have alternate times and/or dates).

Main Street Clean Sweep is a widely attended event that encourages community engagement, pride in place, and beautifies the downtown area, which boosts support for local businesses. Clean-ups will be held rain or shine. Bluegrass Greensource provides participants with trash bags, gloves, and an event t-shirt (first come, first serve).

Last year, Main Street Clean Sweep had almost 1,000 participants in 17 communities, and we expect even greater turnout this year.

“Earth Day is a great opportunity for communities to come together and help their local environment,” said Amy Sohner, Executive Director of Bluegrass Greensource. “Main Street Clean Sweep focuses all our efforts on ONE day, asking as many counties to participate as we can, and centering it all in the heart of each community.”

Clean ups are planned in Berea, Burgin, Cynthia, Frankfort, Georgetown, Harrodsburg, Irvine, Lancaster, Lawrenceburg, Lexington, Midway, Nicholasville, Paris, Richmond, Sadieville, Shelbyville, Stamping Ground, Versailles, Wilmore, and Winchester. For additional information about your Main Street Clean Sweep location or to register for the event, go to [www.bgGreensource.org/main-street-clean-sweep](http://www.bgGreensource.org/main-street-clean-sweep) or call 859-266-1572.

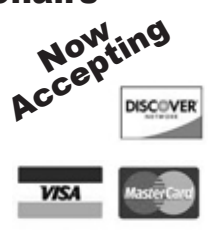
*Bluegrass Greensource is an environmental education non-profit that offers resources and educational information to 20 Central Kentucky counties. Greensource provides outreach to more than 230 schools, 600 community groups, businesses, local governments, and private citizens throughout Central Kentucky. Greensource fosters positive environmental and economic impact throughout the region, by encouraging small, everyday changes that make a big difference. For more information please visit [www.bg-Greensource.org](http://www.bg-Greensource.org).*

# Sammy's Furniture & Appliances

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# Kitchen Diva Off The Rack

by ANGELA SHELF MEDEARIS

In America, lamb is often served in the spring. Lamb is the meat from young sheep that are less than 1 year old. Americans eat far less of this delicious meat than people in other countries. This is often a case of not knowing how to select the best cuts of lamb, or misinformation about the meat having a strong “gamey” flavor.

Labeling laws often allow a confusing number of packaging terms as it pertains to lamb -- including “natural,” “pasture-raised” or “grass-fed.” These terms are permitted even though the animal may spend little or no time in a natural setting, in a pasture or grazing on grass. The label to look for to purchase the best-quality lamb meat is “100 percent grass-fed.” This type of lamb has a buttery, tender quality.

Lamb is usually available in five different cuts, including the shoulder, rack, shank/breast, loin and leg. “Rack of lamb” usually refers to a rib cut that includes nine ribs and can be split into rib roasts. Lamb “chops” can come from several different cuts, such as “rib chops” and “loin chops.” You also might see “blade” and “arm” chops in the meat section of the grocery; these chops come from the shoulder. Sirloin chops are another type; these come from the leg. Additionally, many stores sell ground lamb that is used to make burgers, meat loaf or sauces.

One hundred percent grass-fed lamb is a significant source of B vitamins and niacin. It also is an excellent source of omega-3 fats, depending on the diet of the mother and the lamb. Grass-fed lamb has been shown to average at least 25 percent more omega-3s than conventionally fed lamb. Consumption of omega-3 fats has been associated with decreased risk of inflammation and heart disease. In Australia, where lamb is raised in abundance and eaten regularly, recent studies show it as the top omega-3 food in the daily diet. In regions of some countries without easy access to fish, lamb sometimes has been shown to provide more omega-3s than any other food in the diet.

My recipe for Asian-Style Lamb Loin Chops uses these tender chops, infuses them in a flavorful marinade and then quickly roasts them. Lamb loin chops are similar in cut to a beef T-bone steak. The chops should be at least an inch thick and contain a portion of the loin and tenderloin. They cook quickly on the grill or under the broiler, and are best when allowed to develop a caramelized crust with a pink, juicy center.



Depositphotos.com

### ASIAN-STYLE LAMB LOIN CHOPS

This lamb dish could be served at an elegant dinner for company or as a simple, weeknight meal. Prep, cooking and cleanup are easy because the chops are marinated in the dish they bake in. Lamb loin chops are best when medium-rare, which takes about 20 minutes in the oven. The Asian flavors of the marinade bathe the chops as they cook and create a delicious sauce for rice or noodles.

- 8 (1-inch-thick) lamb loin chops
- 1/2 cup fish sauce
- 1/2 cup honey
- 1/2 cup water
- 1/4 cup apple or pineapple juice
- 1/4 cup vegetable oil
- 3 tablespoons soy sauce
- 6 medium garlic cloves, finely chopped
- 1 tablespoon ground coriander
- 1 tablespoon fresh lime juice
- 2 teaspoons freshly ground black pepper
- 1/8 teaspoon cayenne pepper
- 3 stalks green onions, roots removed and discarded, white and green parts chopped
- 8 lime wedges, optional
- 2 cups brown or white steamed rice or noodles

1. To marinate the lamb: Mix the fish sauce, honey, water, juice, oil, soy sauce, garlic, coriander, lime juice, black pepper and cayenne pepper together in a 13 by 9-inch baking dish. Lay the lamb chops in a single layer in the marinade and turn to coat. Cover, refrigerate and marinate at least 4 hours and up to 24 hours, turning the lamb at least once during the marinating time.

2. Heat the oven to 425 F, and arrange a rack in the middle of the oven. Remove the lamb from the refrigerator and allow it to sit at room temperature for about 30 minutes. Roast uncovered about 15 minutes. Turn the chops over and continue to roast until they register 130 F on an instant-read thermometer, plus another 5 minutes for medium rare or 5 to 6 additional minutes for medium.

3. Remove the dish to a wire rack and let the chops rest for 5 minutes. Garnish with the green onions and lime wedges. Serve with the sauce, steamed rice or noodles. Makes 4 servings.

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Angela Shelf Medearis is an award-winning children’s author, culinary historian and 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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