

# 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 Help-

ing 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!

**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.*

**Attention Veterans**  
KDVA SERVING KY VETS

A Veterans Benefits Field Representative will be at the National Guard Armory, 335 Cow Creek Road, Ravenna, on Thursday, April 6th 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.

**Thursday, April 7th @ 5:30pm**

## Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will be meeting Thursday, April 7 at 5:30 p.m. at Michael's Restaurant.

Recent donations have been given to the following: Boy Scout Troop #144, Boy Scout Troop #89, Parenting & Pregnancy Center, Estill Academic Boosters, Academic Cultural Night, Estill Ministerial Association, Mushroom 5K, Girl Scout Troop #7182, and Girl

Scout Troop #7180.

The club thanks the community for their support of the TV-Radio Auction last October. It is only with the community's support that 100% of the donations can then be returned to help others. Persons dedicated to "improving the world one child and one community at a time" are welcome to become members.

**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.

**Monday, April 11th @ 1:30pm**

## Estill County Retired Teachers

Estill County Retired Teachers will be meeting on Monday, April 11th at 1:30 p.m. at the Estill County Public Li-

brary meeting room.

They will be discussing legislative concerns.

**Monday, April 11th @ 7pm**

## SE Ky. Gem, Mineral & Fossil

The Southeast KY Gem, Mineral & Fossil Club will meet Monday, April 11 at 7 p.m. at the Estill County Public Library. The program will be a "Show, Tell, and Trade". Further plans will be made for

the Agate, Gem, and Mineral Show on April 22, 23, and 24 at the Mountain Mushroom Festival. Anyone interested in joining is welcome to attend. Yearly dues are \$20 per family and \$15 per individual.

**Tuesday, April 12th @ 6:30pm**

## Estill County Relay for Life

Relay For Life of Estill County is quickly approaching. The event will be held on June 10th. It is not too late to get involved in the planning

of this community event. Our next meeting will be Tuesday, April 12th at 6:30 p.m. in South Irvine Baptist Church fellowship hall.

**Tuesday, April 12th @ 10:30am**

## Estill County Relay for Life

The Winchester GTE / Sylvania / Osram / UAW retirees will meet at 10:30 a.m., Tuesday, April 12th at the Union Hall in Winchester for a short meeting. After the meeting,

retirees and guests will travel to Stanton for lunch at Bruen's Restaurant at 11:30 AM. All Winchester Sylvania retirees and former employees are welcome to join us for lunch.

**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 Saturday, 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..."

**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!

**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.

**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 en-

ter 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.

# Kitchen Diva Heart Shaped Happiness

by ANGELA SHELF MEDEARIS

It's strawberry season, and time to stock up on one of America's most cultivated berries. Technically, they aren't a fruit or a berry, but the enlarged receptacle of the flower. We have a French naval officer who found a large flowering strawberry plant in Chile in 1714 to thank for the selective breeding process that has resulted in the flavorful strawberries we enjoy today. The Chilean strawberry plant was sent to a French horticultural center where, by chance, it was cross-pollinated with a North American species. The result was the development of the pineapple strawberry to which our modern, large-fruited strawberries can be traced.

The red color and heart shape of a strawberry are a good indication that the fruit is beneficial to your health. Eating strawberries helps to protect your heart, increases HDL cholesterol (the good kind), lowers blood pressure and guards against cancer.

Strawberries also are full of vitamins, fiber and high levels of antioxidants known as polyphenols. It's a sodium-free, fat-free, cholesterol-free, low-calorie food that can be used as part of your meal plan in a variety of ways. They're among the top 20 fruits in antioxidant capacity and are a good source of manganese and potassium. Eight strawberries, the recommended daily serving, provide more vitamin C than an orange.

Choosing Strawberries: Pick medium-sized berries that are firm, plump and deep-red in color; once picked, they don't ripen further. Flavor varies with variety and ripeness.

How to Keep Strawberries: Remove strawberries from the basket. Place the strawberries, unwashed, in a single layer of paper towel on a plate. Cover and refrigerate. Use within three days.

### FUN FACTS:

- \* Strawberries are actually members of the rose family.
- \* The real fruits of a strawberry are the tiny yellow seeds on the outside, which provide a good source of dietary fiber. On average, there are 200 seeds on each strawberry.
- \* Cultivated varieties have more sugar than wild varieties. The natural sweetness of a strawberry comes from sugars, fructose and glucose.
- \* The most popular strawberries are Selva, Pojaro and Parkers.



My recipe for grilled garlic and herb shrimp with strawberry salad showcases the strawberry in a fresh, delicious way that's perfect for a light, spring supper for four.

### Herb Grilled Shrimp with Strawberry Salad Marinade and Salad Dressing:

- 1 pound large shrimp (16-20 per pound), peeled and deveined
- 1/2 cup olive oil
- 1 tablespoon fresh minced garlic
- 1 tablespoon fresh lemon juice
- 1 tablespoon brown sugar, packed
- 1 tablespoon Italian seasoning
- 1 teaspoon ground paprika
- 1 teaspoon chopped basil leaves or mint
- 1/2 teaspoon ground black pepper

1. Whisk the olive oil, garlic, lemon juice, brown sugar, Italian seasoning, paprika, basil or mint and the pepper together in a bowl until thoroughly blended. Set aside half of the marinade in the refrigerator to make the salad dressing.

2. Stir the shrimp into the remaining marinade and toss to evenly coat. Cover and refrigerate at least 2 hours, turning once.

3. Heat an outdoor grill or a grill pan over medium-high heat. Lightly oil the grill. If using an outdoor grill, place grate about 4 inches from heat source.

4. Remove shrimp from marinade, shake to remove excess marinade. Discard marinade. Place shrimp on the heated grill and cook, turning once, until opaque in the center, 5 to 6 minutes.

### Strawberry Salad:

- 2 cups strawberries (about 1 pint), hulled and sliced
- 2 cups baby spinach, rinsed and dried
- 1 cup chopped romaine, rinsed and dried
- 1 cup arugula, rinsed and dried
- 2 ounces crumbled goat cheese
- 3 tablespoons walnuts, almonds or pecans, toasted and chopped
- 2 small green onions, roots removed and discarded, white and green parts sliced

### Salad Dressing:

- 1/4 cup of the reserved marinade
- 1/2 tablespoon balsamic or sherry vinegar
- 1/2 teaspoon honey mustard
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

1. Combine strawberries, spinach, romaine, arugula, goat cheese, nuts and green onions in a large bowl. Toss gently. Divide salad among four plates. Arrange grilled shrimp on top.

2. Mix the 1/4 cup of reserved marinade with the balsamic or sherry vinegar, mustard, salt and pepper until well-combined. Drizzle over each salad and serve.

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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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