

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>

Registration forms now available

Mt. Mushroom Events Registration

The Mountain Mushroom Festival invites the community to get involved in the activities and events of the festival. Guidelines and registration forms for the Mountain Mushroom Festival events are available in Irvine City Hall and on the festival website: www.mountainmushroomfestival.org.

The events are the Arts & Crafts Booths, Fungus 5K &

2K Run/Walk, and Parade. Other activities that have prizes and/or rosettes are the Mushroom Cook-Off, Mushroom Hunting Contest, Fungus 5K, Cake Decorating Contest, Photography Contest, and Window Decorating Contest. Categories from youth to adults are noted on the guidelines.

Contact the festival at 606 723-1233 for further information.

Wednesday, Friday and Monday

Storytime - Preschool & Starrytime

Our regular preschool Storytime meets each Wednesday and Friday morning from 10:30 to 11:30 a.m.

Our letter of the week is W. We read, sing and do activities to help with socialization and school readiness for our younger children.

Starry Time Storytime meets each Monday from 5:00 to 6:00 p.m. This storytime is

designed for children that are already attending school and their families

It is a variation of our traditional storytime with activities for both the small and the tall. Ages 4 to 10 years is our usual group..

For more information contact Amy Hughes, Children's Librarian, at 723-3030 at the Estill County Public Library.

Wednesdays, now at 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 to 6:30 p.m. with instructor Laritza Gomez. The cost is one non-perishable food item for Helping Hands Outreach Ministry.

Bring your own yoga mat. The instructor will guide the class through basic poses focused on relaxation, building core strength and flexibility. For class updates, please check the Marcum & Wallace Hospital Facebook page.

Thursdays, 4-5pm at the Estill Library

Estill County Library's Lego Club

The Estill County Public Library hosts Lego Club each Thursday from 4 p.m. to 5 p.m. The suggested ages for this group is 6 to 12. Come build

with us!

For more information contact Amy Hughes, Children's Librarian, at 723-3030 at the Estill County Public Library.

Thursday, February 22nd @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, February 22, 5:30 p.m., at Steam Engine Pizza.

A devotional will be given by John Hale, pastor at Irvine United Methodist Church. Members will be making plans for upcoming activities.

Make a difference in the community by getting involved with the Kiwanis Club that has 95 years of service to our community.

New members are needed and welcomed. Anyone interested can contact any Kiwanis member.

Thursday, February 22nd @ 1:00pm

Estill Homeschool Enrichment

The Estill homeschool group will meet with host Beth Williams from the U.S. Forest Service. Our meeting will be at 1:00 p.m. on Thursday, February 22nd at the Estill County

Public Library.

We welcome new and experienced homeschool families.

For more information contact Amy Hughes, Children's Librarian, at 723-3030.

Thursday, February 22nd @ 7:00pm

Estill Republican Planning

The Republican meeting scheduled for February 20, has been changed to 7:00 p.m., Thursday, February 22 at the

Estill County Fair Barn.

Help plan the Estill County Republican Party's Pass to the Primary.

Thursday, February 22nd @ 6:00pm

Estill Democrat Committee

The Estill County Democrat Executive Committee will be meeting on Thursday, February 22nd at 6:00 p.m. and every third Thursday of

the month at the Estill County Public Library, 246 Main Street in Irvine.

All Democrats are invited. Hope to see you there!

Friday, February 23rd @ 5:30pm

Family Game Night at the Library

Looking for something inexpensive to do with the family? Family Game Night is held at the Estill County Public Library every Friday night at

5:30 p.m. Games are provided by the Library or you are welcome to bring a game to play. Children under 10 must be accompanied by an adult.

Fridays, 6-8pm at the Estill Library

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.

Saturday, February 24th @ 9:00am

Volunteer Training Rescheduled

Training for anyone interested in volunteering at the Estill County Pregnancy and Parenting Center has been rescheduled for Saturday, February 24th at 9:00 a.m.

If you are interested in learning about volunteer opportunities available here, please plan to attend this session and see where you can be

plugged in.

The center is open at 126 Kentucky Ave. in Irvine on Tuesdays 1-5, Thursdays and Fridays 10-5. Ph. 606-723-0184.

If you have any questions please feel free to get in touch with Sandra Wilds, Executive Director, at 859-582-9539 outside regular hours.

Monday, February 26th, 6-8pm

RCP Spring Production Auditions

Do you love to act? Come out and audition for River City Players' Spring Production, Greater Tuna. This comedy has roles for teens (ages 14 and up) and adults.

Auditions will be held at the ECHS auditorium on Monday,

February 26 and Thursday, March 1 from 6-8 pm. Come out and join us for a fun community event!

Call 606-723-5755 or 502-810-7668 if you have questions or need more information.

Monday, February 26th @ 7pm

Mt. Mushroom Planning Meeting

The 28th annual Mountain Mushroom Festival will be April 28-29. The festival committee is making plans and will meet Monday, February 26 at 7 p.m. in Irvine City Hall, 101 Chestnut Street.

"Economic Impact of the 2017 Mountain Mushroom Festival" will be presented by

Dr. James Maples, ECU professor. His students took surveys at last year's festival and he will report the results.

More volunteers and groups are needed and welcome to assist in the events and activities.

For further information contact Francine Bonny, chairman, at 723-1233.

Tuesday, February 27th @ 5:30pm

Irvine-Ravenna Woman's Club

The Irvine-Ravenna Woman's Club will meet Tuesday, February 27 at 5:30 p.m. at the Estill County Public Library. The club's project will be filling eggs for the Egg Hunt for the Story Hour children.

The Irvine-Ravenna Woman's Club is a civic organization with the motto "Committed to Service". It was organized

in 1954 to serve the needs of the community through a broad range of projects and programs.

Membership is open to all women who are interested in community service in an atmosphere of fellowship. Become a volunteer and make new friends. Tina Pasley is the club president.

Wednesday, February 28th @ Noon

Estill Board of Health Meeting

The Estill County Board of Health will be meeting at Michael's in Ravenna at 12:00

noon on Wednesday, February 28, 2018.

The public is welcome.

Wednesday, February 28th @ 1:30pm

Perspectives of Art at Library

On Wednesday, February 28, Sandy Savage will be at the Estill County Public Library at 1:30 p.m., teaching Perspectives of Art.

If you would like more information please contact Lesa Ledford, Adult Services at the Estill County Public Library by calling 606-723-3030.

Friday, March 2nd @ 9am

Retired Co. C Guard Breakfast

Attention: All retired and former National Guard members of Charlie Company 1/149th, there will be a breakfast at Cracker Barrel, in Rich-

mond, on Friday, March 2nd and on the first Friday of each month at 9 a.m.

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

Saturday, March 3rd - 7:30am-2:30pm

St. Elizabeth Basement Sale

The March Basement Sale at St. Elizabeth Church, 322 5th Street in Ravenna, will be held

on Saturday, March 3, from 7:30 a.m. until 2:30 p.m. with "something for everyone!"

Tuesday, March 6th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, March 6th and on the first and third Tuesday of every month at Rader's River Restaurant. The meal is at 6:30 p.m. and busi-

ness 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.

Saturday, March 10th - 8am-1pm

Estill County Blood Drive

Kentucky Blood Center (KBC) is encouraging Kentuckians to roll up their sleeves, donate blood and help Kentucky patients at the Estill County Community blood drive on Saturday, March 10 from 8 a.m. - 1 p.m. at the First Christian Church in the Fellowship Hall at 270 Main Street in Irvine.

As a thank you, those who register to give blood at the drive will receive a fun "Donate

blood, y'all" purple T-shirt.

Blood donors must be 17-years-old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org.

To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

Kitchen Diva

Mexican Hass Avocados Go Beyond Guacamole

by ANGELA SHELF MEDEARIS

Hass avocados from Mexico are prized by chefs because of their delicate flavor and smooth, buttery texture. Mexican Haas avocados provide a rich, creaminess and a distinctive flavor to a variety of dishes. One of the best things about Mexican Haas avocados is that they contain the good "heart-healthy" fats that are so important in a balanced diet. They're also packed with nutrients -- 20 vitamins and minerals, fiber, folate and potassium.

Compared with other fruits, avocados rank among the highest for magnesium, vitamin E and folic acid. Mexican Haas avocados also are high in beta carotene and have 60 percent more potassium than bananas. If you're keeping an eye on your waistline, avocados are perfect for a low-carb diet.

Hass avocados are native to Mexico and grow in the Michoacan area west of Mexico City. The climate and growing conditions are perfect because of the rich volcanic soil. Mexico grows more than 40 percent of the world's avocados and is one of the leading year-round suppliers to the United States.

Check the sticker on the avocado before you buy to be sure you're getting the high-quality Haas type from Mexico. An avocado is ready to serve when the skin turns from dark green to nearly black and yields when pressed gently with a thumb. Firm, dark-green avocados will ripen in a day or two at room temperature, and even faster in a brown paper bag on your kitchen counter. Placing an apple inside the bag also speeds up the process. Ripe avocados can be kept in the refrigerator for several days. You should be able to remove the short stem easily when an avocado is ripe.

To open an avocado, cut lengthwise around the pit. Gently twist to separate the halves. To remove the pit, place the avocado half on a counter and carefully strike the pit with the blade of sharp knife and twist to remove. Scoop out the flesh with a spoon. To prevent cut or prepared avocados from darkening, sprinkle with lemon or lime juice. Then place a layer of clear plastic wrap in direct contact with the avocado, cover tightly and refrigerate.

Pairing Mexican Haas avocados with citrus fruits takes an ordinary bowl of salad greens to a new taste level. Try this unusual recipe for Mexican Haas Avocado and Grapefruit Salad with Warm Bacon Dressing. It's guaranteed to take your avocado recipes beyond guacamole!

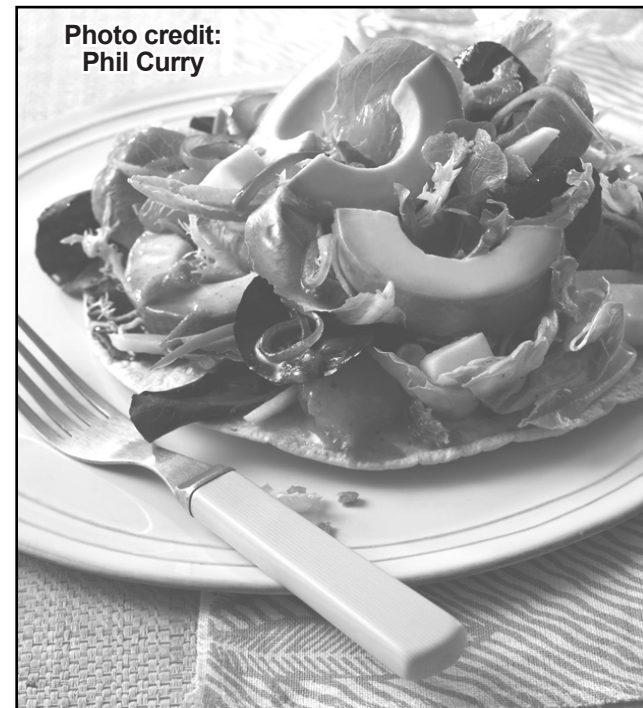


Photo credit: Phil Curry

Mexican Avocado, Bacon and Grapefruit Salad

Buttery avocado complements this warm salad, while fresh grapefruit chunks provide a refreshing bite. Invite your friends over for lunch or serve as a starter for a dinner party.

- 4 large flour tortillas (10 inches)
 - 2 fully ripened avocados from Mexico, halved, pitted and peeled
 - 4 cups mixed greens
 - 1 large pink or white grapefruit, sectioned and cut into large chunks (about 1 cup packed) reserving juice
 - 2 carrots, cut in 1/2-inch matchsticks
 - 3 ounces queso fresco or feta cheese, cut into 1/2-inch cubes (3/4 cup)
 - 6 slices bacon
 - Vegetable oil, if needed
 - 2/3 cup thinly sliced red onion
 - 3 jalapenos, seeds removed, shell cut in thin matchsticks
 - 1 tablespoon lime juice
 - 2 teaspoons sugar
 - 1/4 teaspoon salt
 - 1/4 teaspoon ground black pepper
1. Heat oven to 350 F.
 2. Coat large baking sheet with nonstick cooking spray. Arrange tortillas on sheet; spray lightly with cooking spray. Bake until crisp and beginning to brown, 6 to 8 minutes; transfer to 4 serving plates.
 3. Cut and reserve 12 thin avocado slices; dice remaining avocado. In large bowl, combine mixed greens, grapefruit chunks, carrots, cheese and diced avocado.
 4. In large skillet over medium-low heat, cook bacon until crisp; drain. Pour bacon drippings from pan into measuring cup. If necessary, add oil to make 1/4 cup. Return drippings to skillet; heat over medium heat. Add onion and jalapeño; cook until tender. Add lime juice, sugar, salt, pepper and reserved 3 tablespoons grapefruit juice. Bring to a boil, stirring to incorporate the browned bits.
 5. Pour mixture over avocado mixture in bowl; toss gently and divide equally onto each tortilla. Crumble bacon over salads and garnish each with 3 avocado slices. 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. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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