

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>

Through March 3rd

Girl Scout Cookies Going On Sale

Girl Scout cookies are here and you will be seeing three of our troops out there selling.

Here are some of the places you can come visit the girls and get your girl scout cookies fix: Hardees, 1:30 to 5, Saturday, Feb. 17th and Pickers Paradise, 10 -2; on Saturday,

March 3rd 10-1:30 to name a few. These are the ones that will be inside the businesses and of course if we have nice weather you may find a troop outside a favorite business or store.

Thank you for supporting our local Girl Scout Troops #661, #7182 and #337.

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 V for Valentine's Day. 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 story-

time 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.

Wednesday, February 14th @ 1:30pm

Estill Library Crafternoon

Crafternoon meets on the 2nd and 4th Wednesday of each month at 1:30 p.m. at the Estill County Public Library, 246 Main Street in Irvine.

Come out on February 14th at 1:30 p.m. to make a Sugar Scrub for your hands or for

that special someone for Valentine's Day! All supplies will be provided, but we do ask that you call Lesa at 606-723-3030 or by calling or stopping by the Estill County Public Library to reserve your seat or if you have questions.

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 15th @ 3:00pm

Four Seasons Garden Club

The Four Seasons Garden Club will meet Thursday, February 15, at 3 p.m. at the Extension Office.

"Growing a Healthy Lawn" will be presented by Eric Baker, County Extension Agent for Agriculture & Natural Resources.

The program is open to the public and free of charge.

The object of the club is to stimulate the knowledge and love of gardening among ama-

teurs; 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. Francine Bonny is the club president.

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

Thursday, February 15th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, February 15, at the Estill County Public Library. "Outreach Activities of the Library" will be the program.

If you are interested in be-

coming a member of a service organization that has a sense of community, a source of fulfillment and a history of impact, join us at 5:30 p.m. (to eat) or 6:00 p.m. (meeting/program) on Thursday evenings.

Thursday, February 15th @ 6:00pm

Garden Thyme Herb Club

The Garden Thyme Herb Club will be meeting on Thursday, February 15th at 6 p.m. in the fellowship hall of

St. Elizabeth Church. Everyone is welcome to attend.

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.

Friday, February 16th @ 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.

Saturday, February 17th @ 11:00am

Relax 'N Color at Estill Library

Saturday, February 17th we will be kids day again during Relax 'N Color at the Library. If you have nothing to do and would just like to get out of the house for a while, stop by the Estill County Public Library to color and enjoy music and

conversation. The meeting room will be open at 11:00 a.m. for those who want to color.

For more information please contact Lesa at 606-723-3030. This is open to all ages!

Tuesday, February 20th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, February 20th 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.

Tuesday, February 20th @ 6:30pm

Board Meeting of Estill Arts

The monthly board meeting of the Estill Arts Council will be held at the Estill County Public Library meeting room at 6:30 p.m. on Tuesday, Feb-

ruary 20. All members are welcome and encouraged to attend. Prospective members are welcome also.

Thursday, February 22nd @ 7:00pm

Estill Republican Planning

The Republican meeting schedule for February 20, has been changed to 7:00 p.m., February 22 at the Estill Coun-

ty 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!

Saturday, February 24 @ 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.

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!

THE ILLUSTRATED BIBLE

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone - for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.

1 Timothy 2:1,2



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Kitchen Diva

Bowlful of Comfort on a Chilly Day

by ANGELA SHELF MEDEARIS

Many kids dislike soft vegetables, the kind usually found in stew. If you're having trouble getting your children to eat stew, try this saucy beef recipe -- adapted from the wonderful cookbook "Real Food for Healthy Kids: 200-Plus Easy, Wholesome Recipes" by Tracey Seaman and Tanya Wenman Steel. Tracey's teenage daughter said, "This is the only stew I really like, because it doesn't have any mushy vegetables. I like my carrots crisp."

This rendition is made without carrots or potatoes so you can serve it -- with its thick, rich gravy -- over a mash of potatoes and parsnips, or a mound of fluffy rice. Add a side dish of crisp vegetables, or a salad, and serve it with some hot, crusty French bread, and you've got a meal that will please the pickiest eater.

If you're fortunate enough to have leftovers, you can stretch out the servings and transform your stew into French Dip sandwiches. Shred any remaining cubes of stew beef and re-heat the meat and any leftover sauce in the microwave for 2 to 3 minutes until warm. Pour the sauce into a separate serving dish.

Sprinkle some shredded Parmesan cheese on a whole-wheat hamburger bun or hot-dog bun, or a sliced hoagie roll. Place the bread on a cookie sheet under a broiler or in a toaster oven until the cheese starts to melt. Pile the shredded beef on the bread and add a few dill pickles or slices of purple onion, if desired. You can serve the remaining sauce on the side for dipping, "au jus" style.

This recipe is perfect for a crockpot or for slow-cooking in a roasting pan in the oven. It also freezes well and can last for up to six months. This saucy beef stew is a bowlful of comfort on a cold day, or it makes a hearty sandwich for supper on a warm one.



Photo credit : Bob and Tanya Steele

SAUCY BEEF STEW

If you're planning to prepare this stew in a slow cooker, follow steps one and two and then place the meat and the sauce in a crockpot, add the fresh or dried rosemary and thyme, cover and cook on low for 7 hours or until tender. Remove the sprigs of fresh herbs (if used), and season to taste before serving.

- 1/4 cup extra-virgin olive oil
- 5 pounds lean beef chuck, cut into 1- to 2-inch cubes
- Kosher salt and freshly ground black pepper
- 3 extra-large onions, finely diced
- 5 garlic cloves, smashed and peeled
- 1/2 cup unbleached all-purpose flour
- 1 quart low-sodium beef broth
- 2 cups filtered water
- 2 tablespoons red wine vinegar
- 1 tablespoon tomato paste
- 2 sprigs each fresh rosemary and thyme (or 1 teaspoon each dried)

1. Heat 1 tablespoon of the oil in a 6-to 8-quart heavy Dutch oven over medium heat. Add a third of the beef, season lightly with salt and pepper, and cook, turning infrequently, until browned, about 8 minutes. Transfer to a plate and repeat with oil and the remaining beef and more salt in two batches.

2. Add the last tablespoon of oil, and the onions and garlic to the pot; cook, stirring occasionally, until softened, about 6 minutes. Sprinkle the flour on top and cook, stirring constantly until thick and lightly browned, about 2 minutes. Whisk in the broth, water, vinegar and tomato paste. Bring mixture to a boil.

3. Return meat to the pan, add rosemary and thyme, and return to a boil, stirring occasionally. Reduce heat to medium-low, cover and simmer gently, stirring occasionally, for 1 1/2 hours.

4. Uncover pot and continue simmering for up to 30 minutes more, until the meat is nicely tender but still holds its shape. Remove the sprigs and season to taste before serving. Makes about 3 quarts.

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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BODY FITNESS EXERCISE CLASSES

HELPFUL FOR PERSONS WITH ARTHRITIS, ASTHMA, DIFFICULTY MOVING

Gentle Exercise and Movement Builds Strength and Flexibility

INSTRUCTOR: SISTER LORETTA SPOTILA, RN
TIMES: MONDAY AND WEDNESDAY MORNING, 10AM-11AM

PLACE: Estill County UK Extension Office, Golden Court off Stacey Lane
DONATION: \$3.00 PER CLASS

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