

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, 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.

Wednesdays and Fridays @ 10:30am

Storytime and an Egg Hunt

Our regular preschool Storytime meet each Wednesday and Friday mornings from 10:30 to 11:30 a.m. This Friday, March 23rd Tots Express will be meeting with us for storytime and an Egg Hunt. Please bring a dozen candy filled eggs and a basket. We read, sing and do activities to help with socialization and school readiness for our younger children. For more information contact Amy Hughes, Children's Librarian, at 723-3030 at the Estill County Public Library.

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 Appalachian Dulcimer. Or anyone who is interested in playing one is welcome to attend. The Appalachian Dulcimer was designated as the official state instrument of Kentucky.

Thursday, March 22 @ 1pm

Estill Homeschool Enrichment

Our Homeschool group will be hosting our local 4-H leader, Isaac Hollon. Our meeting will be at 1:00 p.m. on Thursday, March 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.

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, March 22th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club will meet Thursday, March 22 at Steam Engine Pizza. Aldersgate Camp director Dave Cohn, will give an update on the camp. If you are interested in becoming 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.

Saturday, March 24th @ 6:00pm

Benefit at American Legion

The American Legion is having a Benefit Singing for a very dear friend on Saturday, March 24, 2018, starting at 6:00 p.m. with music and lots of fun. Buy your tickets for prizes to be given away each hour.

Tuesday, March 27th @ 6pm

Irvine-Ravenna Woman's Club

The Irvine-Ravenna Woman's Club will meet Tuesday, March 27 at 6 p.m. at the Center for Pregnancy and Parenting. 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.

Wednesday, March 28th @ 1:30pm

Getting Ready for Easter

The Estill County Public Library will be getting ready for Easter on March 28 at 1:30 with a Felt Bunny craft. You can call or stop by the library to register for this event. Crafternoon is held on the 2nd and 4th Wednesday of each month. To learn more about this event please call Lesa at 606-723-3030.

Saturday, March 31st @ 2:00pm

Post #79 Easter Egg Hunt

Come and join in the fun at American Legion Post #79's annual egg hunt on Saturday, March 31st at 2:00 p.m. Get pictures with the Easter bunny, play games and hunt for prize eggs.

Monday, April 2nd @ 4pm

Photo Workshop for All Ages

Estill County 4-H has teamed up with the Mountain Mushroom Festival to host a photography workshop for adults and youth. The workshop will be Monday, April 2nd at 4 p.m. at the Estill County Extension Office. It is located at 76 Golden Court, Irvine. During the workshop Patti Reese will discuss and demonstrate general techniques. Information will be shared on the criteria, scoring, and contest rules of the Mountain Mushroom Festival Photo Contest. If a child is attending, they must be accompanied by an adult. Please bring a camera. Weather permitting, some general photography tips will be shown outdoors. Call 606 723-4557 to register. It is open to the public and free of charge.

Tuesday, April 3rd @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, April 3rd and on the first and third Tuesday of every month at Rader's 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.

Saturday, April 7th @ 9-12

American Legion Road Block

American Legion Post 79 will be having a road block on Saturday, April 7, 9-12 to help raise funds to pay for American flags to go on the graves of Estill County veterans. All donations are appreciated. Thank you in advance for your kind donations.

Attention Veterans

The Veterans Benefits Field Representative will be at the Estill County Public Library, 246 Main Street in Irvine, on Thursday, April 5th 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 26th from 2-3pm

Alzheimer's and Dementia

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal planning is now. This workshop is for anyone who would like to know more about what legal issues to consider and how to put plans in place. Learn what legal decisions must be made, and how to use those decisions to protect and provide the best care possible for the person with dementia. Guest speaker will be elder law attorney Scott Collins of Richmond. The program will be held on Thursday, April 26th from 2:00-3:00pm at the Madison County Cooperative Extension Office located at 230 Duncannon Lane in Richmond. Registration is required. Please contact 1-800-272-3900.

Saturday, May 5th @ 3:00pm

Auxiliary Lucky Duck Race

American Legion Post 79 Auxiliary's "Lucky Duck Race" will be held on Saturday, May 5, 2018, starting at 3:00 p.m. Buy your ducks now in yellow, blue and pink. See an American Legion Auxiliary member to get your lucky duck.

Kitchen Diva Egg-actly Right for Easter

by ANGELA SHELF MEDEARIS

During the Easter season, hard-cooked eggs act as a creative canvas for children and adults to decorate. Using natural food dyes to color eggs became popular during medieval times. English kings distributed hundreds of decorated, gold-leaf eggs during Easter. Russian Czar Alexander took this holiday custom to high art when he commissioned the famous Faberge eggs as a gift for his wife, the Empress Maria, from goldsmith Peter Carl Faberge.

For the perfect, hard-cooked eggs for your Easter holiday, follow the directions below. Happy Easter!

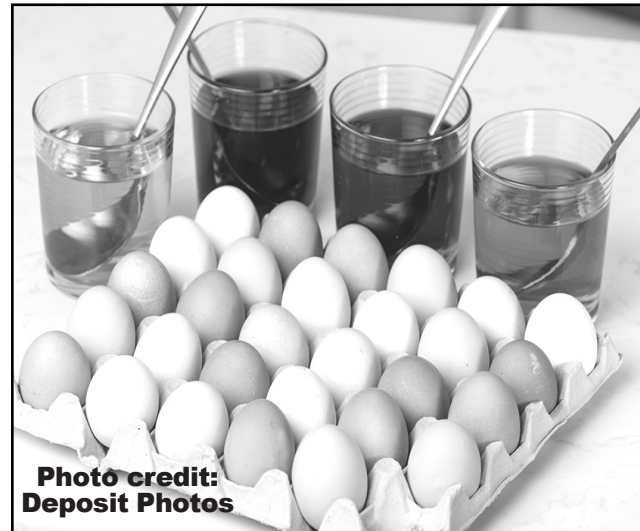


Photo credit: Deposit Photos

PERFECT EASTER EGGS

1. Bring eggs to room temperature.
2. Place eggs in room temperature water in a large pot.
3. Bring to a boil, then turn down to a low boil for 12 minutes.
4. Quickly chill the eggs in ice-cold water.
5. To decorate successfully, the eggs must be completely cool and dry.
6. Hard-cooked eggs should be kept refrigerated and used within one week.

NOTE: The greenish color around the yolk of hard-cooked eggs is a natural result of sulfur and iron reacting at the surface of the yolk. It may occur when eggs are cooked too long or at too high a temperature, or when there is a high amount of iron in the cooking water. Although the color may be unappealing, the eggs are still wholesome and nutritious, and their flavor is unaffected.

Greenish yolks can best be avoided by using the proper cooking time and temperature (avoid intense boiling), and by rapidly cooling the cooked eggs. Occasionally, scrambled eggs can develop a greenish tint if they are overcooked at too high a temperature or left too long in a metal pan.

Decorating Tips:

1. Use crayons to gently color a design on the hard-cooked Easter eggs. If you want to dye the crayon-decorated eggs, the crayon wax will resist the dye and the design will show through.
2. You also can decorate the eggs with craft supplies, buttons, sequins, glitter, beads, ribbons and pieces of felt or stickers. Use white or craft glue to attach the materials.
3. To make your own dye: Combine 1/2 to 1 tablespoon of food coloring with 2 teaspoons of white distilled vinegar in a large cup or deep bowl. You can experiment by mixing the food coloring to create a variety of hues. Add water until the cup or bowl is half full.
4. Gently place the eggs into the dying liquid in the cup or bowl using a soup spoon to avoid cracking the shell. The longer the eggs are left in the dye, the darker the color will become.
5. When the egg is the desired color, remove it from the dye, pat it dry with a paper towel and place it back into the egg carton or on an egg-holder. Refrigerate until ready to use.

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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