

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

Regular Preschool Storytimes

Our regular preschool Storytimes meet each Wednesday and Friday mornings from 10:30 to 11:30 a.m. Our theme will be Spring stories. 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.

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. Craftnoon is held on the 2nd and 4th Wednesday of each month. To learn more about this event please call Lesa at 606-723-3030.

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 29th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, March 29, 5:30 p.m., at Steam Engine Pizza. A devotional will be given by Amanda Bonner, Director of Operations at Aldersgate Camp & Retreat Center. Members will be making plans for upcoming activities at the Board of Directors meeting. Recent donations were made to the Estill County Ministerial Association, Estill County Academic Team, and Mountain Mushroom Festival. 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.

Not meeting Thursday, March 29th

Estill County Community Chorus

The Estill County Community Chorus will not be meeting this Thursday night because of Maunday Thursday but will resume meeting for rehearsals on Thursday, April 5, at Irvine United Methodist Church, 243 Main Street, and will meet every Thursday night through Spring Concert time which is Sunday, May 20, 2018 at 3:00 p.m. New members are always welcome at Thursday night rehearsals. For More Information, contact Robin Reed - (606) 723-4678 or Debbie Carlyle - (606) 531-0465. Dr. Rose D. Daniels is the Chorus Director.

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 is playing one is welcome to attend. The Appalachian Dulcimer was designated as the official state instrument of Kentucky.

Saturday, March 31st @ 11am

JHR Memorial Egg Hunt

The annual Joan Hunt Memorial Easter Egg Hunt will be Saturday, March 31 at 11 a.m. at Ravenna Veterans Memorial Park. All children from birth up to 12 years old are welcome to hunt eggs.

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.

UK COOPERATIVE EXTENSION SERVICE
University of Kentucky - College of Agriculture



Extension Notes Family & Consumer Sciences

Thays Flores
Estill County Extension Office

Thursday, March 29th @ 11:30am

Cooking Through the Calendar

Come join us for lunch on Thursday, March 29 at 11:30 a.m., as we "Cook through the Calendar". We will be making the featured March recipe, chowder soup, from the 2018 Food and Nutrition Calendar. During lunch we will also learn some fun ways to stay active, and the financial and health benefits of this meal. If you would like to sign up for this program please call your Family and Consumer Sciences Agent, Thays Flores at 606-723-4557.

Tuesday, April 10th @ 5:30pm

Cooking Around the World - Mediterranean

If you love to try new foods and learn about different countries, Cooking Around the World is a hands on program where we get to cook and taste different dishes from around the world and also learn about that country and their culture. You will learn how to prepare easy and delicious recipes that represents each country. This program is free and any age is welcome, so invite your kids and grandkids. April's program will highlight the foods and culture of the Mediterranean and will be on Tuesday, April 10, 2018 at 5:30 p.m. at the Estill County Extension Office. If you would like to sign up for this program please call your Family and Consumer Sciences Agent, Thays Flores at 606-723-4557.

Educational programs of Kentucky Cooperative Extension serve all people on a non-discrimination basis, regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

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.

Friday & Sunday, April 20th & 22nd

Greater Tuna to be performed by River City Players

Your home town community theater group needs your support! Mark your calendars now to come out for some genuine belly laughs during River City Players' production of Greater Tuna, a hilarious comedy about the eccentric inhabitants of Tuna, Texas (population 24). There will be two performances: Friday, April 20 at 7 p.m., and Sunday, April 22 at 3 p.m. Tickets are \$10 for adults, \$5 for ages 6-18 and free for ages 5 and under. Call 606-723-5755 or 502-810-7668 for more information.

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

Celebrate Spring with Australian Lamb

by ANGELA SHELF MEDEARIS

Come spring, I love cooking and serving Australian grass-fed lamb, especially the shank portions for dinner. I fell in love with braised lamb shanks years ago at the now-closed Kate Mantilini's restaurant in Beverly Hills, California.

Lamb shanks can be served in many ways -- as the main meat course with the braising sauce over a starch, picked off the bone and used as a filling for Greek-style gyros, mixed with barbeque sauce and placed on a toasted bun, combined with salsa and served in a taco shell, or used in casseroles, stews and soups.

The shank is the cut of lamb taken from the lower section of the animal's legs and can be from the front legs (fore shank) or the back legs (hind shank). The fore shank may include part of the shoulder, as well as part of the leg, while the hind shank will include only part of the rear leg. For detailed information about various cuts of Australian lamb go to www.trueaussiebeefandlamb.com.

Lamb shanks have a paper-thin membrane covering that should be removed. They also have a thin layer of fat, but are leaner than the sirloin part of a lamb. Once the shank has been properly prepared, seasoned and braised in the oven or simmered for eight hours in a slow-cooker, it practically melts off the bone!

You can make this delicious recipe ahead of time and warm up the shanks right before serving. I've also included a recipe for Lemon and Baby Spinach Fettuccini, which is the perfect spring side dish. The warm pasta and tender spinach soak up the flavorful braising liquid, and the lemon complements the shanks beautifully. Serve with a loaf of crusty garlic bread, and you'll welcome spring with gusto!



Photo credit: Deposit Photos

BRAISED LAMB SHANKS

- 3 tablespoons vegetable oil
- 4 lamb shanks (about 14 ounces each), trimmed
- 1 tablespoon plus 1/2 teaspoon kosher salt
- 1 1/4 teaspoons black pepper, divided
- 1 yellow onion, quartered
- 1 large carrot, cut into 2-inch pieces
- 4 garlic cloves, smashed
- 1 tablespoon red wine vinegar
- 1/2 cup grape juice
- 2 tablespoons Worcestershire sauce
- 1 (14.5-ounce) can crushed tomatoes
- 1/4 teaspoon ground cloves or nutmeg
- 1/4 teaspoon sugar
- 1 1/2 cups chicken broth
- 1/4 cup Parmesan cheese, grated
- 1/4 cup chopped fresh flat-leaf parsley

1. Heat oven to 300 F.
2. Heat oil in a large roasting pan over medium-high heat. Season lamb with 1 tablespoon salt and 1 teaspoon pepper. Brown lamb in hot oil, 5 to 7 minutes on each side. Remove from pan. Add onion, carrot and garlic cloves. Cook until slightly softened, 5 to 6 minutes.

3. Add vinegar, grape juice and Worcestershire sauce; cook 2 minutes, stirring and scraping bottom of pan. Stir in tomatoes, cloves, sugar and broth; cook 2 minutes. Return lamb to pan; bring to a boil. Place parchment paper directly on lamb; cover pan tightly with aluminum foil.

4. Bake in oven for 3 1/2 hours. Remove foil, and bake until the meat falls off the bone or when a meat thermometer inserted in thickest portion registers 200 F, about 30 more minutes, turning halfway through.

5. Transfer lamb to a platter; cover loosely with the foil. Strain cooking liquid into a medium saucepan; discard solids. Add the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper, and cook over medium-high until reduced to about 3 cups, about 5 to 7 minutes. Spoon 1 cup sauce over lamb, and serve with remaining braising sauce. Sprinkle with Parmesan cheese and chopped parsley.

6. Serve over Lemon and Baby Spinach Fettuccini (see recipe below), rice, polenta or mashed potatoes.

LEMON AND BABY SPINACH FETTUCCINI

Heavily salt the boiling water when making the pasta and reserve 1/2 cup of the starchy liquid to create a sauce.

- Fettuccini pasta, cooked, hot 3 quarts cooked (1-1/2 pounds dry)
- 3 quarts fresh baby spinach
- 1/4 cup olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons lemon zest
- 1 teaspoon salt
- 1 tablespoon ground black pepper
- 1/4 teaspoon red pepper flakes
- 1/2 cup warm pasta cooking liquid
- 1/2 cup Parmesan cheese, grated

1. In a bowl, toss together hot fettuccini, spinach, oil, lemon juice and lemon zest, salt, and black and red pepper until mixed. Add the cooking liquid, a few tablespoons at a time, as needed to loosen mixture. Sprinkle with half of the Parmesan cheese.

2. Divide the Lemon-Spinach Fettuccini among 4 rimmed plates. Top with the lamb shank, the braising liquid and sprinkle with the remaining Parmesan cheese and parsley, if desired. Serves 4.

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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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.