

Library Happenings

Estill Public Library

by Shannon Horn

March 13th, 2019

Hello again to all my friends! Here's the latest update!!

Homeschool Enrichment

Thursday, March 14 was Pi Day, as in 3.1415926.... so on and so forth. I had to refresh my memory on the importance of this cool number, but we had fun with it. Pi is the most studied number in all of mathematics. This number literally continues on and on forever. A man by the name of Rajeveer Meena recently recited pi up to 70,000. Trust me, I didn't even try that with the homeschool kids. Instead, we listed out the first 100 digits of pi and created a beautiful skyline sunset painting. They all looked different, but they were really good. And if you're curious, yes, we did eat pie.

Teen Book Club

The Teen Book Club will begin reading the book *Fawkes* by Nadine Brandes during April and May. It is a retelling of the story of Guy Fawkes and the Gunpowder Plot, but with a twist of magic! The cover for this book is absolutely beautiful. Goodread's synopsis of the book says, "Thomas Fawkes is turning to stone, and the only cure to the Stone Plague is to join his father's plot to assassinate the king of England." I think I will probably have to read this book along with the teens. It sounds too interesting to pass up.

WhoDunit

The WhoDunit Book Club is currently reading the novel *The Circle* by Dave Eggers. This book was made into a few years ago starring Tom Hanks and Emma Watson. This book is about a woman that begins a new job at the world's largest inter-

net company. At first she loves the job, but as the story progresses it becomes more suspenseful as she tries to decide if the modern age as gone to fair when it comes to personal privacy. Talk about thrilling!

The Adult Book Club

The Adult Book Club is reading *Commonwealth* by Ann Patchett. This novel is about a family that has been brought together by an unexpected event. The children of the family grow up together and become close. The book follows them into adulthood, when their family story becomes the plot for a book they have to come to terms with their past.

Imagination Station

Albert Einstein once said that knowledge can get you from A to B, but an imagination will take you anywhere. I've always loved working with kids. Kids are so much fun to talk too. I mean who else asks you what your third favorite reptile is. That is one reason why I am putting together the Imagination Station. I want to help parents and kids find new ways to learn and play. This will be Thursday, March 21st at 6:00. If you have a child that is 3-7 years old, bring them out and we will have a blast!

Storytimes

Storytime has been so much fun this month. I absolutely love St. Patrick's Day, so I invited a leprechaun to come stay at the library for the entire month of March. This last Wednesday, my 3-5 year olds had to help the leprechaun find his lost pot of gold. They are really good at solving puzzles. Both are Wednesday and Friday groups have been well attended the last couple of weeks and we would love to have new friends come in. If you have a 3-5 year old meet us on Wednesdays at 10:30. If you have a newborn to 2 year old we meet on Fridays at 10:30.

That is it for this week. Check out our Facebook page for more events. Remember you can like us on Facebook, or you can like us in person. Just stop in and say hello!

Kitchen Diva

Fiesta Tacos Are "Meal on the Go"

I love discovering healthy ingredients and adding them to my favorite recipes. Lately, I've been experimenting with quinoa, which looks like small, grayish pearls and has a nutty flavor and a light, creamy texture. Quinoa often is referred to as a "grain," but it's actually a relative of leafy green vegetables like spinach and Swiss chard. I love combining it with rice or couscous.

Quinoa has a long and ancient history, and is native to South America. It's called the "the gold of the Incas," who recognized its protein-packed potential as a source of energy for their warriors. It's also perfect protein source for vegans, since it contains all nine essential amino acids.

Lysine is an amino acid found in quinoa that helps promote tissue growth and repair, and that might be one reason that warriors in battle valued eating quinoa. It's also a good source of magnesium, iron, copper and phosphorus. Eating quinoa has been found to be beneficial to those who suffer with migraine headaches. Magnesium helps to relax blood vessels -- which prevents the pain, constriction and rebound dilation characteristic of migraines -- and also reduces the frequency of headache episodes.

To prepare quinoa, place it in a fine mesh strainer, coffee filter or a piece of cheesecloth. Soak it for several hours, changing the soaking water or running it under cold water to remove the saponin. Saponin is a coating on quinoa that has a laxative effect. Some brands of quinoa come pre-rinsed for convenience.

Cooking quinoa is similar to preparing rice. Use two cups of liquid (water or broth) to one cup of quinoa, bring it to a boil, then cover and simmer for 14 to 18 minutes. The quinoa germ will curl and separate from the seed when it is fully cooked.

You can serve cooked quinoa for breakfast mixed with berries, yogurt, honey or almonds. It also can be purchased as a dry, flaked product that can be eaten like a breakfast cereal.

This recipe for Fiesta Tacos is perfect for breakfast, or can be served as lunch, or for dinner with a salad or steamed green vegetables. The quinoa and brown rice can be made ahead of time and refrigerated. Try these delicious tacos as a "meal on the go" for busy days.



FIESTA TACOS

- 1 tablespoon canola oil
- 1 medium-sized yellow onion, chopped
- 4 garlic cloves, peeled and minced
- 1 cup cooked quinoa
- 1 cup cooked brown rice
- 1 cup black beans, rinsed and drained
- 1/2 cup water or low-sodium chicken, beef or vegetable broth
- 1 teaspoon ground black pepper
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 cup frozen corn or no-salt added canned corn, optional
- 10 whole-wheat tortillas
- 1 (16 ounce) jar of mild, chunky salsa
- 1/2 cup shredded low-fat cheddar cheese, optional
- 1/4 cup sliced green or black olives, optional

1. In a large skillet, heat oil over medium heat. Saute onions until translucent. Add garlic to onion and cook until garlic is turning golden

2. Add the quinoa, brown rice, black beans and water or broth. Season mixture with the pepper, chili powder and the cumin. Turn the heat to high and cook, stirring occasionally, until mixture begins to boil. Add the corn, if desired. Cover and reduce heat to low; simmer, stirring occasionally, for 5 minutes.

3. Wrap tortillas in food-safe paper towels. Sprinkle paper towels with water on both sides. Heat the tortillas in the microwave for 30 seconds, or until warm and pliable.

4. Place 2 to 3 heaping tablespoons of filling in the center of each tortilla. Top with salsa and optional filling ingredients, if desired. Fold the tortilla in half and serve immediately. Makes 10 tacos, 2 tacos per serving.

TIP: You also can prepare the tortillas in advance, wrap them in individual pieces of microwave-safe plastic wrap and refrigerate or freeze them for re-heating in the microwave.

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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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>

Register Now

Mt. Mushroom 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 applications are for the Arts & Crafts Booths, Fungus 5K & 2K Run/Walk, Pa-

rade, Agate Hunts, and Agate, Gem, & Mineral Show. Other activities that have prizes and/or rosettes are the Mushroom Cook-Off, Mushroom Hunting Contest, Cake Decorating Contest, Photo 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.

Mondays & Wednesdays @ 10:00am

Body Fitness Exercise Classes

Body Fitness classes are helpful for persons with arthritis, asthma, and difficult moving. They involve gentle exercises and movement and build strength and flexibility.

Classes are instructed by Sister Loretta Spotila, RN, and are held on Monday and Wednesday mornings, 10-11 a.m. at the Estill County UK Extension Office on Golden Court, off Stacy Lane.

Donation is \$3.00 per class.

For more information, call Sister Loretta at 723-8505.

Wednesday, March 20th @ 12:00 Noon

Estill County Board of Health

The Estill County Board of Health taxing district meeting at 12:00 noon, Wednesday, at Michael's restaurant in Ravena. The public is welcome to attend.

Wednesday, March 20th @ 3pm

Four Seasons Garden Club

"Edible Landscaping" will be the program topic at the Four Seasons Garden Club on Wednesday, March 20, 2019, at 3:00 p.m. in the Extension Office.

Rick Durham, UK Extension specialist, will present the program which is open to the public and free of charge.

New members are welcome to join. Francine Bonny is the club president. The Four Seasons Garden Club is a member of the National Council of State Garden Clubs, Inc.

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.

Thursday, March 20th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, March 20, 5:30 p.m. at Steam Engine Pizza.

Thursdays @ 6pm

Estill Celebrate Recovery

Every Thursday at 6:00 p.m., Celebrate Recovery meets at Providence Baptist Church Fellowship Hall, . Everyone is welcome to attend. It is a Christ centered, 12 step recovery program for

anyone struggling with hurt, pain or addiction of any kind.

Providence Baptist Church is located at 1115 Winston Rd, Irvine, KY 40336.

For more information, call 606-723-7837.

Sunday, March 24th @ 3:00pm

"Save the Mack" Bake Sale

There will be a "Save the Mack" bake sale Sunday, March 24th, in the Estill County High School auditorium prior to the performance of "The Lion, The Witch and The Wardrobe" that begins at 3:00 p.m.

All proceeds go to the Save the Mack fund.

Monday, March 25th @ 6:30pm

Democrat Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, March 25 at 6:30 p.m., and the 4th Monday of every month

at the Estill County Public Library, 246 Main Street.

For additional information you can email Estillcountydemocrats@gmail.com.

Tuesday, April 2nd @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, April 2nd, and on the first and third Tuesday of every month at the Irvine First Christian Church meeting room on Main Street

at 6:30 p.m.

Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world.

Friday, April 5th @ 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 Richmond, on Friday, April 5th and on the first Friday of each month at 9 a.m.

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

Tuesday, April 9th @ 5:30pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet Tuesday, April 9th, and the second Tuesday of each

month at the Estill County Golf Club from 5:30-7 p.m.

Come, join us. Together we can make a difference.

Thursday, April 18th @ 1:00pm

Eddie Price as Roscoe Tarleton Goose

Kentucky Humanities will be presenting Eddie Price as Kentucky Derby Winner Roscoe Tarleton Goose on Thursday, April 18, 2019, starting at 1:00 p.m., at the Estill County Public Library, 246 Main Street in Irvine.

Goose began riding to help his family out financially and became the leading money winning jockey at Churchill Downs and rode Donerail to victory in the 1913 Kentucky Derby which was a stunning victory and set a record for the longest odds for a Derby winner, 91:1, which still stands.

Attention Veterans

The Veterans Benefits Field Representative will be at the Estill County Public Library, 246 Main Street in Irvine, on Thursday, April 4th 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.