

Library Happenings

Estill Public Library

by Shannon Horn

March 13th, 2019

This week has been really busy here at the public library. I've seen a lot of kids this week researching presidents and famous people. So teachers that are giving them projects to complete, they've been working hard on them! We have several programs coming up, so make sure to check out our Facebook and website.

Homeschool Enrichment

Our next homeschool program will be on March 14th at 1:00. If you didn't know March 14th is Pi Day in honor of the number 3.14159265... and so on. We will be having a math day in celebration of pi day. But it will be a fun math day with some art, some coding and maybe a delicious treat.

Teen Book Club

The Teen Book Club has been reading The Princess Bride and their time with that book is coming to an end. On March 25th they will be watching the movie to conclude their time with this book. The next book on their list is Fawkes by Nadine Brandes. This book has a beautiful cover and from what I have read of the synopsis, it will be a great read. The book club will meet at 4:00 on the 25th.

Tween Art Club

The Tween Art Club will meet for the first time on the 18th at 3:30. We will be trying out string art. If you have a tween in middle school bring them by or let them ride the bus to the library! We will be finished by 4:30.

Imagination Station

Our Imagination Station will be on the 21st. This is a program for adults that have young children. The focus of the program is to help adults guide children to a life and love of creativity and learning. This first evening will be spent making two different toys that you could make at home. I

will also be sharing some different ideas on how to create games with your children.

Hand-Lettering with Cynthia Townsend

On Saturday March 20th, we will have a hand-lettering class with Cynthia Townsend. The art of hand lettering was becoming a thing of the past, however, it seems that it has become more popular the last few years. I really enjoy watching videos of people showing off their hand-lettering skills and this would be a great opportunity for people to learn how to do this cool art. The program will begin at 11:00am.

Building Progress

We have had several people coming into the library, asking about what news there is about the new library building. If you have driven down Broadway it may seem that the building is being torn down, but don't fret, the construction crew had to take down part of the wall in order to build the addition.

As of right now, everything seems to be going according to schedule. It looks like we may be into the building by the end of the year like we originally projected. I've mentioned a few times in the past that we are so excited about having the new library for a multitude of reasons, but I want to quickly explain why I am so excited about the new building.

Our little library here on Main Street has been a wonderful place for generations of families to come and learn. Many times as a child, I came here with my family to check out books, or see snakes during the Reptile Zoo shows in the summer. There is a new generation of children being raised in the library now and our library needs to grow with them. The children's section here is small and limited, and we want to provide the best services for the young minds that I work with every week. It will be a special place where families can come and spend time together. I can't wait to have a larger children's section, so that I too, can watch little minds grow.

That is all I have for this week. Stop in. Say hello. Check out a good book. We will be glad you stopped by.

Estill Community Seed Swap

Twin City Homemakers and Estill Extension Homemakers will be having a Community Seed Swap on Saturday, March 16, 10:00 a.m. until 12 Noon at the office, 76 Golden Court, off Stacy Lane in Irvine. The event is free and open to the public.

"Bring your vegetable, flower or herb seeds that you would like to share and swap them out for something new! UK Extension Service will provide seed saving information. Other gardening publications will be onsite as well.

Questions, please feel free to call the office at 723-4557.

Kitchen Diva

Irish Potatoes Forever and Amen!

The people of Ireland embraced the potato around 1780. The crop rapidly became the primary source of food for most of the population. Potatoes are nourishing and filling, and contain most of the vitamins needed for our daily diet. The crop also is a popular food source around the world because it requires only an acre of land and will grow under almost any conditions.

An Irish potato is waxy, which makes it hold its shape when boiled, a common cooking technique in Ireland. The potatoes also are delicious when fried, roasted or broiled. The waxy texture of the potato makes it gluey and dense when mashed, so select another variety, like a Russet potato, for this purpose. An Irish potato is covered with an off-white or cream-colored skin, and its flesh is a creamy white. Black flecks or marks often mottle the flesh of the potato, but have no impact on the flavor.

In the 1840s, a disease caused by a fungus infested potato crops throughout Europe, causing a devastating famine in Ireland. This time period is called the Great Famine or "Gorta Mor" meaning "the great hunger." Mass emigration coupled with widespread deaths from starvation caused the Irish population to drop by as much as 25 percent. By 1850, the Irish made up a quarter of the population in Boston, New York City, Philadelphia and Baltimore.

After years of hardship and suffering in Ireland, Alexandre Millardet, a French botanist, discovered an effective fungicide to combat the potato blight in 1883. Today, potatoes are the world's fourth-largest food crop, following rice, wheat and maize.

Irish potatoes are perfect for any meal. An old prayer celebrates the tubers as follows:

"Potatoes served at breakfast, at dinner served again; potatoes served at supper, forever and Amen!"

Here's a great recipe for Irish Potato Casserole that's perfect for breakfast, dinner or supper, forever and Amen!!



Photo by DepositPhotos.com

IRISH POTATO CASSEROLE

- 1 1/2 pounds (4 to 5 medium) Irish potatoes, peeled and diced
- 2 teaspoons salt
- 4 tablespoons butter, plus 1 teaspoon for greasing casserole dish
- 1/4 cup dried breadcrumbs
- 2 tablespoons flour
- 1 1/2 teaspoons black pepper
- 1/2 teaspoon nutmeg
- 2 cups milk
- 2 hard-boiled eggs, peeled and sliced
- 1/2 small onion, finely diced

1. Heat oven to 350 F. Place potatoes in a large saucepan and cover them with cold water. Add a teaspoon of salt and bring potatoes to a boil. Reduce heat to low. Cook for 20 minutes or until potatoes are tender when a fork is inserted in the center. Carefully drain off water and set potatoes aside.

2. In a medium saucepan over medium-high heat, melt the butter. Place breadcrumbs in a small bowl. Add two tablespoons of the melted butter to the breadcrumbs; mix well and set aside. Reserve the rest of the butter in the saucepan.

3. Stir in flour, 1/2 teaspoon salt, 1 teaspoon pepper and the nutmeg into the butter in the saucepan. Cook until mixture starts to bubble around the edges, about 2 to 3 minutes. Add milk, a little at a time, stirring well after each addition. Cook, stirring constantly, until the sauce thickens, about 2 to 3 minutes.

4. Use the remaining teaspoon of butter to grease a 1 1/2 quart casserole dish. Combine potatoes, hard-boiled eggs, onion and remaining salt and pepper in the casserole dish. Add sauce and gently mix the ingredients together until well-combined.

5. Sprinkle buttered breadcrumbs over the casserole. Bake for 30 minutes or until bubbly around the edges and the breadcrumbs are brown. Serve immediately. 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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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, Fun-gus 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 exercising 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.

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 13th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, March 14, 5:30 p.m. at Steam Engine Pizza. Skip Johnson will give updates on the "Estill County Iron Furnaces". Persons dedicated to improving the world one child and one community at a time are welcome to become members. Our community is stronger for Kiwanis' contributions in the last 97 years. You are invited. Come and make a difference.

Thursdays @ 6pm

Estill Celebrate Recovery

Every Thursday at 6:00 p.m., Celebrate Recovery meets at Providence Baptist Church Fellowship Hall, Irvine, KY 40336. 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.

Friday and Saturday

SOL Band & Fish Fry at Post 79

The SOL Band will be live at the American Legion, Post 79 on Millers Creek Road on Friday, March 15, starting at 8 p.m.

On Saturday, March 16, American Legion Post 79 will have a fish fry to celebrate the Legion's birthday. It starts at 5 p.m. with fish and shrimp.

DJ Kenny Music will be providing music with dancing at 8 p.m.

Tuesday, March 19th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, March 19th, 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.

Tuesday, March 19th @ 6:30pm

Estill Arts Council Meeting

The monthly meeting of the Estill Arts Council will be held at the Estill County Public Library meeting room, 246 Main Street in Irvine, at 6:30 p.m. on Tuesday, March 19th. All current and prospective members are invited 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.

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.

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.