

# 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>

**Pre-register by April 20, 2019**

## Kruzerz Mt. Mushroom Car Show

The Twin City Kruzerz Annual Mountain Mushroom Car Show will be on Saturday, April 27, 2019, during the Irvine Mountain Mushroom Festival.

Anyone interested in pre-registering needs to contact: Jack Chaney - (606) 723-4045 Tobo Bryant - (859) 582-9422

Vernon Muncie - 723-7289 Pre-registration is \$10. Cost the day of the show is \$15.00. Deadline for pre-registration is April 20, 2019.

Rain date will be April 28, 2019. Registration day of show will be from 9:00 a.m. until 1:00 p.m. on April 27, 2019.

**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.

**Group being formed now**

## Kentucky Heritage Group

Do you remember your Granny's recipes? Soap making and quilting techniques?

The Twin City Homemaker Club, along with the Estill County Homemakers would like to start a Kentucky Heritage group where locals bring

a light to cherished traditions and mountain arts of our heritage.

If you would be interested in being a part of this group, please contact the Estill County Cooperative Extension Office at 606-723-4557.

**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.

**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, April 11th @ 5:30pm**

## Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, April 11 at 5:30 p.m. at Steam Engine Pizza. Jessica Mullins will present the program.

Kiwanis clubs focus on

changing the world by serving children, one child and one community at a time. Service is at the heart of every Kiwanis club, no matter where in the world it's located.

**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.

**Saturday, April 13th @ 2:00pm**

## ECCHS Class of '69 Planning

The Class of 1969 of Estill County High School will be having its "50th class reunion" planning meeting on Saturday, April 13, 2019,

at 2:00 p.m. at the House of Cue, 77 River Drive in Irvine. All class members are urged to attend to help make important decisions.

**Saturday & Sunday, April 13th & 14th**

## Earth Day at Ky. Artisan Center

New exhibits and exciting demonstrations by talented artists celebrate Earth Day throughout the month of April at the Kentucky Artisan Center. In the main gallery through May 6, is the exhibit "The Great Kentucky Cover Up" displaying full sized quilts by Glenna Blakley, Brenda Plaster, Janet Serrenho and Karen Witt.

**Saturday, April 13**

•10:30 a.m. to 3:30 p.m.

Sterling Jewelry Demonstrated by Rachel Savané who

studied metals at the University of Illinois and abroad in Denmark. In 2003, she opened Savané Silver Gallery in Lexington on West Main Street. Savané designs a line of jewelry with streamlined settings using native Kentucky Agates as centerpieces.

**Sunday, April 14**

•10:30 a.m. to 3:30 p.m.

Berea College Weaving Demonstration. The Student Craft Program presents a demonstration at the Center by college students.

**Monday, April 15th @ 1:30pm**

## Estill Retired Teachers To Meet

Estill County Retired Teachers will meet Monday, April 15, 2019 at the Public Library's meeting room, 246 Main Street, Irvine. The

meeting will begin at 1:30 p.m.

Mr. Tim Abrams, our executive director, is scheduled to be with us.

**Tuesday, April 16th @ 6:00pm**

## EDA Community Forum

Estill Development Alliance will be holding its second quarterly community forum on Tuesday, April 16th at 6:00 p.m. in the session room at Steam Engine Pizza Pub, 206 Main Street in Irvine.

The forum will feature updates about the Kentucky

Rail Heritage Center project and a conversation with Chris Campbell, President of the Kentucky Steam Heritage Corporation.

The public is invited to attend, and the event will be live streamed on Facebook.

**Tuesday, April 16th @ 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, Irvine, at

6:30 p.m. on Tuesday, April 16th.

All current and prospective members are invited to attend.

**Tuesday, April 16th @ 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, April 16th, 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.

**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.

**Monday, April 22nd @ 6:30pm**

## Democrat Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, April 22 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](mailto:Estillcountydemocrats@gmail.com).

**Friday, May 3rd @ 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, May 3rd, and on the first Friday of each month at 9 a.m.

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

**Sunday, May 5th @ 2:00pm**

## Amvets Post 67 in Clay City

Amvets Post 67, located at 99 Veterans Lane, Clay City holds its meeting monthly 1st Sunday of each month at 2:00 p.m. Also, everyone is invit-

ed to Post 67 Clay City for Bingo every Monday. Doors open at 5:00 p.m. Bingo starts at 6:30 p.m. For more information, call 606-663-0071.

**Tuesday, May 7th @ 5:30pm**

## Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet Tuesday, May 7th, 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.

**Tuesday, May 7th @ 7:00pm**

## Estill Historical Anniversary Dinner

The Estill County Historical and Genealogical Society will be celebrating 38 years of research and preservation at Aldersgate on Tuesday, May

7, 2019. Meal tickets need to be purchased by April 28th, please contact a member or stop by the Museum on Saturdays between 10 and 4.

**Saturday & Sunday, April 13th & 14th**

## Walker Montgomery special guest at Gala on Derby Eve

The Gala on Derby Eve, Madison County's longest-running Derby party, has announced that this year's event will feature a special guest.

Walker Montgomery, a rising star in country music, will attend the 2019 Gala in Richmond on May 3, 2019. The 16-year event raises funds for the non-profit Hospice Care Plus.

"We are overjoyed that Mr. Montgomery is joining us for the event," says Chasity Coleman, director of development at Hospice Care Plus.

Not only will Montgomery join in the festivities, he'll also

bring a band and serve as the live music for the evening.

Montgomery has country music superstardom in his genes. He is the son of John Michael Montgomery and nephew of Montgomery Gentry's Eddie Montgomery. His first official production, the extended-play release Simple Town, hit the airwaves in October to strong acclaim, with over 2.1 million streams on Spotify for its title track. The Nicholasville native, now living in Nashville, has been called a "second-generation star in the making" by The Country Note.

## Kitchen Diva

### Step Up Your Grilled Cheese Game

I love a grilled cheese sandwich for breakfast ... and lunch, and dinner, and snacks. OK, I love grilled cheese sandwiches anytime of the day! I'm not the only one who adores a little cheesy goodness from time to time. Grilled cheese sandwiches are one of the top comfort foods in the United States.

Research provided by some food historians states that cooked bread and cheese is an ancient food that has been enjoyed across many cultures, and is found from ancient Roman texts to the more recent French croque monsieur sandwich. Originally, this cheese and bread combo was made as an open-faced sandwich.

The modern version of the grilled cheese sandwich originated in the United States in the 1920s. James L. Kraft, of Kraft Cheese fame, invented and patented the cheese pasteurizing process. This prevented Kraft cheeses from spoiling when transported long distances across America.

If you've ever used the expression "the best thing since sliced bread," thank Otto Frederick Rohwedder of Davenport, Iowa. Rohwedder invented the first single loaf bread-slicing machine, but the prototype he built in 1912 was destroyed in a fire. It wasn't until 1928 that Rohwedder had a bread slicing machine that made distributing white bread easy and affordable. With the availability of processed cheese and sliced white bread, the American-style grilled cheese sandwich gained popularity!

The beauty of grilled cheese sandwiches is the ability to mix and match cheeses, bread and seasonings according to taste. Adding sauteed vegetables or condiments enhances the flavor of the cheeses.

Using hearty breads like country white bread, ciabatta, multi-grain, pullman, pumpernickel, potato and sourdough will take your grilled cheese game to a new level! Since National Grilled Cheese Sandwich Day is observed annually on April 12, I have a few recipes to help you step up your grilled cheese game!



Photo Credit: DepositPhotos

#### GRILLED CHEESE SANDWICH

Spreading mayonnaise on the bread and using melted butter to cook the sandwich adds flavor and a crispy texture. Go traditional or try the variations below for a delicious, grilled cheese twist!

- 2 slices (1/2 inch-thick) Pullman or other white bread per sandwich
- 2 tablespoons mayonnaise per sandwich
- 1 tablespoon unsalted butter per sandwich
- 2 ounces (about 4 slices) thinly sliced American or Cheddar cheese, or combination of both per sandwich
- 1/8 teaspoon pepper, per sandwich, optional

1. Place bread on a cutting board and spread mayonnaise over top side of each slice.

2. Place a small skillet (nonstick or cast-iron) over medium heat. Add in 1/2 tablespoon of butter. When the butter is melted, place 1 slice of bread, mayonnaise side down, in skillet; top with cheese or filling of your choice (see below); season with pepper, optional.

3. Top with second slice of bread, mayonnaise side up. When underside is golden brown, about 3 to 4 minutes, turn sandwich and add remaining butter to skillet. Press down gently on sandwich for even browning and to help melt cheese. Cook, 1 to 2 minutes until second side is golden brown and cheese is melted.

#### STEPPED-UP GRILLED CHEESE

- Spicy Diner Grilled Cheese Sandwich: Mix 2 tablespoons mayonnaise with 1/4 teaspoon Sriracha. Spread mayonnaise over top side of each slice. Prepare for cooking according to instructions above.

- Southwestern Grilled Cheese Sandwich: 2 slices white bread with 1 slice Monterey jack, 1 slice Pepper Jack cheese, 1 slice Cheddar cheese, 4 to 6 pickled jalapeno slices. Prepare for cooking according to instructions above.

- Grilled Cheese With Pesto: Spread pesto on 1 slice white bread. Top with 1 slice each provolone and mozzarella. Top with another slice of bread. Prepare for cooking according to instructions above.

- Grilled Cheese With Roasted Tomato: Toss 4 halved plum tomatoes with 1 tablespoon olive oil, and thyme, salt and pepper to taste. Roast at 350 F for 1 hour; mash. Spread 2 slices sourdough bread with one-quarter of the tomato mixture and sandwich with 2 slices cheddar. (Use the remaining tomato mixture for more sandwiches.) Cook, following recipe instructions above.

- Cajun Muffuletta Grilled Cheese Sandwich: To 2 slices country white bread place 2 slices provolone and 1 tablespoon deli olive salad between the cheese, and season with 1/8 teaspoon Cajun seasoning. Cook, following recipe instructions above.

- French-Style Grilled Cheese Sandwich: Spread 2 slices sourdough bread with Dijon mustard and brie (remove the rind), and add some caramelized onions. Cook, following recipe instructions above.

- Spanish-Style Grilled Cheese Sandwich: Spread the bread with fig jam. Build the sandwich by placing 1/4 cup grated Manchego cheese and 1 tablespoon sliced green olives between 2 slices white bread. Cook, following recipe instructions above.

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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](http://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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