

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>

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 25th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, April 25, 5:30 p.m. at Steam Engine's Session Room.

A devotional will be given by Joe Hall, pastor of Rice Station Christian Church. The Board of Directors will meet and make final plans for their booth at the Mountain Mushroom Festival.

Kiwanis members work together to achieve what one person cannot accomplish alone. When a child is given the chance to learn, experience, dream, grow, succeed and thrive, great things happen. New members are welcome to join!

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 27th 7-11am

Twin City Kruzers Car Show

The Twin City Kruzers Car Club will host a Car Show at the Mountain Mushroom Festival Saturday, April 27 in downtown Irvine at Mack Street and Main Street. Gates will open at 8 a.m. The car show registration will be from 9 a.m. to 1 p.m. with a registration fee of \$15. Dash plaques will be given to the first 100 entries.

Trophies will be awarded in three categories by years: 2000-2019, 1979-1999, and 1978 and before. They include: Trophy for Best Ford, Trophy for Best Mopar, Trophy for Best GM, Trophy for Best Import, Trophy for Best Truck, Trophy for Best Rat Rod, and Trophy for Best of Show. Trophies will be awarded at 3 p.m. Judging will be done by out of town judges.

Also there will be a 50/50 pot, door prizes, and a food vendor on site. DJ services will be provided.

In case of rain on Saturday the show will be delayed until Sunday, April 28.

Saturday, April 27th 7-11am

Irvine Lodge Pancake Breakfast

Irvine Masonic Lodge will be having an all you can eat pancake breakfast on Saturday April 27, 2019 from 7:00 a.m. until 11:00 a.m. at the Lodge Building, located at the corner of Broadway and North Lilly Avenue.

Pancakes, sausage, bacon, scrambled eggs, juice, milk, and coffee will be served. The cost will be \$8 for adults and \$5 for children 5 to 12 years of age. Children 4 and under eat free with paying adult.

2-K/5-K Fungus Run participants can eat for \$5.00.

Carry outs will be available by calling 723-2188. Tickets may be purchased at the door.

Saturday, April 27th - 9am - 12:00 Noon

Post #79 American Legion Riders

American Legion Riders and charities will be having fund raiser road blocks at various locations on Saturday, April 27 from 9:00 a.m. until 12:00 Noon.

All donations are appreciated. Thanks in advance.

Monday, April 29th @ 12:00 Noon

"Cooking for One or Two"

People often look at cooking for one or two as a hassle but it can be very rewarding while giving you the opportunity to be creative as well. This program brings together meal planning, purchasing food, proper storage, and techniques that make cooking for one or two a simple and fun task.

On Monday, April 29, 2019, the Estill County Cooperative Extension Service will host Cooking for One or Two at 12:00 noon.

Everyone is welcome.

Exciting News!

Raised Garden Beds Offered



The Estill County Health Department and the Estill County Diabetes Coalition is proud to announce that we will be teaming up with The Estill County High School Ag department to build 10 raised garden beds! The garden beds will be awarded to 10 lucky winners. The garden beds will be delivered to the winner's home, set up with potting soil and each winner will receive a \$25.00 voucher that they can take to the Estill County High School Ag greenhouse to purchase gardening plants.

To be eligible you must be 65 years and older or disabled. Come into the Estill County Health Department to register with your name and phone number.

We will draw 10 lucky winners on May 1, 2019 and each winner will be notified by phone and delivery will be scheduled.

If you have any questions, please call Estill County Health Department at 606-723-5181.

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 Richmond, 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!

Saturday, May 4th - 7:30am-1:30pm

St. Elizabeth's Basement Sale

There will be a Basement Sale at St. Elizabeth Catholic Church, 322 5th Street in Ravenna, Saturday, May 4, 2019, from 7:30 a.m. to 1:30 p.m.

Lots of nice clothes, kitchenware, books and "Just what you were looking for!"

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 invited 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 @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, May 7th, 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, 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.

Friday and Sunday, May 10th & 12th

"Red, White and Tuna" will be performed by River City Players

Mark your calendars now to attend this delightful comedy. Come out for some genuine belly laughs during River City Players' production of Red, White and Tuna, a hilarious play about the eccentric inhabitants of Tuna, Texas (population 24).

There will be two performances: Friday, May 10 at 7 p.m., and Sunday, May 12 at 3 p.m. at the Estill County High School auditorium.

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.

Saturday, May 11th - 8am-1pm

Estill Community Blood Drive

Kentucky Blood Center will be having a blood drive for the Estill County Community, Saturday, May, 11, 2019, from 8 a.m. - 1 p.m. in the Fellowship Hall at First Christian Church at 270 Main Street in Irvine.

Blood donors must be at least 17-years-old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org.

Walk-ins are welcome. To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

Monday, May 27th @ 6:30pm

Democrat Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, May 27th 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.

Kitchen Diva

Easter Egg Aftermath

After the Easter baskets have been put away and the chocolate bunnies are a sticky, melted memory, the colored hard-cooked eggs linger on. Remember, that although your colored eggs were attractive as the centerpiece for Easter, they are a perishable food and should have been treated that way.

If the eggs were left at room temperature for more than two hours, you should not eat them. Cracked or dirty eggs should be discarded. A wise tip to remember: use plastic eggs for decorating and hunting so you can keep the real eggs safe to eat. You might be able to find plastic eggs on clearance in stores after Easter, so stock up for next year.

Here some tips for storing and using hard-cooked eggs:

Q. How long can hard-cooked eggs in the shell be safely stored in the refrigerator?

A. The eggs should be used within one week. Refrigerated fresh eggs can be kept for four to five weeks. Hard-cooked eggs don't last as long because the cooking process removes the protective coating.

Q. Why are some hard-cooked eggs easier to peel than others?

A. Eggs that are only a few days old are more difficult to peel because of the carbon dioxide in fresh eggs. As it ages, an egg takes in air, which helps separate the membranes from the shell, making it easier to peel. Check the sell-by date on the carton of eggs. If more than 23 days remain before the sell-by date, the eggs may not peel well.

Q. What's the best way to peel a hard-cooked egg?

A. To peel a hard-cooked egg, gently tap the egg on the countertop until the shell is finely crackled all over. Start at the large end (where an air bubble often is) and lightly pull the shell off. Once peeled, eggs should be eaten that day.

Q. How many eggs are the equivalent of a lean meat protein?

A. One egg equals 1 ounce of lean meat, poultry or fish. This means you can use two eggs as a main dish at a meal or use eggs to help a more expensive protein food go further. For instance, you might add one chopped hard-cooked egg per serving and reduce the amount of expensive seafood in a casserole.

Many of us look at the leftover hard-cooked eggs and see egg salad or deviled eggs. Add some interest to these standard recipes with some diced bacon or ham, chopped green or red bell pepper, or chopped pickles.

For those who might have health concerns about consuming eggs, look for ways to decrease the use of the yolks. Make an egg salad using three whites to each yolk, add plenty of diced celery or green pepper, and use low-fat or fat-free mayonnaise or salad dressings.

If you're looking for a way to use up your hard-cooked eggs quickly, this recipe for Easter Egg Croquettes is "egg"-xactly the help you need!



EASTER EGG AND VEGETABLE CROQUETTES

3 tablespoons butter
3 tablespoons all-purpose flour
3/4 cup 2% milk
6 large, hard-boiled eggs, chopped
1/2 cup finely chopped fresh or cooked green vegetable of your choice
1/2 cup chopped green onions, white and green parts
1/3 cup shredded Cheddar cheese
2 tablespoons poultry seasoning
1 tablespoon garlic powder
1 1/2 teaspoons salt, plus more for sprinkling
1 1/2 teaspoons ground black pepper
1 3/4 cups panko (Japanese) breadcrumbs
3 large eggs, beaten
1 1/2 to 2 cups oil for frying

1. In a large skillet, melt the butter over medium heat. Stir in the flour until smooth; cook and stir 1-2 minutes or until lightly browned. Gradually whisk in the milk; cook and stir about 1-2 minutes (mixture will be thick). Scrape the flour mixture into a bowl.

2. Stir in the eggs, green vegetable, green onions, cheese and 1 tablespoon of the poultry seasoning and 1/2 tablespoon of the garlic powder, and 1/2 teaspoon of the salt and black pepper. Cover the bowl with plastic wrap and refrigerate for 2 hours or overnight.

3. After the croquettes have chilled, shape 1/4 cup of the egg mixture into twelve oval croquettes, 3-inches long, place the breadcrumbs and beaten eggs in separate shallow bowls. Season the breadcrumbs and the eggs equally with the remaining poultry seasoning and 1/2 teaspoon each of garlic powder, salt and pepper. Mix well.

4. Roll croquette logs in the crumbs to coat, then dip them in the beaten eggs, and roll again in the crumbs, patting to help coating adhere. Chill croquettes for 30 minutes to ensure that they won't fall apart when fried.

5. In a large, deep, heavy skillet or pot, heat oil to 375 F. Fry the croquettes in batches of 3 or 4, turning occasionally until golden brown, about 3-5 minutes. Drain the croquettes on paper towels. Sprinkle with salt. Serve immediately. Serves 4 to 6.

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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