

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

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-

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.

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.

Wednesday, April 17th @ 12:00 Noon

Estill Health Taxing District

The Estill County Board of Health Taxing District will meet at Michael's on Wednesday,

April 17, 2019 at 12:00 Noon. The public is welcome.

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 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.

Thursday, April 18th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club will meet Thursday, April 18, 2019, at 5:00 p.m. at Steam Engine Pizza. Members will have an in-house auction. Final plans will also be made for the Easter Egg Hunt

in Ravenna Park on Saturday, April 20. New members are welcome. Anyone interested can contact any Kiwanis member. "Kiwanis—it does a community good."

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.

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.

Tuesday, April 23rd @ 5:30pm

Irvine-Ravenna Woman's Club

The Irvine-Ravenna Woman's Club will meet Tuesday, April 23, 2019, 5:30 p.m. at Estill Development Alliance.

Members will be doing a service project and preparing the Hospitality Bags for the vendors at the Mountain

Mushroom Festival. The items have been donated by Chamber of Commerce members.

Also final plans will be made for the Student Art Show to be held at the Horizon Adult Daycare during the festival.

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.

5-K Fungus Run participants will receive \$1 discount on their breakfast. Carry outs will be available by calling 723-2188. Tickets will be available at the door.

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 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 or 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.

Kitchen Diva Easter Sunday Dinner

The Easter holiday has a special meaning for me. As a child, Easter meant everything was fresh and new. My mother always bought me a pretty dress and beautiful shoes to wear for the special Easter Sunday church service. After church, she prepared a lovely dinner with a lemon meringue pie, and baskets of foil-wrapped chocolate eggs and bunnies for dessert.

As an adult and as a Christian, I still look at the spring season as a time of renewal, but for me, it's more about inward spiritual reflection, repentance, gratitude and rebirth. My life as a Christian is a celebration of the real meaning of Easter.

My Easter Sunday begins with a beautiful church service. I love listening to my husband, my daughter, my son-in-law and granddaughter sing with our church choir. Our pastor, Salem Robinson, Jr., never fails to deliver an inspiring, thought-provoking sermon.

After church, I cook dinner using some of the recipes from my childhood. If you're looking for a new way to prepare lamb, try my recipe for Roasted Lamb Chops with Crispy Shallots and Pomegranate Sauce.

The tradition of eating lamb on Easter has its roots in early Passover observances before the birth of Christianity. According to the biblical Exodus story, the people of Egypt suffered a series of terrible plagues, including the death of all firstborn sons. The Jews painted their doorposts with sacrificed lamb's blood so that God would "pass over" their homes while carrying out the punishment.

Additionally, Christians refer to Jesus as the "Lamb of God," because of his sacrifice on the cross. This is one of the many reasons why lamb is symbolically served at Easter. I love cooking and serving Australian lamb for dinner all year-round. Aussie lamb is enjoyed in more than 100 countries. Lamb from "Down Under" has an all-natural advantage. It's free-range and feeds on the abundant pastures there, so it's mild tasting and naturally lean and tender.

Australian lamb is a pure product of its natural environment, free of artificial additives and hormone growth promoters. It naturally contains 13 essential nutrients required for good health, including iron, zinc, omega-3 and B vitamins.

Here are a few tips for preparing lamb:
* Bring your meat up to room temperature before cooking.
* Grass-fed meats require less cooking time -- about 30% less is a good rule of thumb.
* Allow steaks, chops and roasts to rest 5-10 minutes before cutting to allow the juices to re-absorb into the meat.



Lamb Chops with Shallots and Pomegranate Sauce
8 lamb chops or 1 rack of lamb, cut individually (8 pieces)

4 large garlic cloves, pressed
1 tablespoon fresh thyme leaves, lightly crushed
2 tablespoons fresh rosemary leaves, lightly crushed
2 tablespoons Worcestershire sauce
3 tablespoons olive oil, divided use
2 tablespoons garlic powder
2 teaspoons salt
2 teaspoons ground black pepper

Pomegranate Sauce:
1/2 cup pomegranate juice
1 tablespoon balsamic vinegar
2 teaspoons honey
1 teaspoon apple cider vinegar
1/8 teaspoon cayenne pepper
1 teaspoon cornstarch
3 tablespoons pomegranate seeds, optional

Crispy Shallots:
2 tablespoons oil
2 shallots, peeled and sliced
3 tablespoons cornstarch
1/2 teaspoon salt
1. Heat broiler on high or 400 F.
2. To make marinade: Mix garlic cloves, thyme leaves, 1 tablespoon crushed rosemary, Worcestershire sauce and 1 tablespoon of olive oil in large bowl. Add lamb; turn to coat. Let marinate at room temperature at least 30 minutes and up to 1 hour.
3. Shake off remaining marinade. Pat lamb dry. Sprinkle lamb with garlic powder, salt and pepper on both sides. Heat 2 tablespoons olive oil in large, ovenproof skillet over high heat. Add lamb; cook until browned, about 3 minutes per side.
4. Transfer skillet to oven. Roast lamb chops about 10 minutes for medium-rare. Transfer lamb to platter, cover and let rest. Use the skillet and drippings from the lamb to make the pomegranate sauce.
5. Place the skillet over high heat, stir in pomegranate juice, scraping up any bits of meat from bottom of skillet. Stir in balsamic vinegar, honey, apple cider vinegar and pepper. Bring to boil, then reduce heat. Whisk in the cornstarch. Simmer and stir, 5-6 minutes until the sauce thickens.
6. Meanwhile, make the crispy shallots. In a small pan, add 2 tablespoons oil over medium-high heat. Toss shallots with cornstarch. Cook, 5-10 minutes, stirring often, until crispy. Sprinkle with salt. Top lamb with sauce, crispy shallots, and pomegranate seeds, if desired.

TIP: To learn about selecting cuts of lamb, go to www.trueaussiebeefandlamb.com.

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 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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