

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, May 2nd @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, May 2, 5:30 p.m. at Steam Engine's Session Room.

Thursday, May 2nd @ 6pm

Estill Celebrate Recovery

Thursday, May 2nd and every other 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. If you have any questions, call the church at 723-7837 or Sam at (859) 779-2442.

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.

Tuesdays, May 7th and June 18th

Workforce Opportunities

Attention Job Seekers
Call for an appointment!
• Are you in need of resume assistance?
• Do you need help finding jobs to apply for?
• Do you need help preparing for interviews?
• Do you need tuition assistance to go back to school to become more employable?
There are WIOA (Workforce Innovation Opportunities Act) services available to help.
Tuesday, May 7th 9am-12noon Estill County Adult Education; 1-4pm Estill County Library
Tuesday, June 18th 9am-12noon Estill County Adult Education; 1-4pm Estill County Library
Contact: Trina Bustle, Talent Development Specialist/Case Manager <tbustle@ckycareers.com> 859-361-6315 or Mary Fields, Estill Co. Adult Education/SkillsU <msadultedu@irvineonline.net> 606-723-7323

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 at the Estill Co. High Auditorium

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

Kentucky Blood Center to hold 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.

Tuesday, May 14th @ 7pm

DAV Chapter 94, Estill County

DAV Chapter 94 will be meeting at 7 p.m., May 14th and the second Tuesday of each month at Estill County Senior Citizens Center, off Stacy Lane. If you are a veteran with 10 percent or more service connection, you are welcome. Call 1-606-663-2504 for more information. We are veterans and we would appreciate your attendance. Veterans from surrounding counties are also welcome.

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

A Derby-Worthy Recipe

I was "Netflix and chilling" one evening when I discovered an exciting new docuseries called "7 Days Out." It provides an intimate look at the excitement and drama of the seven days leading up to significant historical and cultural events, including the Westminster Dog Show, Chanel's Haute Couture fashion show and the "League of Legends" esports gaming championship (www.netflix.com/title/80207124).

My favorite event profile was the Kentucky Derby, held on the first Saturday in May. The horse race also is known as "The Run for the Roses" and "the most exciting two minutes in sports." The documentary showcases all the glitz and glamour that are a signature part of horse racing, as well as the blood, sweat and tears behind the scenes.

The Kentucky Derby's long history began in 1872, when Meriwether Lewis Clark, the grandson of William Clark (of the famed explorer pair Lewis and Clark) traveled to Europe. While there, he attended the Epsom Derby in England, a well-known horse race in operation since 1780, and the French Grand Prix de Paris Longchamps horse race.

Clark returned home determined to create a spectacular horse-racing event in America. His uncles, John and Henry Churchill, gave him enough land to develop a racetrack in Kentucky. Clark and his newly organized horse-racing club raised enough funds to build a permanent racetrack in Louisville. On May 17, 1875, the racetrack opened its gates and the Louisville Jockey Club sponsored the very first Kentucky Derby.

Fifteen 3-year-old thoroughbred horses raced one and a half miles in front of 10,000 cheering spectators. Aristides was the first winner of the Kentucky Derby. Today, the Kentucky Derby is the longest running sporting event in the United States.

If you can't make it to Kentucky this year, why not host your own Derby party? Since the races are brief, you might want to show the "7 Days Out" Kentucky Derby docuseries before the race, and the award-winning movie "Secretariat" afterward. It's the inspiring story of a beautiful horse who won the Kentucky Derby in 1973 with the fastest finishing time to date, 1:59:40. Secretariat also went on to win horse racing's fabled Triple Crown.

There's nothing like finishing your Derby Day Party with an iconic Kentucky recipe, like this crowd-pleasing slider version of the traditional Hot Brown Sandwich. This open-faced sandwich was created by Fred K. Schmidt in 1926 and was first served at Louisville's historic Brown Hotel.

The Hot Brown is made with turkey and bacon, covered with Mornay sauce, and baked or broiled until the bread is crisp and the sauce begins to brown. Some Hot Browns also include ham with the turkey, and either pimento cheese or tomatoes layered over the sauce.

Good friends, good races, good food and good flicks! It's the perfect way to celebrate Derby Day!



Photo Credit: DepositPhotos

HOT BROWN SLIDERS

If you're looking to feed a crowd, these slider versions of the traditional hot-brown sandwich are the perfect party-sized bites.

- 1 package (12 rolls) Hawaiian Savory Butter Dinner Rolls, cut in half crosswise
- 1 1/2 tablespoons plus 1/4 cup salted butter
- 1 1/2 tablespoons all-purpose flour
- 1 1/2 cups heavy cream
- 1/4 cup Pecorino Romano cheese plus extra for garnish
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon cayenne pepper
- 1 clove garlic, minced
- 8-ounces sliced deli turkey breast
- 2 Roma tomatoes, sliced
- 8 slices thick bacon, cooked until crispy
- 1/4 cup fresh chopped parsley

1. In a 2-quart saucepan, melt 1 1/2 tablespoons of butter and slowly whisk in the flour to make a roux. Cook the roux for 2 minutes over medium-low heat, stirring frequently.

2. Remove the pan from the heat. Whisk the heavy cream into the roux. Place the pan back over medium heat, stirring occasionally, until the cream begins to simmer, about 2-3 minutes. Remove sauce from heat again and slowly whisk in Pecorino-Romano cheese. Stir in salt and pepper, nutmeg and cayenne. Remove from heat and set aside.

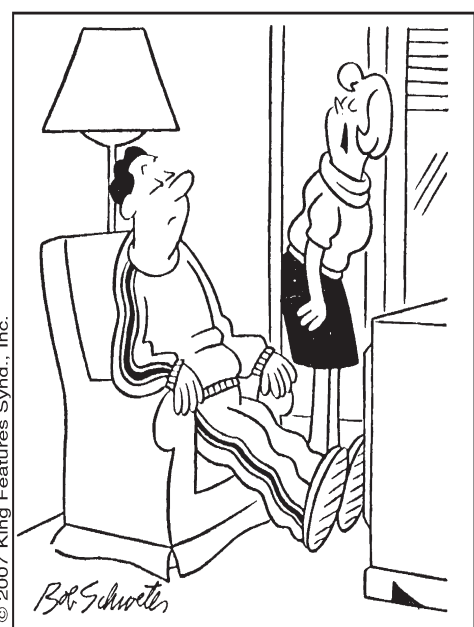
3. Place the garlic and the 1/4 cup of butter into a small saucepan over medium heat until butter is melted.

4. Arrange the bottom half of the rolls in an ungreased 13-by-9-inch baking pan. Brush with melted butter. Place turkey evenly over the bottom half of rolls. Top with sliced tomatoes. Pour half of the sauce over the sandwiches, then top with sliced bacon pieces and top half of roll. Pour the garlic butter sauce over the top of the rolls.

5. Cover with foil and bake at 350 F for 10 minutes. Remove foil and sprinkle with additional Pecorino Romano. Bake for 2 minutes. Sprinkle with parsley. Cut into individual sliders. Serve with the remaining cheese sauce for dipping. Serves 12.

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.

(c) 2018 King Features Synd., Inc., and Angela Shelf Medearis



"I was just looking at the grass — next time you go _____, take the lawn mower."

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Shake	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
LEGJIG	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Boost	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
MEGANUT	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Alarm	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
MIDAYS	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Grace	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
OPIES	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

TODAY'S WORD

Visit Our Website At
<EstillTribune.Com>