

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 Home-maker 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.

Monday, Wednesday and Friday

Estill Library Hosts "Walk Slim"

Walk Slim is held at the Estill County Public Library, 246 Main Street, Irvine, at 5:00 p.m., on Monday, Wednesday, and Friday. If the weather is pretty they will venture outside to walk. If you are interested in joining please just drop by and walk to a healthier life. Contact Lesa Ledford at 723-3030 for more information.

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 16th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, May 16, 5:30 p.m., at Steam Engine Pizza on Main Street, Irvine. Make a difference in the community by getting involved with the Kiwanis Club that has 97 years of service to our community. New members are needed and welcomed. Anyone interested can contact any Kiwanis member.

Thursday, May 16th @ 6pm

Estill Celebrate Recovery

Celebrate Recovery meets at Providence Baptist Church Fellowship Hall, Thursday, May 16th and every other Thursday at 6:00 p.m., . 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.

Saturday, May 18th - 7-11:30am

Lions Spring Pancake Breakfast

The Estill County Lions Club will be holding their Spring Pancake Breakfast in the Fellowship Hall of First Christian Church at 270 Main Street on Saturday, May 18th from 7 till 11:30 a.m.. Tickets are is still \$5.00, with age 3 and under being free. The menu is scrambled eggs, pancakes, bacon, sausage, milk, orange juice and coffee. Watch for the big yellow sign on the street outside the church and we'll see you there. Thanks for supporting your Estill County Lions Club.

Saturday, May 18th at 11:00am

Estill Library Hosts Crochet Class

On Saturday, May 18, the Crochet Class will meet at the Estill County Public Library, 246 Main Street, Irvine. beginning at 11:00 a.m. Please bring the following items with you: "T" hook, 1 skein of cotton worsted weight yarn, and a tapestry needle. Contact Lesa Ledford at 723-3030 for more information.

Tuesday, May 21st at 6:30pm

Estill Arts Council to Meet

The monthly meeting of the Estill Arts Council will be held at the Estill County Public Library meeting room at 6:30 p.m. on Tuesday, May 21st. If, due to weather, the Pickin in the Park Concert must move inside to the Library's meeting room, we will meet in the basement of the Irvine United Methodist Church across the street. All current and prospective members are invited to attend.

Tuesday, May 21st @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, May 21st, 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.

Wednesday, May 22nd at 1:30pm

"Art With Sandy" at the Library

Art with Sandy is back on Wednesday, May 22 at 1:30 p.m. Come out and learn about the love of art with Sandy Savage at the Estill County Public Library, 246 Main Street, Irvine. Contact Lesa Ledford at 723-3030 for more information.

Sunday, May 26th at 1:00pm

Warner-Richardson Reunion

The family of Zack and Ruby Richardson Warner would like to invite all family and friends to attend our annual family reunion, Sunday May 26, 2019, at the Bethel Christian Church picnic area on the New Fox Road at 1:00 p.m. Everyone, please bring a covered dish and drinks for our family and friends. The gathering grows more each year and we want to make sure there is plenty for all. Hope you can join us.

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.

Sunday, June 2nd @ 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.

Friday, June 7th @ 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 7th, and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

Tuesday, June 11th @ 5:30pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet Tuesday, June 11th, 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, June 11th @ 7pm

DAV Chapter 94, Estill County

DAV Chapter 94 will be meeting at 7 p.m., June 11th 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.

Tuesday 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, 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 <msaduldu@irvineonline.net> 606-723-7323

Saturday, June 29th at 1:00pm

ECHS Class of '70 reunion

Estill County High School Class of 1970 will have their 49th annual reunion on Saturday, June 29, 2019 at 1:00 p.m. at Michael's Restaurant in Ravenna. All class members and teachers are welcome to attend.

Saturday, July 27th at 2:00pm

ECHS Class of 1964 55th Reunion

The Estill County High School Class of 1964 will be having its 55th Reunion on Saturday, July 27, 2019, starting at 2:00 p.m. at Michael's Restaurant in Ravenna. Please, spread the word!

NEAL'S STEREO SHOP
(606) 975-3796
 River Drive & Main in Ravenna

NEAL'S AUTO CENTER & BODY SHOP
 Mechanical Work
 Main Street in Ravenna
 Call 606-975-3796

Kitchen Diva

Magical Mayo

When it comes to condiments, I'm on Team Mayo! I know that there are folks who absolutely despise the flavor of mayonnaise, and others who can't seem to live without it. For some reason, it seems that almost everything about mayonnaise -- from its origin story to using it in desserts -- sparks a heated debate.

One origin story maintains that in 1756, French forces under the command of Duke de Richelieu laid siege to Port Mahon on the Mediterranean island of Minorca, now a part of Spain. This was the first European battle of the Seven Years' War. The Duke's chef couldn't find cream to create a sauce, so he combined an egg and oil and called it "mahonnaise" in honor of Port Mahon. Other sources claim that the chef learned the recipe from the residents of the island.

Mayonnaise is basically an emulsion of neutral-flavored oil like canola combined with an egg yolk, vinegar and/or lemon juice, and sometimes mustard for flavor and to help the emulsion stay blended.

Some French chefs feel that mayonnaise is from a recipe called bayonnaise after Bayonne, a town famous across Europe for its succulent hams. Others suggest the name came from "manier," meaning "to handle," or "moyeu," an old French word for yolk.

In the 1920s, a famous Spanish chef published a pamphlet claiming that the so-called French mayonnaise was really based on the Spanish salsa mahonesa recipe.

While Spanish chefs may have created mayonnaise, the French increased its popularity by incorporating it into numerous early 19th century recipes, which spread from Europe to America.

Mayonnaise has become an integral part of American food culture from sea to shining sea. Chefs and home cooks add mayo into all kinds of composed salads, fillings, spreads and dressings, and incorporate it outside and inside sandwiches and baked goods.

You can add this creamy ingredient to both sweet and savory recipes without imparting any detectable mayo taste. Try these unique ways to use mayonnaise.

Creamy Frosting: Stir in a spoonful of mayonnaise to your frosting recipe. It will remain creamy even after refrigeration.

Memorable Mashed Potatoes: Use mayonnaise to increase the creaminess and flavor of mashed potatoes. For 1 1/2 pounds of mashed potatoes, stir in 1/2 cup of shredded Cheddar cheese, 1/2 cup mayonnaise and 1 teaspoon each of powdered garlic, salt and ground black pepper.

Egg Wash Replacement: You can use mayo anywhere you'd use an egg wash. Brush it on top of bread or pastry dough before baking, or put it on meats or seafood before breading, or on shrimp before coating with coconut.

Crispier Fruit Crisps: Stir together a cup of flour and 3/4 cup of sugar with a 1/2 teaspoon of cinnamon. Stir in 1/2 cup of mayo, then use the mixture as a topping for your favorite fruit crisp recipe.

If you've never tried making your own mayonnaise, this delicious recipe is the perfect introduction!



HOMEMADE MAYONNAISE

Mayonnaise can be made by hand with a whisk or a fork, or with the aid of an electric mixer or blender on low speed.

- 1 teaspoon large egg yolk, room temperature
- 1 1/2 teaspoons fresh lemon juice
- 1 teaspoon white wine vinegar
- 1/4 teaspoon Dijon mustard, room temperature
- 1/2 teaspoon salt plus more to taste
- 3/4 cup canola oil, divided

1. Combine egg yolk, lemon juice, vinegar, mustard and 1/2 teaspoon salt in medium bowl. Use a hand whisk to combine until blended and bright yellow, about 30 seconds.

2. Using 1/4 teaspoon measure and whisking constantly, add 1/4 cup oil to yolk mixture, a few drops at a time, about 4 minutes. Gradually add remaining 1/2 cup oil in very slow thin stream, whisking constantly, until mayonnaise is thick, about 8 minutes (mayonnaise will be lighter in color). Cover and chill. Can be made up to 2 days ahead. Keep chilled. Makes about 3/4 cup.

SECRET SAUCE

- 1/4 cup mayonnaise
- 1 1/2 teaspoons spicy pickle juice
- 1 1/2 teaspoons ketchup
- 1 teaspoon yellow mustard
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder

Combine all the ingredients in a small bowl until well-blended. Cover and chill. Can be made up to 2-days ahead. Keep chilled. Makes 1/4 cup.

MAYO VARIATIONS

DIJON MAYO: 3/4 cup mayo, 1 1/2 tablespoons Dijon mustard and 2 tablespoons chopped fresh dill.

CHIVE & HERB MAYO: 3/4 cup mayo, 1/3 cup fresh snipped chives, 2 1/2 tablespoons chopped herbs (parsley, rosemary, thyme, etc.), 2 small minced garlic cloves and ground black pepper, to taste.

SRIRACHA MAYO: 3/4 cup mayo, 3 tablespoons Sriracha sauce, and salt and pepper, to taste.

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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