

NOTICE TO ESTILL TRIBUNE READERS

The World Health Organization has addressed the issue of periodicals and stated that the risk of getting the virus from such goods is "low." Thus, getting coronavirus from a newspaper is "infinitely small."

Staff members of The Estill County Tribune are the only ones that directly handle your newspaper, and all have been in self-isolation for the fourth week now. Our office has been voluntarily closed with very limited public interaction.

Our newspaper is compiled by computer and is sent to the printer via the internet. Once there, the pages are printed automatically and are in only extremely slight contact with press room attendants.

For the fourth week, staff

of The Estill County Tribune have been totally isolated from press room attendants when picking up newsprint at the plant and papers are only handled by staff members who have been self-isolated.

Currently we are continuing both our mail and news stand deliveries; however, with the increased risk, news stand deliveries may be at risk because of store closings or other factors. One vending machine is still in front of the former PriceLess IGA; however, because of that store's closing, a new location may have to be found.

The Estill County Tribune has made its entire newspaper available online for many years and several paid subscribers

read only the online edition. Pages will flip at ease and the size of the print can be adjusted by the reader.

Although this service is being used only by requested, paid internet users, it is available to any paid mail subscriber. Send us an email at <news@estilltribune.com> and we will link you to the high-resolution pages.

This week, we are encouraging everyone to "stay at home" and will offer free reading of this week's The Estill County Tribune online to anyone, subscriber or not. Details will be offered on our website <estilltribune.com> or on our Facebook account Estill Tribune, by at least Noon on Wednesday. Stay Safe!



Just Hunting by Steve Brewer

A bittersweet week for us hunters that start our turkey hunts in Florida, this year. For the first time in memory, it never happened. Neither is our trip out west to hunt the Rio, Merriam, and Gould; all cancelled. It broke my heart when my Mexico outfitter called and told me everything was postponed 'till 2022. They have closed the border, and I respect their decision, during our time of crisis.

Although I would never know there is a travel order here in Kentucky, watching the traffic go by my house. I will stay home, except for real trips, like groceries. It has looked like a parade for two days now. Oh well, some people just will not listen.

Another thing before we get into transition period number three, about turkey hunting. I have spoken several times about people putting up their dogs. Please take this to heart, if I see a dog on my property, and my chickens roaming on my property, that dog will not make it home that night. Please respect your neighbors, and this is

one neighbor that will respect you.

Now, if turkey season gets to open, here is transition period number three. This is the one most important to us. Here in zone two, the transition period is April 19th through May 3rd. Keep in mind, there is a five day, either way, grace period. This period is similar to the peak of the rut, for whitetail deer, which is the best time to hunt.

Afternoon hunting, where allowed, and we are allowed, is the best time to hunt. Hens are setting and gobblers are lonesome, making this the best time to call. The few hens that are still available leave the gobblers quick. Gobblers spend longer times in the tree, on the roost with intense gobbling, waiting for hens to show up, before flying down. Do not call to gobblers on the roost. Most types of calls will work. Get close to the gobbler as possible, on the same level and fire him up with aggressive yelps, purrs, clucks, and cuts. Then wait him out with occasional soft yelps on a push pull or 2 to 3 reed mouth diaphragm. Listen intently for strutting. Remember gobbling is a bonus. Most gobblers strut and drum up their hens. From mid-morning to mid-afternoon, gobblers will respond well to shock calls, such as crow calls, or cutting calls. When a hen leaves her nest, cutting is how she finds gobblers, then goes to him. He remembers this and responds. Once he responds to your call; set up quickly, get ready, he is probably on his way. Gobblers become territorial and move less. Any time you can get a gobbler to respond, between the hours of 9am 'till 2pm, get ready, he probably is heading in.

You can email Steve Brewer at <News@EstillTribune.com> and we will forward message.

GOBBLER / HEN IDENTIFICATION

GOBBLER

The gobbler is most easily recognized by the long beard growing from its chest, and the pronounced spurs, sometimes as long as two inches, found on the back of its legs. A gobbler appears larger, darker, shinier and is more colorful than a hen, especially on its head, which can appear alternately red, white and blue. The gobbler often "puffs up" and struts during spring to attract hens for breeding.

HEN

The hen's overall look is for concealment and protection. It is smaller and more drab than the colorful gobbler, so it can sit on its nest well camouflaged. Likewise, a hen's head has more feathers to add to its camouflaged appearance.

Source: National Wild Turkey Federation (www.nwtf.org).

Kitchen Diva

Easter Dinner Redos

Lamb is a popular dish around the world, especially at Easter. The tradition is rooted in the Jewish holiday of Passover, which celebrates the liberation of the Israelites from Egyptian slavery. With all the history associated with serving lamb at Easter, you may wonder why ham is so popular for Easter celebrations in our country. As with many foods, the reason lamb isn't as popular in America at Easter is rooted in supply, demand and cost.

Wool was a popular fabric during World War II, but as soon as the demand for wool began to wane, farmers began to raise fewer lambs, curtailing the availability of legs of lamb for sale in the spring for Easter dinners. Ham became a great alternative to lamb because farmers could cure and preserve the meat during the winter and sell it in the spring.

Ham also is a popular meat because it can be prepared in so many ways. This recipe for Glazed Ham with Roasted Vegetables is perfect for Easter, and with a few minor adaptations can be combined with leftover, peeled hard-boiled Easter eggs the next morning to create my Easter Egg Hash. Happy Easter!



GLAZED HAM WITH ROASTED VEGETABLES

- 1 (8 to 10 pound) fully cooked bone-in smoked half ham (not spiral sliced)
- 1 cup brown sugar, packed
- 1 cup apricot jam
- 1/2 cup spicy brown mustard
- 1 tablespoon poultry seasoning
- 2 teaspoons ground black pepper
- 1/2 teaspoon ground cloves

Roasted Vegetables:

- 1 1/2 pound fingerlings, small red potatoes or new potatoes cut into halves
- 1 pound slender carrots, cut into 2 inch lengths
- 1 bunch radishes, tops trimmed and reserved, and cut into halves
- 1 tablespoon salt for parboiling
- 3 tablespoons olive oil, plus 1 tablespoon for drizzling

- 2 tablespoons poultry seasoning
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 pound of escarole, frisee, chicory or arugula leaves, or the tops of the radish leaves, if available, chopped

To Prepare the Ham and Glaze:

1. Heat oven to 300 F. Place ham in a large roasting pan, cut side down. With tip of sharp knife, make long, crisscross diamond shaped cuts through the tough skin and fat of the ham, top to bottom, but not into the meat. Cover tightly with foil. Bake 1 1/2 hours.

2. In a medium bowl, whisk together sugar, jam, mustard, poultry seasoning, pepper and cloves. Transfer 1 cup of the glaze to a separate bowl; cover and refrigerate to serve with the ham later.

3. Remove foil from ham. Brush remaining glaze all over ham. Bake, uncovered, another 1 to 1 1/2 hours or until glaze is dark brown and internal temperature of ham has reached 140 F. Allow ham to rest 20 minutes before carving. Serve with reserved glaze. Serves 10-12.

To Prepare the Vegetables:

1. Heat oven to 450 F. In a 7-quart saucepot, cover potatoes and carrots with cold water; add 1 tablespoon salt. Cover and heat to boiling on high. Reduce heat to maintain simmer; cook 7 minutes. Drain well and return to pot. Vegetables can be parboiled and refrigerated up to 2 days before roasting.

2. Toss potatoes, carrots and radishes with oil, poultry seasoning, and 1 teaspoon each salt and pepper; arrange in a single layer on a large rimmed baking sheet. Roast 25 minutes or until vegetables are browned and tender, stirring twice.

3. Remove vegetables from the oven; drizzle the salad greens with the remaining oil and mix the greens with the vegetables. Serve warm or at room temperature with slices of ham.

EASTER EGG HASH

This Easter Egg Hash recipe is a great use for leftover hard-boiled Easter eggs and the ham and veggies from your Easter dinner.

- 3 to 4 cups roasted vegetables and salad greens, chopped
- 2 to 4 slices cooked ham, chopped
- 2 tablespoons butter
- 2 tablespoons vegetable oil
- 4 large peeled hard-boiled Easter eggs
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 green onions, roots removed and discarded, green and white parts finely chopped.

1. Chop any leftover veggies and salad greens and chop up a few slices of ham to create 3 to 4 cups of hash. In a large skillet over medium-high heat, melt the butter with the oil.

2. Place the chopped roasted vegetables and ham mixture in the hot skillet. Using a spatula press the hash into an even layer in the skillet to create a crisp texture on the bottom of the hash.

3. Cook undisturbed until crunchy and browned on the bottom, about 3 to 5 minutes. Flip the hash in sections. Using a spoon, make 4 shallow indentations in the hash. Place a peeled hard-boiled egg in each indentation. Cook for 5 minutes to allow the hash to brown on the bottom and the eggs to warm through. Season with salt and pepper and sprinkle with green onions, if desired. Serves 4.

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by BUD BLAKE