

# Library Happenings

## Estill Public Library

by Shannon Horn

January 30th, 2019

Hey there everyone! Even though it is difficult to believe, February is around the corner! We have some fun stuff coming up so read on to find out what we have going on!

### Children's Programming

#### Holiday Competition

Beginning February 1st, we will begin our Holiday Competition. This competition will be between Valentine's Day, Halloween, Thanksgiving and Christmas. We are having this competition to see which holiday is the most popular! I will be displaying Valentine's Day books in the Children's Section on February 1st.

#### Storytime and Baby & Me

Our Storytimes were down this week due to weather, but let me just say, we still had a lot of fun! On Wednesday we made two boats from aluminum foil. We tested them both to see how many LEGO people they could hold. The larger boat held 13 while the smaller boat began to sink after only 11 LEGO people.

Our Baby & Me group had a rambunctious time Friday. These babies are beginning to get chatty and it is so much fun to watch them interact with each other. They love to explore new objects like our Velcro letters or colorful, silky, scarves. The babies are learning so much and they really enjoy the books. It is so wonderful to see them flipping through the pages of books each week.

#### LEGO Club

Just a reminder that LEGO club is every Thursday at 4:15! After Christmas the display case was cleaned out so that the kids'

creations could be put back each week. We've had some wonderful things made each week. If your child is 6-12 years old, bring them by on Thursday!

### Teen Programming

#### Blind Date With a Book

This is technically for everyone, but I am just putting it under the teen category because Katelyn is in charge of it. She has selected several of our wonderful books to use for this program. These books will be wrapped up so that you cannot see what it is. They will be on display for our patrons to check out. This is a fun and exciting way to find books that you maybe wouldn't have checked out before. These books will be on display February 1st.

#### Homeschool Enrichment

Due to the weather, we had to cancel our last meeting. Instead of rescheduling we will just stick to our schedule and meet again on February 8th.

### Adult Programming

#### WhoDunIt Book Club

The WhoDunIt Book Club will be meeting on Monday, February 4th. The group will be discussing Southernmost. If you plan on attending, call the library for the location of the meeting. The number is (606)723-3030.

#### Walk Slim

We have a new program at the library. It is called Walk Slim. Every Monday, Wednesday, and Friday at 5:00 the Walk Slim group will be meeting to do indoor walking. It is led by a video recording. The program will last until 6:00. If you are interested in joining stop by or give a call for more details.

That is it for this week. I would like to make mention that Chelsea, who wrote this article before I did, has decided to stay home with her sweet baby girl. We miss her so much, but we are excited that she has this opportunity to stay at home with her baby. So I'll be continuing the article for now!

Stop by and see us this week!

# 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>

### 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, January 31st @ 5:30pm

## Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, January 31, 5:30 p.m. at Steam Engine's Session Room. A devotional will be given and the Board of Directors will plan future activities.

Kiwanis members work

### 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 addition of any kind.

Providence Baptist Church is located at 1115 Winston Rd, Irvine, KY 40336.

For more information, call 606-723-7837.

### 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.

### Monday, February 25th @ 6:30pm

## Democrat Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, February 25 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](mailto:Estillcountydemocrats@gmail.com).

## Opiate Intervention Screening

With the opiate crisis running rampant, families are looking for ways to help those they love who need treatment. Getting them into treatment becomes even harder if their loved one is not willing.

This is when Intervention can become key.

To learn more about successful interventions, please visit, <https://www.narconon-newliferetreat.org/blog/intervention-101.html>

### Thursday, January 31st is deadline

## Mushroom Festival Food Court

Food Court applications for the 2019 Mountain Mushroom Festival are available at Irvine City Hall located at 101 Chestnut Street and the festival website: [www.mountain-mushroomfestival.org](http://www.mountain-mushroomfestival.org).

Food vendors must carry a minimum \$500,000 commercial vendor liability insurance. Application, fees and proof of liability insurance must be submitted by the deadline date of Thursday, January 31 at 4

p.m. Mailed applications must be postmarked by the deadline date. No late entries will be accepted.

The application fee is \$175 per food booth space plus a \$75 Early Departure/Closing fee, if applicable.

For more information, you may call Kim Williams at 723-4235 or Irvine City Hall.

The 2018 festival dates are Saturday, April 27 and Sunday, April 28.

### Friday, February 1st @ 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, February 1st and on the first Friday of each month at 9 a.m.

All are invited and welcome. Hope to see you there!

### Saturday, February 2nd - 7:30am-1:30pm

## St. Elizabeth Basement Sale

The February Basement Sale at St. Elizabeth Church, 322 5th Street in Ravenna, will be held on Saturday, February 2, from 7:30 a.m. until 1:30 p.m.

There will be men's, women's and children's clothing; shoes, nice jewelry, household, books, and many more items. Everyone is welcome.

### Tuesday, February 5th - 2-3pm

## Alzheimer's is Not Normal Aging

A program about Alzheimer's Disease will be held on Tuesday, February 5th from 2:00 p.m. - 3:00 p.m. at the Madison County Cooperative Extension Office in Richmond. To register for this program, please call 1-800-272-3900. Registration is required. Alzheimer's is not normal aging! It's a disease of the brain that causes problems

with memory, thinking and behavior.

Join us to learn about: the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

### Tuesday, February 5th @ 6:30pm

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, February 5th, 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, February 12th @ 5:30pm

## Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet Tuesday, Feb. 12, 2019, 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.

## Kitchen Diva

# 2 Soups to Chase Winter's Chill

by ANGELA SHELF MEDEARIS

When the weather outside is frightful, a bowl of soup is SO delightful. Soup is an inexpensive and deliciously simple meal that offers plenty of health benefits. Try these wonderful soups and keep warm this winter!

### NEW ENGLAND CLAM CHOWDER

1 tablespoon plus 1 teaspoon olive oil  
4 slices (2 ounces) Canadian bacon, diced  
1 large onion (2 cups), chopped  
6 stalks celery (2 cups), diced  
1 teaspoon Kosher salt  
1 teaspoon ground black pepper  
1 tablespoon (3 large cloves) garlic, finely chopped  
2 teaspoons chopped fresh thyme or 1 teaspoon dried thyme or poultry seasoning  
2 (1 pound containers) frozen clams, packed in their own juice, thawed, juice reserved  
1 1/4 pounds russet potatoes, cut into 1/2-inch dice  
1 bay leaf  
2 cups cold (1 percent) milk or 1 (12-ounce) can low-fat evaporated milk, chilled  
2 tablespoons heavy cream  
3 tablespoons all-purpose flour  
Hot sauce for serving (optional)

1. Heat 1 teaspoon oil in a large soup pot over medium-high heat. Add Canadian bacon and cook, stirring frequently, until crisp, 3 to 4 minutes. Transfer bacon to a plate.

2. Add the remaining 1 tablespoon oil, onion, celery, 3/4 teaspoon salt and 1/2 teaspoon pepper to the pot and cook over medium heat, stirring occasionally, until vegetables have softened, about 6 minutes.

3. Add the garlic and thyme or poultry seasoning, and the remaining salt and pepper, and cook, stirring, for 1 minute more. Add 1 1/2 cups water, the reserved clam juice (about 1 1/2 cups), the potatoes and bay leaf, and bring to a boil. Partially cover the pot and simmer, stirring occasionally, until the potatoes are tender, about 15 minutes.

4. Whisk the milk, cream and flour in a bowl until the flour is dissolved. Slowly add the mixture to the pot, stirring constantly. While stirring, bring the soup to a simmer (do not boil). Reduce heat to medium-low and cook, stirring occasionally, until thickened, about 8-minutes. Add the clams and simmer 2 minutes more. Discard the bay leaf.

5. Add salt and pepper to taste, as desired. Stir in the bacon. Serve with the hot sauce.



### LIGHTER BROCCOLI CHEESE SOUP

Leftover soup should be reheated in the microwave on the defrost setting rather than the stovetop, where the cheese will "break" or separate from the broth.

1 bunch broccoli  
1 small onion, finely chopped  
1 medium red-skinned potato, diced  
1/4 cup all-purpose flour  
3 cups low-sodium chicken or vegetable broth  
1/4 teaspoon freshly grated nutmeg  
1 cup grated extra-sharp Cheddar  
1 teaspoon Worcestershire sauce  
1 (12-ounce) can fat-free evaporated milk  
Kosher salt and freshly ground black pepper  
2 green onions, roots discarded, white and green parts thinly sliced

1. Separate broccoli stems and the florets. Trim and discard the bottom of the stems and peel the tough outer layers. Finely chop the stems and coarsely chop the florets, and set aside separately.

2. Mist a large pot with nonstick cooking spray and heat over medium heat. Add the broccoli stems, onion and potato, and cook, stirring, until softened, 7 to 10 minutes. Add the flour and cook, stirring, until lightly toasted, about 2 minutes.

3. Stir in the broth and bring to a boil. Reduce heat to a simmer and continue to cook, stirring occasionally, until thickened and vegetables are tender, 12 to 15 minutes.

4. Meanwhile, combine reserved florets and 1/2 cup water in a small saucepan. Bring to a boil, cover and continue to steam until the florets are bright green and crisp-tender, about 5 minutes. Add the entire contents of the pot with the florets to the soup along with the nutmeg. Stir to combine and remove from the heat.

5. Stir in the Cheddar, Worcestershire and milk. Season with salt and pepper. Garnish with the scallions. Makes 6 servings.

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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](http://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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