

Library Happenings

Estill Public Library

by Shannon Horn

March 27th, 2019

Hello again friends! Here's the latest library update!!

Teen Book Club

The Teen Book Club will meet again on April 8th. They will be getting their new book, Fawkes, by Nadine Brandes. It is a retelling of the story of Guy Fawkes and the Gunpowder Plot, but with a twist of magic.

WhoDunIt

The WhoDunIt Book Club is currently reading the novel The Circle by Dave Eggers. The next meeting will be April 1st at 5:00. Call to find the location of the meeting. No this isn't a joke, bookclub will meet on April Fool's Day.

Storytime

Storytime was a lot of fun this last week. We have had a leprechaun friend that has been visiting the library the last couple of weeks and the kids have loved it. This last week the kids went on a treasure hunt. Each kid got to take home a glittery piece of "gold". I'm sure their parents loved the glittery part. Our Baby&Me kiddos got to experience play-doh on

Friday. After our singing and dancing and our book reading we played around with the gooey stuff. And, boy, did those babies love it!

Crochet Class

On April 6th, at 10:00 we will be hosting our second crocheting class. The last one was very successful. There were several in attendance. Crocheting is not as difficult as some may image it to be, so if you are interested in learning how to start crocheting stop by that Saturday! Call the library at (606) 723-3030 to find out what you should bring!

Chautauqua Speaker

If you love horses or the Kentucky Derby then this event may just be for you! Eddie Price will visit the library on April 18th and will be depicting Roscoe Tarleton Goose (1891-1971), the Kentucky-born jockey who rode Donerail to victory in the 1913 Kentucky Derby at 91:1 odds. This will begin at 1:00. It's free and informational!

Facebook

If you have a Facebook account we would love for you to follow our library page. We post pictures from all of our events and we share upcoming events each week. This is the best way to stay informed about what is going on at the library. We sometimes share polls to get community feedback. We want to know what our patrons want! The library is here to provide our patrons help and entertainment. Stop in and see us or like us on Facebook.

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

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.

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-

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.

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.

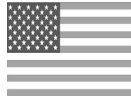
Donation is \$3.00 per class. For more information, call Sister Loretta at 723-8505.

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.



Attention Veterans



The Veterans Benefits Field Representative will be at the **Estill County Public Library**, 246 Main Street in Irvine, on Thursday, April 4th and normally the first Thursday of each month. The hours are 1:30 p.m. until 3:30 p.m.

Veterans and their dependants will receive assistance filing for Federal and State veterans benefits. This service is provided free of charge by the Kentucky Department of Veterans Affairs. To apply, veterans need to furnish copies of pertinent documentation to verify eligibility. For further information, please call toll free within Kentucky, 1-866-376-0308, to speak with a Veterans Benefits Field Representative.

Thursday, March 28th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, March 28, 2019, 5:30 p.m. at Steam Engine's Session Room.

A devotional will be given by David Bergman from the University of the Cumberland. The Board of Directors will meet.

Kiwanis members work together to achieve what one person cannot accomplish alone. When a child is given the chance to learn, experience, dream, grow, succeed and thrive, great things happen.

New members are welcome to join!

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.

Thursday, March 28th @ 7:00pm

Mt. Mushroom Festival Planning

The 29th annual Mountain Mushroom Festival will be April 27-28. "Rather Be Shroomin!" will be the theme.

Plans are being finalized for the festival. Anyone interested is welcome to attend the

committee meeting on Thursday, March 28 at 7 p.m. in Irvine City Hall, 101 Chestnut Street.

For further information contact Francine Bonny, chairman, at 606 723-1233.

Tuesday, April 2nd @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, April 2nd, 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, April 2nd @ 7:00pm

Estill Historical to Meet With Potluck

The Estill County Historical and Genealogical Society will meet Tuesday, April 2, 2019, 7:00 p.m., at the Museum at 133 Broadway in Irvine.

Potluck will be served, planning for the Mushroom Festival will be finalized, and Moonlight Market events will be discussed.

Friday, April 5th @ 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, April 5th and on the first Friday of each month at 9 a.m.

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

Tuesday, April 9th @ 5:30pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet Tuesday, April 9th, 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.

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.

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, 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.

Hospice Care Plus Support and Training Events

Tuesday, April 2nd @ 11:00am

First Tuesday Grief Support Group

The First Tuesday Grief Support Group will be meeting Tuesday, April 2, 11-12 p.m. at the Compassionate Care Center in Richmond. Open to those who've experienced a loss, especially those whose loved ones were cared for by Hospice Care Plus. No RSVP or registration necessary. If you've had a loss but your loved one was not cared for by Hospice, please call in advance to make sure the group can meet your needs: 859-986-1500. Offered the first Tuesday of each month.

Friday, April 12th @ 1:00pm

Medicare 101 for Family Caregivers

Medicare 101 for Family Caregivers. Fri., Apr. 12, 1-4 p.m. at the Appalachian College Association building in Richmond next to Galaxy Bowling. Free for family caregivers in Estill County. Learn what's covered by your loved one's Medicare benefit and what changes can be made to maximize coverage by learning about Original Medicare, Medicare Advantage, MediGap, and waiver programs. Registration required by calling 859-986-1500 or online at hospicecareplus.org. Refreshments and door prizes included. Sponsored by Hospice Care Plus for family caregivers whose loved ones are NOT medically eligible for hospice care.

Kitchen Diva

Asian Glaze Gives Turnips a New Flair

If you've run out of ways to prepare starches like corn, potatoes or rice to serve as side dishes, you might want to try turnips. We have Charles "Turnip" Townshend to thank for elevating turnips to the dinner table. England was formally introduced to turnips when Townshend, a British politician, imported Dutch-grown turnips in 1730.

Townshend wanted to use turnips as an inexpensive substitute for the hay that was used to sustain cattle herds throughout the winter. In those days, it was expensive to grow and store hay all winter. To save money, many people killed their livestock in the fall, causing an overabundance of beef at one time. Townshend proved that turnips were an easy-to-grow, inexpensive way for farmers to fatten cattle through the winter, and a delicious vegetable "starch" for humans.

Although turnips contain a large amount of starch, they provide only one third the calories as an equal amount of potatoes. Turnips are an excellent source of vitamins C, B-6 and E, fiber, folic acid, manganese, potassium and riboflavin.

Turnips are a member of the mustard family and are related to cabbage and cauliflower. They come in all shapes, sizes and colors. For the sweetest flavor, select turnips that are smooth, small, firm and heavy for their size, with some roots remaining on the bottom. Turnip greens also are delicious and even more nutritiously dense than the turnips.

Turnips can be peeled before cooking, eaten raw, sliced, made into a relish or a slaw, diced or julienned, or shredded to make croquettes. Turnips also can be used as a substitute for potatoes in many of your favorite recipes.

In today's recipe, I've given turnips an Asian flair by glazing them with soy sauce, honey and ginger. When you're looking for an exciting new side dish, try turnips.



Photo Credit: DepositPhotos

HONEY-GINGER GLAZED TURNIPS

Turnips are delicate, so cook them until they are still firm, but tender when pierced in the center with a knife. Overcooking will cause the sweetness of the turnip to diminish.

2 pounds turnips
2 tablespoons butter
1/4 cup honey
1/4 teaspoon ground ginger
1/2 tablespoon soy sauce
1 teaspoon pepper

1. Wash and peel turnips and cut into 1/2-inch-thick slices, then halve or quarter the slices. In a pot of boiling, salted water, cook the turnips for 8 minutes or just until tender. Drain the turnips and stir in butter. Cook over high heat, shaking pan often, for 1 minute or until the turnips are coated with the butter.

2. Stir in honey, ginger, soy sauce and pepper to taste; cook, stirring often, for 1 minute or until glazed. Serve immediately. Serves 4.

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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