

Library Happenings

Estill Public Library

by Shannon Horn

April 3rd, 2019

Spring has sprung and I couldn't be happier about that. This winter was so long that I wasn't sure we were ever going to see sunshine and flowers again. But as it always has, spring has arrived. And with it we have some new exciting programs coming to the library in April.

Teen Book Club

The Teen Book Club will be meeting on April 8th at 4:00. They will be getting a new book titled *Fawkes* by Nadine Brandes. Barnes & Noble's overview of the book briefly states, "Thomas Fawkes is turning to stone, and the only cure to the Stone Plague is to join his father's plot to assassinate the king of England." This novel is set against the background of the famous Gunpowder Plot. I know that Katelyn is excited to start this book and I think I might have to read this one as well!

Crochet Class

We will be hosting our second crochet class on April 6th from 10:00-1:00. The class will be working on the basics of crocheting again, however, the plan to build on what they taught the last time. If you would like more information about what they

will be teaching, call the library at (606) 723-3030 and ask for Lesa.

Chautauqua Speaker

We will be hosting Eddie Price on April 18th. He 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! If you love the Derby, come out and have an fun and informational afternoon.

Tween/Teen Art Club

On Monday, April 15th we will be having a Tween/Teen Art Club for middle and high school students. We will be making accordion books. This is a type of scrapbook that folds out in diamond patterns. It is super easy to make and the teens can add all different kinds of designs to them. We will be starting at 3:30. If you have a teen or tween that would like to participate they can ride the bus to the library. We will be finished at 4:45.

LEGO Club

I had to go to a conference this last week so LEGO Club was cancelled. But we will be back in action next Thursday at 4:15. If you have a child that is ages 6-12 stop by and let them build. The kids always make wonderful creations!

We have some other fun things going on later in April, but I will wait a couple weeks before I mention them here. So make sure you check back in! Hope your week goes well.

Until next time!

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.

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!

Sunday, April 7th @ 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 invit-

ed 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, April 8th @ 7pm

SE KY Gem, Mineral & Fossil Club

The Southeast KY Gem, Mineral & Fossil Club will meet Monday, April 8 at 7 p.m. at the Public Library.

The program will be a "Show, Tell, & Trade". Plans will be made for the Agate Hunts on April 23, 24, and 25 and the KY Agate, Gem,

& Mineral Show during the festival.

Visitors are welcome to attend. Membership forms will be available for anyone interested in joining the group. Yearly dues are \$15 for individuals and \$20 for families.

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.

Tuesday, April 16th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, April 16th, 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.

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

h is 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.

Kitchen Diva

Ramp Up Your Spring Chicken

I'm no spring chicken, so like many people of a certain age, watching Julia Child's hilarious explanation of the proper names and weights for various types of chickens was my first introduction to the variety of birds available. The availability and diversity of poultry products that we enjoy today are a modern business enterprise.

During the early 1900s, most chickens were raised on family farms for their eggs, which were sold as a source of income. Chickens were considered as a special occasion or holiday meal.

Hens typically start laying eggs at five to six months old. For chickens hatched in February, you can expect them to begin laying in mid-summer, when chickens often are the most productive. The average chicken would lay between 80-150 eggs per year. Older chickens were called stewing hens or old hens and were typically stewed or brined and cooked slowly in the oven to make them tender.

Today, there are roughly 280 million laying birds in the U.S. They lay approximately 75 billion eggs per year. Chicken has surpassed beef as the most consumed meat in America.

Many farmers markets have fresh, local, free-range chickens available for sale. If you keep your eyes and your mind open, there also are many varieties of fruits and vegetables, like ramps, that pair beautifully with chicken that you won't find at any other time of the year. Ramps, also known as wild leeks, are a luxury of the season.

Because of their short season, ramps are a lesser known member of the allium family, which includes onions, leeks and garlic. They grow wild, mainly in the eastern part of the United States. Ramps also can be found on the side of mountains, in forests and along creek bottoms all the way to Missouri and up to Canada. Festivals have sprung up in their honor, most notably in North Carolina and West Virginia.

For those in the know, what makes the desire even stronger is that ramps are not easily cultivated. So most times, the ramps you find, even at the farmers market, are harvested from the wild. Besides their unique taste and rarity, ramps are high in vitamins A and C.

If you are fortunate to find ramps, prepare them quickly, as their delicate leaves don't hold up well. They can be substituted in any recipe that calls for spring/green onions, scallions or garlic and vice-versa. Use caution with amount you use, because a little of this pungent vegetable goes a long way.

This recipe for Spring Chicken With Ramp Pesto showcases the delicious flavors of fresh "spring" chicken with the vibrant punch of ramps.



SPRING CHICKEN WITH RAMP PESTO

1/2 cup pine nuts, pistachios or almonds
6 ounces ramps
1/2 cup flat-leaf parsley, packed
1/2 cup freshly grated Parmesan cheese, preferably Parmigiano-Reggiano
1/4 teaspoon lemon zest, plus the juice of 1 lemon

3 garlic cloves, peeled
2/3 cups extra virgin olive oil
1 teaspoon ground black pepper
1 teaspoon salt
1/8 teaspoon red pepper flakes or ground cayenne pepper

1/2 cup dry Panko breadcrumbs
3 pounds (4 to 6) chicken breasts
2 tablespoons poultry seasoning

1. Heat to 350 F. Spread the nuts in a single layer on a baking sheet, and toast until golden, approximately 3 to 5 minutes. Shake the pan every 2 minutes to prevent burning. Set aside to cool.

2. Meanwhile, wash the ramps thoroughly. Trim off and discard the root tips (just the tips, not the bulbs). Slice in half, separating the leafy green tops from the long stems and bulbs. Chop the stem side into approximately 1-inch pieces. Set the stems aside.

3. Blanch the ramps to keep them green. Bring a large pot of water to a boil. Place ice, salt and water in a bowl. Add the green tops to the boiling water and blanch until bright green, approximately 15-30 seconds. Transfer the greens to the ice water to halt the cooking process. Drain and then squeeze out most of the excess liquid.

4. Add the nuts, the ramp tops and bulbs, the parsley, Parmesan, lemon zest and juice, and garlic to a food processor. Pulse several times to chop, scraping down the sides of the bowl as needed. With the machine running, add 1/3 cup olive oil, 1/2 teaspoon of the salt, black pepper, the pepper flakes or cayenne, and breadcrumbs, and pulse until combined.

5. Place chicken on a rimmed baking sheet. Season chicken on both sides with the poultry seasoning. Divide pesto mixture on top of the chicken breasts, making sure they are evenly covered. Drizzle remaining olive oil over the chicken. Bake for 30 minutes, until the pesto topping browns and the chicken juices run clear. Serves 8.

TIP: The pesto can be stored in the refrigerator for up to 5 days, or frozen for up to 3 months.

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.

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, Fun-

gus 5K & 2K Run/Walk, Parade, 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, April 4th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, April 4, 2019, 5:30 p.m. at Steam Engine's Session Room.

A recent donation given by Kiwanis has been for the Academic Cultural Night. Service is at the heart of every Kiwanis Club, no mat-

ter where in the 80 nations where Kiwanis Clubs are located. Members focus on changing the world by serving children, one child and one community at a time. Jeff Hix is the current club president.

We invite you to join Kiwanis!