

63rd Annual Hardy Reunion

The 63rd Annual Hardy Reunion was held on Sunday, August 25th, 2013, at the Estill County Senior Citizens Building.

Those attending from the **Henry Hardy family** were: Doris Hardy (wife of H.T. Hardy), Mark, Julia and Lauren Hardy; Joyce and Pepper Hardy; Steve, Amy, Andrew and Amelia Farmer; Matthew, Jennifer, Alexis and Gabe Hall; Butch and Brenda

Hardy; and Susan Hardy.

The **Melvin Hardy family**: Charles and Ruth Walters; Paul, Angie, Emi, Hunter and Liz Walters; Jeff, Kim, Trent and Madison Sparks; Eva Mae Jordan; Peter and Arianna Paterson; Ashley and Kristin Jordan; Harriet Horsley and daughter Sue Royal; and Gene Hardy.

The **James Hardy family**: Aubrey and Connie Miller, Jeremy Miller; Phillip and Katrina Broaddus.

The **Jessie Hardy family**: Paul and Rosella Hardy.

Friends and guests: Nyima Weltzer; Kirt,

Joy, Luke and Levi Scott; Micah, Rebecca, Zoey and Olivia Mead.

Our oldest Hardy relative in attendance was Harriet Horsley from Lebanon, Ohio, daughter of Bessie Clay Hardy. Our youngest Hardy this year is Hudson Hardy, son of Mark and Leslie Hardy. Youngest child in attendance was Olivia Mead (daughter of Micah and Rebecca Mead). Those who traveled furthest to be in attendance were Paul and Rosella Hardy who drove from Osgood, Indiana to be there.

A good time and fellowship was had by all. We hope to see everyone next year!!!



Mix Your Own
Not happy with seed blends found at the store? Try mixing your own. One of my favorite blends is equal portions of hulled sunflower chips, raw peanuts, white stripe sunflower and safflower seed. Put it into a tube feeder with a tray attached, and watch the birds come.

E-mail: birdingbits@jlr.com
© 2010 King Features Syndicate, Inc.

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>

Thursdays, 7-8:30pm

Estill Chorus Practice

Estill Chorus rehearsals have begun! Join us now and be a part of the fun as we prepare for the annual Christmas Concert.

The Estill Chorus meets Thursdays, 7:00 - 8:30 p.m., in the fellowship hall of the First Christian Church on Main Street in Irvine.

Fridays, 6:00 to 8:00pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine

Anyone who plays an Appalachian Dulcimer or anyone who is interested in playing one is welcome to attend.

Wednesday, September 11th, 1-3pm

The Basics of Memory Loss

The Basics: Memory Loss, Dementia, and Alzheimer's Disease. If you have a loved one who is newly diagnosed, or if you just want to learn more about Alzheimer's disease, this program is for you.

This two-hour presentation will explore what everyone should know about memory loss issues and what they mean for all of us.

The program will take place at the Madison County Public Library, located at 319 Chestnut Street, Berea on Wednesday, September 11th, 1-3 p.m.

To register for this program, please call 1-800-272-3900 or e-mail infoky-in@alz.org. Registration is required.

Thursday, September 12th, 7pm

60 Years Service To Masons

William Edward Wise of Ravenna will be recognized on Thursday, September 12, 2013 for a goal in the Masonic Fraternity that few Brothers reach. He will be presented his 60-Year Service Pin by the Grand Lodge of Kentucky

F&AM at the regular meeting of the Irvine Mason Lodge at 7:00 p.m. at the Lodge Hall on Broadway in Irvine. There will be a meal served in the dining room around 6:00 p.m., followed by the recognition service at 7:00 p.m.

Sunday, September 15th @ Noon

Annual McIntosh Family Reunion

The descendants of James Richard and Rosie Puckett McIntosh will be having their annual reunion Sunday, September 15, 2013, at the McIntosh "Widowmakers Farm" at Marbleyard.

There will be fun, games, hat contests for both adults

and children, and lots of handmade prizes to be given away.

Lunch will be served shortly after 12:00 Noon. All McIntoshes and related family and friends are welcome. Bring a covered dish, food or drinks, and a hat. Come and spend the day.

Thursday, September 19th @ 6pm

Chia to be presented as an herb

The Garden Thyme Herb Club will meet on Thursday, Sept. 19, at 6 p.m. in the fellowship hall of New Beginning Church.

"Ch-Ch-Chia" is the program for the month and will be presented by Betsee Redden.

Chia is an herb, a member of the mint family. Chia seed is considered a

superfood. The leaves of chia are edible.

Chia has no known allergens and is gluten-free. Chia gel, a mixture of chia seed and water, can be used in cooking as oil and egg substitutes.

For more information, please call (606) 723-3096.

Everyone is welcome.



99 River Drive, Irvine
Stop By And See Us for Variety and Great Prices

- Several Booths
- Full Service Florist
- Large Selection
- Antiques & More

Find us on Facebook

Open Monday - Saturday, 9 a.m. - 5 p.m.
(606) 726-0321 or (606) 726-9892

Saturday, September 21st @ 9am

McKinney & Harris Reunion

The McKinney & Harris Family Reunion will be held Saturday, September 21, 2013, 9am-? at Irvin McDowell Park on Lancaster Avenue in Richmond. Lunch will be potluck. This is for the friends

and family of Virgil & Hattie Harris McKinney. Everyone is welcome to attend.

For more information, contact Ray McKinney at 859-623-4866 or Patty McKinney Turpin at 859-624-0879.

Monday, September 23rd @ 6pm

World Crafts Party For Poverty

A World Crafts Party for People in Poverty will be held Monday, September 23, 2013 at 6:00 p.m. at Williams Memorial Baptist Church in Ravenna.

One of a kind handcrafted pieces will be available to help to help people in poverty around the world.

Everybody is welcome to attend.

Wednesday, September 25th, 10:30am

Early Stage Alzheimer's Support

An early stage support group for those in the early stages of Alzheimer's Disease or related dementia will begin on September 25th and continue through November 13th from 10:30 a.m. - 12:00 Noon at the Alzheimer's Association, located at 465 East High Street, Suite 200, Lexington.

This eight week program will provide information,

support, and encouragement to persons in the early stages of Alzheimer's disease or a related dementia and their caregivers and will provide an opportunity to discuss issues and changes related to memory loss and a gathering to share experiences and feelings.

Registration is required. Call April at 1-859-266-5283, Ext. 1308 for more information.

Thursday, September 26th, 6-8pm

2nd Community Baby Shower

The Estill County Diabetes Coalition is sponsoring our 2nd Annual Community Baby Shower for parents who are expecting or have a child under two years old.

The shower will be held Thursday, September 26th, 6-8 p.m. at the Estill County Extension Office, 76 Golden

Court (off Stacy lane Road) in Irvine. This is a FREE event!! Dinner provided!! Many local agencies will be there with giveaways and program information!! Door prizes!! Guest speakers!!

For more information, contact Courtney Barnes at 723-5181.

Sunday, September 29th @ 1pm

Annual Dunaway Reunion

The annual Dunaway Reunion will be held Sunday, September 29, 2013, at 1:00 p.m. at the Irvine Masonic

Lodge on Broadway.

Meal will be potluck. Bring a covered dish and enjoy the day with friends and family.

Tuesday, October 1st @ 6pm

Estill Historical Society Meeting

The Estill County Historical and Genealogical Society will be meeting at 6 p.m. on October 1, 2013, at the Estill Springs.

This meeting will be held with the Red River Historical Society. A presentation by Nelle Williams will be at the Springs.

Old Time Day will be held on Saturday, October 12, 2013. Again this year, there will be music and various craft demonstrations. If anyone would like to demonstrate an early American craft, please contact Diane Arthur at 723-2636. Soup beans, corn bread

and dessert will be served for a small charge.

If anyone has pictures that they would like to have considered for the 2014 calendar, please bring them to the Historical Museum on Broadway on any Saturday between 10 a.m. and 4 p.m. If anyone out of town would like to send a copy of a picture, please send it to The Estill County Research Library and Museum, 133 Broadway, Irvine, KY, 40336. The picture needs to be a copy, which is non-returnable. Pictures need to be submitted by the end of October.

Saturday, October 12th

Extension Homemaker Trip

The Estill County Extension Homemakers has planned a fall day trip to Nashville, Indiana (Brown County) on Saturday, October 12th.

We will leave from Irvine around 7:00 a.m. Upon arrival we will browse the many shops that this town has to offer and enjoy the fall foliage. Lunch is

included at the Brown County Inn. The cost of the trip will be \$71.00.

We will depart around 3:00 p.m. and arrive back in Irvine around 7:00 p.m. Call the Estill County Extension Office (723-4557) to reserve your seat today.

Wednesday, October 23rd @ 11am

Irvine High School's Classes of '47 & '48 To Hold Reunion At Michaels

The annual reunion of Irvine High School Classes of 1947 and 1948 will be held at 11:00 a.m. on Wednesday, October 23, 2012 at Michael's Restaurant in Ravenna.

Members and/or friends interested in attending, please contact Wanda Wilson (723-2418), Juelma Blackwell (723-3416) or Eugene Bush (723-3662).

Kitchen Diva The Buzz About Honey

by ANGELA SHELF MEDEARIS

Honey is a complex ingredient, and its harvesting is an ancient artisanal craft that is both an art and science. From beehive to supermarket and finally reaching the table, the harvesting of honey is a compelling story. Honeybees gather nectar from flowering plants, and beekeepers collect honey from the hives. It is next shipped off to a honey packer, who warms the honey and removes any foreign material or residue from the beehive, including whatever pollens might have been introduced during the extraction process.

With more than 300 varieties of honey found in the United States, it ranges greatly in flavor and appearance. "The bees simply collect nectar, add a few enzymes and store it in the honeycomb. But all of the color, the flavor, the aroma, the antioxidants, whatever constituents are in the honey, comes from the particular flower from which the nectar was collected," said 40-year-veteran beekeeper Gene Brandi.

Honey has been in the news recently, with topics ranging from its source to its authenticity. In a 2013 Attitude and Usage study, the National Honey Board learned that when purchasing honey, 48 percent of consumers prefer for honey to be brilliantly clear and golden. Consumers also were increasingly likely to prefer honey that has pollen grains filtered out. This is one of several myths that need clarification, according to the NHB.

The fact is, whether there is pollen in honey or not, it's still honey.

"There has been some confusion about honey and honey filtration," said Bruce Boynton, CEO of the National Honey Board. "The term 'ultrafiltration' has been misused in association with traditional filtration methods commonly used by many U.S. honey packers, leading some consumers to believe that any honey without pollen is not real honey. The truth is that honey is made by honey bees from the nectar of flowers and plants, not pollen."

Honey is a unique ingredient that helps home cooks and professional chefs create countless recipes in the kitchen. This beloved ingredient also provides an all-natural energy boost, and acts as a natural cough suppressant and an effective skin moisturizer, nourishing the body inside and out. These simple recipes for Bees in the Garden Honey Glaze and Honey and Almond Shortbread beautifully showcase the floral flavors of honey. Try them and see what all the buzz is about!



PHOTO CREDIT: stock.xchg photo

BEES IN THE GARDEN HONEY GLAZE

Use this sauce with fresh or cooked vegetables, mix it into baked or mashed sweet potatoes, drizzle on cooked squash or use as a glaze for carrots, or sauteed celery or cucumbers.

- 1/4 cup honey
- 1/4 cup butter
- 2 tablespoons minced onion
- 1/2 teaspoon fresh thyme, crushed
- 1 teaspoon salt
- 1 teaspoon black pepper

1. In a saucepan, combine all the ingredients and bring the mixture to a boil. Cook for 2 minutes, stirring occasionally.

2. After use, pour any remaining honey sauce into an airtight container and refrigerate. Reheat the sauce in the microwave for 15 to 20 seconds and stir to recombine.

HONEY AND ALMOND SHORTBREAD

- 1 cup butter
- 1/3 cup honey
- 1 teaspoon vanilla
- 2 1/2 cups all-purpose flour
- 3/4 cup almonds, chopped and toasted

1. Preheat oven to 300 degrees F.
2. Cream the butter, honey and vanilla until fluffy. Add the flour, one cup at a time, blending well after each addition. If mixture becomes too stiff, knead in the remaining flour by hand. Work in nuts by hand.

3. Pat the dough into an ungreased, 9-inch cast-iron or heavy-bottomed, oven-proof skillet. Using a knife, mark the surface to divide the dough into 16, pie-shaped triangles. This allows the shortbread to be easily divided into serving pieces. With a fork, prick deeply into the scores.

4. Bake 35-40 minutes, until lightly browned. Cool 10 minutes. Remove from pan. Cut into wedges while warm, and serve.

Angela Shelf Medearis is an award-winning children's author, culinary historian and 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 and go to Hulu.com. Recipes may not be reproduced without permission from Angela Shelf Medearis.

(c) 2013 King Features Synd., Inc., and Angela Shelf Medearis