

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>

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, for anyone who plays.

Info on Class Members Needed

1984 ECHS Class Reunion

The Class of 1984 planning committee has been working hard on planning a fun-filled, 30-year class reunion.

Wow, 30 years, can you believe it!! However, we need your help, we need your address and names of any other classmate that you might know. Please call or text Belinda Fox Puckett at (859) 358-1403 or Vickie Miller Singleton at (859) 582-8138. You can also join our

"ECHS Class of '84" facebook page and leave your address on there or private message for Vicki or Belinda.

Go ahead and mark your calendars for September 12 & 13. All the details will be in the letter we will mail to you, and we will also post it on our "ECHS Class of '84" facebook page.

Help us spread the word. We hope you are as excited as we are!!

Thursday, May 22nd @ 5:30pm

Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will be meeting Thursday, May 22nd at 5:30 p.m. at Michael's Restaurant in Ravenna.

Cynthia Townsend will present the program on the FLO Party. Donations were given by the club in April to

Relay for Life, FLO Party, and lawn care for the old Irvine Cemetery.

Kiwanis is a global organization of volunteers dedicated to "improving the world one child and one community at a time."

Saturday, May 24th @ 1pm

Neal & Campbell Reunion

There will be a reunion at Chestnut Stand Cemetery, Saturday, May 24th, 2014 of the families of the late Will and Sarah Elizabeth Neal and Art and Mattie Campbell.

Dinner will be at 1:00 p.m. and will be potluck.

Please come and spend a

day with our "Kin Folks." There will be singing on the mountain and a silent auction. Bring anything to be auctioned.

For more information, call Lucille Neal Harrison at 606-723-2246.

Sunday, May 25th @ 10am

Annual Mays Reunion

The annual Mays Reunion will be held Sunday, May 25th, starting at 10:00 a.m. and lasting the day at the Estill County Fair Barn.

A potluck meal will be held around 1:00 p.m.

Everyone is welcome to come spend the day with family and friends.

Monday, June 2nd @ 7:00pm

Twin City Kruzerz Car Club

Twin City Kruzerz Car Club will be holding their monthly meeting on the first Monday of each month at Irvine City Hall at 7:00 p.m. If the meeting falls on a holiday it will be held the following

day (Tuesday).

All members and anyone wishing to join the club are welcome. If you have any questions please call Kenneth Tipton at 723-7554.

Tuesday, June 3rd

Estill County Historical Society

The Estill County Historical and Genealogical Society will meet on Tuesday, June 3, 2014, at the home of Gene and Eva Watson at McIntosh Hollow for their annual picnic. Please bring a covered dish.

Following the dinner, there will be an auction with items provided by the members. All proceeds from the auction will be used to make museum improvements.

The 2014 calendar is now available at the Museum on Saturdays. There should be a correction in the calendar for the month of July: "Anne Rainey Clark" should be listed as "Nancy Ann Rainey Clark".

The Estill County Pictorial History, World War II Book, the School Book, and the two volumes of the Cemetery Books are still available.

Through Fathers Day

Estill's Baby Bottle Fundraiser

The Estill County Center for Pregnancy & Parenting announces their annual Baby Bottle fundraiser. The Center is now open and serving clients and needs the support of our community to continue this much needed ministry.

From Mothers Day until Father's Day you can take a baby bottle home, fill it with your daily pocket change, cash or a check, and return it to the Center. That's it! This is such an easy way to help mothers, fathers and their babies!

Some local churches are participating and will have bottles to pass out to their families. Businesses may have a larger bottle for collection. Bottles coming from the Center are specially marked so you know where the money is going.

If you, your church or business would like to participate and have not been contacted, please call for more information and to reserve your bottles. 606-723-0184 or email: familyliferesources40336@gmail.com

Saturday, June 7th, 9-5

15th Annual Berea L&N Day

History comes alive on Saturday, June 7th in Berea, KY during the 15th Annual L&N Day. Join current and retired railroad employees, train buffs, and "kids" of all ages in celebrating the last brick L&N Railroad Depot still standing between Cincinnati and Knoxville.

Built in 1917, this historic depot, now home to the Berea Welcome Center, will be filled with memorabilia for show and sale, exhibits,

working model trains, and much, much more! Visitors can collect a commemorative ticket and watch freight trains cruise by just a few feet from the platform.

Located in the heart of the Old Town Artists' Village, North Broadway, Berea, KY, This event is FREE and open to the public from 9 a.m. - 5 p.m.

For more information call 1-800-598-5263 or visit the web at www.berea.com

Wednesday, June 11th @ 1:30pm

Citizens' Chemical Advisory Meeting

The next Kentucky Chemical Demilitarization Citizens' Advisory Commission and Chemical Destruction Community Advisory Board Meeting will be held Wednesday, June 11th at 1:30 p.m. at the Eastern Kentucky University Carl D. Perkins Building, Rooms A & B - Lobby Level, Kit Carson Drive in Richmond.

Local leaders will discuss topics related to the Blue Grass Chemical Agent-Destruction

Pilot Plant. Come to the meeting to observe committee members in action. There will be public comment periods throughout the meeting.

For More Information: contact the Blue Grass Chemical Stockpile Outreach Office by phone: (859) 626-8944, E-mail: bgoutreach@iem.com, Website: www.peocwva.army.mil, Facebook: www.facebook.com/peocwva or Twitter: www.twitter.com/acwanews

Friday, June 20th @ 6:30pm

Central Ky. World War II Roundtable

The bi-monthly meeting of the Central Ky. World War II Roundtable will be held Friday, June 20th at 6:30 p.m. at Ryan's Restaurant in Richmond. Historian Dr. Paul Rominger

will give a presentation entitled, "The American Indian During World War II."

If you have questions, please call Phillip Seyfrit at 859-623-8979.

Saturday, July 26th

IHS 1964 Class Anniversary

The Irvine High School Class of 1964 will celebrate the 50th anniversary of its graduation at Natural Bridge State Park on July 26th.

If you are a classmate of this group please contact either Tim Monson (859-224-2368) or Tom Bonny (606-723-5694) or thb@irvineonline.net).

The classmates that we have not been able to make contact

with are: Alvin Ballard, Robert (Bobby) Farris, Myra French, Jimmy Hall, Alonzo Horn, Sue Northern, Beverly Shearer, Donna Shearer, Margaret Tipton, Ronnie Welch, Harold Dean Wells, and Frankie Yeager. If anyone has contact information regarding any of these people, please let one of us know, or ask them to contact us.

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Ham Steak.....	\$3 ⁵⁰ /Lb.
Ham Cutlets.....	\$3 ⁵⁰ /Lb.
(Similar to cube steak, only ham)	
Bacon.....	\$4 ²⁵ /Lb.
Jowl Bacon.....	\$3 ⁵⁰ /Lb.
Pork Tenderloin.....	\$4 ⁵⁰ /Lb.
Pork Chops.....	\$4 ⁰⁰ /Lb.
Spare Ribs.....	\$3 ⁵⁰ /Lb.
Country Style Ribs.....	\$3 ⁵⁰ /Lb.
Baby Back Pork Ribs.....	\$3 ⁵⁰ /Lb.
Pork Burgers.....	\$4 ⁰⁰ /Lb.
(Ground, pattied pork with no seasoning)	
Bratwursts.....	\$4 ⁰⁰ /Lb.
Bundle Packages	
1/4 Processed Hog.....	\$11 ⁵⁰
1/2 Processed Hog.....	\$21 ⁰⁰
Whole Processed Hog ..	\$44 ⁰⁰

Kitchen Diva

Splendid Strawberries

by ANGELA SHELF MEDEARIS and GINA HARLOW

Strawberries are so lovely. Is it any wonder that the strawberry plant is a member of the rose family, and that the heart-shaped baubles we gobble up are not really berries, but the enlarged receptacle of the plant's flower?

Strawberries are very much a product of their environment: finicky, with the luscious fruit either providing an incomparable pop of flavor or the most disappointing let down of blandness. I don't know anyone who hasn't had more than their share of tasteless strawberries.

Strawberries like their soil and weather just so. It also appears they have suffered from our loving them too much. This once-delicate fruit is now commonly grown on Ponderosa-sized farms. What were once tiny jewels are now bright red golf balls (all the easier for field hands to pick). It's widely believed that this attempt to bring mass quantities to a demanding public has compromised the strawberry's irresistible sweet-tart flavor. While it's not impossible to find a ripe, honeyed berry in your grocery, when late spring comes, I suggest you hit the road and head either to a farmer's market or small farm stand.

Beside the color, the smell and the beguiling taste of seasonal strawberries, the great news is that they're good for you! They are on almost everyone's best-food list, mainly because of the high amount of vitamin C they deliver, more than oranges per serving, and with less sugar. They're also packed with fiber and antioxidants. Strawberries are considered a superfood.

When choosing strawberries there is one important checkpoint: smell. If your prospective package of berries doesn't give you that familiar waft of sweetness, then set it back down. The other aspect to check for is mold. Strawberries are highly perishable, don't travel well and are known to start spoiling even as they sit there looking attractive. When you get home, refrigerate them, and then wash as needed.

In addition to strawberry ice cream, shakes, pies and jams, or a bowl of fresh strawberries and cream, there are other ways to accentuate these treasures.

Strawberries pair well with many herb and citrus flavors, such as mint, lemon verbena, the juice and rind of lemons and oranges. You also can experiment with herbs such as tarragon, basil and lemon thyme. A little sugar or a great honey also will enhance the flavor of even the most perfectly ripe berry. Whipped cream, creme fraiche or a good quality Greek yogurt pair perfectly strawberries.

Strawberries also go well in savory dishes, and can be used in salads and sauces to add a bright dimension of flavor. Like so many foods, the essence of strawberries will intensify when roasted, either for desserts or as a surprising and attractive addition to side vegetables, such as carrots or beets. Try my recipe for Roasted Strawberry Jam, and be adventurous with strawberries!



Roasted Strawberry Jam

When cleaning strawberries, be sure to avoid soaking them in water. Strawberries are very porous and will become waterlogged and lose some of their flavor.

- 4 pounds ripe strawberries
- 1 cup granulated sugar
- 2 tablespoons lemon juice or orange juice
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

1. Preheat oven to 350 degrees F.
2. Rinse the strawberries thoroughly. Cut off tops and carve away any discolored or mushy parts. Quarter or dice each berry.

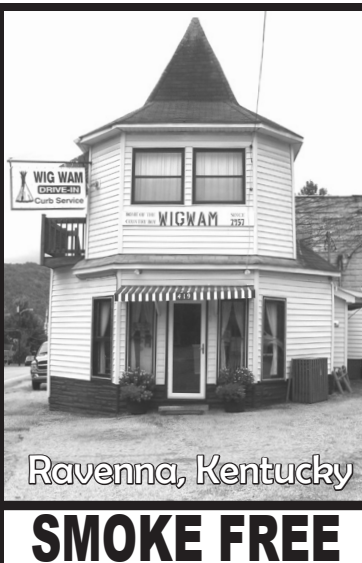
3. Place berries on foil or a parchment paper-lined roasting pan. Mix the berries with the sugar, juice, vanilla extract, salt and pepper. Spread berries evenly across the surface of the pan.

4. Roast for approximately 2 hours, 15 minutes, stirring every 20 to 30 minutes to prevent burning and sticking, making sure to scrape the sides of the pan.

5. Remove strawberries from the pan. Allow to cool slightly before using. Pour into an airtight container and refrigerate overnight to firm. Makes 1 1/2 cups.

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. Read Gina Harlow's blog about food, gardening and horses at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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