

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>

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!!

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.

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

Saturday, June 7th @ 12:30pm

New Location!!!

Annual Lamb Family Reunion

The annual Lamb Family Reunion, for the family and friends of James W. & Agnes Gross Lamb, will be held on Saturday, June 7, 2014 at the

Irvine Masonic Lodge, 221 Broadway.

Doors will be open at 10:00 a.m. and lunch will be served at 12:30 p.m.

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<EstillTribune.Com>
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(Sliced is \$4.00 per Lb.)	
Ham Steaks.....	\$3 ⁵⁰ /Lb.
Ham Cutlets.....	\$3 ⁵⁰ /Lb.
(Similar to cube steak, only ham)	
Bacon.....	\$4 ²⁵ /Lb.
Joint 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.....	\$115 ⁰⁰
1/2 Processed Hog.....	\$210 ⁰⁰
Whole Processed Hog..	\$440 ⁰⁰

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, Rooms A & B - Lobby Level, Kit Carson Drive in Richmond.

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

tion 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.peocwa.army.mil, Facebook: www.facebook.com/peocwa or Twitter: www.twitter.com/acwanews

Saturday, June 14th, 11-5

Bryant-Callahan-McKinney GT

The Bryant-Callahan-McKinney Get-Together will be held Saturday, June 14, 2014, starting around 11:00 a.m. and continuing until around 5 p.m. at 560 Wagersville Road in Irvine.

Take off Ky-52 East at Shell Apple Mart onto South Irvine Road (KY-89S) and

go approximately 7 miles to KY-1209, turning left and continuing for a half mile. Get-Together will be held at the Callahan Cemetery.

Please bring a covered dish, lawn chairs, and beverages.

For more information, contact Diane Purvis, Grove McKinney or Gwen Hager.

Through Fathers Day, June 15th

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

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, June 21st @ 4-8pm

Block Party at First Christian

First Christian Church will be having a Block Party on Saturday, June 21, 2014, 4-8 p.m.

There will be entertainment for people of all ages! There will be a dunking booth and large inflatables for children to play on as well as other fun and games for the entire family! Starting at 5 p.m., there will be live music. Christian Hip Hop artist Jeremiah Dean, who goes by the name, "Gone," will

be performing songs off his new CD, "In Good Faith," between 6 and 7 p.m.

From 7 until 8 p.m., "64 to Grayson" will be performing. They are a nationally renowned Christian group.

The church is really interested in getting a large crowd of all ages, as there will be a large variety of music . . . a little something for everyone. As in everything we do, the most important thing is to give the glory to God.

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 Hom, 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.

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.

Kitchen Diva

Homemade Microwave Meals Save Time

by ANGELA SHELF MEDEARIS and GINA HARLOW

You can use your microwave oven to prepare everything from appetizers to desserts. It's also energy efficient, as it won't heat up your kitchen and also helps to retain more nutrients in your foods during the cooking process. In some cases, a microwave is the best way to cook a dish, especially vegetables, because they'll have a better taste and texture.

The history of the microwave oven goes back to 1946, when Dr. Percy Spencer, an electronics genius and war hero, was touring one of the laboratories at the Raytheon Company. The company was testing a vacuum tube called a magnetron, the power tube that drives a radar set. As Dr. Percy stood in front of the "radar box," a candy bar in his pocket melted.

Dr. Percy tried other experiments with food, including using popcorn kernels. He designed a metal box around the magnetron with microwave power. Engineers developed and refined the idea, and the first commercial microwave oven hit the market in 1947. However, original response was not very good, and it wasn't until 1975 that a microwave oven was created for the consumer kitchen.

I encourage you to read the instruction book that came with your microwave. It's the easiest way to find out how to use all of its functions. I especially love my microwave's warming oven feature. It cycles on and off, so I can hold dinner for my husband when he's running late, or keep a casserole dish warm during the holidays.

When cooking on any power level other than HIGH, the oven cooks by cycling power on and off, so the energy has a chance to move through the food without overcooking it. MEDIUM and LOW power are generally used to soften, melt and defrost foods, while HIGH is usually used for cooking. Carefully follow the recipe when using your microwave, and you'll have beautifully cooked meals each time!

This recipe for Quick Stuffed Bell Peppers is easy to assemble and cooks in minutes. It also freezes well, so double the recipe, and when you're pressed for time, you'll have a homemade, microwave meal in minutes!



Photo Courtesy of Phil Curry, www.phillights.com

QUICK STUFFED BELL PEPPERS

8 bell peppers, tops removed and cut into a small dice, white membrane and seeds removed and discarded

- 1 cup shredded Monterey Jack cheese, divided
- 1 pound lean ground beef or turkey
- 5 crackers, crushed into fine crumbs
- 1 egg, slightly beaten
- 1 (3 ounce) package dehydrated onion soup mix
- 1 tablespoon steak sauce
- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon black pepper

Tomato Sauce Topping:

- 8 ounces tomato sauce
- 2 tablespoons salsa
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons brown sugar

1. Using a large bowl, gently mix together the diced pepper tops, 1/2 cup of cheese, ground meat, crackers, egg, soup mix, steak sauce, Worcestershire sauce, salt and black pepper.

2. Stuff the prepared peppers with the ground meat mixture and stand upright in a lightly greased 12-by-8-by-2-inch baking dish.

3. Combine the tomato sauce, salsa, salt, pepper and brown sugar. Mix well and pour over peppers.

4. Cover tightly with microwave-safe plastic wrap; fold back small edge for steam to escape. Microwave on high 12 to 15 minutes, until the filling is hot and pepper is almost tender. Let stand 6 to 8 minutes. Sprinkle peppers with the remaining cheese. Serve with a side of rice and a salad.

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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