

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>

Wednesday, June 18th @ 12 Noon

Board of Health Special Meeting

The Estill County Board of Health will be having a special meeting at Michael's in Ravenna at 12 Noon on Wednesday June 18.

Thursday, June 19th @ 3:00pm

Four Seasons Garden Club

"Fairy Gardens" will be the topic of the Four Seasons Garden Club's program on Thursday, June 19, at the Wisemantown United Methodist Church's pavilion at 3 p.m. Hostesses are planning a Faerie Festival which is a celebration of the leafing and flowering of the garden. The Four Seasons Garden Club is a member of the National Council of State Garden Clubs, Inc. and invites anyone interested in gardening to join. For more information contact Patti Reese, club president.

Thursday, June 19th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, June 19 at 5:30 p.m. at Michael's Restaurant. The program will be "Pictures from the Past" by Tom Whitaker. Donations were given by the club in May to Estill County Public Library Summer Reading program, Food Bank, Kiwanis Park Board, and Ministerial Association. Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time.

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

Hospice CP Volunteer Training

Hospice Care Plus New Volunteer Training will be held Saturday, June 21, 9 a.m. - 4 p.m., at the Compassionate Care Center in Richmond. Please RSVP to Julie at 859-626-9292 or hospice@hospicecp.org. Volunteers are needed to work directly with patients and caregivers, with bereavement programs, on special events, and in the Berea office and Compassionate Care Center.

Sunday, June 22nd @ 11am

Annual Roberts Family Reunion

The annual Roberts Family Reunion will be held on Sunday, June 22nd at the Irvine Masonic Lodge on Broadway. Doors open at 11 a.m. and a potluck lunch will be served at 1 p.m. All friends and family are welcome. For more information, call Lois at (606) 723-4419.

Tuesday, June 24th @ 7pm

Estill Ag. Development Council

The Estill County Agriculture Development Council will meet Tuesday, June 24, 7:00 p.m., at the Estill County Extension Office, 76 Golden Court, Irvine. Meetings are open to the public. For more information, call 723-4557.

Saturday, July 5th @ 2:00pm

ECHS Class of 1970 reunion

The Estill County High School Class of 1970 will have a class reunion at 2 p.m., Saturday, July 5, at Michael's Restaurant in Ravenna. Please RSVP by June 28 at (859) 588-2904 or (541) 870-3043.

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.

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. 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.

Visit Our Website At
<EstillTribune.Com>
For Up-To-Date Obituaries

The Jackson Independence Day Pageant

The Jackson Independence Day Pageant will be held on Saturday, June 28, 2014 at 1:00 p.m. in the Breathitt County Senior Citizens Center in Jackson, Kentucky. This is a Kentucky State Fair Preliminary Pageant.

PRE-REGISTRATION IS REQUIRED! All entrees must be received by Monday, June 23 at 108 Ford Street, Campbellsville, KY 42718.

Entry Fee is \$40.00 check or money order payable to Martha Boggs.

NOTE: There is no application form.

Open to all Kentucky residents ages birth to 21 years girls and birth to 7 years boys. The 5 to 7 year old age group will be done as couples and singles. Dress is, anything you want for 7 year olds and below (pageant or non-pageant), 8 years old and above is pageant wear.

MORE INFORMATION CALL 606-272-2844

Kitchen Diva

Green Is The New Black

by ANGELA SHELF MEDEARIS and GINA HARLOW

If asked, "What's your favorite veggie?" you might name that inaugural vegetable, likely one of the first you ever tasted, as the winner. You know, the one you had on your plate at least twice a week growing up: green beans! You might have had them served camo green from a can, or neon bright from a bag ... hanging out with a mix of frozen peas and carrots. Maybe, if you were lucky, it was a pile of fork-tender pods just picked from the garden, cooked with a slab of bacon. Whatever their incarnation, green beans hold a place in both our culinary history and our personal memories that is as indelible as Wednesday-night meatloaf or the annual Thursday Thanksgiving feast. It wasn't kale that Mom bought pureed in a small, fat jar and fed you as your first bites of "real food." It was green beans.

The thing about green beans is that in this age of kohlrabi, chard, sunchokes and celeriac, they seem so ordinary, maybe even a little plain. But that's exactly what we like about green beans, especially these days. I think we'd all admit it's nice to have an uncomplicated, straightforward vegetable around. Green beans are a simple side that we can count on when we see it on our plate. With green beans, there are no questions, no summoning up our courage, because they taste like home.

Mother knew what she was doing when she served up green beans, snap beans or string beans time after time. Green beans are high in dietary fiber and a tasty source of vitamins A and C. Just make sure not to overcook them. For crisp, tender beans, lightly steam for a just few minutes to retain their nutrients.

In the garden, green beans also are highly desired and very beneficial. As a member of the legume family, green beans produce their own nitrogen and are sometimes grown by gardeners and farmers to improve soil quality. Early Native Americans grew a garden called "Three Sisters," composed of corn, beans and squash. The corn provided the structure on which the beans could climb, the squash provided shade from the sun to retain soil moisture, and the beans provided nutrients for them all.

Of course, when we say green bean we are talking about the pod, not the bean itself. And in this class of legumes there are many varieties, from the standard Kentucky Wonder pole bean and the Italian flat bean, to the haricot verts and wax beans (which are not green at all). Each type has its own slightly unique flavor and characteristics.

While the United States grows more green beans than any other country, they also are prevalent in dishes from many cuisines from around the world. Fresh, tender green beans are best in preparations that allow their bright flavor and crisp texture to shine, like my recipe for this delicious Green Bean, Tomato, Corn and Sweet Onion Salad.



GREEN BEAN SALAD

You can make this salad up to 24 hours ahead, making it the perfect dish for a busy week or a summertime party.

- 1/4 red onion or sweet onion, sliced thin
- 1/4 European cucumber, cut into thin sticks resembling the shape and size of green beans
- 1/2 pint grape tomatoes, halved
- 3 tablespoons extra-virgin olive oil
- 1/2 lemon, juiced
- 1 teaspoon salt, plus 1 tablespoon for salting water
- 1 teaspoon black pepper
- 1 teaspoon poultry seasoning
- 1/4 teaspoon sugar or sugar substitute
- 1/8 teaspoon cayenne pepper
- 1 pound fresh green beans, washed and trimmed
- 1 cup fresh corn kernels (1 ear) or 1 cup frozen corn kernels

1. Place onions, cucumber and tomato in a bowl. Dress salad with a generous drizzle of extra-virgin olive oil, lemon juice, salt, pepper, poultry seasoning, sugar and cayenne pepper. Toss to combine and set aside.

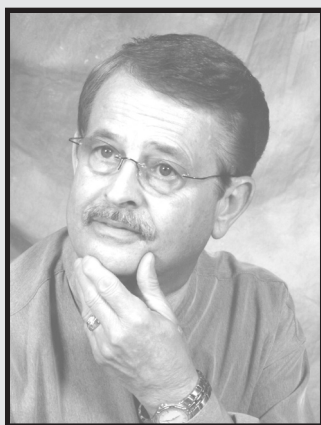
2. Meanwhile, bring 1/2-inch water to a boil and add the tablespoon of salt. Add green beans and corn, cover and steam for 3 or 4 minutes. Pour green beans and corn into a colander to drain. Cold-shock beans and corn by running under cold water; drain well. Add green beans and corn to the tomato salad and toss until well-combined. Serves 4 to 6.

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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Starting on June 2 applications will be taken for:

- Miss Estill County Open Beauty Contest – Ages 16-21
- Miss Estill County Open Teen Beauty Contest – Ages 13-15
- Miss Estill County Pre-Teen Pageant (Closed) – Ages 8-12

Pageant dates:

- Miss Estill County Pageant & Miss Estill County Teen - Monday, June 30, 2014 - Estill County Fairgrounds
- Miss Estill County Pre-Teen Pageant - Tuesday, July 1, 2014 - Estill County Fairgrounds

Pageant entry deadline for all 3 pageants – Saturday, June 28, 2014
For more information or an application call Gina Flynn (606) 975-5851 or Email Gina at <gina.flynn@estill.kyschools.us> or applications can be picked up at the Estill County Extension Office.