

## 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.

## RCP Children's Drama Camp

River City Players "Children's Drama Camp" for boys and girls 9 – 13 years old, will be held Monday-Wednesday, July 16th, 17th, and 18th, 2014. Your child will make new friends and discover talents they never knew they had.

Morning sessions will focus on stage terms and performance goals, making

props and backdrops, makeup and costumes. Afternoon sessions will be dedicated to rehearsal.

Camp will be held in the basement of the Irvine United Methodist Church on Main St, Irvine, 9 a.m. until 4 p.m. on July 16th & 17th; and 9 a.m. until 5 p.m., July 18th. On July 18th campers

will perform a series of skits beginning at 5 p.m. Refreshments will be served following the performance.

Lunch and afternoon snack provided. Camp fee is \$25 per child. Pre-registration required. For more information call Susan Hawkins 606-723-5755, or email susan.hawkins81@yahoo.com.

## 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>

### Immediately

### Mercy Primary Care Changes

Mercy Primary Care in Irvine, a service of Marcum & Wallace Memorial Hospital (MWMH), has announced that Dr. Rondal Goble will be leaving his practice in September. He will continue to be a physician in the Emergency Room at MWMH.

"Dr. Goble has been an essential part of the Medical Team at both Mercy Primary Care and patients at the hospital over the past four years," said Susan Starling, MWMH President & CEO. "He will be greatly missed."

Mercy Primary Care will contact Dr. Goble's patients to make the transition to a new healthcare provider as convenient as possible. They will have the option to remain a patient of the clinic and choose from the quality team of providers at Mercy Primary Care (Billie Kelley, APRN; Pam Isaacs, APRN; Mark Rukavina, MD; and Maher Kassis, MD).

MWMH is actively recruiting a new primary care provider for the vacant position at Mercy Primary Care.

Tuesday, July 1st @ 7pm

### Estill Historical Society To Meet

The Estill County Historical and Genealogical Society will meet on Tuesday, July 1, 2014, at the Estill County Public Library at 7 p.m. for a business meeting concerning the Back Porch Homecoming "the Internet Gang" which has been set for July 24-26.

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, WW II Book, the School Book, and the two volumes of the Cemetery Books are still available.

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 19th, 12 Noon - 4pm

### Annual Walling Family Reunion

The annual Walling Family Reunion will be held on Saturday, July 19, 2014, 12 Noon until 4 p.m., at the Irvine Masonic Lodge meeting room on Broadway. The meal will be potluck. All friends and family are welcome to attend.

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 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.

## Kitchen Diva

### The Beef Master

by ANGELA SHELF MEDEARIS and GINA HARLOW

I was watching a morning news show and saw a fascinating interview with Baseball Hall of Fame pitcher and cattle rancher Nolan Ryan about his new cookbook, "The Nolan Ryan Beef and Barbecue Cookbook: Recipes From a Texas Kitchen." Footage of Ryan with his family on one of his cattle ranches provided a different perspective of a man that many people know only from his legendary baseball career.

Ryan has loved raising cattle since he was a child. He first got into the cattle business in a roundabout way. He started visiting ranches in South Texas because he was interested in deer hunting. He ended up spending a lot of time driving around looking at the cattle in the pastures and decided to go into the cattle business. Now, Ryan provides his tender Nolan Ryan All-Natural Beef to Kroger stores, suppliers and restaurants around the country.

"I have high standards when it comes to steaks!" Ryan says. "After years of trying to find a consistent steak, I finally decided the only way I could guarantee beef that's good every time was to start my own brand. I gathered several ranching friends and enlisted some of the top meat scientists and beef marketing people in the world. Together, we developed a program to provide guaranteed tender, all-natural beef that would always be tender, tasty and a great value for families."

I've never cooked with beef products that were even close to the quality of Ryan's All-Natural Beef. While there are many definitions of "all-natural," his beef goes beyond even the U.S. Department of Agriculture's definition of "minimally processed with no additives or preservatives." The company uses the most wholesome ingredients from cattle raised in a stress-free environment. The science says that happy cattle produce a great product. It turns out that stress is the single biggest cause of tough steaks. Ryan and the other cattle owners who provide beef for his company treat their animals in a humane way that ensures a safe, pure and healthy product.

To develop the cookbook, Ryan and his team worked with Cristobal Vazquez -- executive chef at Rangers Ballpark in Arlington, Texas, and Nolan's personal chef -- to produce a practical and inspiring recipe collection that will allow you to prepare delicious beef.

One of my favorite recipes in Ryan's cookbook is the Easy T-Bone with Soy and Pineapple Marinade. It's the perfect recipe for a holiday celebration or a casual family dinner.



### Easy T-bone with Soy and Pineapple Marinade

This recipe for marinated and grilled T-Bone steaks was a winner with my family! It showcased the full flavors and tenderness of Ryan's beef perfectly!

- 2/3 cup olive oil
- 1/3 cup red wine vinegar
- 1/4 cup pineapple juice
- 1/4 cup soy sauce
- 8 T-bone steaks, 1-inch thick
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper

1. In a large glass baking dish, combine olive oil, vinegar, pineapple juice, and soy sauce. Set aside 1/4 cup of the marinade in a small bowl to use for basting.

2. Add the steaks to the dish and turn to coat well. Set aside at room temperature for 30 minutes.

3. Preheat grill to medium and lightly oil grill grates. Drain steaks and discard marinade. Season steaks with salt and pepper, and place on the grill. Cook steaks (in batches, if necessary) for 6-8 minutes per side for medium, basting with reserved marinade and turning steaks with tongs several times. Use tongs rather than a fork to juices sealed in.

4. Remove steaks from grill. Let rest for 5-10 minutes. (During grilling, juices are forced to center of the steak, so if you dig in right away, the juices will puddle on your plate. Resting gives the juices a chance to re-distribute through the meat for a juicier steak.)

(Recipe courtesy of "The Nolan Ryan Beef and Barbecue Cookbook: Recipes From a Texas Kitchen" by Nolan Ryan. For more information, visit Facebook: facebook.com/realnolanryan and Twitter: nolanryan\_34 or nolanryanbeef.com.)

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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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# The Estill County Tribune

Estill County	Adj. Counties	Kentucky	Out of State
1 year \$16.04	1 year \$26.42	1 year \$30.19	1 year \$32.00
Sales Tax 0.96	Sales Tax 1.58	Sales Tax 1.81	Sales Tax 0.00
Total \$17.00	Total \$28.00	Total \$32.00	Total \$32.00

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