

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>

Thursday, July 17th @ 6pm

Garden Thyme Herb Club Meeting

The Garden Thyme Herb Club will be meeting on Thursday, July 17 at 6 p.m. in the fellowship hall of New Beginning Church. There will be a presentation on herb of the month followed by a lesson on using herbs in quick breads. Everyone is invited to attend. For more information, call 723-3096.

Saturday, July 19th @ 6:00pm

ECCHS Class of 1969 reunion

The Estill County High School Class of 1969 will hold their class reunion on Saturday, July 19, starting at 6 p.m. If you did not receive a letter about the reunion, please call (859) 519-0563.

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.

Tuesday, July 22nd, 1-2:30pm

Blood Drive At Marcum Wallace

What happens in Vegas stays in Vegas, but blood donated in Kentucky stays in Kentucky, where it saves lives at hospitals served by Kentucky Blood Center. Area donors can save a life at the upcoming blood drive at Marcum & Wallace Hospital, Tuesday, July 22, 2014, from 1 - 2:30 p.m. on the KBC Bloodmobile, at 60 Mercy Courts in Irvine, and also be entered to win a trip to Las Vegas. Every donor will receive a \$10 Walmart gift card! Donate and be entered to win a blue Toyota Corolla Sport!

The trip promotion runs the month of July, and donors must be at least 18 years old to win.

To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

Blood donors must be 17-years-old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D.

Thursday-Saturday, July 24th-26th

Back Porch Homecoming

The Estill County Historical and Genealogical Society will host the Back Porch Homecoming "the Internet Gang" at the Research Museum on Broadway from Thursday, July 24 through Saturday, July 26, 2014.

This will be a time when people from various states, including Kentucky, can come to Irvine for research of their family history.

The August Meeting at the Library will be Tuesday, August 5 at 6 p.m. (Notice that the time has changed to 6 p.m.)

Saturday, July 26th @ 10am

89th Annual McKinney Reunion

The 89th Annual Reunion of the descendants of Wilde McKinney will be held Saturday, July 26, 2014, at Jackson's Chapel Methodist Church in Spout Springs on Highway 82 between Hargett and Clay City.

The schedule will be as follows: 10:00 a.m., anyone who wants to go to the Cottage Furnace which was owned by one of our ancestors, meet at Jackson's Chapel to caravan to the furnace; 10:45 a.m., the Church will be open for visiting, for bringing exhibits and

for viewing what others have brought. Everyone (young and old) is asked to bring a baby picture of himself or herself and to bring baby pictures of any of his or her ancestors. Any other antique pictures or photos of events in your lives this year are also welcome; 12:00 Noon, group picture; 12:15 p.m., eat and visit. Pot luck dinner; 1:30 p.m., business meeting and hymn sing.

Come as early as you can. Stay as long as you want.

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.

Kitchen Diva

Cool Food

by ANGELA SHELF MEDEARIS and GINA HARLOW

"As cool as a cucumber" is a much-used phrase, referring to a state of mind rather than the clean crunch of the pale-green flesh of a cucurbit, but it is true. There isn't a summer-fruiting food cooler than a cucumber. When the weather wilts you, a cucumber is nature's tasty refreshment.

Cucumbers are a member of a large, diverse family of summer ripening crops, including melons and squash. So it begs the question: Is it a fruit or vegetable? Because botanists define food that develops from the flower of a plant as fruit, cucumbers -- like tomatoes and many other surprising foods such as avocados, corn, beans and peas -- are, scientifically speaking, classified as fruit. With its unassuming flavor, cucumbers are versatile in ways that other fruits and vegetables aren't.

Cucumbers possess beneficial antioxidant compounds and are low in calories, and also offer these health benefits:

- Fight heat, both inside and out. Eat cucumber, and your body gets relief from heartburn. Apply cucumber to your skin, and you get relief from sunburn.

- Flush out toxins. All that water in cucumber acts as a virtual broom, sweeping waste products out of your system. With regular use, cucumber is known to help to dissolve kidney stones.

- Contain skin-friendly vitamins and minerals: Magnesium, potassium, silicon and vitamins A, B and C, which boost immunity, give you energy and keep you radiant. Give it more power by juicing cucumber with carrot and spinach.

- Cut cancer. Studies show that cucumber helps to reduce your risk of several different types of cancers.

- Stabilize blood pressure. Patients, with both high and low blood pressure, often find that eating cucumber brings relief.

- Refresh the mouth. Cucumber juice refreshes and heals diseased gums, leaving your mouth smelling good.

- Smooth hair and nails. Silica, the wonder mineral in cucumber, makes your hair and nails stronger and shinier.

- Soothe muscle and joint pain. All those vitamins and minerals make cucumber a powerful enemy of muscle and joint pain.

- Keep kidneys in shape. Cucumber lowers uric-acid levels in your system, keeping the kidneys happy.

- Good for diabetics, who can enjoy cucumber while reaping its health benefits: Cucumber contains a hormone needed by the cells of the pancreas to produce insulin.

- Reduces cholesterol. A compound called sterols in cucumber helps reduce bad cholesterol.

For all their wonderful qualities, cucumbers can, at times, be slightly bitter, and it's important when choosing them at the market to select smaller fruit. Cucumbers often are sprayed with pesticides, so use organic cucumbers as much as possible. Young cucumbers likely will have smaller seeds and are usually sweeter. English or hot house cucumbers are longer than most other varieties and have a thin, tender skin, so they are great to leave unpeeled.

When choosing cucumbers for pickling, look for the nubby, small cucumbers (often called "pickling cucumbers") for the best results. There also is an interesting type of cucumber called lemon cucumbers. They're called "lemon" not because of the taste, but because they are about the size of a lemon and yellow-colored when ripe. When at their best, cucumbers of all kinds can bring a whole new type of cool to your summertime meals.

Cucumbers are the perfect addition to salads, slaws and other cold dishes. They add a fresh crispness to cool soups, which are especially good for warm season meals. Cucumbers can be shaped into interesting edible containers to hold more strongly flavored dips and stuffings.

Cucumbers of all varieties are loved for their texture as much as their taste. Since cucumbers are approximately 95 percent water, they could be considered a fibrous, pleasantly flavored thirst quencher. My simple recipe for Cucumber Lemonade is the perfect way to use cucumbers to refresh and rehydrate during the dog days of summer.



CUCUMBER LEMONADE

If you don't want to blend and strain your ingredients, slice the organic cucumber and lemon, combine them with the water and sugar and refrigerate for at least 4 hours to flavor the water.

5 cups cold water
1 large organic cucumber (peeled and cubed)
Juice of 1 large lemon
1/2 tablespoon stevia, honey or sugar, as desired

Using a blender, juicer or food processor, combine water and cucumber until mixture is smooth. Strain mixture over a pitcher or large bowl using a fine mesh strainer, and discarding the solids (you won't have to do this step if using a juicer). Combine cucumber mixture with lemon juice and stevia, honey or sugar. Pour over ice cubes, and serve immediately. Makes 2 large servings.

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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2014 The Jenkins Family Proudly Presents 2014
The 36th Annual
RED LICK VALLEY
BLUEGRASS FESTIVAL
July 24th, 25th & 26th

THURSDAY JULY 24

- Bean Supper 5:30-7:00pm
- TBA
- Red Lick Rednecker
- TBA

FRIDAY JULY 25

- Salt Creek
- Coon Creek Girls
- Ma Crowe & Lady Slippers
- Johnny Browning & Cornbread Express
- Blue River
- Tommy Brown & County Line

SATURDAY JULY 26

- Coon Creek Girls
- Jubilee Road
- Crossroads
- Mike Creech & Southern Blend
- Southland Drive
- Glenn Ritchie
- Tommy Brown & County Line

ASST. MANAGERS

Larry Stewart
Othal Dawson
Gene Thompson
Tweed Donahue
Boyd Jenkins

GROUND RULES

- 24-Hour Security
- No Alcohol In Stage Area!
- Bring Your Own Chair
- Armbands Will Be Enforced!
- No Golf Carts Or Bikes In Stage Area!
- Everyone MUST Have Fun!!

TICKETS AND INFO

Children Under 12 FREE!
Adults \$15.00 Per Night
3-Day Pass \$35.00 At Gate
Advance Pass \$30.00
(Until July 4th)

CONTACTS: TRACY JENKINS

606-723-4613
GENE THOMPSON 859-689-7431
SOUND -- JERRY WARNER

Campers Welcome Anytime
Electric Hookup \$10.00 Per Night
(Electric First Come Basis)
100 Acres Level Camping

Motels, Restaurants, Groceries Nearby

RAIN OR SHINE *** NO REFUNDS

4405 RED LICK ROAD, IRVINE, KY 40336

Festival Dedicated In Memory of
Barbara "Colie" Jenkins