

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.

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" face-

book 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.

Friday, August 15th @ 6:30pm

CKY World War II Roundtable

The bi-monthly meeting of the Central Kentucky World War II Roundtable will be held Friday, August 15, 2014, at 6:30 p.m. at Ryan's Restaurant in Richmond, just off I-75, exit 87.

Kentucky State Historian Dr. James Klotter will give a presentation entitled "Kentucky during World War II."

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

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.

Fridays, 6:00 to 8:00pm

Commander's Ball at Post 79

American Legion Post #79 will have their annual Commander's Ball on Saturday, August 2, starting at 6 p.m. with a steak dinner. The dance will follow at 8 p.m.

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Monday, August 4th @ 7pm

Twin City Kruzers Meeting

The Twin City Kruzers will be having their next monthly meeting on Monday, August 4th at Irvine City Hall at 7 p.m.

Cruise-In is free and open to the public. Come on and enjoy some fine vehicles. Proceeds to benefit Hospice Care Plus.

The next monthly Cruise-In will be held on Saturday, August 9th in downtown Irvine from 5 until 9 p.m. The

For information, contact Kenneth Tipton, president, (606) 723-7454 or Darrell Hall at (606) 723-3612..

Saturday, August 16th @ 1pm

Hall - Case Family Reunion

The Hall - Case Reunion will be held Saturday, August 16, 2014 at the Masonic Lodge on Broadway, Irvine.

around 1 p.m. All friends and relatives are invited to bring a covered dish and drinks. Everyone is welcome.

LAFF - A - DAY



"The D. A.'s office, please? I'm the eyewitness they're counting on."

Fresh Produce Now Available

Click Farms of Irvine now has fresh produce available. Sweet Corn is flourishing with white Silver Queen or yellow Honey Select now ready, priced at \$4 per dozen or \$3 per dozen for 10 dozen or more with free delivery here in Estill County. Other items include green beans, watermelons and cantaloupes along with sweet and juicy peaches from South Carolina. Tomatoes, red or green, are available for \$1 per pound. Check out roadside stands on River Drive next to the Twin or on the Richmond Road next to Roses. Orders can be placed by calling 606-975-9940 or 606-643-5145

Jackson Energy's line techs earn top honors for being the best in the state at the 2014 Kentucky Lineman's Rodeo

Jackson Energy's line techs climb poles and repair equipment every day. Last week, they earned top honors for being the best in the state at the 2014 Kentucky Lineman's Rodeo.

"The teams are judged on the skills and safety rules they use on the job, as well as their speed," says Jackson Energy President & CEO Carol Wright. "They competed against teams from other co-ops all across Kentucky and I'm proud to say Jackson Energy's teams earned both first and second place."

Events range from the hurt man rescue category, which requires the lineman to climb to the top of a pole and "rescue" a 150-lb. mannequin, to climbing a wooden electric pole as quickly as possible and also changing out electrical equipment, like cross arms and lightning arrestors. All of the competition is done while a stop watch calculates the seconds and judges monitor individual technique to make sure the lineman follows the rules.

"It's a friendly competition emphasizing not only speed but safety," explains Wright. "The line techs do the task as quickly as they can, but they also have to remember the safety rules associated with the job. They can lose points if they take a short cut and miss a step or don't use the proper equip-

ment."

The team of Jeremy Rayborn, Royce Baker and Kris Cunagin won overall 1st place in the contest, which was held at Inter-County Energy in Danville. They brought home the coveted chrome transformer, which is a travelling trophy. Like the name implies, the first place trophy is a chrome-plated electric transformer. Name plates on the base of the trophy list the winning team for each year.

This marks the third time a Jackson Energy team has won the trophy since the competition began in 2005. Coming in second overall was another Jackson Energy team, Gerard Lakes, Jonathan Tillery and Willis Sizemore.

In individual competition, JEC's Jonathan Tillery won 1st place in the Individual Journeyman competition.

Wright said the results were also a reflection on the training students receive at the Somerset Community College Lineman Training Program. She noted that four of the seven line techs competing for the Jackson Energy teams were graduates of the program.

"Jackson Energy is committed to hiring the highest quality line techs to work for our members," she says, "and the Somerset Community College program has provided us with those employees."

FARM SERVICE AGENCY AGRICULTURE NEWS

Richmond FSA Service Center
1024 Ival James Blvd., Ste A-2
Call 888-758-6909

Disaster Assistance for 2012 Frost or Freeze Fruit Crop Losses

The U.S. Department of Agriculture (USDA) has announced the Noninsured Crop Disaster Assistance Program (NAP) assistance for losses to bush or tree fruit crops due to frost or freeze during the 2012 crop year. The program, authorized by the 2014 Farm Bill, provides supplemental NAP payment to eligible producers.

Farmers who did not have access to crop insurance and are in primary and adjacent counties that received a Secretarial disaster designation because of frost or freeze in 2012 are eligible for NAP assistance. Losses due to weather damage or other adverse natural occurrences may also qualify for program assistance.

NAP enrollment began July 22, 2014. Applications must be submitted to FSA county offices by Sept. 22, 2014.

"After the 2014 Farm Bill was enacted into law, USDA expedited the restart of disaster assistance programs as a top priority," said FSA Administrator Juan Garcia. "Fruit producers experienced significant financial losses from weather-related damage in 2012. NAP provides them with long-awaited disaster relief."

To expedite applications, producers who experienced losses are encouraged to collect records documenting these losses in preparation for the sign-up in this program. Producers also are encouraged to contact their FSA county office to schedule an appointment. Limited resource, socially disadvantaged, and beginning producers are eligible for premium reductions and also may be eligible for fee reductions.

Interested producers can view the 2012 NAP Coverage for Frost, Freeze or Weather Related Fruit Losses Fact Sheet at <http://go.usa.gov/5kSQ>, or visit a local FSA office. To find out if land is located in an eligible frost/freeze county, visit <http://go.usa.gov/53rz>.

Today's announcement was made possible through the 2014 Farm Bill, which builds on historic economic gains in rural America over the past five years, while achieving meaningful reform and billions of dollars in savings for the taxpayer. Since enactment, USDA has made significant progress to implement each provision of this critical legislation, including providing disaster relief to farmers and ranchers; strengthening risk management tools; expanding access to rural credit; funding critical research; establishing innovative public-private conservation partnerships; developing new markets for rural-made products; and investing in infrastructure, housing and community facilities to help improve quality of life in rural America. For more information, visit www.usda.gov/farmbill.

County committee nominations are now open. FSA will mail ballots to eligible voters beginning Nov. 3, 2014. Ballots are due back to the Madison/Estill Farm Service Agency located at 1024 Ival James Blvd., Ste A-2 Richmond, either via mail or in person by Dec. 1, 2014. Newly elected committee members and alternates take office on Jan. 1, 2015.

USDA is an equal opportunity provider, employer and lender.

Kitchen Diva

A Melon by Any Other Name

by ANGELA SHELF MEDEARIS and GINA HARLOW

Crenshaw, Musk, Honeydew, Casaba, Water, Persian ... the list of melons that are grown these days is long. Melons come in a many sizes, shapes, colors and flavors. Sweet, watery and cooling, they're a gift of the summer harvest that quenches our thirst with a food we can practically drink and eat at the same time!

Melons prefer hot, dry days and cool evenings to produce the sugar that gives them their nectarous flavor. Depending on where you live, a ripe, juicy, truly sweet melon may be a gift of the harvest at your local grocery store. While melons transport well, they must be harvested for shipping while still green. Sometimes this works well, other times not, and it can be just another case of falling for beauty that is only skin deep.

When choosing melons at the store, press and smell the spot where the fruit was severed from the stem. It should give slightly to the touch and exude a pleasant perfume. Almost all melons, except watermelons, can be judged this way.

Looking for a good watermelon is a little more difficult. There is science behind the "thumping" of a watermelon to test for ripeness. A ripe melon will give off a hollow sound, which indicates that the melon has developed its water content.

All melons should feel heavy for their size, a sign that they are full of juice. Locally grown melons also will have a flat, yellow spot on one side where it lay as it ripened in the field.

Melons are an ancient fruit, first cultivated in Asia and Africa over 4,000 years ago. From there they were introduced to western and northern Europe. Watermelons in particular provided an important source of water to primitive people, and it is believed that the first watermelons were brought to the Americas by African slaves.

As a group, melons are a truly beneficial food. They are low in calories and high in potassium, as well as vitamins A and C. They also are a delicious source of fiber. Watermelons are high in lycopene, the pigment that gives them that beautiful pinkish-red color. Lycopene has been shown to help prevent heart disease and some cancers.

Even though most melons are known for their sweetness, their flavor melds well with savory ingredients: mixed with herbs and vinegars in salads, or paired with cured meats such as prosciutto and salami for an appetizer. For dessert, the options go from simply scooping the seeds from half a cantaloupe and replacing it with a dollop of ice cream or yogurt, to combining melons with other fruits to serve with a pudding or cream, or pureeing melons for sorbets and ices.

My recipe for Jellin' Melons is an easy, kid-friendly dessert, and the perfect way to showcase the best of summer melons.



JELLIN' MELONS

Fresh or frozen pineapple, papaya, kiwi, figs, guava and gingerroot all contain enzymes that prevent gelatin from setting, so never use them in gelatin recipes. If you don't have strawberries on hand, you can use a cup of any canned fruits or juices, since the canning process kills this enzyme.

- 1 large cantaloupe or honeydew melon
- 1 package (3 ounces) strawberry-banana gelatin (or your choice of gelatin flavor)
- 1 cup boiling water
- 1/2 cup unsweetened applesauce
- 1 cup sliced fresh strawberries, leaves and stems removed

1. Cut the melon in half lengthwise from bud to stem end; discard seeds. Cut a thin slice off the bottom of each half so the melon sits level. Pat the inside of the melon dry and turn it melon-side down on a paper towel to drain thoroughly.

2. In a large bowl, dissolve gelatin in boiling water. Stir in applesauce and strawberries. Pour into melon halves. Cover with plastic wrap and refrigerate overnight.

3. Just before serving, carefully slice each melon half into three wedges. Any extra gelatin can be poured into a bowl, covered with plastic wrap and chilled until set. Makes 6 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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