

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>

First and Third Tuesdays at Raders'

Estill County Lions Club

The Estill County Lions Club will meet on the first and third Tuesday of every month at Rader River Restraunt. The meal is at 6:30 p.m. and business meeting begins at 7 p.m.

Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world. We invite those who feel a call to make our community a better place through service to attend and learn about how Lions around the world earn our motto, "We Serve..."

The Estill County Lions Club will be accepting applications for eye glass assistance, beginning on September 1, 2014.

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.

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.

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

Saturday, August 16th @ 1pm

Harrison Family Reunion

The annual Harrison Family reunion will be held Saturday, August 16 in the South Irvine Christian Church fellowship hall. A potluck lunch will be served at 1 p.m. Come early and bring all your favorite dishes. Drinks, eating utensils paper plates, cups, and ice will be furnished. Hope to see all friends and family there.

UK COOPERATIVE EXTENSION SERVICE

University of Kentucky - College of Agriculture

EXTENSION NOTES

Family And Consumer Sciences

Monday, August 18th @ 1:00 p.m.

Edible Landscaping Workshop

from Chelsea K. Bicknell, Estill County Extension Agent for Family and Consumer Sciences

Gardening can beautify the landscape if you plan it with a view in mind and then maintain it. Learn how to choose edible plants that look great and provide food too. Effectively manage composting so it helps your garden grow. Beautify, eat well and save money when you landscape with edible plants.

Come join us at the Estill County Extension Office at 1:00 p.m. on Monday, August 18, 2014 to learn about edible landscaping and how to make a hypertufa for your garden. Dress accordingly.

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.

Tuesday, August 19th @ 7pm

Arts Council Directors Meeting

Estill Arts Council Board meeting will be held in the Estill County Public Library community room at 7:00 p.m., Tuesday, August 19, 2014. Everyone is welcome to attend.

Saturday, August 23rd @ 1pm

Patrick Family Reunion

The descendants of Sanford and Dora Ann Dickerson Patrick will be having their annual reunion on Saturday, August 23, 2014, from 1-5 p.m. at the Aldersgate Camp & Retreat Center at Fitchburg.

Follow KY-52 to Ravenna past Micheals; then proceeding on KY-52 to 1182 (Cob Hill Road); then turning left at bottom of hill on to 975, following it to the Aldersgate Camp.

Please bring food and drinks for your family to share potluck style. Come, visit with us. Friends are also welcome.

Saturday, August 23rd @ 5pm

Dinner-Pantomime Show

Irvine Chapter #357, Order of the Eastern Star, will be presenting a dinner-pantomime show on Saturday, August 23, 2014, at the Lodge Hall located on Broadway in Irvine. The public is invited to join in a night of good food, fun and lots of laughter. There will be about 23 new acts, and each one will be funny and entertaining.

Dinner will be served at 5:00 p.m. in the Lodge Hall dining room, and the pantomime show will begin at 6:00 p.m. Cost of both the dinner and the show will be \$10.00. For tickets and to make reservations, call Phyllis Noland at (606) 723-6310. Tickets will also be sold at the door.

Sunday, August 31st @ 1pm

Annual Jones Family Reunion

The descendants of the late Fannie Rucker Jones and Cleve Jones invite all friends and family to attend and bring photos to share at the annual Jones reunion to be held on Sunday, August 31, 2014, at Natural Bridge State Park. Dinner at 1 p.m. Come Early! Stay Late!

Saturday, September 6th @ Noon

Annual Proffitt Family Reunion

The annual reunion of the family of James and Elizabeth Crowe "Pop" Proffitt will be held Saturday, September 6, 2014, at Carl McIntosh's "Shelter Valley," just off Watson Ridge Road near Furnace. All friends and family are invited to come, enjoy a potluck lunch, and spend the day. There will be hat contests for both adults and children, so, wear your best. Also, door prizes are given out to nearly everyone who attends. Everyone is welcome!

September 12th & 13th

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.

Wednesday, September 24th @ 2pm

Legal & Financial Planning

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. This workshop is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place. Learn what legal decisions must be made, and how to use those decisions to protect and provide the best care possible for the person with dementia. Explore the options available to pay for care, where to find additional resources, and how to make the best financial choices for both the person with dementia and the caregiver. Guest speakers will be Carolyn Kenton Bluegrass Elderlaw and Loretta Henderson of the Bluegrass Area Agency on Aging. Sponsored by the Alzheimer's Association.

The program will be held on Wednesday, September 24th from 2-4:30 p.m. at the Madison County Public Library located at 507 West Main Street, Richmond. Registration is required. Please contact 1-800-272-3900 or e-mail infokyy-in@alz.org.

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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

Kitchen Diva

Deep Purple

by ANGELA SHELF MEDEARIS and GINA HARLOW

Of all the berries of summer, blackberries are the ones that arrive early and stay late into the season. In warm climates, this strikingly beautiful fruit begins producing in late spring, and if the weather is not too hot, will continue throughout the summer. If you've grown tired of strawberries and can't find fresh raspberries or blueberries at the market, there most likely will still be baskets of blackberries.

Many of us, with other choices of summer fruit, might pass over blackberries. Maybe you remember a blackberry with a tart, sugarless taste. This unfortunate berry simply didn't have what it needed to grow to its full potential. It would be a shame to shun blackberries without tasting them. They're one of the most delicious and healthy treats that summer could possibly bring us. Today's farmers know just how to keep their plants happy and producing sweet, tart fruit.

Blackberries, like blueberries and raspberries, are a super food. They are rich in vitamin C and fiber, but their most desirable healthy trait comes from their dark-blue color, which is linked to high antioxidant levels. Antioxidants are considered a natural deterrent to many cancers and other diseases, and there is a long list of wonderful health effects associated with eating fresh blackberries regularly.

In summer, depending on your part of the country, there are many pick-your-own farms. This is a fun way to get the tastiest fruit. When selecting blackberries, look for ones that have a plump, dark color. Remember the brand or farm that gives you your first delicious berries, because you likely can depend on it throughout the season.

Blackberries are highly perishable. When you get them home, unpack them and look for any that might have mold, and discard them. Then store the berries, unwashed, in a single layer on a plate or in another container, and place it in the refrigerator. The blackberries should keep for up to a week.

You can use blackberries in both sweet and savory dishes. My recipes for Grilled Cheese Sandwiches with Blackberry-Basil Spread and my Blackberry and Spinach Salad are the perfect way to showcase the sweet perfection of blackberries.



Grilled Cheese Sandwiches w/Blackberry Basil Spread

- 12 ounces fresh blackberries
- 12-15 fresh basil leaves, chopped
- 1 loaf multigrain bread, Italian ciabatta, sourdough or a French boule, cut into 8 thick slices
- 2 tablespoons olive oil
- 2 tablespoons butter or mayonnaise
- 3-4 ounces Kraft Deli Deluxe American Singles
- 3-4 ounces of Fontina cheese, sliced

1. In a large, deep bowl, gently mash the blackberries with a potato masher or a fork, and stir in the chopped basil. Heat an electric griddle or large, heavy non-stick or cast-iron skillet over medium-low heat for at least 5 minutes.

2. Brush 4 slices of the bread with half of the olive oil and the butter or mayonnaise. On the remaining 4 slices of bread, place a single slice each of the American and the Fontina cheese. Top with a few spoonfuls of smashed blackberries. Place the oiled and buttered slices of the bread on top of the blackberries and press the slices together gently.

3. Carefully turn the sandwiches over so that the oiled and buttered side is in contact with the bottom of the griddle or skillet. Carefully brush the top of sandwiches with the remaining oil and butter. Turn heat down to medium low, and let each side cook for about 4-5 minutes to let the cheeses melt and the bread toast. Remove from the heat and serve immediately. Makes 4 sandwiches.

BLACKBERRY AND SPINACH SALAD

- 2 cups baby spinach leaves
- 1/4 cup blackberries
- 3 strawberries, sliced
- 1-2 thin slices of red onion
- 3 ounces chunk light tuna packed in oil
- 1/4 cup extra-virgin olive oil
- 2 heaping teaspoons of grainy mustard
- 1 tablespoon lemon juice or rice wine vinegar
- 1/2 teaspoon sugar, honey or agave syrup
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon torn, basil or mint leaves plus more for garnish

Place spinach, blackberries, strawberries, red onion and tuna in a bowl. In a small bowl or a jar with a lid, mix extra-virgin olive oil and grainy mustard together. Add lemon juice or rice wine vinegar, sugar, honey or agave syrup, salt and pepper and the basil or mint leaves and mix well until emulsified. Dress salad and garnish with more whole herb leaves if desired.

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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