

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 23rd @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, July 23, 5:30 p.m., at Michael's Restaurant. Obrene Richardson will present the program about "Gideons".

The Kiwanis Club has over 90 years of service to our community. New members are welcome. Anyone interested can contact any Kiwanis member.

Friday, July 24th, 6-8pm

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 an Appalachian Dulcimer or anyone who is interested in playing one is welcome to attend. The Appalachian Dulcimer was designated as the official state instrument of Kentucky in 2001.

Friday & Saturday, July 24th & 25th

Estill Historical Society Is Holding Annual Back Porch Homecoming At Museum on Broadway in Irvine

The "Internet Gang" at the Estill County Historical & Genealogical Society will be holding their annual Back Porch Homecoming on Friday and Saturday, July 24th & 25th, 2015, 10 a.m. until 4 p.m. at the Society's museum at 133 Broadway in Irvine.

The 2015 Calendar is now available at the Museum on Saturdays between 10 a.m. and 4 p.m. The Estill County Pictorial History, World War II Book, the School Book, and the two volumes of the Cemetery Books are still available.

Saturday, July 25th @ 10:30am

90th Annual McKinney Reunion

The 90th annual McKinney Reunion will be held Saturday, July 25, 2015, at Jackson's Chapel United Methodist Church at Spout Springs, Kentucky (Highway 82 between Hargett and Clay City), connecting our history with that of our ancestors down through the years. All descendants and friends of descendants of Wildy McKinney are welcome. To date, listed in our genealogy are 2,676 descendants of Wildy's sons and daughters: David Russell, Lucy, William Matthew, Elizabeth, Mariam, Martha, Polly Jane, James Franklin (the Elder) Richard, Thomas Shelton, and Joel William. The theme of our reunion is "Love." Bring photos of you and your loves and your ancestors and their loves, wedding pictures, wedding invitations, wedding newspaper articles, and stories to tell. The church will be open at 10:30 a.m. for visiting, searching the genealogy (editing and adding to it), sharing your photos of the family and important places in the family history both antique and contemporary, catching up with each other, and sharing stories. The annual family group picture will be taken at 12:00 Noon sharp, followed immediately by pot luck dinner at 12:15 p.m., hymn sing at 1:30 p.m., and business meeting. Come as early as you can. Stay as long as you like.

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Book for Sale
60 Page Historical Book about Tipton Ridge, Fitchburg, Cob Hill, Furnace, and surrounding communities from the 1980s.
For more information, Call Madalene Wasson (606) 726-9705

UK COOPERATIVE EXTENSION SERVICE University of Kentucky - College of Agriculture

Estill County Family & Consumer Sciences
Chelsea K. Bicknell
Estill County Extension Office

Tuesday, July 28th @ 1pm

End of Summer Day Camp
The Estill County Cooperative Extension Service Family and Consumer Sciences program has partnered up with Kentucky River Foothills to host a day camp for kids up to age 13 on Tuesday, July 28th, 2015 from 1pm-3pm at the Estill County Extension Office. This program will include free healthy and nutritional snacks and fun activities for the kids. Free transportation can be provided for kids who need it. Every family will receive a food box to take home with them after the program is over. To sign-up for this event or to request transportation, call 723-4557. For more information contact Chelsea Bicknell at 723-4557 or chelsea.bicknell@uky.edu.
Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.

Tuesday, August 4th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, August 4 and on the first and third Tuesday of every month at Raders' River Restaurant. 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..."

Tuesday, August 4th @ 7pm

Estill Historical Society To Meet

The Estill County Historical & Genealogical Society will meet at 7 p.m. on Tuesday, August 4, 2015 at the Estill County Public Library, 246 Main Street in Irvine. The speaker, Susan Dick, will give a presentation on the Food Bank.

Saturday, August 15th @ 12 Noon

Dickerson-Patrick Reunion

The descendants of Sanford and Dora Ann Dickerson Patrick will have their annual reunion on Saturday, August 15, 2015, starting at 12:00 Noon at the Ravenna National Guard Armory located on KY-52 West just outside of Ravenna. Lunch will be at 1:00 p.m. Please bring food, soft drinks, water, etc. for your family and we'll all share our food in potluck style. Inform all friends and relatives that they are welcome.


Saturday, August 1st @ 12:30 pm

The Lamb Family Reunion

The annual Lamb reunion for the families of James W. and Agnes Gross Lamb will be held on Saturday, August 1st at the Irvine Masonic Lodge at 221 Broadway, Irvine, Ky. The meal will be served at 12:30 p.m. Bring a covered dish and join us. All family and friends are invited.

THE ILLUSTRATED BIBLE

All the kings of the earth shall praise You, O Lord, when they hear the words of Your mouth.
- Psalm 138:4



Jadeite pendant of a noble person wearing the formal head gear of the ruling elite. Late Classic Maya period (AD 650-850)

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Jack Walling
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Kitchen Diva Refresh Yourself

As the heat rises in the summer, so does your body temperature, your output of sweat and the need to drink more fluids. Sweating is the body's way of naturally cooling itself. Since your body is actually losing fluids as you sweat, it is important to keep hydrated.

Water makes up about 60 percent of your body's weight and is a key part of many body processes. Besides helping to regulate body temperature, water is present in every cell and helps protect some body tissues. Water aids in the transport of nutrients and promotes the elimination of waste.

According to the book "Nutrition Concepts and Controversies" by Frances Sizer and Eleanor Whitney, by the time you become thirsty, you already may have lost 2 percent of your body fluid. Mild dehydration is when you have lost 2 percent to 5 percent of your body fluids. Symptoms of mild dehydration include thirst, dry mouth and throat, rapid pulse, low blood pressure, weakness or lack of energy, and reduced quantity of urine. When there is a fluid loss of more than 5 percent, the body has severe reactions, which include pale skin; bluish fingertips and lips; rapid, shallow breathing; weak, irregular pulse; and confusion or disorientation. It can result in shock, seizures, coma and death.

A person who burns about 2,000 calories should get about 8-12 cups of fluid per day. Your fluid intake doesn't have to come just from water. Many foods contain a high percentage of water, and that counts as part of the 8-12 cups of needed fluid. Celery, cucumber, lettuce, summer squash and watermelon are up to 95 percent water. Grapefruit, strawberries, broccoli and tomato are 90 percent to 94 percent water, and milk, yogurt, egg whites, fruit juices, apples and carrots are 80 percent to 89 percent water.

The thirst mechanism can become weak in senior citizens or may be ignored by young children, so they may need to be monitored to assure they drink enough fluids. A good gauge of hydration is urine color. Dark-colored urine indicates a need for more fluids.

After exercising, it's important to replenish depleted fluids, electrolytes and glucose. Almost everything you need to refuel can be found in a serving of 4 cups of juicy, delicious watermelon.

Watermelon originated in Africa and spread throughout the world. Between 200 to 300 varieties of watermelon exist, with many grown in Mexico and the United States, particularly in Southern states, with about 50 varieties that are most popular.

Watermelon juice contains 92 percent water and 8 percent natural fructose sugar. The flesh and especially the rind are rich sources of citrulline, an amino acid. Citrulline is used to make another amino acid, arginine, which is responsible for removing ammonia from the body and regulating vascular tone and healthy blood pressure. Watermelon also contains a number of other essential vitamins, especially vitamins A and C, as well as the essential mineral potassium.

Try this refreshing recipe for Watermelon Aqua Fresca, and remember to stay hydrated this summer!



WATERMELON AQUA FRESCA
"Aqua fresca" is Spanish for "fresh water." It is a popular drink in Mexico and the Southwestern United States
6 pounds seedless watermelon, cut into 2-inch pieces
2 cups cold water
1 tablespoon lime juice
1 tablespoon agave nectar or honey
1. In a blender, combine half of the watermelon and 1 cup cold water. Blend until smooth. Pour through a strainer into a pitcher; mashing the solids with the back of a spoon to extract the juice. Discard solids. Repeat with remaining watermelon and cold water.
2. Stir in lime juice and agave or honey. Refrigerate for 1 hour. Serve over ice. Makes 6 (1 1/3 cup) servings.
(Additional information provided by Tammy Roberts, MS, RD, LD, Nutrition and Health Education Specialist and Livestrong.com.)

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. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook.
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