

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>

Estill Health Department Announces Family Planning Schedule Change

Starting in September, Family Planning Clinics will be held on Wednesday afternoons. Walk in between 12:30 p.m. and 2:00 p.m. to be seen the same day. Remember to bring your medical card or proof of income or last check stub to each visit.

COOPERATIVE EXTENSION SERVICE

University of Kentucky – College of Agriculture



Estill County Family & Consumer Sciences

Chelsea K. Bicknell
Estill County Extension Office

Monday, August 24th @ 12 noon

Melons

Have you ever wondered about the magnificent powers that melons have? Melons are low in calories and fat; rich in vitamins, minerals and antioxidant! On Monday, August 24th at 12:00 noon, the Estill County Cooperative Extension Service will host a learning session called "Melons 101." Rachel Abney, Nicholas County FCS Extension Agent, will be the instructor. Participants will learn about various melons available in Kentucky, taste new recipes and look at different ways to prepare, select and store melons for you and your family. This free workshop is open to the public.

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.

Thursday, August 20th @ 5:30 p.m.

Irvine-Ravenna Kiwanis

The Kiwanis Club of Irvine-Ravenna will meet Thursday, August 20 at 5:30 p.m. at Michael's Restaurant.

The annual Kiwanis TV-Radio Auction will be the program. Plans will be made for the auction which will be held October 3.

Persons dedicated to improving the world one child and one community at a time are welcome to become members.

Thursday, August 20th @ 3 pm

Four Seasons Garden Club

The Four Seasons Garden Club's meeting will be Thursday, August 20 at 3:00 p.m. at the County Extension Office. Eric Baker, Agriculture Extension Agent, will present the program on "Weed Control." The meeting is open to the public and free of charge.

The object of the club is to stimulate the knowledge and love of gardening; to aid in the protection of native trees, plants, and birds; and to promote cleanliness, beauty, and improvement of property in Estill County. New members are welcome to join the club which meets on the 3rd Thursday of each month.

The Four Seasons Garden Club is a member of the National Council of State Garden Clubs, Inc.

Saturday, August 29th @ 11am

Crowe Family Annual Reunion

The descendants of Jonah Jesse Crowe and Melissa Arvin Crowe will hold the annual family reunion with a potluck lunch on Saturday, August 29, 2015 at the Estill County Fair Barn starting at 11 a.m.

Bring your favorite dish & family story to share!

Sunday, August 30th @ 1pm

Annual Jones Family Reunion

The descendants of Cleve and Fannie Rucker Jones invite all friends and family to the annual Jones family reunion on Sunday, August 30, 2015 at Natural Bridge shelter #3 at 1:00 p.m.

Bring a covered dish. Please come early stay late.

Tuesday, September 1st @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, September 1 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..."

Saturday, September 5th @ Noon

Profitt Family Annual Reunion

The annual reunion of the family of James and Elizabeth Crowe "Pop" Profitt will be held Saturday, September 5, 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!

Saturday, Sept. 26th

Helping Hands Outreach's 1st Community Resource Event

Helping Hands Outreach will be hosting the First Annual Community Resource Event on Saturday, September 26th at the Estill County Fairgrounds. More information is to follow but please consider your involvement now. Estill County has so many groups that work tirelessly to keep our community strong and to help those most in need. This is an opportunity for YOUR church or volunteer group to set up a booth to share information about the services you offer. It is a time to reach out to other groups and also a time for recruiting volunteers.

Music will be provided as well as guest speakers and food in a family environment.

We at Helping Hands believe in sharing God's Love with the world. Won't you get your group involved?

Share this with everyone and if you or your group wants to get involved send a private message to the Estill County Connect FB site with contact information and a representative will get back to you.

Or you can email us at connect@helpinghandsirvineky.com

Saturday, Sept. 26th

Kiwanis Club To Sponsor Trip To The Derby Dinner Theatre

The Irvine-Ravenna Kiwanis Club is sponsoring a bus trip to Derby Dinner Theatre to see the play, "The Last Potluck Supper" on Saturday, September 26. The bus will leave Irvine at 3 p.m. The price is \$85.00 per person. It includes transportation, dinner, show, and a donation to the Kiwanis Ball Park. Please call Terry Williams at 723-5447. The deadline is Sept. 1.

Sunday, September 26th @ 9 am

Color of Hope - 5K Run/Walk

Join the fun again this year with the Hospice 5K Color Run/Walk on Saturday, September 26, 2015, starting at 9 a.m. Sponsorships are available for this event also. Early registration is \$25 through Sept. 18 and is non-refundable. Registration fee the day of the race is \$30.

Contact Julie Hatfield at Hospice Care Plus or Jeannie Gregory at Citizens Guaranty Bank for more information!

Registration forms can be picked up and returned at any Citizens Guaranty Bank location. For more information, call (859) 986-1500.

Saturday, October 10th @ 1pm

Irvine High School Reunion

Attention: All Irvine High School Students, there will be an all inclusive Irvine High School reunion on Saturday, October 10, 2015 at the old IHS gym/Estill Springs Elementary School from 1:00-5:00 pm. Please plan to attend and bring any memorabilia you have. Light refreshments will be served. The cost is \$10.00 per person at the door. It will be a wonderful time to catch up with old classmates.

Also, there will be a golf scramble on Friday, October 9 beginning at 9:30 at the Estill County Golf Club. We hope to see you there.

Friday, August 21, 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.

Kitchen Diva

Sandwich Your Summer

by ANGELA SHELF MEDEARIS

A sandwich is the perfect way to enjoy a simple, yet filling meal on a hot summer day. If your taste buds are tired of traditional sandwich fare, it's time to explore other cultures. A modern Vietnamese banh mi sandwich is a delicious melding of Asian spices and ingredients encased in a French baguette.

The original components of the banh mi (pronounced BUN-mee), a generic term used to describe food made with flour, were introduced to Saigon by the French in the early 20th century. A traditional French-style banh mi consisted of buttered baguettes that the locals called banh tay (literally, "foreign cake"), and ham or pate.

By 1945, "Tay" had been dropped in favor of "Mi" to become Banh Mi, which literally means "bread made from wheat." The change signaled that bread had been fully accepted as Vietnamese cuisine. This was significant because rice had long been the staple food. The introduction of banh mi heralded a new phase in the culinary sensibilities of the Vietnamese people.

In time, the banh mi took on a decidedly Asian flare. After French rule ceased in 1954, the Vietnamese started to include their own ingredients, condiments and garnishments. Butter was replaced with a kind of mayonnaise, while pickled vegetables and fresh chilies were added to enhance the flavor. Thinly cut pork, chicken and beef were preferred to ham, and spicier condiments such as pickled vegetables also were added.

The emergence of street vendors also heralded the reintroduction of banh mi as a food staple for the masses. Many vendors combined Eastern and Western influences such as the use of canned French butter, fresh mayonnaise, cucumber and pickles, and a variety of meats including sardines, shredded chicken, grilled pork patties, barbecued meatballs, fried eggs and bean curd.

Banh mi, along with its unique variations, migrated to America along with the Vietnamese families who fled the war in the 1960s and '70s. They combined the traditional banh mi with ingredients from their new home.

Today, a variety of banh mi sandwiches are available from barbecued pork to vegetarian tofu versions topped with marinated vegetables, spicy chili sauce, soy sauce and mayonnaise, and encased in a warm baguette or a flour tortilla.

If a Vietnamese banh mi sandwich isn't sold in your area, you can make them at home using this wonderful recipe for Chicken Banh Mi. It's a great for using leftover grilled, smoked or barbecued chicken, or a rotisserie chicken from your local grocery store.



Depositphotos.com

CHICKEN BANH MI

You can make the crunchy, marinated carrot topping for this traditional sandwich ahead of time and store it in an air-tight container. If daikon radish isn't available, use 1/4 cup peeled and shredded radish as a substitute.

- 1/2 cup carrots, peeled and shredded
- 1/2 cup daikon or red radish, peeled and shredded
- 2 teaspoons sugar or sugar substitute
- 1/4 teaspoon salt
- 1 tablespoon cider vinegar
- 1/3 cup chopped fresh cilantro
- 2 1/2 tablespoons reduced-fat mayonnaise
- 2 1/2 tablespoons low-fat plain Greek yogurt
- 1 tablespoon soy sauce
- 3/4 teaspoon fish sauce
- 1 tablespoon lime juice
- 1 teaspoon Sriracha sauce or 1/4 teaspoon cayenne pepper
- 1 pound cooked chicken, shredded
- 3 (12-inch) baguettes, halved lengthwise
- 18 thin slices of cucumber
- 3 scallions, thinly sliced lengthwise and cut into 2-inch pieces
- 1 kiwi, thinly sliced, optional

1. Preheat oven to 400 F.
2. Place carrot, radish, sugar, salt and vinegar in a small bowl; stir to combine. Let marinate while preparing the rest of the ingredients.
3. Place cilantro, mayonnaise, yogurt, soy sauce, fish sauce, lime juice and Sriracha or the cayenne in a medium bowl; stir to combine. Add the cooked, shredded chicken; toss to coat.
4. Cut each baguette horizontally in half and place in the oven to toast until tops are golden brown. Spread mayo on each half, if using. Using a slotted spoon, divide the carrot mixture among the baguettes (discard vinegar). Top with chicken, cucumber, scallions and the kiwi slices, if desired.
5. Press on tops. Cut each baguette into two 6-inch sandwiches. Serves 6.

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

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SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Astute

STRAM

Bother

MENTORT

Item

MENTELE

Look

SCHEAR

TODAY'S WORD



"I see I'm not the first to complain about your _____!"

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