

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>

Wednesdays @ 5:30pm

Beginner Yoga at Marcum & Wallace

Beginner Yoga class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30-6:30 p.m. with instructor Laritza Gomez. The cost in one non-perishable food item for Helping Hands Outreach Ministry. Bring your own yoga mat. The instructor will guide the class through basic poses focused on relaxation, building core strength and flexibility.

Fridays, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club will meet every Friday from 6 to 8 p.m. at the Estill County Library, 246 Main Street, Irvine, for anyone who plays an Appalachian Dulcimer. Or anyone who is interested is playing one is welcome to attend. The Appalachian Dulcimer was designated as the official state instrument of Kentucky.

Friday and Saturday, July 29-30

Estill Historical Backporch Homecoming

The Estill County Historical and Genealogical Society will host the Back Porch Homecoming "the Internet Gang" at the Research Museum on Broadway on Friday and Saturday, July 29 and July 30. This will be a time when people from various states, including Kentucky, can come to Irvine for research of their family history. The 2016 calendar is still available at the Museum on Saturdays.

Saturday, July 30th, 5-9 pm

91st Annual McKinney Reunion

The ninety-first annual McKinney Reunion will be held Saturday, July 30, at Jackson's Chapel United Methodist Church on Highway 82 between Hargett and Clay City. All descendants of Wildy McKinney, spouses, and friends are welcome. The church will be open at 10:00 for catching up with each other, visiting, putting up our exhibit of the photos you and artifacts you bring, and telling our school days stories. The Annual Group Picture will be made at 12:00 sharp as well as generational pictures. Pot Luck Dinner begins at 12:15; Annual Hymn Sing at 1:30, followed by Business Meeting. Bring information to update the genealogy. There will be a music jam session after the business meeting. Bring your instruments and your voices. Come as early as you can; stay as long as you like!

This year our photo and artifact exhibit will focus on "School Days!" elementary school and high school. Everyone from youngest to oldest is asked to bring school pictures and snap shots of his or her own days in elementary school and high school and to tell us stories of "School Days." If people have photos of their ancestors at school or artifacts from ancestor's school days (like report cards and awards and letter jackets), please bring them to share also. The earliest photo of school days that we currently have in our collection

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Monday, Aug. 1st @ 6pm

Estill Friends of the Library

The next meeting of Friends of the Library is on Monday, August 1st at the library at 6 p.m. at the Estill County Public Library, 246 Main Street in Irvine. All members, new members and visitors are welcome to attend!

Monday, August 1st, 7-8pm

Twin City Kruzers' Cruise-in

The Twin-City Kruzers will be meeting Monday, August 1 7-8 p.m. in Irvine City Hall. The next Cruise-In is Saturday, August 13.

Twin City Kruzerz Cruise-Ins are free and open to the public. The Club is planning several cruises and cookouts for members this year. Cruise-Ins are held at the

Courthouse on the second Saturday of the month from 5 until 9 p.m. Meetings are held at Irvine City Hall from 7-8 p.m. on the first Monday of the month.

Anyone interested in joining needs to talk to a Club member or call Melvin Williams @ 723-5447 or Tobo Bryant @ 723-7248 or 3858.

Friday, August 5th @ 9am

Retired Co. C Guard Breakfast

Attention: All retired and old National Guard members of Charlie Company 1/149th. There will be a breakfast at Cracker Barrel, in Richmond,

on Friday, August 5th and on the first Friday of each month at 9 a.m.

All are invited and welcome. Hope to see you there!

Tuesday, Aug. 2nd @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, August 2 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, August 6th @ 7:30pm

Irvine High School Class of 1971

Everyone who attended Irvine High School from fall 1967 through spring 1971 is invited to join the IHS Graduating Class of 1971 for a meet and greet at the home of Jane Witt) and Tobo Bryant, 211 Geneva Avenue in Irvine, at 7:30 p.m. on Saturday, August 6, 2016.

Saturday, August 6th @ 12:30pm

Annual Lamb Family Reunion

The annual Lamb Family Reunion for the family and friends of James W. and Agnes Gross Lamb will be held on Saturday, August 6, 2016, at the Irvine Masonic Lodge at 221 Broadway in Irvine. Doors open at 10:00 a.m. Lunch will be served at 12:30 p.m. Bring a covered dish and join us.

Tuesday, Aug. 9th @ 6:30pm

ECHS Class of 1976 Planning

The Estill County High School Class of 1976 is planning a 40th High School Reunion this fall. We are having a planning meeting on Tuesday, August 9th at 6:30 p.m. at Hardee's in Irvine. Any of our classmates who would be interested in coming to help plan this event, are invited to come. If you have any questions or ideas, please feel free to call Jeff or Terrie Tate at (606) 723-2547.

Saturday, August 13th @ 1pm

Annual Dickerson-Patrick Reunion

The descendants of Sanford and Dora Ann Dickerson Patrick will be having their annual Dickerson-Patrick Reunion on Saturday, August 13, 2016 at the Estill County National Guard building on Highway 52, just outside of Ravenna going toward Beattyville. Please bring food and soft drinks for you family. Lunch will be served pot luck at 1:00 p.m. We'd like to invite all our friends and relatives to come and spend time with us. We'd love to see you. Submitted by Barbara Wise

Saturday, August 13th @ 6pm

Summer BBQ Coming to Prewitt Farm

The annual Summer Fun BBQ fundraiser is celebrating its 10th anniversary, and everyone is invited. Join hosts Mr. and Mrs. Vernon Prewitt on Saturday, August 13 at 6:00 p.m. for "Summer Fun BBQ under the Big Top." The event will be held at the Prewitt farm on Cedar Grove Road in Irvine. This year's BBQ features a buffet meal, live and silent auctions, and a circus-themed night of summer fun.

Hospice Care Plus staff member Nikki Stuart says the BBQ event has become a staple in the community and an important source of support for Hospice. "The incredible volunteers who organize the event have raised at least \$90-\$95,000 these first 9 years. The organizers give every penny to Hospice to support our programs and services. It's been a huge way that the Estill County community has stepped up to make hospice care available for everyone, regardless of ability to pay."

Citizens Guarantee Bank in Irvine has organized the Summer Fun BBQ each year as a way to support Hospice Care Plus.

September 17th

Annual Isaacs & Flaney Reunion

Descendants of Wilburn Isaacs and Vandallie Griffey of Estill County, and Jacob and Patsy Hartsock of Jackson County, will have a reunion on Sat., Sept. 17, 2016 at 1:00 p.m. at the Loretta Lynn Ranch in Hurricane Mills.

Plans are for hamburgers, hot dogs, and a covered dish to share. Several activities are listed on their website. For more information call or text Anola Fiessinger (Valentine) (937)312-4571 or DebbieMcCombs(937)408-3189.

Kitchen Diva Summer Potluck? Of Course!

by ANGELA SHELF MEDEARIS

We love hosting dinner parties; however, our time is limited these days. All of the planning, shopping, cooking, serving and cleanup can be a little over-whelming. Exhaustion isn't the best way to start a social evening!

So, how do you plan a dinner party without all of the stress? Host a themed, multi-course potluck dinner and make your dinner party an event to remember.

1. Create a theme and a list of courses that fit well with your concept for the evening. If you're centering your potluck dinner around an event -- awards ceremonies, an outdoor concert, a birthday or anniversary celebration -- plan everything from the potluck dishes you assign to the decor to fit the theme.

2. Try mixing things up by have each course showcase a single ingredient. This way, you get an eclectic mix of dishes unlike the typical offerings at this type of gathering. For example, you could have a potluck on the beach featuring a Seafood by the Seaside theme, or a vegetable-forward Farmer's Market Feast in the country. Potluck dinners, by their very nature, are designed to be portable and casual in nature.

3. Plan the dinner in courses, from appetizers to the dessert, breads and drinks: Create your guest list and assign a menu item to each guest. Check with your guests about any food allergies, and share that information with everyone who is preparing food.

4. Assign more than one person to prepare each course, with enough servings for all of the guests. As the host, you may want to take care of one of the appetizers and one of the main-course dishes. That way, you don't have to worry about a late arrival bearing the first course or a last-minute cancellation that could delay dinner.

Here are two potluck dishes that work well for a summer gathering: a simple appetizer for Summer Fruit with Chile, Salt and Lime, and an main-course Asian-Style Pork Rotini with Spicy Peanut Sauce. Remember to relax, delegate and enjoy each course of your potluck dinner party!



Summer Fruit with Chile, Salt, and Lime

You also may want to use papaya or firm, sliced peaches instead of mangoes for this recipe, which serves 5-6.

- 1 tablespoon kosher salt or other coarse salt
- 1 1/2 teaspoons ground chile pepper
- 1 1/2 tablespoons honey or agave syrup
- Zest and juice of 1 lime

- 1 (10-pound) watermelon, cut into wedges
- 2 large mangoes, cut into thick slices, discard pit
- Lime wedges and mint leaves for garnish (optional)

1. Combine the salt, chile pepper and lime zest in a mortar and pestle. Alternatively, you can finely chop the lime zest and use a fork to mix it with the salt and the chile powder.

2. Arrange the watermelon wedges and mango slices on a platter and drizzle with lime juice and the agave or honey so the chile mixture will adhere to the fruit. Sprinkle the chile mixture on top. Garnish with lime wedges and mint leaves, if desired. Serve immediately or refrigerate until ready to serve. This dish packs well in a sealed container in a cooler.

Asian-Style Pork Penne with Spicy Peanut Sauce

This dish is perfect for a potluck because you can serve it hot or at room temperature. It serves four, but is easy to double or triple as needed. You also can use rotini, cavatappi, rigatoni or fusilli pasta, if desired.

- Kosher salt for seasoning pasta water
- 1 (12-ounce) box penne
- 1 1/2 tablespoons sesame oil
- 5 medium green onions, roots discarded, whites and greens thinly sliced and separated
- 2 tablespoons minced fresh ginger
- 2 medium garlic cloves, minced
- 1 pound ground pork
- 3 tablespoons soy sauce
- 2 tablespoons unseasoned rice vinegar
- 1 tablespoon Asian hot chile paste; more to taste
- 1 tablespoons granulated sugar or stevia
- 1/2 cup crunchy peanut butter, preferably natural
- 2/3 cup low-sodium chicken broth
- 1 medium lime, cut into 4 wedges
- 1/4 cup chopped fresh cilantro, basil or parsley (optional)

1. Bring a large pot of salted water to a boil. Add the penne and cook according to package directions until al dente.

2. Meanwhile, heat a 12-inch heavy-duty skillet over medium heat. Add the oil, then the white part of the green onions. Cook, stirring, until softened, about 1 minute. Add the ginger and garlic, and cook, stirring, for 30 seconds.

3. Crumble in the pork and cook, stirring occasionally, until it loses its pink color, about 5 minutes. Stir in the soy sauce, vinegar, hot chili paste and sugar or stevia, and cook until bubbling. Add the peanut butter and stir until incorporated. Pour in the broth, stir well, and bring to a simmer. Cook for 2 minutes, stirring occasionally.

4. Reserve 1/2 cup of the pasta water, drain the pasta, and return it to the pot. Stir in the pork mixture and green parts of the green onions. Thin the sauce with the pasta water, if necessary. Divide among plates or bowls, squeeze a lime wedge over each serving, and top with cilantro, if using.

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. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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