

# 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 Appa-

lachian 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, Sept. 2nd @ 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 2nd and on the first Friday of each month at 9 a.m.

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

**Friday, September 2nd @ 6pm**

## River City Picnic in the Park

The River City Players are hosting their second "Picnic in the Park" Friday night, September 2, 6-8 p.m., at the Veterans' Memorial Park located on Main Street in Ravenna.

This year the theme will be "Going to the Movies." Those wishing to decorate a table or a blanket are urged to select a theme associated with a favorite movie from the past.

Each table seats six individuals and can be reserved for \$60 per table. Blanket seating is also available for \$5 per person. Individuals are to bring their own blankets or low back chairs. Children 6 years of age and under receive free admission. Gates will open at 5 p.m.

for those desiring to decorate their tables or blankets for judging. No outside tables will be permitted.

"The Local Honeys," from Beattyville, KY, the first female graduates from Morehead State University Traditional Music Program, will supply the entertainment for the evening.

Tables can be reserved by contacting Bobby Carol Noland at 606-723-2254, or Susan Hawkins at 606-723-5755.

All proceeds from the evening will go toward the "Save the Mack" theater purchase and upgrade. Sorry, no pets allowed.

**Saturday, September 3rd @ Noon**

## Profitt Family Annual Reunion

The annual reunion of the family of James and Elizabeth Crowe "Pop" Profitt will be held Saturday, September 3, 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, September 3rd @ 1pm**

## Annual Mansfield Reunion

All friends and family are invited to the annual Mansfield Reunion on Saturday, September 3, 2016 at 1:00 p.m. at the Sandhill Christian Church fellowship hall at 100 Sandhill Church Road in Irvine.

This year we will be hon-

oring a special lady, Myrtle Mansfield Rose, daughter of Arthur and Martha Mansfield, who will be celebrating her 100th birthday.

Bring a covered dish and join us for food, fun and sharing memories.

Hope to see you there!

**Sunday, September 4th @ 1pm**

## Annual Crowe-Carroll Reunion

The annual reunion of the descendants of William M. and Nellie Carroll Crowe will be held on Sunday, September 4, 2016, at the Family Shelter located on Stacy Lane Road in Irvine.

All extended family and friends are invited to attend.

The potluck meal will be served at approximately 1:00 p.m. Everyone, please bring a dish and memories to be shared by all.

**Monday, September 5th -- 9am-Noon**

## Salem's Annual Labor Day Giveaway

The Salem Baptist Church announces its annual Labor Day giveaway - a "Yard Sale" where all items are free

of charge. This community outreach project is Monday, September 5th. Doors open at 9 a.m. until Noon.

**Tuesday, September 6th 6-8pm**

## Grief Care Free Community Ministry

Grief Care, a free community ministry of Calvary Baptist Church, 21 Glory Street in West Irvine, will start Tuesday, September 6, 2016, 6:00-7:30 p.m.

There will be a series of 6-8 meetings to share stories of grief and learn ways to give permission to grieve through

our life's journey.

Register soon, by calling 606-975-1964 or 723-2416. Group sizes will be limited to twelve (12) people per cycle but you may register any time for the next cycle.

Child care will be available if requested.

**Tuesday, Sept. 6th @ 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Sept. 6 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, September 6th @ 7pm**

## Estill County Historical Society

The Estill County Historical and Genealogical Society

will meet at the Estill County Public Library, 246 Main Street in Irvine, on Tuesday,

September 6, 2016 at 7 p.m.

The speaker will be Susan Hawkins of the River City Players and Save the MACK Foundation.

**Friday-Sunday, September 9-11**

## Ballew-Broaddus-Simpson-Noland

The Ballew - Broaddus - Simpson - Noland Family Reunion will be celebrating its 75th Family Reunion in Rich-

mond, Kentucky, Friday-Sunday, September 9-11, 2016 with more than 200 family members from all across the U.S

**Saturday, September 10th @ Noon**

## Annual Westinghouse Picnic

The annual Westinghouse Employees Picnic will be held Saturday, September 10, 2016, at the lower pavilion at Lake Reba in Richmond.

A potluck meal will be served around noon. Meat will be furnished but please bring a side dish. All employees and families welcome.

**Saturday, September 10th -- 1-4pm**

## ECHS "Class of '56" 60th

The Estill County High School "Class of 1956" will be having a 60th reunion on Saturday, September 10, 2016, from 1-4 p.m. at the Bergman House Bed & Breakfast on Main Street in Irvine.

The cost is \$10.00 per person. Please mail reservations to Estine Walling Miller, 516

Laurel St., Irvine, KY 40336. Respond by September 1st if possible.

For more information, contact Estine Walling Miller at (606) 723-8730; Freda Walling Watson at 723-3489; Julia Tuggle Robinson at 723-2534, or Peggy Reed Kortbein at 723-1280.

**Tuesday, September 13th @ 10:30am**

## Annual Westinghouse Picnic

Winchester GTE / Sylvania/Osram/UAW retirees will meet at 10:30 a.m., Tuesday, September 13, 2016 at the Union Hall for a short meeting and to arrange transportation

to Cattleman's Restaurant in Mt Sterling for lunch.

All Winchester Sylvania retirees and former employees are welcome to join us at lunch.

**September 25th @ 1:30pm**

## Murphy Descendants Reunion

Descendants of Hubert and Myrtle Murphy will meet on Sunday, September 25, 2016 in the fellowship hall of Sandhill Christian Church for a

family reunion.

Bring a dish or two and some drinks and join us for lunch at 1:30 p.m.

Make plans to attend.

**September 17th**

## Annual Isaacs & Flanery 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 Debbie McCombs (937)408-3189.

**October 29th - 7-11pm**

## ECHS "Class of 1976" Reunion

The reunion committee of Estill County High School "Class of 1976" has set a reunion date of October 29, 2016, from 7-11 p.m. at Gillum's Restaurant in Richmond.

We hope all of you can

come and if you have any questions, please feel free to call Glenna Powell at (606) 723-5567, Gail Freeman at (606) 723-4014, Cheryl Carlton at (859) 893-2130, or Jeff or Terri Tate at (606) 723-2547.

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## Kitchen Diva Easy Pulled Pork Is Crowd Pleaser

by ANGELA SHELF MEDEARIS

My father was born and raised in Winston-Salem, N.C., the perfect place to find a delicious pulled-pork barbecue sandwich. The Piedmont triad area where he grew up is famous for its pork barbecue and highly seasoned, vinegar-based sauces. Pigs are plentiful in that area of the South, so barbecues featuring the whole pig -- split open and roasted over a hardwood charcoal fire, or using just the pork shoulder -- are popular. After the meat is cooked, it's "pulled" off the bone by hand, sliced, shredded or chopped into pieces, mixed with barbecue sauce and served on a bun.

Pork shoulders are the front leg of the pig and are fairly inexpensive cuts of meat. The shoulder includes two cuts: the Boston butt, which is a rectangular roast from the upper part of the front leg, and the picnic shoulder. The Boston butt is the cut of choice for pulled-pork sandwiches.

Select a Boston butt that has a white-fat cap and is marbled with fat throughout the meat. The fat and the collagen (the connective tissue) "baste" the meat as it melts away. The collagen also turns into simple sugars that make this typically tougher cut of meat moist, tender and flavorful as it slowly cooks.

Pulled-pork barbecue sandwiches were used to entice potential voters to attend political rallies. These flavorful sandwiches definitely have my vote. This crockpot recipe for pulled pork is perfect for anyone who can't barbecue the traditional way. Serve the pulled pork with a scoop of coleslaw on the sandwich or on the side, along with some baked beans, corn on the cob and sweet, lemon-flavored iced tea, and you'll have the makings of a Southern-style barbecue no matter where you live!



Depositphotos.com

### Barbequed Pulled-Pork Sandwiches

This recipe is a great way to tenderize an inexpensive cut of meat and conserve energy by using a crockpot. The salsa infuses the meat with flavor while it cooks, and the barbecue sauce is the perfect finish. You'll have enough pulled pork to feed a crowd, or you can freeze any leftovers for another fabulous meal!

5 pounds boneless pork butt, cut into 2-inch chunks

2 large onions, sliced

1 jar (16 ounces) Pace Chunky Salsa, or pineapple-mango or similar salsa

1 1/2 cups water

1 bottle (16 ounces) barbecue sauce

1/4 cup apple-cider vinegar

2 tablespoons prepared mustard

2 tablespoons brown sugar

1 teaspoon salt

24 hamburger buns

1. Place half the onions in the crockpot. Add the meat and then the rest of the onions. Pour the salsa and the water over the pork and the onions.

2. Turn the crockpot to the HIGH setting for 4 to 5 hours or on the LOW setting for 7 to 9 hours or until the pork is tender and can be shredded easily with a fork.

3. Remove the pork and onions from the crockpot and discard any of the remaining liquid and accumulated fat. Let the meat cool slightly. Shred the pork, using two forks. Mix together the barbecue sauce, vinegar, mustard, brown sugar and salt until well-combined.

4. Mix the shredded pork and onions with the barbecue sauce. Return the barbecued pork to the crockpot and cook on HIGH for another hour. Serve about 1/2 cup shredded pork in each roll. Top with coleslaw, if desired. Serves 24.

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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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