

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.

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!

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.

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.

Saturday, August 6th @ 6pm

American Legion Commander's Ball

American Legion Post 79 will be having a Commander's Ball on Saturday, August 6. The steak supper will begin at 6 p.m. followed by a dance at 8 p.m. All members and guests are invited.

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.

Monday, August 8th @ 7pm

SE Ky. Gem, Mineral & Fossil

The Southeast KY Gem, Mineral, & Fossil Club will meet Monday, August 8 at 7 p.m. at the Estill County Public Library. The program will be a "Show, Tell, and Trade" about any gem, mineral or fossil. Anyone interested in joining is welcome to attend. Yearly dues are \$20 per family and \$15 per individual.

Tuesday, August 9th @ 11:30am

Winchester GTE/Sylvania/Osram UAW

The Winchester GTE/Sylvania/Osram/UAW retirees will gather and have lunch 11:30 a.m., Tuesday, Aug. 9, 2016 at the Blue Isle in Winchester. The Blue Isle is on Shopper's Drive, just a short distance from West Lexington Ave. All Winchester Sylvania retirees and former employees are welcome to join us for lunch.

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 @ 5pm

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.

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. Verlon 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.

Tuesday, Aug. 16th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, August 16 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 20th @ 2pm

ECHS Class of 1966

The Estill County High School Class of 1966 will have their 50th class reunion at Michael's restaurant in Ravenna on Saturday, August 20th at 2:00 p.m. If you have not received a letter or know of a class member who has not received an invitation, please call Fredia Blackwell (606)723-5659.

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.

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Kitchen Diva Make Your Watermelon a "Dinner" Melon

by ANGELA SHELF MEDEARIS

Watermelons are a delicious, fresh ingredient that shouldn't be restricted to fruit platters and buffet tables. Its versatility is astounding. Botanically, a watermelon is a fruit -- a ripened ovary of a seed plant and its contents -- much like the pepper, pumpkin or tomato.

However, as a member of the cucurbitaceous plant family of gourds, watermelon also is related to cucumber and squash -- planted from seeds or seedlings, harvested and then cleared from the field like a vegetable. For this reason, it's also classified as a vegetable or, as its sometimes called, a "fregetable."

Fruit or vegetable, watermelons are a sweet delicacy with numerous health benefits. Watermelon is a good source of vitamin C, thiamin and vitamin B-6. It's also a source of vitamin A, magnesium and potassium, contains no cholesterol and is very low in sodium. This rich red fruit is fat-free and also has lots of lycopene, an antioxidant believed to reduce cancer and lower the risk of heart attack. Though there is sugar in the melons, it is naturally diluted by the high levels of water they contain.

Watermelon varieties are larger, fleshier and sweeter, the seeds smaller and the rind thinner. Watermelon is perhaps the most refreshing, thirst-quenching fruit of all. It's a perfect snack to serve on hot and humid summer days when we need to restore our body with plenty of fluids.

Fresh watermelon may be eaten in many ways -- the most common being plain or with a pinch of salt. Using watermelon in savory dishes also is becoming popular. When using watermelon in your recipes, think outside the rind. Here are a few suggestions for ways that you can incorporate watermelon into a variety of dishes:

- * Pair it with fresh herbs like mint, salty foods (e.g. prosciutto, pancetta) and sweets like dark chocolate.
- * Watermelon is ideal for chutneys, glazes, jellies, jams and reductions.

* Because it's easy to puree, watermelon can be used in a variety of sweet and savory sauces.

Try this recipe for Marinated Chicken Wings with Watermelon Chipotle Glaze. The spicy-sweet flavors showcase this "fregetable's" versatility while putting a new spin on classic chicken wings!



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Chicken Wings with Watermelon Chipotle Glaze

- To make the marinade:**
3 pounds chicken wings and/or drumettes
2 cups pineapple juice
1/2 cup dark soy sauce
1 tablespoon minced fresh ginger
3 cloves minced fresh garlic
4 green onions, green and white parts, roots removed, chopped

Place the chicken in a large zipper-lock bag with the pineapple juice, soy sauce, ginger, garlic and green onions and seal tightly. Place bag on a pan or in a bowl, and marinate in the refrigerator at least 2 hours or up to 12 hours. Meanwhile, make the watermelon glaze.

- To make the glaze:**
(Makes 2 1/2 cups)
2 cups watermelon puree
Juice from 3 fresh lemons
1 tablespoon lemon zest
1/2 cup agave syrup or honey
1 teaspoon chipotle hot sauce
1/2 teaspoon cinnamon
1/2 tablespoon red pepper flakes
1/2 tablespoon ground cumin

Combine all 8 ingredients. Simmer together in a heavy saucepan for 20 minutes or until sauce thickens. Reserve 1/2 cup of the sauce for dipping. Set the remaining sauce aside to glaze the wings.

- To bake the chicken wings:**
1/2 cup vegetable oil
2 tablespoons poultry seasoning
1 1/2 teaspoons salt
1 1/2 teaspoons ground black pepper
1. Heat the oven to 450 F. Pour the oil evenly on 2 rimmed baking pans. Divide wings evenly between the pans. Toss wings with the oil. Season wings with the poultry seasoning, salt and pepper; toss to coat. Leave ample room between the chicken pieces.
 2. Bake for 25 minutes, then turn wings over and rotate the position of the pans. Continue to bake another 25 minutes until chicken pieces are crisp and golden brown.

3. Toss chicken with the reserved watermelon glaze until coated, and then return all of the pieces to one of the pans and continue to bake until glazed and charred in places, about 5 minutes. Serve with some of the reserved watermelon glaze.

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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