

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 & Friday appointments

Parents - Earn While You Learn

The Estill County Center for Pregnancy & Parenting is now accepting new clients for Thursday and Friday appointments.

Anyone pregnant or parenting children under age 3, is invited to enroll in the center's 'Earn While You Learn' program. Prenatal or parenting instruction, one-on-one

with a coach, earns you 'Baby Bucks' which are then used to purchase infant and toddler items in the on-site boutique full of things for baby, toddler and maternity needs.

Call 723-0184 or stop in at 126 Kentucky Avenue in Irvine, Tuesday 1-5 or Thursday & Friday 10-5 to schedule an appointment.

Wednesdays, now at 5:45pm

Beginner Yoga at Marcum-Wallace

Beginner Yoga class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday at 5:45 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 one-hour class through basic poses focused on relaxation, building core strength and flexibility.

For more information, contact 606-726-2119.

Thursday, May 18th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, May 11 at 5:30 p.m. at Michael's Restaurant.

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

bers.

Kathy Watson will speak about the Estill County Public Library.

Our community is stronger for Kiwanis' contributions in the last 95 years. Come and make a difference.

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.

Thursday, May 18, 9:30 a.m. - ?

Four Seasons Garden Club

The Four Seasons Garden Club will meet Thursday, May 18, at 3:00 p.m. at the Wisemantown United Methodist Church pavilion. "Butterfly Gardens" will be the program.

The public is welcome to attend. The object of the club is to stimulate the knowledge and love of gardening among amateurs; 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. Francine Bonny is the club president.

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

Thursday, May 18, 9:30 a.m. - ?

TCK All-Day Cruise And Picnic

The Twin City Kruzers will be taking a cruise on Thursday, May 18.

Kruzer members and anyone interested in becoming a Kruzer should meet at the Estill County Fair Barn at 9:30 a.m.

Please bring a covered dish and your drinks. The Twin

City Kruzers will furnish the fried chicken.

The group will be traveling to the waterfall in Gray Hawk and then to Marchester for a picnic.

If you plan on attending, please call Melvin Williams at 723-5447 and let him know.

Thursday, May 18th -- 1:00-6:30pm

Storm Recover Center Open

A Storm Recovery Center will be open Thursday, May 18, 2017 from 1:00 p.m. to 6:30 p.m. at the Estill County Senior Citizens Building. The address to the center is 100 Golden Court. Take Stacy Lane and turn right onto Golden Court.

The Storm Recovery Center is for residents of Estill County that were affected by the severe storms on March 1, 2017. Any resident that has unmet needs may visit the center. There will be representatives from multiple agencies including: Depart-

ment of Insurance, Habitat for Humanity, USDA, Estill EMA, Estill Co Long Term Recovery Board and other agencies.

If you have had trouble with insurance claims, please bring a copy of your policy and any information related to your claim. If you need assistance with repairs, clean-up or other storm related needs please bring estimates, receipts or any other information that you think may be helpful.

If you have any questions please call the Estill County EMA office at 723-6533.

Saturday, May 20th -- 7:00-11:30am

Lions Club Spring Pancake Breakfast

The Estill County Lions Club will hold their Spring Pancake Breakfast on Saturday, May 20, from 7:00 - 11:30 a.m. at the First Christian Church on Main Street in Irvine.

The menu includes pan-

cakes, scrambled eggs, sausage, bacon, milk, orange juice and coffee.

Adult tickets are still \$5, children under age 10 are \$3, and under age 3 are free. Come have a good breakfast and help Estill Countians with the gift of sight!

Saturday, May 20th @ 9:00am

New Hospice Volunteers Training

Hospice Care Plus is seeking new volunteers to help in patient care, office support, gardening, and many other areas. New Hospice Volunteer Training will be held on Saturday, May 20, 9 a.m.

- 4:30 p.m.

To sign up for the training, contact Stefanie at 859-626-9292 or hospice@hospicecp.org. Learn more at hospicecareplus.org. Teens 14 and up are welcome.

Sunday, May 21st @ 3:00pm

Estill Chorus's Spring Concert

It's that time of year again -- Time for the Estill County Community Chorus's Spring Concert. It will be held this coming Sunday, May 21, 2017 at 3:00 p.m. at the Irvine United Methodist Church, 243 Main Street.

The chorus will be singing a variety of show tunes, folk songs, and some sacred songs. The conductor is Dr. Rose D. Daniels of Richmond, and

the accompanist is William Robinson of London. Also, the Irvine United Methodist Handbell Choir will be performing.

Come out to hear and enjoy some beautiful and fun music pieces. The chorus have been busy rehearsing since the beginning of March this year, and you will be pleased to hear the harmony that has been achieved.

Monday, May 22nd - 11:30am-1:00pm

Estill Summer Feeding Kick-Off

The Estill County Summer Feeding kick-off event will be held on Monday, May 22, 2017, 11:30 a.m. - 1:00 p.m.

at the Ravenna Veterans Memorial Park.

Join in for FUN, FOOD & PRIZES!

Tuesday, May 23rd @ 6:00pm

Hospice Care Memorial Service

Hospice Care Plus is hosting its annual May Memorial Service to give the community the chance to remember loved ones as Memorial Day approaches. The service will be on Tuesday, May 23, 6 p.m., First Baptist Church in

Richmond.

To request a memorial candle and have a name added to the reading of names, contact Nikki at 859-756-4755 or hospice@hospicecp.org. To learn more, visit hospicecareplus.org. All are welcome.

Wednesday, May 24th @ 10:00am

Spring Session Body Fitness Classes End

The spring session of body fitness exercise classes instructed by Sister Loretta Spotila, RN, will end on Wednesday, May 24, 2017.

Helpful for persons with arthritis, asthma, difficulty moving; the gentle exercise

and movement builds strength and flexibility.

The last classes for the season will be held on Monday and Wednesday at the UK Extension office on Stacy Lane Road. For more info, call Sister Loretta at 723-8505.

Saturday, May 27th @ 2:00pm

Warner-Richardson Reunion

We would like to invite all family and friends of the late Zack and Ruby Richardson Warner to come join us for our annual family reunion Saturday, May 27th at the Bethel

Christian Church picnic grounds on the Old Fox Road in Irvine, Kentucky. Time, 2:00 till 7:00 p.m. Please bring a covered dish and drinks. Hope to see you there.

Friday, June 2nd @ 9am

Retired Co. C Guard Breakfast

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

mond, on Friday, June 2nd and on the first Friday of each month at 9 a.m.

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

Tuesday, June 6th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, June 6th and on the first and third Tuesday of every month at Rader's 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..."

June 17th @ 6pm

ECHS 1967 Class Reunion

The 1967 Class of Estill County High School will celebrate its 50th anniversary at 6:00 p.m., June 17, 2017 at Michael's Restaurant in Ravenna. This is open to anyone who attended as a freshman, sophomore, junior or senior. We are attempting to contact as many as we can, but ask that you pass this in-


formation on to others that may have been a part of this class. It will be a wonderful time to rekindle old friendships.

If you plan to attend or need more information, contact Becky at 606-723-7119 or Peggy at 606-643-5014 by May 20th. Hope to hear from you!

THE ILLUSTRATED BIBLE

Then Moses turned and went down from the mountain with the two tablets of the testimony in his hand, tablets which were written on both sides; they were written on one side and the other. The tablets were God's work, and the writing was God's writing engraved on the tablets.

✦ Exodus 32: 15,16



Kitchen Diva

Make A Memorable Memorial Day

by ANGELA SHELF MEDEARIS

As the days get warmer and the Memorial Day holiday (and relatives) descends upon us, it's time to grill outdoors. Memorial Day is a federal holiday that was created to remember those who died while serving our country. The holiday originated after the Civil War to commemorate the Union and Confederate soldiers. Today, the holiday commemorates all of those brave men and women who served in the American military and sacrificed their lives for our country. It is observed every year on the last Monday in May.

Memorial Day also is considered to be the unofficial start of the summer vacation season. Family gatherings featuring barbecued or grilled meats and vegetables are a traditional part of the holiday. Here are a few tips and a great recipe to guarantee that your outdoor grilling will be something to celebrate!

Grilling Tips:

* Take time to properly prepare your grill before using it. If it's been a while, give your grill a good spring cleaning. Scour the grate with a wire brush. Save future cleaning time by using a nonstick cooking spray to prevent food from sticking to the grill.

* Keep safety in mind. Place your grill on a level surface in a well-ventilated area and away from overhangs, deck railings and shrubs. Use long-handled tongs and flame-retardant mitts to protect your hands.

* Preheat your grill. You can estimate the approximate temperature by counting how many seconds you can hold your hand 4 inches above the coals. If you can hold your hands in place for four seconds, your grill is at medium heat or about 300 F to 350 F. If you can hold your hand in place for less than two seconds, you have a hot grill at about 375 F.

* Be sure to use a clean plate and clean utensils to collect the cooked food from the grill. If you use the same plate that held the raw meat, you could be adding some unwanted "secret ingredients" to your meal. Salmonella, E. coli and other bacteria often are spread by cross-contamination.

* Use a food thermometer every time you grill. Don't trust color as an indicator of doneness. According to a study by the U.S. Department of Agriculture, one out of every four burgers turns brown before reaching a safe internal temperature. Insert the thermometer in the thickest part of the meat, away from fat and bone. Clean your food thermometer well after each use because a dirty thermometer can cross-contaminate other foods.

* Meat, poultry and fish aren't the only foods that can be grilled. Try grilled fruit or grilled vegetables, whether directly on the grill or in a foil packet.

Since May 28 is National Hamburger Day and hamburgers on the grill is a traditional part of Memorial Day, these Cheeseburger Sliders with Sriracha Mayo Sauce are the perfect way to create a memorable meal.



CHEESEBURGER SLIDERS

- 1 pound ground beef (80/20 blend)
- 1 tablespoon Worcestershire sauce
- 2 teaspoons steak sauce
- 1/2 tablespoon garlic powder
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon butter
- 1 small onion, finely chopped
- 1 1/2 ounces Munster cheese, thinly sliced, cut into 1 1/2-inch squares
- 3 red tomatoes, sliced 1/4-inch thick
- 3 Romaine leaves, shredded
- 8 three-inch mini brioche buns or mini pretzel buns, split in half

SRIRACHA MAYO SAUCE

- 1 cup mayonnaise
- 1/2 cup sour cream or plain Greek yogurt
- 1 1/2 tablespoons Sriracha
- 1 teaspoon honey or agave syrup
- 1 teaspoon lemon juice
- 1 teaspoon salt
- 1/2 teaspoon pepper

1. Gently combine beef, 2 teaspoons Worcestershire sauce, steak sauce, garlic powder, and salt and pepper in a bowl. Set aside.

2. Heat oil and butter in a small skillet over medium-high heat. Add onion and remaining teaspoon of Worcestershire sauce and cook, stirring occasionally, until translucent, about 2 minutes. Remove from heat and let cool completely.

3. Make Sriracha mayo sauce: In a small bowl, combine mayonnaise, sour cream or Greek yogurt, Sriracha, honey or agave, lemon juice, salt and pepper until well-combined. Set aside.

4. Heat grill to medium-high. Gently form meat mixture into 8 one-inch-thick patties. Grill 4 to 5 minutes per side for medium-rare. Top with a square of cheese after flipping burger. Close grill for 30 to 60 seconds to melt cheese. Toast buns on the grill, about 30 seconds.

5. Place hamburger patty on a bun, top with reserved onions, tomato slice, lettuce, Sriracha mayo sauce and remaining bun.

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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