

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, now at 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 to 6:30 p.m. with instructor Laritza Gomez. The cost is 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. For class updates, please check the Marcum & Wallace Hospital Facebook page.

Thursday, June 22nd @ 5:30pm

Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, June 22, at Steam Engine Pizza. Trena Stocker, from Marcum & Wallace Memorial Hospital, will speak on Chest Pain Accreditation. If you are interested in becoming a member of a service organization that has a sense of community, a source of fulfillment and a history of impact, join us at 5:30 p.m. (to eat) or 6:00 p.m. (meeting/program) on Thursday evenings.

Friday, June 23rd @ 3:30pm

Teen Photo Scavenger Hunt

There will a Teen Photo Scavenger Hunt on Friday June 23, 2017 at 3:30 p.m. at the Estill County Public Library, 246 Main Street, Irvine.

Fridays, 4-7 p.m. at the fairgrounds

Estill County Farmers' Market

The Estill County Farmers' Market is not open on Fridays in 2017. Hours are from 4 p.m. to 7 p.m. at the Estill County Fairgrounds pavilion. Have extra produce? New vendors are always welcome. Call market coordinator Hannah Eaton at 726-0673 with any questions.

Saturday, June 24th -- 9:00am-3:30pm

Estill County Rabies Clinic

The Estill County Health Department will be sponsoring a Rabies Clinic this coming Saturday, June 24, 2017, from 9:00 a.m. until 3:30 p.m. at the Animal Clinic of Estill County, 1995 Richmond Road. Dr. Linda Grimes, DVM, will be the attending veterinarian. For more information, call (606) 723-2181, ext. 236.

Saturday, June 24th @ 12:00 Noon

Powell and Neal Family Reunion

The Powell and Neal Reunion will be held at the Irvine Masonic Lodge on Broadway, Saturday, June 24, 2017, with potluck at 12:00 Noon. Everyone is welcome.

Saturday, June 24th @ 2:00pm

ECHS Class of 1970 Reunion

Estill County High School Class of 1970 Reunion, will be held on Saturday, June 24, 2017, 2:00 p.m. at Michael's Restaurant in Ravenna. All students and teachers are invited! 1969-1971 classes are also welcome! RSVP to Linda McIntosh Howell at linda233@rocketmail.com or call/text @859-588-2904 by June 19.

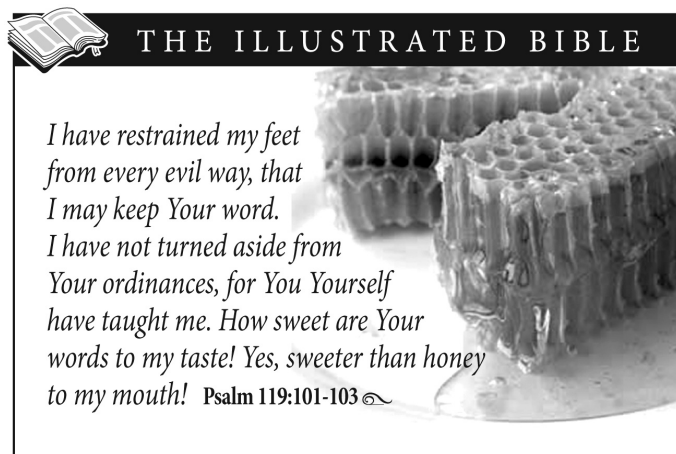
Tuesday, June 27th -- 9:00am-3:30pm

Childers To Play At Pickin' In The Park

Senora Childers will be playing at Rising Park at 6:30 p.m. on Tuesday, June 27 as part of Pickin' in the Park, sponsored by the Estill County Public Library.

THE ILLUSTRATED BIBLE

I have restrained my feet from every evil way, that I may keep Your word. I have not turned aside from Your ordinances, for You Yourself have taught me. How sweet are Your words to my taste! Yes, sweeter than honey to my mouth! Psalm 119:101-103



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NOW OPEN

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If we ain't got it, We can get it!



389 Richmond Road Irvine, Ky
Hours 11-7, Mon.-Sat. & 1-6, Sun.
Jenna Reed, Owner - Phone 859-339-1041

Saturday, July 1st @ 1:00pm

Estill Little Mister and Little Miss

The Estill County Fair Board will be presenting its annual Little Mister and Little Miss Estill County Pageant on Saturday, July 1, 2017, 1:00 p.m., at the fairgrounds. All entries must be Estill County residents, boys and girls, ages five through seven as of July 1, 2017. You may pre-register at the Estill County Farmers Market on Fridays, 4-7 p.m. or bring your registration form and entry fee to practice at the fairgrounds on Friday, June 30th. The winning boy and girl each receive a crown, banner and a trophy. All contestants receive a blue ribbon and a coin dollar.

For further information, contact Tammy Cole at 723-4326 or Susan Lay at 726-9989. A mail-in registration form is included in this newspaper.

Tuesday, July 4th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, July 4th 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..."

Tuesday, July 4th @ 7:00pm

Estill County Fair Baby Show

The annual Baby Show at the Estill County Fair will be held this year on Tuesday, July 4th, starting at 7:00 p.m. Pre-registration is necessary. You may pre-register at the Estill County Farmers Market on Fridays, 4-7 p.m. or at the fairgrounds on Monday and Tuesday, July 3rd & 4th, by 7:00 p.m. All entries must be Estill County residents, birth to 4 years old as of July 4, 2017.

Boy and girl class champions will receive a trophy. All contestants receive a blue ribbon and a coin dollar.

For further information, contact Tammy Cole at 723-4326 or Susan Lay at 726-9989. A mail-in registration form is included in this newspaper.

Attention Veterans

The Veterans Benefits Field Representative will be at the **Estill County Public Library**, 246 Main Street in Irvine, on Thursday, July 6th and normally the first Thursday of each month. The hours are 1:30 p.m. until 3:30 p.m.

Veterans and their dependants will receive assistance filing for Federal and State veterans benefits. This service is provided free of charge by the Kentucky Department of Veterans Affairs. To apply, veterans need to furnish copies of pertinent documentation to verify eligibility. For further information, please call toll free within Kentucky, 1-866-376-0308, to speak with a Veterans Benefits Field Representative.

Friday, July 7th @ 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 Richmond, on Friday, July 7th and on the first Friday of each month at 9 a.m.

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

Saturday, July 8th -- 8:00am-1:00pm

Estill County Blood Drive

Area donors are invited to be summer lifesavers at the upcoming Kentucky Blood Center (KBC) blood drive for the Estill County Community on Saturday, July 8, 2017, from 8 a.m. - 1 p.m. at the First Christian Church in the Fellowship Hall at 270 Main Street in Irvine.

The need for blood doesn't take a vacation. Accidents, surgeries, cancer therapies and disease treatments continue year round. Unfortunately, vacations and more relaxed summer schedules often lead to a dip in blood donations.

To help ensure a strong summer blood supply, Kentucky Blood Center (KBC) is inviting everyone to roll up their sleeves and be a summer lifesaver. As a thank you, everyone (18 years and older) who registers to give blood will be automatically entered to win a 2017 Toyota Highlander. The Summer Lifesaver Highlander Giveaway will run June 1-Sept. 8. All donors will be entered to win tickets to Red, White and Boom!

Walk-ins are welcome, but appointments can be made by visiting kybloodcenter.org and clicking on the Donor Login button at the bottom of the page or by calling 800.775-2522, ext. 3758. Blood donors must be 17-years-old (16 with parental consent), weigh at least 110 pounds and be in general good health. Donors must also show a photo I.D. with first and last name, like a state-issued driver's license. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org.

July 17-21

RCP's Children's Theatre Camp

River City Players' 4th Annual Children's Theater Camp July 17th - 21st. This year's tuition-free camp will accept 30 children ages 8 to 16 yrs. Lunch and snack will be provided. Registration will be held in the lobby of the Mack Theater on Saturday, June 24th, 10 a.m. - 2 p.m. and Tuesday evening, June 27th, 3 p.m., -6 p.m.

Dialogue coach, Penny West, will prepare the campers for their performances' in her selection of two Fractured Fairy Tales. Music and Dance Coach, Laurie White, will prepare the campers for their performance of traditional song and dance. Pre-registration is required. Age limits will be strictly observed.

Saturday, July 22nd @ 4:00pm

ECHS Class of '62 Reunion

The 55th class reunion of the Estill County High School Class of 1962 will be held at 4:00 p.m., Saturday, July 22, 2017, with a "meet and greet" at Michael's Restaurant in Ravenna. Cost is \$15.00 per person and includes tips. For more information, contact Jessica Irene Abney at (859) 687-0611 or (859) 229-2334, or by email at <JAbney44@gmail.com>.

Kitchen Diva

We Need Another Gyro!

by ANGELA SHELF MEDEARIS

It was a sad day when my favorite Greek restaurant went out of business, leaving me without my regular gyro sandwich fix. Gyros are sandwiches made with seasoned lamb, beef or chicken, thinly sliced and placed in a pita or flatbread. Typically, the meat for gyros is a combination of ground beef and ground lamb that is commercially shaped into cylinders by hydraulic pressure. The meat is usually roasted on a vertical spit or electric rotisserie.

The process for creating gyro meat is one of the reasons why most folks are able to eat them only in a restaurant ... until now. I have a delicious recipe for homemade gyros that can be prepared on a grill using an electric rotisserie.

My new American Muscle Grill has a fabulous 100-pound rotisserie attachment and a built-in rotisserie spit. It's the perfect grill and rotisserie for preparing everything from leg of lamb and poultry to beef and pork roasts. It works particularly well for creating gyros at home. With 110,000 BTUs of raw cooking power, the AMG can heat up to 350 F in just 2 minutes when using solid fuels. Just start with the gas or propane burners to accelerate the priming process and get yourself cooking fast!

So fire up your grill, and use this recipe for rotisserie gyros and tzatziki sauce for your next outdoor dinner party!



ROTISSERIE GYROS

- 1 medium onion, finely chopped or shredded
- 2 pounds ground lamb
- 1 tablespoon finely minced garlic
- 2 tablespoons dried or ground poultry seasoning
- 1 teaspoon Worcestershire sauce
- 2 teaspoons kosher salt
- 2 teaspoons freshly ground black pepper

1. Process the onion in a food processor for 10 to 15 seconds and turn out into the center of a tea towel. Gather up the ends of the towel and squeeze until almost all of the juice is removed. Discard juice.

2. Return onion to the food processor and add the lamb, garlic, poultry seasoning, Worcestershire sauce, salt and pepper, and process until it is a fine paste, approximately 1 minute. Stop the processor as needed to scrape down sides of bowl.

3. To cook on a rotisserie, proceed as follows: Form the meat mixture into a loaf shape and place on top of 2 overlapping pieces of plastic wrap at least 18 inches long. Roll the mixture in the plastic wrap tightly, making sure to remove any air pockets. Once the meat is completely rolled in the wrap, twist the ends until the surface of the wrap is tight. Store in the refrigerator for at least 2 hours or up to overnight, to allow the mixture to firm up.

4. Heat the grill to high. Place the meat onto the rotisserie skewer. Place a double-thick piece of aluminum foil folded into a tray directly under the meat to catch any drippings.

5. Cook on high for 15 minutes. Decrease the heat to medium and continue to cook for another 20 to 30 minutes or until the internal temperature of the meat reaches 165 F. Turn off the heat and allow to continue to spin for another 10 to 15 minutes or until the internal temperature reaches 175 degrees.

6. Slice and serve on pita bread with tzatziki sauce (recipe follows), onions, diced tomatoes and feta cheese.

TZATZIKI SAUCE

- 16 ounces plain Greek yogurt
- 1 medium cucumber, peeled, seeded and finely chopped
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 4 cloves garlic, finely minced
- 1 tablespoon olive oil
- 2 teaspoons red wine vinegar
- 5 to 6 mint or basil leaves, finely minced

1. Place the yogurt in a tea towel or coffee filter. Gather up the edges, suspend over a bowl and drain for 2 hours in the refrigerator.

2. Place the chopped cucumber in a tea towel and squeeze to remove the liquid; discard liquid. In a medium mixing bowl, combine the drained yogurt, cucumber, salt and pepper, garlic, olive oil, vinegar and mint or basil.

3. Serve as a sauce for gyros. Store in the refrigerator in an airtight container for up to a week. Makes 1 1/2 cups.

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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