

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 5:45pm

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.

Wednesday, June 14th @ 12:00 Noon

Board of Health Meets Today

The Estill County Health Taxing District will be meeting on Wednesday, June 14, 2017, at Michael's Restaurant in Ravenna at 12:00 Noon. The public is welcome.

Wednesday, June 14th @ 1:30pm

Chemical Weapons Meeting

The Kentucky Chemical Demilitarization Citizens' Advisory Commission (CAC) and the Chemical Destruction Community Advisory Board (CDCAB) will hold a meeting on Wednesday, June 14, beginning at 1:30 p.m. in Rooms A and B on the lobby level at Eastern Kentucky University's Carl D. Perkins Building located on Kit Carson Drive. The event is open to the public and is accessible to individuals with disabilities.

make comments and receive feedback as part of the chat feature on this live-streaming event.

The CAC, chaired by Doug Hindman, is a governor-appointed commission that represents community and state interests to the U.S. Army and Department of Defense.

The CDCAB, co-chaired by Madison County Judge-Executive Reagan Taylor and Craig Williams, Chemical Weapons Project Director Kentucky Environmental Foundation, is an independent subcommittee of the CAC. It is made up of a diverse group of community leaders who represent the views and concerns of the local community regarding Kentucky's chemical weapons destruction program.

For additional information, please contact the Blue Grass Chemical Stockpile Outreach Office at (859) 626-8944 or bgoutreach@iem.com. Visit the Program Executive Office, Assembled Chemical Weapons Alternatives website at www.peoacwa.army.mil for more information on the program to destroy the chemical weapons stored at the Blue Grass Army Depot.

Chemical weapons destruction operations are planned to take place in central Kentucky. Army leaders want to keep citizens informed about the project and receive feedback from the community, and two citizens' advisory groups exist to represent the community and allow your voice to be heard.

For those who are not able to attend in person, a live video stream of the meeting will be available on the Program Executive Office, Assembled Chemical Weapons Alternatives (PEO ACWA) YouTube main channel at www.youtube.com/user/usaeacwa. Viewers may ask questions,

Thursday, June 15th @ 3:00pm

Four Seasons Garden Club

The Four Seasons Garden Club's meeting will be Thursday, June 15 at 3:00 p.m. at the Wisemantown United Methodist Church's pavilion. "Raising Monarch Butterflies" will be the program. The club was organized in 1949 "to learn the art of living, working and gardening together as

we lift our eyes unto the hills, clothed in Nature's beauty". New members are welcome to join the club which meets on the 3rd Thursday of each month. The Four Seasons Garden Club is a member of the National Council of State Garden Club, Inc.

Thursday, June 15th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, June 15 at 5:30 p.m. at Wisemantown United Methodist Church's pavilion. Jennifer Rose-Hensley, from Marcum & Wallace Hospital's Sleep Clinic, will be the speaker.

Persons dedicated to improving the world one child and one community at a time are welcome to become members. Our community is stronger for Kiwanis' contributions in the last 95 years. Come and make a difference.

Thursday, June 15th @ 6:00pm

Garden Thyme Herb Club

The Garden Thyme Herb Club will meet Thursday, June 15, 6 p.m. in the fellowship hall of St. Elizabeth Church in Ravenna.

The meeting begins with a potluck meal at 6 p.m. Carol Haller will present comfrey as the herb of the month.

The club will finalize plans for its July meeting when it celebrates its 20 year anniversary.

Everyone is welcome to attend the meeting.

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.

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 17th @ 1pm

Hall and Case Family Reunion

After missing a few years, the Hall and Case Reunion will return on Saturday, June 17, 2017, around 1:00 p.m. at the Irvine Masonic Lodge on Broadway in Irvine.

All friends and relatives are invited to bring a covered dish and drinks.

Everyone is welcome.

Saturday, June 17th @ 1:00pm

11th Annual Holes for Hoops Golf

The 11th Annual Holes for Hoops Golf Scramble will be held on Saturday, June 17, 2017, at the Estill County Golf Club. This is sponsored by and all proceeds are given to the Estill County High School boys basketball team.

Scramble format will be played from foursomes with a 1:00 p.m. shotgun start. Cost is \$50.00 per player, \$200.00 per team. Fee includes 18 holes of golf, use of cart, lunch, excellent prizes, and an opportunity to support the young men of ECHS. Extras include: mulligans \$5.00 each (2 maximum).

For additional information contact Coach Bentley at (859) 200-3704 <Jon.Bentley@Estill.KySchools.us> or Coach Benton at (859) 248-7335 <Rick.Benton@Estill.KySchools.us>.

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 information 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!

Saturday, June 17th @ 6:00pm

Arts Council Membership Meeting

The Estill Arts Council will celebrate its 16th year of supporting art activities in Estill County during its annual membership meeting on Saturday, June 17 at 6 p.m. It will be at the Wisemantown United Methodist Church's picnic pavilion, 1358 Wisemantown Road, Irvine. Members, their families, friends, and potential members are invited to attend the meeting and potluck meal.

The entertainment will be provided by the Cool Waters Cowboys; Jim, Darrell and Tracy, who entertain with songs, mirth and the magic of the Great American cowboy. Not only the historic cowboy, but the Hollywood version we all grew-up with, as well.

It's a fun time of sing-alongs and nostalgic remembrances of the times when we were believers in the unbelievable. In song and laughter, the cool water cowboys Act out the life of the cowboy, our heroes of the old west and the silver screen.

The meal will be potluck with the meat, drinks, and fixings provided by EAC. RSVP by June 14 to Mary Reed, 723-4678, or Francine Bonny, 723-5694.

Membership in EAC helps to present a variety of art forms, provide educational opportunities and support, and promote area groups and artisans in Estill County.

Tuesday, June 20th @ 6:30pm

Nolan to Perform at Rising Park

Chelsea Nolan of Stanton, KY will be playing at Rising Park Tuesday, June 20th at 6:30 p.m. There will also be a Teen Photo Scavenger Hunt on Friday June 23 at 3:30 at the Estill County Public Library, 246 Main Street, Irvine.

Tuesday, June 20th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, June 20th 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..."

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.

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!

Kitchen Diva

Add Smoke and Spice to Fruit and Veggies

by ANGELA SHELF MEDEARIS

It's time to get outside, enjoy the sun and infuse your food with fire and smoke. It's also time to move the meat over to the side and make room for more fruits and vegetables on the grill. Why not try zucchini, eggplant, asparagus or mushrooms as the "center of the plate," and create a delicious dessert using grilled fruits?

Grilling provides an opportunity to prepare healthy fruits and vegetables in a different way. Many people think everything tastes better on the grill, which also can hold true for fruits and vegetables. Taste is not the only benefit of preparing plant-based meals this way. Vegetables and fruit cook so quickly on the grill that they retain much of their vitamin and nutrient content.

I have a new American Muscle Grill, and it's perfect for any type of grilling, barbecuing or outdoor cooking thanks to the dual gas or propane feature. The technology behind the AMG is ultra-modern, and your vegetables, fruits, meats, seafoods and breads will be smoked, roasted or seared with its infrared feature to delicious perfection. The reversible V-Tech grates provide added control over heat-transfer and hot and cool cooking zones.

Experiment with different spices, marinades and sauces when preparing fruits and vegetables on the grill. Try this flavorful recipe for Moroccan-Style Grilled Vegetables at your next family or holiday gathering. It serves four to six people.



Depositphotos.com

MOROCCAN-STYLE GRILLED VEGETABLES

- 12 crimini or button mushrooms, stems removed
- 3 small globe or purple eggplants, sliced into rounds, cut lengthwise into quarters, and then into slices about 1/2-inch thick
- 1 zucchini, cut into 1-inch thick rounds
- 1 yellow squash, cut into 1-inch thick rounds
- 1/2 large red bell pepper, seeded, cut into chunks
- 3 fresh pineapple, 1-inch thick rings, cut into quarters
- 12 asparagus, cut into 3-inch lengths
- 1/4 small red onion, halved, pieces separated
- 8 cherry or grape tomatoes

Moroccan-Style Marinade:

- 1/4 cup chopped fresh parsley
- 3 tablespoons olive oil
- 1 tablespoon garlic, chopped
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cayenne
- 1/4 teaspoon turmeric
- Juice of 1 lemon
- Cooking oil spray

1. Heat grill to medium-high; spray grates with non-stick spray. If using a gas grill, turn off one side; on an American Muscle Grill, fill three trays with charcoal and the rest with wood chips. On a conventional charcoal grill, push the coals to one side and replace the grate. Soak (16 to 18) 12-inch wooden skewers in water for at least 30 minutes, or use metal skewers, if desired.

2. To make the marinade: Using a large bowl, mix together the parsley, oil, garlic, salt, black pepper, paprika, cumin, cinnamon, ginger, cayenne, turmeric and the lemon juice. Mix well to combine.

3. Add the vegetables and fruit to the marinade in the bowl; or use a large re-sealable bag, pour in the marinade and add the fruit and vegetables. Mix well to coat all the ingredients. Let ingredients marinate at least 10 minutes and up to 1 hour before skewering.

4. Thread vegetables and pineapple onto soaked skewers. Wrap the ends of the wooden skewers with foil to prevent burning. Lightly coat both sides of the vegetables with nonstick spray.

5. Using long-handled tongs, moisten a paper towel with cooking oil spray. Lightly coat the grill rack with the oil-soaked paper towel to prevent sticking. Lay skewers on the grate with the vegetables over the hot side, and the foil-covered handles outside of the grill.

6. Grill vegetables, covered, over medium heat until vegetables are cooked and lightly charred, about 4 minutes. Turn, baste with any remaining marinade, and grill 4 to 5 minutes more or until vegetables are tender, turning frequently. Serve immediately. Serves 4 to 6 (3 to 4 skewers per person).

THE KITCHEN DIVA! is sponsored by *Summerset Professional Grill*, offering a complete line of commercial grade, stainless steel gas grills, freestanding grills, BBQ islands, Fire Pits and island components, and the American Muscle Grill. For more information visit www.americanmusclegrill.com or watch a demo at <https://youtu.be/vyQ5UVvOTq4>

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Family Dentistry

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