

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.

Thursday, June 8th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, June 8th at 5:30 p.m. at Michael's Restaurant.

Kiwanis clubs focus on changing the world by serving children, one child and one community at a time. Service is at the heart of every Kiwanis club, no matter where in the world it's located.

Thursday, June 8th during Field Day

Four Seasons Garden Club Celebrates N'tl Garden Week

The Four Seasons Garden Club is joining Garden Clubs across the country and celebrating National Garden Week, June 4-10, 2017. Clubs are promoting the objectives of beautification, education of environmental efforts, gardening, and involvement of clubs in the community.

Members will be sharing and displaying information about the monarch butterflies at the Extension Office on Thursday, June 8 during the Field Day.

The Four Seasons Garden Club completed the Monarch Butterfly Garden at West Irvine Intermediate School. It was certified as a Monarch Waystation and dedicated on August 21, 2014.

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 10th @ 11:30am

Hospice Care Plus' Ride for the Cure

Sat., June 10, 10 a.m.: Ride for the Cure at Richmond Motorsports (RMS) behind Cracker Barrel. \$15 per rider and \$10 per passenger.

Includes silent auction, chapter challenge and a scenic, escorted ride. Lunch provided.

Pre-register at RMS or register at 10 a.m. on the 10th. Ride begins at 11:30.

All proceeds benefit Hospice Care Plus. Contact Patsy Bennett at RMS for more info: 623-5900.

Saturday, June 10th @ 1:00pm

American Legion Car & Bike Show

American Legion Post #79 will be presenting its 5th Annual Car & Bike Show plus burnout on Saturday, June 10, 2017 (Rain date, June 17) at the Post on Millers Creek Road in Ravenna. Registration runs 10:00 a.m. until 1:00 p.m.

As always, some of the greatest food will be available plus door prizes, 50/50 and more.

Awards include dash plaques (first 50), Commander's Choice, Honor Guard Choice, Jimmy Bryant Memorial, Young Cruiser Award (two classes), 1975 and Back (top 15), 1976 to Present (top 7), plus the best of Ford, GM, Mopar in each class, Best Specialty (foreign), and Rat/Rod also Club Participation. Bike trophies include Best Custom, Best Original, Best Trike, Best Rat, Best Dresser, and Burnout trophies (1st, 2nd & 3rd).

For more information, call Jack at 723-4045 or Willard at 723-2318.

Saturday, June 10th @ 8:00pm

Post 79 Ladies Auxiliary Sock Hop

The American Legion Post #79 Ladies Auxiliary will be hosting a Sock Hop on Saturday, June 10, 2017, from 8:00 p.m. until Midnight at the Post.

Dress in your favorite era, 50's, 60's, 70's, 80's. Music provided by Kenny Chenault. \$5. Cover Charge.

Monday, June 12th @ 6:30pm

SEKY Gem, Mineral & Fossil Club

The Southeast KY Gem, Mineral, & Fossil Club will have its annual meeting and potluck meal on Monday, June 12 at 6:30 p.m. at the Wisemantown United Methodist Church's pavilion. 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, June 13th @ 11:30am

GTE/Sylvania/Osram/UAW Retirees

The Winchester GTE/Sylvania/Osram/UAW retirees will gather for lunch at 11:30 a.m., Tuesday, June 13, 2017 at the Cattleman's in Mount Sterling. All Winchester Sylvania retirees and former employees are welcome to join us for lunch.

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

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 @ 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.

Kitchen Diva

An Untraditional Father's Day Dinner

by ANGELA SHELF MEDEARIS

Father's Day is near, and that means we'll be feeding a crowd and firing up the grill! My dad and my husband both love beef, so I've decided to do something different for their special day and create a delicious menu that will feed a crowd.

I discovered the versatility of using inexpensive and tough cuts of meat like chuck roast on the grill quite by accident. I had a roast in the freezer that I needed to cook. I'd never thought about using a cut of meat like a chuck roast in the summer. A chuck roast -- seared in a skillet, placed in a sauce, and then cooked low and slow in an oven -- usually was reserved for winter meals.

Chuck roasts come from the muscular shoulder of the cow. It's the beef equivalent of the pork butt -- tough, flavorful, easy to shred and perfect for a large group. My secret summer weapons for grilling a chuck roast are using a flavorful marinade, and preparing it on the perfect grill.

The American Muscle Grill is a wonderful gift for Father's Day! Its Multi-Fuel Tray System allows you to place your choice of grilling fuels -- including wood chunks, lump charcoal or briquettes, pellets or wood chips -- in separate trays. The individual fuel trays and propane or gas ignition system makes it easy to create "cooler" zones on the grill, allowing you to cook a thick, tough cut of meat like a chuck roast to perfection.

Try my recipe for Grilled Spiced Chuck Roast with a side of Grilled Smashed Rosemary Potatoes! It's an inexpensive and flavorful way to feed a crowd!



Photo: Lisovskaya Natalia

GRILLED SPICED CHUCK ROAST

- 1 (3 to 4 pound, 2-inch thick) chuck roast
- 3 tablespoons five-spice powder
- 1/2 cup reduced sodium light soy sauce
- 1/2 cup rice wine vinegar
- 1/2 cup toasted sesame oil
- 2 tablespoons fish sauce
- 2 tablespoons agave syrup, honey or sugar
- 1 tablespoon vegetable oil
- 5 slices (nickel-sized), unpeeled ginger
- 2 red Thai chilies, sliced, or 2 tablespoons Sriracha
- 3 cloves garlic, smashed

1. Rinse meat and pat dry. Season chuck roast with five-spice powder on both sides.

2. Combine the soy sauce, vinegar, sesame oil, fish sauce, syrup, honey or sugar and oil together in a zip-lock plastic bag. Add the meat, ginger, chilies or Sriracha and garlic. Open the bag slightly and squeeze it to remove excess air and to combine the flavors and press them into the meat. Close the bag and place on a plate or rimmed baking sheet. Let the meat marinate in the refrigerator for 30 minutes or up to 8 hours, turning frequently.

3. Heat gas or charcoal grill. When grill is heated, remove roast from marinade; reserve and refrigerate marinade. Place roast on gas grill over medium-low heat, or if using charcoal, place roast 4 to 6 inches away from medium-low coals. Cover grill. Grill the roast over indirect heat (the cooler zone of the grill) at approximately 250 F for 2 hours.

4. Place two sheets of heavy foil inside of a disposable aluminum pan. Place the roast on the foil and pour the remainder of the marinade over the roast. Double wrap the roast and continue to cook for another two hours or until the core temperature reaches 195 F.

5. Allow the roast to rest for 20 minutes. Slice beef against the grain and serve it with Grilled Smashed Rosemary Potatoes (see recipe below) and any remaining meat juices. Serves 6 to 8.

GRILLED SMASHED ROSEMARY POTATOES

- 1/2 cup olive oil
- 2 tablespoons minced garlic
- 1 1/2 teaspoons chopped fresh rosemary
- 2 pounds (1 to 2 inches each) baby Red Bliss potatoes, scrubbed
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground coarse black pepper

1. Combine the olive oil, garlic and rosemary. Set aside at room temperature for at least 15 minutes to infuse flavors.

2. Place potatoes in microwave and cook on high to 7 to 8 minutes or until tender when pierced with the tip of a knife.

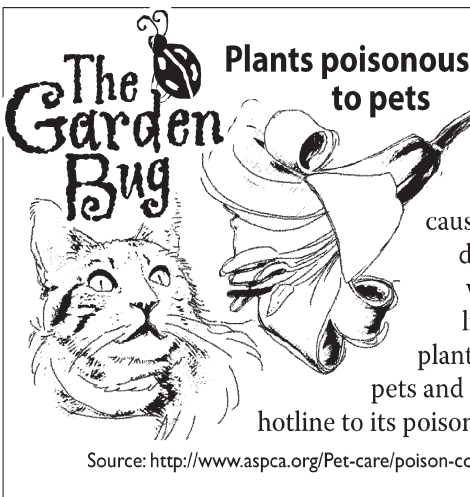
3. Using a towel wrapped around the palm of your hand or a wide spatula, gently smash each potato until the skin breaks, while trying to keep the potato whole (leaving it about 1 inch thick).

4. Transfer potatoes to a baking sheet. Generously brush both sides of the potatoes with the olive oil mixture, and season both sides with the salt and pepper.

5. Place potatoes on the grill and cook until grill marks appear and the potatoes are nicely caramelized, 3 to 4 minutes per side.

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/wyQ5UVvOTq4>

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The Garden Bug

Plants poisonous to pets

Day lilies are highly toxic to cats; even small amounts of the plant can cause severe kidney damage. The site www.aspcapetcare.org lists many of the plants most lethal to pets and hosts a 24-hour hotline to its poison control center.

Source: http://www.aspcapetcare.org/Pet-care/poison-control/Plants/day_lilies