

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.

Wednesday, July 12th @ 1:30pm

Painting Flowerpots with Thays

Craftmeets meets on Wednesday, July 12 at 1:30 p.m. at the Estill County Public Library, 246 Main Street. Today's craft project will be painting flowerpots with Thays Flores. The group meets on the 2nd and 4th Wednesdays of every month. For more information, please contact Lesa Ledford, Adult Services, at the Estill County Public Library at 606-723-3030.

Friday, July 14th @ 1pm

Ronald McDonald at the Library

Come see Ronald McDonald at the Estill County Library for a little MAGIC and a lot of LAUGHS! on Friday, July 14th at 1:00 p.m. The Library is located at 246 Main Street in Irvine. Call Lesa Ledford Adult Services Librarian at 723-3030 for more information.

Fridays, 4-7pm at the fairgrounds

Estill County Farmers' Market

The Estill County Farmers' Market is now 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 726-0679 with any questions.

Fridays, 6-8pm at the Estill Library

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 in playing one is welcome to attend. The Appalachian Dulcimer was designated as the official state instrument of Kentucky.

Saturday, July 15th @ 8pm

Ladies Auxiliary "Prom Night"

The Ladies Auxiliary of American Legion Post 79 will be holding "Prom Night" on Saturday, July 15th, starting at 8 p.m. at the Legion Hall on Millers Creek Road. Kenny Chana Ultimate will be providing the music for a good night to dress up and dance the night away. \$5.00 per person.

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. 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.

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.

Jimmie L. Johnson, DMD, PSC
Family Dentistry
87 Wildwood Place (off Court St.)
Irvine, Kentucky
(606) 723-3213

NOW OPEN
WANDERLAND
Ceramics - Pottery - Novelties
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

Tuesday, July 18th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, July 18th 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 18th @ 7pm

Attention Estill County Democrats

The Estill County Democratic Party will create a NEW County Executive Committee on Tuesday, July 18, 2017 at 7 p.m. We will meet at the Estill County Fair Barn located at 38 South Irvine Road, Irvine. 3 people will then be elected Precinct Chair. Immediately following the conclusion of the Precinct Conventions, the Precinct Officers elected shall forthwith assemble as a County Convention and elect between 10 to 20 members to the County Executive Committee. The County Executive Committee shall forthwith nominate and elect a County Chair and a County Vice Chair (of the opposite sex). For your Precinct identification, you may contact your Estill County Clerk's Office, or the info will be available at the meeting. Any questions should be directed to Victoria Stevens, 606-643-5388 or Rhonda Childers, 606-723-9400.

Every registered Democrat in Estill County is encouraged to attend and participate. We're here to make a difference and support one another. FIRST, at 7:30 p.m., the registered Democrats shall be divided into precincts. Each precinct shall be entitled to elect 3 officers -- (1) A Precinct Committee Woman; (2) A Precinct Committee Man; and (3) A Precinct Youth Representative (must be 35 years old or younger). One of these

Professional artists will instruct the following art projects: pottery, paper making, tie-dying, broom making and several other projects are planned. For more information contact: Mary Reed 723-4678 or appcraft@windstream.net.

Week of July 24-28 - 9am-2pm

Art Camp for Children

An art camp for children, sponsored by the Estill Arts Council, will be held at the Estill County Extension Office, the week of July 24 - 28, 2017, from 9 a.m. to 2 p.m. for the ages of 7 - 13 or those entering 2nd grade having completed 6th grade. Registration will be held Wednesday, July 19th, from 10 a.m. to 12 Noon at the Estill County Public Library, 246 Main Street, Irvine. Camp is limited to the first

25 kids and will be filled on a first-come, first-serve basis with a \$25 camp fee payable at registration. A limited number of scholarships are available upon written request.

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>.

Monday, July 24th @ 2:00pm

Alzheimer's Association - Everyday Activities

Everyday Activities: Finding Meaning in the Moment Explore creative avenues for connecting with your loved one diagnosed with dementia by sparking old memories and helping them to have meaningful experiences regardless of their current abilities. This program will take place at the Madison County Cooperative Extension Office located at 230 Duncan Lane, Richmond from 2-3:30 p.m. on Monday, July 24th. Registration is required as space is limited. Please call 1-800-272-3900. Designed for family caregivers; please no professionals.

Tuesday, July 25th @ 6pm

Summer Reading Ice Cream Party

The Estill County Library will be hosting an "End-of-Summer-Reading" Ice Cream Party on Tuesday, July 25, 2017, starting at 6:00 p.m. at Rising Park on Court Street (behind the library). Call Lesa Ledford Adult Services Librarian at 723-3030 for more information.



"Marriage is give-and-take, and I can't take it anymore."

Friday, August 4th @ 9am

Retired Co. C Guard Breakfast

Attention: All retired Richmond, on Friday, July 4th and former National Guard and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

Kitchen Diva Zucchini Season

by ANGELA SHELF MEDEARIS

I call summertime zucchini season because it is so abundant in farmers markets and backyard gardens. Anyone who has grown zucchini knows that a little planting goes a long way. Nothing inspires a gardener to be generous to friends and neighbors like an abundant crop of zucchini!

Zucchini is the most popular squash in the U.S. It can be eaten raw with dip or added to salad, stir-fry, soups, casseroles and mixed vegetables. It also can be served as a side dish -- freshly sauteed by itself or with other summer squash.

As long as it's not fried, zucchini is a very low-calorie vegetable -- 1/2 cup of cooked zucchini is just 18 calories and has 1 gram of protein. Zucchini is 94 percent water. There is no recommendation for canning zucchini because of its high water content, which causes zucchini to get soft and tightly packed during the canning process. This makes it hard for zucchini to reach the required temperatures it needs to assure safety for low-acid foods.

Maybe you've run out of ways to prepare zucchini, and friends and neighbors are no longer returning your phone calls. Here are some recipes to transform your abundant crop into tasty snacks, plus tips for preserving your bumper crop for future dishes. And remember, with zucchini recipes, you're only limited by your imagination!



Depositphotos.com

SUMMERTIME ZUCCHINI PASTA

- 2 tablespoons extra-virgin olive oil
- 1 small onion, finely diced
- 2 pounds zucchini, sliced into 1/4-inch-thick pieces (cut larger zucchini in half lengthwise before slicing)
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 garlic cloves, minced
- 1 ounce basil, about 2 cups loose leaves
- 1 pound ziti or other dry pasta
- 8 ounces ricotta, about 1 cup
- 1/8 teaspoon crushed red pepper
- Zest of 1 lemon
- 2 ounces grated Parmesan, pecorino or a mixture, about 1 cup, plus more for serving

1. Put a pot of water on to boil. In a large skillet over medium-high heat, cook onions in 3 tablespoons olive oil until softened, 5 to 8 minutes. Reduce heat as necessary to keep onions from browning. Add zucchini, season generously with salt and pepper, and continue cooking, stirring occasionally until rather soft, about 10 minutes. Turn off heat.

2. Meanwhile, use a mortar and pestle to pound garlic, basil and a little salt into a rough paste (or use a mini food processor). Stir in 3 tablespoons olive oil.

3. Salt the pasta water well and put in the pasta, stirring. Boil per package instructions but make sure to keep pasta quite al dente. Drain pasta, reserving 1 cup of cooking water.

4. Add cooked pasta to zucchini in skillet and turn heat to medium-high. Add 1/2 cup cooking water, then the ricotta, crushed red pepper and lemon zest, stirring to distribute.

5. Check seasoning and adjust. Cook 1 minute more. Mixture should look creamy. Add a little more pasta water if necessary. Add the basil paste and half the grated cheese and quickly stir to incorporate. Spoon pasta into warm soup plates and sprinkle with additional cheese. Serve immediately.

To freeze slices:

Choose young, tender zucchini. Wash and cut it into 1/2-inch slices. Blanch in boiling water for 3 minutes. Cool promptly in ice-cold water. Drain and package in freezer bags or containers, leaving 1/2-inch head space. Seal and freeze.

To freeze grated zucchini:

Choose young, tender zucchini. Wash and grate zucchini, then water blanch it for 1 to 2 minutes or until it is translucent. Put the zucchini in freezer containers and place the containers in cold water to cool it off. Seal and freeze. Pour off excess water when the zucchini thaws. Freezing tip: Divide zucchini into portions so each container has just the amount needed for one recipe or meal. This way you won't have to thaw more than you need.

Dehydrated zucchini:

Choose young, slender zucchini. Wash and cut into 1/4-inch slices for cooking purposes, or 1/8-inch slices for chips. Dry in a single layer in a 125 F oven until brittle. Use slices in soups and casseroles, or sprinkle zucchini chips with seasoned salt and serve with dips.

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.

(c) 2017 King Features Synd., Inc., and Angela Shelf Medearis