

# 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, July 6th @ 1:30pm**

## 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.

**Thursday, July 6th @ 5:30pm**

## Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna has been meeting on Thursdays at 5:30 p.m. at Steam Engine's Session Room. Kiwanis members work together to achieve what one person cannot accomplish alone. When a child is given the chance to learn, experience, dream, grow, succeed and thrive, great things happen.

A devotional will be given and plans will be made for upcoming activities.

**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!

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

**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 au-

tomatically 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](http://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](http://kybloodcenter.org).

**Tuesday, July 11th @ 11:30am**

## GTE/Sylvania/UAW Retirees

Winchester GTE/ Sylvania/ Ostram/ UAW retirees will gather at Michaels in Irvine at 11:30 a.m., Tuesday, July 11, 2017, for lunch. All Winchester Sylvania retirees and former employees are welcome to join us for lunch.

**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.

**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.

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. Pre-registration is required. Age limits will be strictly observed.

**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..."

**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>.

**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.

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# Kitchen Diva Sandwiches for Supper

by ANGELA SHELF MEDEARIS

Last night, it was still around 85 degrees F at supper-time. The thought of turning on my oven seemed like cruel and unusual punishment, even for someone who loves to cook as much as I do. My go-to summer salad just didn't interest me, but a sandwich filled with intriguing, ethnic flavors did.

A sandwich is the perfect way to enjoy a simple yet filling meal on a hot summer day. If your taste buds are tired of traditional fare, it's time to explore sandwiches from other cultures. A modern Vietnamese bahn mi sandwich is a delicious melding of Asian spices and ingredients encased in a French baguette.

The original components of the bahn mi (pronounced BUN-mee) were introduced in the early 20th century by the French to Saigon, which was renamed Ho Chi Minh City in 1976. A traditional French-style bahn mi consisted of buttered baguettes that the locals called banh tay (literally, "foreign cake") and ham or pate. As time passed, the bahn mi took on a decidedly Asian flair.

The Vietnamese version of the bahn mi sandwich became more complex and contained a variety of meats, including sardines, shredded chicken, grilled pork patties, barbequed meatballs, fried eggs and bean curd. A true bahn mi is typically topped with a marinated vegetables, spicy chili sauce, soy sauce and mayonnaise, and encased in a warm baguette or a flour tortilla.

The bahn mi, along with its unique variations, migrated to America along with the families who fled the country in the 1960s and '70s during the Vietnam War. They combined the traditional bahn mi with ingredients they found in their new home.

Today, an even wider variety of fillings are used, including shredded barbequed pork, sausage links or pork meatballs; smoked, canned sardines; fish patties; grilled chicken; fried eggs; pate; and vegetarian tofu or seitan versions. There are even dessert versions of a bahn mi with a filling of margarine and sugar or scoops of ice cream!

You can purchase a bahn mi wrapped in scraps of paper with a rubber band securing all the delicious ingredients from street vendors or at a restaurant. If a Vietnamese bahn mi sandwich isn't sold in your area, you can make them at home. As with any recipe, feel free to improvise on the fillings, or try this wonderful recipe for shrimp bahn mi.



SHRIMP BAHN MI

You can make the crunchy, marinated carrot topping for this traditional sandwich ahead of time and store it in an air-tight container. If daikon radish isn't available in your area, use 1/4 cup peeled and shredded red radish as a substitute.

- 1/2 cup carrots, peeled and shredded
- 1/2 cup daikon or red radish, peeled and shredded
- 2 teaspoons sugar or sugar substitute
- 1/4 teaspoon salt
- 1 tablespoon cider vinegar
- 1/3 cup chopped fresh cilantro
- 2 1/2 tablespoons reduced-fat mayonnaise
- 2 1/2 tablespoons low-fat plain Greek yogurt
- 1 tablespoon soy sauce
- 3/4 teaspoon fish sauce
- 1 tablespoon lime juice
- 1 teaspoon Sriracha sauce or 1/4 teaspoon cayenne pepper
- 3 (12-inch) baguettes, halved lengthwise
- 1 pound peeled, cooked (16-20 count) shrimp, tails removed, cut in half
- 18 thin slices of cucumber
- 3 green onions, thinly sliced lengthwise and cut into 2-inch pieces

1. Place carrot, radish, sugar, salt and vinegar in a small bowl; stir to combine. Let marinate while preparing the rest of the ingredients.

2. Place cilantro, mayonnaise, yogurt, soy sauce, fish sauce, lime juice and Sriracha or the cayenne in a medium bowl; stir to combine. Spread 2 teaspoons of this sauce on the bottom half of each baguette. Add shrimp to the remaining sauce; toss to coat.

3. Using a slotted spoon, divide carrot mixture among the baguettes (discard vinegar). Top with shrimp, cucumber and green onions. Cut each baguette into two 6-inch sandwiches. Makes 6 servings.

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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](http://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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THE ILLUSTRATED BIBLE

God came from Teman,  
the Holy One from Mount Paran.  
His glory covered the heavens,  
and the earth was full of His praise.

Habakkuk 3:3



Detail of "Study of God the Father" by Raphael (1515)

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