

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>

Tuesday, July 7, 6:30pm at Raders'

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, July 7 and on the first and third Tuesday of every month at Raders' 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..."

Thursday, July 9th @ 5:30pm

Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, July 9, 2015 at 5:30 p.m. at Michael's Restaurant in Ravenna. For the July 4th fireworks, Hospice Care Plus, 4-H camp scholarship and Old Irvine Cemetery mowings.

Donations given by the club in June went to the Estill Chamber of Commerce

Persons dedicated to *improving the world one child and one community at a time* are welcome to become members.

Friday, July 10th, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, 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 in 2001.

THE ILLUSTRATED BIBLE

The counsel of the Lord stands forever, the plans of His heart to all generations. Blessed is the nation whose God is the Lord, the people He has chosen as His own inheritance.

PSALM 33: 11,12



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Saturday, July 11th, 8am-?

Clothing Give-Away At Old Armory With Hot Dogs, Chips & Drinks

Helping Hands Outreach will be having a clothing give-away, along with other items, starting at 8 a.m., on Saturday, July 11th at the old Ravenna Armory, across from the Ravenna Veterans Park. They will also be having free hot dogs, chips and drinks to give a way. If anyone would like to volunteer to help, you can come join in on Saturday. There are a lot of things to do. Please tell everyone you know there is plenty to give away, all sizes.

Saturday, July 11th, 8am-1pm

Live Here. Give Here. Win A Toyota Camry Built Here!

Kentucky Blood Center (KBC) is the community's local blood bank and provides blood for Kentucky patients. To help encourage Kentuckians to give blood for Kentuckians this summer, KBC is giving donors the opportunity to win a new Toyota Camry.

When donors give blood and save a Kentucky patient's life at the blood drive below, they'll be automatically entered into the drawing which runs through Aug. 31.

The Estill County Community blood drive will be held Saturday, July 11, 2015, from 8 a.m. - 1 p.m. in the fellowship hall of First Christian Church at 270 Main Street in Irvine.

Kentucky Blood Center donors will now also receive

a non-fasting cholesterol test. Results will be posted within five days after the blood drive at kybloodcenter.org where donors can log in to see their results.

Blood donors must be 17-years-old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org.

Donors must be at least 18 years old to win the Camry. Contest rules can be found at kybloodcenter.org.

To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

Monday, July 13th @ 7pm

SE Ky. Gem, Mineral & Fossil Club

The Southeast KY Gem, Mineral, & Fossil Club will meet Monday, July 13, 2015, at 7 p.m. at the Estill County Public Library.

The program will be a

"Show and Tell" 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, July 14th @ 10:30am

Winchester GTE/Sylvania/Osram

Winchester GTE/Sylvania/Osram/UAW retirees will meet at 10:30 a.m., Tuesday, July 14 at the Union Hall for a short time and then travel to Ryan's in Richmond for lunch

about 11:30.

All Winchester Sylvania retirees and former employees are welcome to join us for lunch.

Ravenna History Book Documenting 100 Years

A book tentatively entitled "RAVENNA -- A Planned Kentucky Railroad Community -- The First 100 Years" is being assembled. It primarily documents the historical aspects of the City of Ravenna from the perspective of those living in and actively participating in Ravenna's formation, growth, and sustained existence. This is in conjunction with the 100-year celebration of the establishment of Ravenna, scheduled this fall in downtown Ravenna for September 19. Copies of the book will be available by that date.

Former and current residents are authoring the bulk of the book's articles. A substantial portion of the book is being devoted to articles and documentation of activities contained from Charles Vanhuss' extensive collection. The collection of articles and pictures from individuals has been ongoing for the past

three months.

Individuals wishing to contribute pictures, brochures and articles related to the activities of the residents and details of individual families and commercial establishments of Ravenna are invited to submit these during the month of July.

These can be submitted at the Estill County Historical Society on Saturday mornings July 18 and 25 between 10:00 am and 1:00 pm. Pictures and other artifacts will be scanned on-site and returned to the provider. Articles and pictures can be hard copies or will be copied electronically from laptops or flash drives.

For more information contact Jerry G. Rose at jprose@aol.com or 859 278-4133 or 859 608-0931. For those unable to visit the Society on July 18 and 25 are invited to submit to the e-mail address listed or call for more information.

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HOURS:
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Saturday, 10-2



Book for Sale
60 Page Historical Book
about Tipton Ridge, Fitchburg, Cob Hill, Furnace,
and surrounding communities from the 1980s.
For more information,
Call Madalene Wasson
(606) 726-9705

Kitchen Diva Just Peachy

Peaches are the perfect summer fruit. When they're ripe, they are the sweet taste of summer, whether eaten out of hand or in your favorite dessert.

There are two types of peaches: Early peaches are clingstone (woody center pit adheres to flesh), and mid-summer peaches are freestone (woody pit falls out easily when fruit is cut in half). Clingstone peaches are firmer and better for canning, grilling or adding to savory cooked dishes. Freestone peaches are softer, juicier and more flavorful. Best of all, peaches are a good source of potassium, vitamin C, vitamin A, niacin and soluble fiber. Peaches also are considered a diuretic and a mild laxative.

Peaches spoil very easily, even when unripe. Choose fragrant peaches that are unblemished and not too hard -- they should yield slightly to the pressure of a thumb. Avoid peaches with green coloring, as they were probably picked too early. They're not as sweet and won't ripen properly. Peaches don't get sweeter after they're harvested, though fruit will become softer and juicier as it matures.

Look for skins that show background color of yellow or cream -- the amount of red or pink "blush" on the fruit depends on variety and is not a reliable indicator of ripeness. Watch out for dark-colored, mushy, bruised peaches that are overripe and beginning to spoil. Tan circles or spots on the skin are early signs of decay.

Don't pack peaches too closely, or they'll spoil and cause nearby peaches to rot. Unripe peaches can be left to ripen at room temperature. This process can be hastened by placing them in a paper bag for a few days. Peaches taste best at room temperature and will keep for 3-4 days, slightly longer in the refrigerator. Wash the fruit just before eating.

Peaches peel more easily if blanched for 1 minute, then cooled immediately in ice-cold water to stop the effect of the heat ... do not soak. The flesh of the peach tends to brown on contact with air. To prevent this, eat or cook the peach immediately, or sprinkle it with lemon or orange juice, or an ascorbic-acid product.

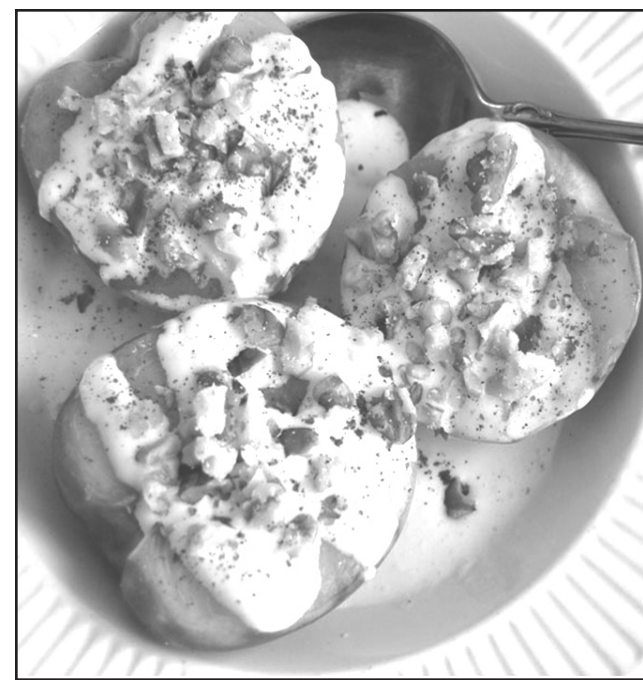
Freezing: Select fully ripe fruit. Peel, pit and slice. Treat to prevent darkening. Sugar pack: sprinkle fruit with desired amount of sugar; gently stir; allow fruit to stand until sugar dissolves; pack fruit into freezer container leaving 1/2 inch headspace.

Syrup pack: Prepare a light, medium or heavy syrup of your choice. Add 1/2 cup syrup to freezer container; add sliced fruit and gently shake to pack fruit, leaving 1/2 inch headspace.

Dehydrating: Remove skin and pits. Cut into 1/2 inch slices or circles. Treat to prevent darkening. Dry at 130 F until pliable with no moisture. Drying concentrates the nutrients; dried peaches are especially rich in potassium and iron.

My recipe for Grilled Peaches with Lemon Honey Cream is an easy way to showcase the delicious flavor of summer peaches.

(Additional information provided by Susan Mills-Gray, Nutrition Specialist, Cass County, University of Missouri Extension.)



GRILLED PEACHES WITH TOPPING
4 large, fresh, ripe peaches, halved
1 1/2 tablespoons butter, melted
2 tablespoons sugar
Lemon Honey Cream Topping (recipe follows)
8 gingersnaps or vanilla wafers, crushed

1. Heat grill or stovetop grill pan, and grease the grill or pan with a neutral-flavored oil. When grill is hot, place peaches, cut-side down, on it for 5 minutes or until peaches soften and have grill marks.
2. Turn peaches cut-side up; brush with melted butter and sprinkle each with sugar. Remove peaches from grill. Sprinkle half of crushed cookies on each peach. Top with Lemon Honey Cream Topping and sprinkle with remaining cookie mixture. Serves 4.

LEMON HONEY CREAM
2 cups half-and-half
1/4 cup sugar, stevia or agave nectar
1 tablespoon cornstarch
2 tablespoons honey
1/2 tablespoon lemon juice
1/8 teaspoon salt
3 egg yolks

Whisk together all ingredients in a heavy 3-quart saucepan. Bring to boil over medium heat, whisking constantly. Boil, whisking constantly, for 1 minute. Remove from heat. Serve warm or cold. Makes approximately 2 1/3 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.

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