

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.

Wednesdays and Fridays @ 10:30am

Regular Preschool Storytimes

Estill Library's regular preschool Storytime meet each Wednesday and Friday mornings from 10:30 to 11:30 a.m. We are trying out a Baby and Me Storytime for children birth to three years of age with our current Friday story-time kids.

Come and try us out. We read, sing and do activities to help with socialization and school readiness for our younger children.

For more information contact Amy Hughes, Children's Librarian, at 723-3030 at the Estill County Public Library.

Thursdays, 4-5pm at the Estill Library

Estill County Library's Lego Club

The Estill County Public Library hosts Lego Club each Thursday from 4 pm to 5 pm. The suggested ages for this group is 6 to 12. Come build

with us! For more information contact Amy Hughes, Children's Librarian, at 723-3030 at the Estill County Public Library.

Thursday, May 31st @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, May 31 at 5:30 p.m. at Steam Engine Pizza.

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.

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 Appa-

lachian 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.

Library News

Tuesday, June 5th @ 1:30pm

The Book Club will meet at 1:30 on Tuesday, June 5 and watch the movie "Eat, Pray, Love". Refreshments will be provided. If you would like to join the Book Club stop by the Estill County Public Library on June 5.

Friday, June 8th @ 3:30pm

Teen Crafternoon will be on Friday, June 8 at 3:30 for all middle school and high school students. Come out and make a craft using Perler Beads. For more information please contact Lesa at 606-723-3030.

Wednesday, June 13th @ 1:30pm

Crafternoon is on Wednesday, June 13th and the 2nd and 4th Wednesday of each month at 1:30 at the Estill County Public Library. On June 13 we will be making a Book Page Wreath. If you have a hot glue gun please bring it to use for this project. All other supplies will be provided. On June 27 we will be doing Rock Painting. We will focus on your favorite character from a children's book, so be thinking of what you want to paint. If you have any questions please contact Lesa at 606-723-3030.

Saturday, June 23rd @ 10:00am

Saturday, June 23 Brad Holeman will be at the Estill County Public Library for the Art of Blacksmithing. This program will be from 10:00 until 1:00. You may want to bring a lawn chair since you will be outside during this time. For more information please contact Lesa at the library by calling 606-723-3030.

Friday, June 1st @ 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 Rich-

mond, on Friday, June 1st and on the first Friday of each month at 9 a.m.

All are invited and welcome. Hope to see you there!

Tuesday, June 5th @ 6:00pm

Annual ECH&GS Cookout/Auction

The Estill County Historical & Genealogical Society will have their annual cookout at Gene and Eva Watson's on Tuesday, June 5, 2018 at 6:00 p.m.

Take KY 52E from Ravenna to Pitts Road, then to McIn-

tosh Hollow Road and watch for the crowd.

Please bring a potluck dish and an item for the auction! The auction is one of our fundraising events, so please bring your treasures and checkbooks!

Tuesday, June 5th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, June 5th and on the first and third Tuesday of every month at Irvine First Christian Church 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.

Saturday, June 9th - all day

Hargett VFD Auxiliary Yard Sale

The Hargett Fire Dept. Auxiliary will be holding yard sale & bake sale and hosting a community yard sale on Saturday, June 9, 2018 at the Fire Station at 6932 Winchester Road. Donations for the fire dept. can be dropped off on Fri., June 8 from 2 - 4 p.m. Anyone can reserve a table to sell their yard sale items.

Tables are \$20 for 1 or \$30 for 2 tables. Each additional table will be \$5.00. Table must be reserved by June 7th. For donation pick-up, call the station and leave a message @ 606-723-0365 or call Rob Forehand @ 859-248-8249 or Teddy Stamper @ 859-644-9698. Event will be held rain or shine.

Tuesday, June 12th @ 5:30 pm

Estill Democrat Women's Club

Estill County Democrat Women's Club will meet Tuesday, June 12th and the second Tuesday of each

month at the Estill County Golf Club from 5:30-7 p.m.

Come, join us. Together we can make a difference.

Tuesday, June 12th @ 11:30am

GTE/Sylvania/Osram/UAW retirees' lunch

Winchester GTE/Sylvania/Osram/UAW retirees will gather for lunch 11:30 AM, Tuesday, June 12, at Windy

Corners in Fayette County. All Winchester Sylvania retirees and former employees are welcome to join us for lunch!

Friday, June 15th @ 6:30 pm

Backyard Beekeeping at the Museum

Tammy Horn Potter, Kentucky State Apiarist, will give a presentation on "Backyard Beekeeping" on Friday, June

15, 2018, 6:30 - 8:00 p.m., at the Estill County Historical Museum, 133/135 Broadway in Irvine, Kentucky.

Saturday, June 30th - 2pm

Estill High School Class of 1970

Estill County High School Class of 1970 will be eating at Michael's Restaurant in Ravenna at 2 p.m. on Saturday, June 30.

All teachers and students from the classes of 1969 and

1971 are also welcome.

For more information, please call Linda McIntosh Howell at (859) 588-2904 or email linda233@rocketmail.com. Please RSVP the number you have attending.

Estill County Bookmobile

The Estill County Public Library Bookmobile is getting geared up for summer.

If you find yourself bored and looking for something new to try, come visit the Bookmobile.

We have all the popular kids books including "Diary of a Wimpy Kid", "Dork Dairies", "Big Nate", "Goosebumps", "I Survived" and lots more.

The bookmobile will be having Summer Reading at Mt. Crest Community Room on June 8, June 22, July 6, and

July 20 from 1 p.m. to 2 p.m. and at the community room at Stacy Lane Apartments on June 15 and 29, and July 13 and 27 from 1 p.m. to 2 p.m.

Come join us for Storytelling and also take home a cool craft.

The bookmobile offers county wide service. For more information on receiving Bookmobile Services, please call Sherri Jenkins/Bookmobile Librarian at 606 723-3030 at the Estill County Public Library.

Saturday, June 30th - 4-7pm

Estill High School Class of 1968

The Estill County High School Class of 1968 will hold their 50th reunion on Saturday, June 30, 2018 from 4:00 to 7:00 p.m. at Michael's Restaurant, 100 3rd Street, Ravenna, Ky. A buffet style dinner will be available for \$15.00 including gratuity.

For additional information Contact: Facebook-Dennis and Marie Pasley under Events and check interested. Also you may contact Betty Arvin Young, at byoung505@outlook.com, or 606-723-7516 or Betty Allen Brooks at 723-9443.

Kitchen Diva

Strawberries - The Perfect Summer Fruit

by ANGELA SHELF MEDEARIS

Strawberries have been considered a tasty and nutritious treat for hundreds of years. Nutritional experts believe that strawberries are as close as you can get to a perfect fruit. They're low in calories (27 in 100g) and fat-free, but packed with nutrients, including vitamins and antioxidants that bring numerous health benefits. Eating just five strawberries gives you more vitamin C than an orange. The vitamin content in strawberries drops quickly, so you need to eat them as soon as you can after they've been picked.

The strawberry got its name from the common practice of growing berries under straw to protect them from winter cold and late spring frosts. A member of the rose family, the strawberry sometimes gives off a rose-like aroma. Many speculate about how the luscious fruit was discovered. It is known that the strawberry goes as far back as the Romans, and perhaps even the Greeks.

The strawberry plant was originally grown in Northern Europe, but wild species also are found in Russia, Chile and North America. At one time, wild strawberries grew everywhere from Canada to the Carolinas and westward beyond the Appalachian Mountains.

Before modern refrigeration, a day of "strawberrering" meant a long day of picking, followed by gorging on delicious strawberry treats -- pies, tarts, shortcake and all the ripe strawberries the family could consume. Berries that were not eaten were preserved as jam, jelly, sauce, strawberry vinegar and strawberry tonic, a medicinal drink. The remaining berries were dried on flat rocks for several days. These dried berries would be used throughout the fall and winter in breads, cakes, puddings and porridge.

The first American species of strawberry was cultivated in about 1835. Today, the strawberry is the leading small fruit crop in the U.S. It is farmed from Florida to Alaska, with the largest strawberry growing centers located in California and Florida.

When picking or buying packages of strawberries, look for ripe, shiny and brilliantly colored berries without any soft or brown patches. Never buy strawberries that are green or hard, or that look dry, dull or wrinkled. When buying berries packed in a basket, check the bottom to see if there is a juice stain. This means that the strawberries at the bottom are crushed.

Always dispose of any berries that have signs of mildew or are rotten, as they'll contaminate the rest. Refrigerating strawberries ruins the flavor, and the strawberry aroma is easily picked up by other foods in the refrigerator. Store the berries in a cool place. Strawberries should be lightly rinsed, not washed, before serving, and eaten as soon as possible.

This recipe for Strawberry Flower Cups is an easy way to serve fresh berries as a dessert or to use as a beautiful decoration. The strawberries are cut to resemble flower petals then stuffed with sweetened cream cheese. It's a cool, delicious way to showcase these beautiful berries!



Photo Credit: N.C. Strawberry Growers

STRAWBERRY FLOWER CUPS

32 fresh, whole strawberries, large
12 ounces cream cheese, softened
1/2 cup confectioners' sugar
1/4 teaspoon almond extract
2 tablespoons semisweet or milk chocolate, grated

1. Lightly rinse the strawberries and gently place them in a colander to drain. Cut a thin slice from the stem end of each strawberry to create a base so that the berries will stand upright on the flattened end. Place the berries, cut side down, on a cutting board. Carefully cut each berry into 4 wedges, but do not cut through the bottom. Use your finger to gently press down in the center of the berry so that the wedges fan out just slightly, taking care not to break the berries apart. Set the berries aside.

2. Using a small mixing bowl, beat together the cream cheese, confectioners' sugar and almond extract until light and fluffy. Gently fold in half of the grated chocolate. Use a teaspoon, a plastic sandwich bag with a small hole cut into the end or a decorating bag with decorative tip to fill the berries with the cream-cheese mixture. Sprinkle the remaining grated chocolate over each berry. Cover and chill until ready to serve. Makes about 32 filled strawberries.

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.

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Serving Estill County over 18 Years

The highest compliment my clients can give me is the referral of their friends, family and business partners.

Thank you!

