

# 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**

## Storytime is also "Snacktime"

Summer is what is happening at Storytime.

We will continue our Summer Feeding program this Friday. A free sack lunch will be available for children 0-18 years of age on Wednesdays and Fridays after Storytime, through July 27th.

Come to Storytime at 10:30 a.m. on Wednesdays and Fridays and join us for lunch after our stories and fun. This year, adults are allowed to bring a sack lunch from home to enjoy some quality time with their child.

### Summer Reading

Remember to Sign-up for our Summer Reading and Activity Tracker--Beanstack the web address <http://estill-countylibrarians.beanstack.org>

We are a Summer Feeding site this summer. We are feeding each Wednesday and Friday at 11:15 a.m. to 12:00 p.m. directly after Storytime.

### Summer Reading Special Program

Each Thursday afternoon at 1:00 p.m., we will be having a special program for children of all ages and adults too. Thursday, June 21st at 1:00 p.m. we will be hosting Skip Johnson from the Estill County Rock and Gem Club. Our theme is Libraries Rock so... we will be learning about all types of rocks. For any information about Summer Reading call 723-3030 or stop by the library.

**Wednesday, June 20th @ 12:00 Noon**

## Estill County Board of Health

The Estill County Taxing District Board of Health meeting will be held on Wednesday, June 20, 2018 at Michael

Restaurant in Ravenna at 12 Noon. The public is welcome to attend.

**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, June 21st @ 5:30pm**

## Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, June 21 at 5:30 p.m. at Steam Engine Pizza. B. Williams will present the program on the Irvine Municipal Utilities. 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 21st @ 12:00 Noon**

## Four Seasons Garden Club Tea

The Four Seasons Garden Club will host a "First Day of Summer Tea" on Thursday, June 21 at noon. It will be in the pavilion at the Wisemantown United Methodist Church to celebrate the beginning of summer. The linens, silverware, and china will set the mood to be treated for an elegant ladies' tea set in a garden atmosphere. The menu will include Hummus and Veggies,

White and Wheat, Lemon-Geranium Pound Cake, Blueberry Sorbet & Shortbread Tea Cookies, and Elmwood Inn Teas - Monarch Garden with Turmeric, Tany Turmeric, Farmer's Market - iced.

Proceeds will go toward the Garden Club's "Monarch Butterfly Garden/Outdoor Classroom" at West Irvine Intermediate School.

Tickets will be \$10. Contact Francine Bonny, Club President, if interested in joining the club or attending the tea. The Four Seasons Garden Club is a member of the National Council of State Garden Clubs, Inc.

**Friday, June 22nd - 3:30-6:30pm**

## Free Reading Glasses

The Estill County 4-H Teen Club will be set up at the Estill County Farmer's Market on Friday, June 22 from 3:30-6:30 p.m., handing out free reading glasses.

Limited to two (2) pairs per adult.

Educational programs of Kentucky Cooperative Extension

serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

**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 in playing one is welcome to attend.

The Appalachian Dulcimer was designated as the official state instrument of Kentucky.

**Saturday, June 23rd @ 11:00am**

## Annual Crowe-Bryant Reunion

The Crowe Bryant Family Reunion (families of Ernest B. Crowe and Ethel Bryant Crowe) will be held Saturday, June 23, 2018 - 11:00-? at River Drive Christian Church,

363 River Drive in Irvine.

Friends and anyone interested in the family are welcome!

For more information call or text 606-454-1602 or 859-745-4535

**Sunday, June 24th @ 12:00 Noon**

## Edmonson Family Reunion

The family of Rachael and Bill Edmonson are having a reunion on Sunday, June 24, 2018, at the Shelter at Crowe Cemetery on Stacy Lane

Road.

Lunch will be at 12:00 Noon. Bring a covered dish and drinks. Family and friends are welcome.

**Monday, June 24th @ 6:30 p.m.**

## Democrat Executive Comm.

The Estill County Democrat executive Committee will be meeting June 25, at 6:30 p.m., and the 4th Monday of every

month at the public library.

For additional information you can email [Estillcountydemocrats@gmail.com](mailto:Estillcountydemocrats@gmail.com).

**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](mailto:byoung505@outlook.com), or 606-723-7516 or Betty Allen Brooks at 723-9443.

**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](mailto:linda233@rocketmail.com). Please RSVP the number you have attending.

**Tuesday, July 3rd @ 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, July 3rd, and on the first and third Tuesday of every month at Hardee's of Irvine on Richmond Road. The meeting begins at 6:30 p.m. Come earlier

is want to eat.

Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world.

**Friday, July 6th @ 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, July 6th and on the first Friday of each month at 9 a.m.

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

**Monday, July 9th @ 3:30pm**

## Young Adult Book Club

The Young Adult Book Club book for the month of July will be "The Looking Glass Wars" by Frank Beddor. This is a retelling of Alice in Wonderland. We have may different Alice-like things planned for our book club members. July 9th- Croquet on the Lawn, July 16th- "Mad" Hat Decorating, July 23rd- Showing of the Alice in Wonderland Movie. This is

the version starring Kentucky Native, Johnny Depp. July 30th-"Mad Tea Party" and Book Discussion.

This book club is for teens and we meet every Monday afternoon from 3:30 p.m. to 4:30 p.m. You may check out a copy of the book anytime after July 2nd. Please contact Katelyn Fowler at the Estill County Public Library at 723-3030.

**Tuesday, July 10th @ 5:30 pm**

## Estill Democrat Women's Club

Estill County Democrat Women's Club will meet Tuesday, July 10th 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.

**Monday, July 23rd @ 2:00pm**

## Memory Loss, Dementia & Alzheimer's

If you have a loved one who is newly diagnosed, or if you just want to learn more about Alzheimer's disease, this program is for you. This presentation will explore what everyone should know about memory loss issues and what they mean for all of us.

The program will be held

on Monday, July 23rd from 2:00pm-3:00pm at the Madison County Cooperative Extension Office located at 230 Duncannon Lane in Richmond. To register for this program, please call 1-800-272-3900. Registration is required. Program provided by the Alzheimer's Association.

**Saturday, August 4th @ 6:00pm**

## ECHS Class of 1978 Reunion

SAVE THE DATE! The ECHS Class of 1978 will be having their 40-year reunion on Saturday, August 4, 2018, 7-11 p.m. at Gillams in Richmond.

A group picture will be made at 9:00 p.m. There will be a \$10.00 per person cover

charge for room and appetizers. Additional food and drinks will be available.

For more information, contact Cindy Arvin Robinson at (606) 975-5870, Charles Royalty at (859) 948-9288 or visit the ECHS 1978 Facebook page.

## Kitchen Diva

# Gone Fishing!

by ANGELA SHELF MEDEARIS

You might not think of seafood as seasonal. If you go to the supermarket, many types of fish are available year-round. But not all seafood is created equal. If you care about fresh seafood, sustainable fisheries, protecting our oceans and eating fish that is healthier for you and your family, it pays to know what fish are in season. Here are some great tips about selecting fish from the Center for Food Safety, [www.centerforfoodsafety.org](http://www.centerforfoodsafety.org).

### Five Tips to Choosing Sustainable Seafood:

1. Choose local seafood if possible, and always choose domestic over imported.
2. Choose wild.
3. If it's farmed, choose seafood from the U.S., especially in low- or no-output, recirculating systems.
4. Favor fish caught by hook and line, handline, troll (not to be confused with "trawl" fishing, which can be very destructive), jig or speargun.
5. Avoid fish that are high in mercury, PCBs or farmed fish that are given antibiotics.

### Best Fish to Eat in Summer:

#### East Coast

Mahi Mahi (troll, pole) Stone Crab  
Shellfish (mussels, oysters, clams) (farmed)  
Snapper (preferably Yellowtail)  
Striped Bass (aka Rockfish) (hook & line, farmed)  
Swordfish (harpoon, troll, pole)  
Yellowfin Tuna (troll, pole)

#### West Coast

Abalone (farmed) Albacore Tuna (troll, pole)  
Dungeness Crab  
King Salmon (Alaska) (pole, troll)  
Oregon Pink Shrimp Salmon (Alaska wild)  
Pacific Cod (hook & line, longline & trap)  
Pacific Halibut Rainbow Trout (farmed)  
Sablefish (aka Black Cod or Butterfish) (Alaska wild)  
Sardines (Pacific) (U.S. wild-caught)  
Shellfish (mussels, oysters, clams) (farmed)  
Striped Bass (aka Rockfish) (hook & line or farmed)  
White Seabass (hook & line)

Much of the fish available today in the United States is imported, and frequently from places where health and environmental standards are weak or non-existent. Worldwide, regulation of the fishing industry is poorly enforced, and less than 2 percent of seafood imports to the U.S. are inspected for contamination.

Shipping fish around the world has a negative impact on the climate, but it can have an even greater impact on our oceans. With nearly 85 percent of the world's fisheries overfished, our seafood choices are more important than ever. Decades of overfishing have driven many fish populations to levels so low that recovery is a long-term proposition.

### Farm raised or wild-caught?

Aquaculture, the farming of fish and seafood, has resulted in a far-reaching variety of environmental consequences, including the escape of farmed fish from their containment that threatens native wild fish populations; the spread of deadly diseases and parasites; and the pollution of our oceans from the inputs and outputs of fish farming. Though presented by the industry as a "solution" to over-fishing, the overwhelming evidence is that aquaculture is not relieving any pressures on wild fisheries.

Studies also have found farmed fish to be less healthful than their wild counterparts. Fish farms frequently use antibiotics to control disease in their crowded pens, and PCBs accumulate in farmed fish at a higher rate than wild fish. PCBs can cause significant health concerns for both humans and the environment, and are associated with increased risk of cancer, disrupting the endocrine system, and contributing to developmental and reproductive problems.

Eating seasonally -- whether it's fruits, vegetables or fish -- is a healthier choice for both our plates and our planet. Use the tips above to go fishing this summer in your grocer's seafood department and try this wonderful recipe for wild Alaska salmon.



Photo Credit: DepositPhotos

### HERB-ROASTED WILD ALASKA SALMON

- 1 (2- to 2 1/2-pound) skinless wild Alaska salmon fillet
- 1 teaspoon coarse sea salt
- 1 teaspoon freshly ground black pepper
- 1/4 teaspoon cayenne pepper
- 1/4 cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon lemon zest
- 4 minced whole green onions, green tops and white parts
- 1/2 cup minced fresh dill
- 1/2 cup minced fresh parsley
- 1/4 cup dry white wine, chicken or vegetable stock
- Lemon wedges

1. Heat oven to 425 F.
2. Place the salmon in a ceramic, glass or stainless-steel roasting dish and season with salt, black and cayenne pepper. Whisk the olive oil and lemon juice together and drizzle over the salmon. Let sit at room temperature for 15 minutes.
3. In a small bowl, stir together the lemon zest, scallions, dill and parsley. Scatter the herbs over the salmon, turning it so that both sides are coated. Pour the wine or broth around the fish fillet in the roasting dish.
4. Roast the salmon for 10 to 12 minutes, until firm and almost cooked in the center. Cover the dish tightly with aluminum foil and allow to rest for 10 minutes. Cut the salmon crosswise into serving pieces, and serve hot with lemon wedges. Serves 6.

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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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