

# 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 and Fridays @ 10:30am

### Storytime is also "Snacktime"

Summer is what is happening at Storytime. We began our Summer Feeding program last Friday, and 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. Thursday, June 7th at 1:00 p.m., we will be painting Rocks to go with our Summer Theme . . . Libraries Rock. We will also be helping your family to sign up on our new paperless Summer Reading Tracker, Beanstack.

## Thursday, June 7th - 11am-2pm

### Snacks at the Mack on Thursday

Come see the the work that has been accomplished in getting the Mack Theater ready for renovation and enjoy lunch at the same time. The River City Players will be offering barbecue sandwiches, coleslaw, chips, and drinks at the Mack on Thursday June 7, from 11 a.m. until 2 p.m., for a \$5 donation to the "Save the Mack" fund.

Home or office delivery will also be available by calling 502-810-7668. Participating in fundraisers such as this barbecue lunch are one of the ways you can help restore the Mack Theater to a functioning venue for many Estill County entertainment and educational events

## 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!

## Thursday, June 7th @ 5:30pm

### Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, June 7th at 5:30 p.m. at Steam Engine Pizza. Sandra Wilds will give an update of the Pregnancy & Parenting Center.

Recent donations from Kiwanis have been given to the Estill County Ministerial Association, Estill County Food Bank, Estill County Library's summer reading program, old Irvine Cemetery (beside Citizens Guaranty Bank) for lawn mowings, and Kiwanis Park. Service is at the heart of every Kiwanis Club, no matter where in the 80 nations where Kiwanis Clubs are located. Members focus on changing the world by serving children, one child and one community at a time.

## 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, June 9th - all day

### Hargett VFD Auxiliary Yard Sale

The Hargett Fire Dept. Auxiliary will be holding a 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 Stampfer @ 859-644-9698. Event will be held rain or shine.

## Monday, June 11th @ 6:30pm

### SEKy Gem, Mineral & Fossil Club

The Southeast KY Gem, Mineral, & Fossil Club will have its annual meeting and potluck meal on Monday, June 11 at 6:30 p.m. at the Wisemantown United Methodist Church's pavilion. The program will be a "Silver Pendant" demonstration by Brian Booth. Anyone interested in joining is welcome to attend. Yearly dues are \$20 per family and \$15 per individual.

## 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!

## 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.

## 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 16th @ 6pm

### Singing at New Bethel B.C. #1

New Bethel Baptist Church #1 on Barnes Mountain Road will be having a singing on Saturday, June 16 starting at 6 p.m. Featured singers will be the Watson Family. Refreshments will be served after the singing. Everyone is welcome.

## Tuesday, June 19th @ 6:30pm

### Estill County Lions Club

The Estill County Lions Club will meet Tuesday, June 19th 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 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.

## 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.

## 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 Richmond, 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 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.

## Kitchen Diva

### Fish: The Perfect Dish for Father's Day

by ANGELA SHELF MEDEARIS

One of my favorite types of fish to prepare for my husband is tilapia. Tilapia is available year-round and can be grilled, broiled, fried, baked or steamed in the microwave. It cooks in less than 10 minutes, which makes it a tasty choice for a Father's Day dinner.

Tilapia, or "St. Peter's fish," is a living relic. There have been references to and drawings of a tilapia-like species dating to the time of the Egyptian pharaohs, and tilapia farming may predate the farming of any other fish species. Tilapia's mild taste, adaptability and relatively low cost have led to its rapid ascension as one of the top 10 seafoods consumed in the U.S. by volume.

The majority of tilapia farms are freshwater, although tilapia can survive in brackish water and even saltwater. According to the Seafood Choices Alliance, the most commonly farmed tilapia species are Nile, Mozambique and blue. The skin color of the fish varies but is unrelated to flesh color or taste. Nile tilapia, known as nilotica or black tilapia, has dark skin. Mozambique tilapia, or red tilapia, has reddish skin.

Tilapia, as a plant eater, grows quite well on a grain-based diet. The use of fishmeal or oil from wild fish is therefore not required, although some farmers do add a small amount of fishmeal to their feed. Tilapia is available in graded sizes of 3-5 ounces, 5-7 ounces (most common) and 7-9 ounces. It tastes like the water in which it's raised, and the best quality tilapia has a very clean taste. You can find whole tilapia or tilapia fillets in the seafood section of most grocery stores. This recipe for Buttermilk Pecan Tilapia is the perfect way to showcase this delicious fish on Father's Day!



Photo Credit: Deposit Photos

#### BUTTERMILK PECAN TILAPIA

- 6 to 8 (6-ounce) tilapia fish filets
- 1 cup buttermilk
- 1 large egg, slightly beaten
- 1 tablespoon poultry seasoning, divided
- 1 teaspoon salt, divided
- 1 teaspoon ground black pepper, divided
- 1/2 tablespoon hot sauce
- 1 1/2 cups plain or whole-wheat Panko breadcrumbs or finely crushed cornflakes
- 1 cup ground pecans
- 1 tablespoon paprika
- 1/4 teaspoon cayenne pepper
- 3 tablespoons vegetable oil

1. Using a medium-size bowl, combine the buttermilk with egg, 1/2 tablespoon of the poultry seasoning and 1/2 teaspoon of the salt and the pepper and the hot sauce and mix well. Set the bowl aside.

2. In another bowl, combine the breadcrumbs or cornflakes, ground pecans, paprika, cayenne pepper and the remaining poultry seasoning, salt and pepper. Mix well. Dip the fish fillets in the buttermilk mixture, then into the seasoned crumb mixture.

3. Place 2 tablespoons of oil in a large, non-stick pan and place over medium-high heat. Brown filets in batches, 2 to 3 at a time -- do not crowd the pan. Cook 3 minutes on each side or until fish flakes easily when tested with a fork. Repeat with the remaining oil and filets. Serve immediately. Serves 6 to 8.

**TIPS:** Poultry seasoning typically contains sage, thyme, marjoram and rosemary, all of which are delicious as a seasoning for fish. The buttermilk helps the coating to adhere to the fish. If you don't have buttermilk on hand, you can make a substitute by combining 1 tablespoon of lemon juice or vinegar with 1 cup of milk. Stir and set aside for 5 minutes before proceeding with the rest of the recipe. Cod or catfish fillets also work well in this recipe.

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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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# Sammy's

## Furniture & Appliances

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- Dutch Craft Amish-Made Bedding
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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!