

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>

Monday, Wednesday and Friday

Estill Library Hosts "Walk Slim"

Walk Slim is held at the Estill County Public Library, 246 Main Street, Irvine, at 5:00 p.m., on Monday, Wednesday, and Friday. If the weather is pretty they will venture outside to walk. If you are interested in joining please just drop by and walk to a healthier life. Contact Lesa Ledford at 723-3030 for more information.

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.

Wednesday, May 22nd at 1:30pm

"Art With Sandy" at the Library

Art with Sandy is back on Wednesday, May 22 at 1:30 p.m. Come out and learn about the love of art with Sandy Savage at the Estill County Public Library, 246 Main Street, Irvine. Contact Lesa Ledford at 723-3030 for more information.

Thursday, May 23rd @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, May 23, 5:30 p.m. at the historical Estill Springs pavilion for a Potluck Picnic. Nelle Williams will share a message with club members. If you are interested in becoming a member of a service organization that has a sense of community, a source of fulfillment, and a history of impact, join us. Jeff Hix is club president.

Sunday, May 26th at 1:00pm

Warner-Richardson Reunion

The family of Zack and Ruby Richardson Warner would like to invite all family and friends to attend our annual family reunion, Sunday May 26, 2019, at the Bethel Christian Church picnic area on the New Fox Road at 1:00 p.m. Everyone, please bring a covered dish and drinks for our family and friends. The gathering grows more each year and we want to make sure there is plenty for all. Hope you can join us.

Monday, May 27th meeting cancelled

Democrat Executive Committee

The Estill County Democrat Executive Committee will be meeting for Monday, May 27th has been cancelled. The next meeting will be Monday, June 24th at 6:30 p.m. and the 4th Monday of every month at the Estill County Public Library, 246 Main Street. For additional information you can email Estill-countydemocrats@gmail.com.

Tuesday, May 28th - 11:00am-12:30pm

Dementia-Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn how to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. The program will take place at the Madison County Cooperative Extension Office located at 230 Duncannon Lane, Richmond, on Tuesday, May 28, 2019, from 11:00 a.m. - 12:30 p.m. Registration is required; please call 1-800-272-3900. Program provided by the Alzheimer's Association.

Tuesday, May 28th at 5:30pm

Historical Society's Annual Cookout

The Irvine-Ravenna Woman's Club will meet at the Estill County Historical and Genealogical Museum at 133 Broadway on Tuesday, May 28th at 5:30 p.m. Potluck will be served and we will be making cards for Veterans at our last meeting for the season. Bring a friend!

Thursday, May 30th @ 6pm

Estill Celebrate Recovery

Celebrate Recovery meets at Providence Baptist Church Fellowship Hall, Thursday, May 30th and every other Thursday at 6:00 p.m., . Everyone is welcome to attend. It is a Christ centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind. Providence Baptist Church is located at 1115 Winston Rd, Irvine, KY 40336. If you have any questions, call the church at 723-7837 or Sam at (859) 779-2442.

Sunday, June 2nd @ 2:00pm

Amvets Post 67 in Clay City

Amvets Post 67, located at 99 Veterans Lane, Clay City holds its meeting monthly 1st Sunday of each month at 2:00 p.m. Also, everyone is invited to Post 67 Clay City for Bingo every Monday. Doors open at 5:00 p.m. Bingo starts at 6:30 p.m. For more information, call 606-663-0071.

Tuesday, June 4th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club has can Tuesday, June 4th, and on the first and third Tuesday of every month at the Irvine First Christian Church meeting room on Main Street at 6:30 p.m. Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world.

Tuesday, June 4th at 6:00pm

Historical Society's Annual Cookout

The Estill County Historical and Genealogical Society will be having their annual cookout hosted by Gene and Eva Watson at 320 McIntosh Hollow, at Pitts, Tuesday, June 4, 2019, starting 6:00 p.m. This is our fund-raiser evening. Please bring an item for the live auction. Hot dogs and hamburgers are provided. Please bring a side or dessert to share. See a member for more information.

June 4th, 6th, 11th & 13th - 4-6pm

Diabetes Self Management

I want to thrive, not just survive! Are you ready to THRIVE with Diabetes? Join us for a Diabetes Self-Management Workshop on June 4th, 6th, 11th and 13th from 4-6 p.m. at Calvary Baptist Church. FREE childcare will be available through the extension office. Workshops sponsored by the Estill County Diabetes Coalition, Estill County Health Department, Mercy Health, Estill County Extension Office and Interfaith Wellness. For more information, call (606) 723-5181 or 723-5447.

Wednesday, June 5th at 6:30pm

Weekend on the Water Planning

Estill Action Group is seeking volunteers and sponsors for the Weekend on the Water kayaking/tubing event on Saturday, July 27, 2019 at the Kentucky River Recreation Park on Wiseman Crossing (off Dry Ridge Road) in Irvine. Last year, approximately 250 attendees enjoyed the beauty of Estill County's Kentucky River access and the community came together to enjoy and improve recreation opportunities in Estill County. All interested volunteers are invited to attend planning meetings at the Steam Engine Session Room on Main Street, Irvine, on Wednesdays, June 5 and June 26 at 6:30 p.m. If you would like to sponsor the event or have questions, please email estillactiongroup@gmail.com or message Estill Action Group through Facebook.

Friday, June 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, May 7th, and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

Friday, June 7th at 7:00pm

Sand Hill/Witt Springs Book Talk

The Estill County Historical and Genealogical Society will be hosting a talk with Jerry Rose and Jerry Eltzroth on the upcoming book featuring the people and places of the Sand Hill/Witt Springs area of Estill County on Friday, June 7, 2019. The talk begins at 7:00 p.m. in the Museum at 133 Broadway and runs during the Moonlight Market festivities that include live music, vendors, info booths, and farmer's market!

Tuesday, June 11th @ 7pm

DAV Chapter 94, Estill County

DAV Chapter 94 will be meeting at 7 p.m., June 11th and the second Tuesday of each month at Estill County Senior Citizens Center, off Stacy Lane. If you are a veteran with 10 percent or more service connection, you are welcome. Call 1-606-663-2504 for more information. We are veterans and we would appreciate your attendance. Veterans from surrounding counties are also welcome.

Tuesday, June 11th meeting cancelled

Estill Democrat Woman's Club

Estill County Democrat Woman's Club has cancelled their meeting for June 11th and will meet again on Tuesday, July 9th 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. Future meetings will be August 13th, September 10th and October 8th.

Tuesday June 18th

Workforce Opportunities

Attention Job Seekers Call for an appointment!
 • Are you in need of resume assistance?
 • Do you need help finding jobs to apply for?
 • Do you need help preparing for interviews?
 • Do you need tuition assistance to go back to school to become more employable?
 There are WIOA (Workforce Innovation Opportunities Act) services available to help. Tuesday, June 18th 9am-12noon Estill County Adult Education; 1-4pm Estill County Library Contact: Trina Bustle, Talent Development Specialist/Case Manager <tbustle@ckycareers.com> 859-361-6315 or Mary Fields, Estill Co. Adult Education/SkillsU <msadultedu@irvineonline.net> 606-723-7323

Saturday, June 29th at 1:00pm

ECHS Class of '70 reunion

Estill County High School Class of 1970 will have their 49th annual reunion on Saturday, June 29, 2019 at 1:00 p.m. at Michael's Restaurant in Ravenna. All class members and teachers are welcome to attend.

Kitchen Diva

A Day to Remember

Memorial Day is a federal holiday created to remember those who died while serving our country. The holiday originated after the American Civil War to commemorate the Union and Confederate soldiers. It was estimated that 620,000 soldiers from both sides died in the war.

On May 5, 1868, three years after the war, Major Gen. John A. Logan, head of the Grand Army of the Republic, established Decoration Day. It was the time of year for Americans to decorate the soldiers' graves. Waterloo, New York, was the first city to observe Decoration Day.

By 1967, Decoration Day was officially named Memorial Day. Today, the holiday commemorates all of those who served in the American military who sacrificed their lives for our country. Four years later, it was declared a federal holiday and the date moved to the last Monday in May.

Moina Michael is credited with the idea to wear red poppies on Memorial Day in honor of those who died. In 1915, she was the first to wear one, and she also sold poppies to raise money for charities serving soldiers in need.

In 1922, the VFW began to sell poppies and expanded the program to selling artificial poppies made by disabled veterans. Wearing of red poppies is a tradition which originated from John McCrae's poem "In Flanders Field."

On Dec. 28, 2000, President Bill Clinton signed the National Moment of Remembrance resolution, which asks that at 3 p.m. local time, all Americans "voluntarily and informally observe in their own way a moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to 'Taps' to honor and remember the sacrifice of American soldiers."

On Memorial Day, many people participate in or watch an annual parade. In addition, flags are flown at half-mast until noon, then to full mast until sunset. It's also the day that many visit the graves of soldiers and decorate them with flags and flowers.

Memorial Day also is considered to be the unofficial start of the summer season. Family gatherings featuring barbecued or grilled meats and vegetables are a traditional part of the celebration.

My two recipes are sure to please carnivores and vegetarians alike! Texas Jalapeno Pepper Drumsticks and Grilled Balsamic Mushrooms With Pearl Onions will make your Memorial Day gathering a memorable one.



Photo Credit: DepositPhotos

TEXAS JALAPENO PEPPER DRUMSTICKS
 1 jar (10-ounces) red jalapeno pepper jelly
 1/4 cup lime juice
 2 tablespoons poultry seasoning
 12 chicken drumsticks (about 3 pounds)
 1/2 tablespoon paprika
 1 teaspoon salt
 1 teaspoon pepper
 1 (12 ounce) can sliced jalapeno peppers, optional

1. In a small saucepan over medium heat, stir together the jelly, lime juice and 1 tablespoon of the poultry seasoning until melted. Set aside 1/2 cup of the sauce for serving.

2. Sprinkle chicken on all sides with remaining poultry seasoning, paprika, salt and pepper. On a greased grill rack, grill chicken, covered, over medium heat 15-20 minutes or until a thermometer reads 170 F to 175 F, turning occasionally and basting with remaining jelly mixture during the last 5 minutes of cooking.

3. Serve the drumsticks with the reserved jelly mixture and sliced jalapeno peppers, if desired. Serves 4.

GRILLED MUSHROOMS AND ONIONS

16 fresh pearl onions
 20 medium fresh mushrooms
 1/3 cup balsamic vinegar
 1/4 cup butter, cubed
 2 garlic cloves, peeled and minced
 1 teaspoon salt
 1 teaspoon pepper
 1/8 teaspoon cayenne pepper
 Minced fresh parsley, optional

1. In a small saucepan, bring 6 cups water to a boil. Add pearl onions and boil for 30 seconds. Drain the onions and drop them into a bowl of ice water. Cut off the root end, then pinch the onion, and the skins will slip off.

2. Using four metal or wooden skewers soaked for at least 30 minutes, alternately thread mushrooms and onions, skewering mushrooms horizontally through cap.

3. In a microwave-safe bowl, combine vinegar, butter, garlic, salt and peppers. Microwave, covered, on high for 30-45 seconds or until butter is melted. Whisk to combine.

4. Reserve half of the vinegar mixture for serving. Brush kabobs with remaining vinegar mixture.

5. Grill kabobs, covered, over medium heat, or broil 4 inches from the heat 10-12 minutes or until vegetables are tender, turning occasionally and basting frequently with vinegar mixture. Sprinkle with parsley and serve with reserved vinegar mixture. Serves 4.

 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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