

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>

Wednesday, June 12th at 1:30pm

Kentucky Chemical Destruction Community Advisory Board

Mark your calendar for the Kentucky Chemical Demilitarization Citizens' Advisory Commission and Chemical Destruction Community Advisory Board meeting on Wednesday, June 12 at 1:30 p.m. at E-K-U's Carl D. Perkins Building, Rooms A and B. This meeting is a good opportunity to learn more about the Blue Grass Chemical Agent-Destruction Pilot Plant at the Blue Grass Army Depot. For more information, call (859) 626-8944.

Thursday, June 13, 18, and 20

FREE Para-educator Training

The Estill County Adult Education Skills U will be having FREE paraeducator classes on the following dates at 200 Wallace Circle in Irvine: Thursday, June 13th Tuesday, June 18th Thursday, June 20th There is no cost for this. Register at the Estill County Adult Learning Center, 200 Wallace Circle in Irvine. Call (606) 723-7323 for more information. Paraeducators can work at the following: Any school system in Kentucky Pre-school Head Start Program

Thursday, June 13th - Noon to 1:00pm

Baptist Health Richmond To Host FREE 'Centered on You' Wellness Series

Baptist Health Richmond is committed to providing the care you need to keep you well. Join us for our "Centered on You" Wellness Series to learn how you and your family can stay healthy throughout the year. The next class in the "Centered on You" Wellness Series is Heart Care - Thursday, June 13 from Noon - 1 pm at Baptist Health Richmond in the C. Todd Jones Administrative Conference Room. Meet Ananth Kumar, MD, a board-certified interventional cardiologist who will discuss the best ways to keep your heart healthy and explain why "time is muscle" during a heart attack. Attendance is limited, and registration is required. To register, call 859.625.3675 or visit BaptistHealth.com/RichmondSeries. Find out your risk for developing cardiovascular disease with a free online health risk assessment at BaptistHealth.com. Click on Patients and Visitors, then on health risk assessments.

Thursday, June 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 13th from 4-6 p.m. at Calvary Baptist Church. FREE childcare will be available through the extension office. Workshop is 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.

Thursday, June 13th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, June 13, 2019, at 5:30 a.m. at Steam Engine Pizza. Jason Baber will present the program on Estill County Scouts. New members are welcome. 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.

Registration Friday-Sunday, June 14-16

River City Players Hosts Percussion Music Camp

River City Players will be hosting four 1/2 day percussion music camps for rising 3rd and 4th graders. Campers will perform on Thursday evening, June 20th at 6 p.m. Camp instructors are ECHS Marching Engineers' Travis Bunch, Ethan Baker, and Riley Baker. Camp fee is \$5. A snack will be provided for campers. Scholarships are available. Preregistration is required. Please visit the Mack Theatre lobby Friday, June 14th from 5 till 6 pm. Saturday, June 15th from 10 am till 12 pm, Sunday, June 16th from 1:30 till 3:30 pm.

Friday, June 14th at 5:00pm

Estill County Relay for Life Cancer Survivor Dinner

The 2019 Estill County Relay for Life Committee and Marcum and Wallace Hospital would like to extend a special invitation to a Cancer Survivor Dinner on Friday, June 14th at the Estill County High School cafeteria. Each cancer survivor is invited to bring one guest to the Cancer Survivor Dinner. Registration begins at 4:30 p.m. and the dinner begins at 5:00 p.m. Following dinner, continue the celebration at Estill County Relay for Life at the Estill County High School track. Opening ceremony is at 6 p.m. and the Survivor lap is at 6:45 p.m. The Lumina/Torch Ceremony is at 9:15 p.m. Questions or need more information? Call 606-726-2119. You do not need to call and register for the Cancer Survivor Dinner.

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

Tuesday, June 18th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, June 18th, 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.

Wednesday, June 19th at 12:00 Noon

Estill Board of Health Meeting

The Estill County Board of Health taxing district will be meeting at Michael's Restaurant in Ravenna on Wednesday, June 19, 2019 at 12:00 Noon. The public is welcome to come.

Saturday, June 22nd at 12:30pm

Bill & Rachael Edmonson Family

The family and friends of Bill and Rachael Edmonson will be gathering Saturday, June 22, 2019 on Stacy Lane Road at the Crowe's Shelter. Bring a covered dish and drinks. Lunch will be at 12:30 p.m.

Saturday, June 22nd at 6:30pm

Estill Arts Council Will Be Holding Annual Meeting

The Estill Arts Council will be holding its annual meeting on Saturday, June 22, 2019 at the Wisemantown Methodist Church pavilion. The meal will begin at 6:30 p.m. The meat and drinks will be provided by the Estill Arts Council. Please bring a side dish or dessert. At 7:30 p.m. we will begin our Show and Tell. If you are a current Estill Arts Council member or just a resident artist that would like to show us your artist talent, please share your talent with us! We will be voting for our new board members and accepting applications for membership too. If you are interested in becoming part of the Estill Arts Council or want more information about this event, please contact Amy Hughes at anoland44@hotmail.com or visit our website at www.estillartsCouncil.org. Membership is now available online. We hope to see everyone there.

Monday, June 24th - 6:30pm

Democrat Executive Committee

The Estill County Democrat Executive Committee will be meeting 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.

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.

Friday, July 5th @ 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 5th, and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

Saturday, July 6th at 1:00pm

ECHS 50th year reunion

Estill County High School Class of 1969 will have their 50th year class reunion on Saturday, July 6, 2019 at 6:00 p.m. at Steam Engine Pizza meeting room. Members of the Class of '69 are asked to meet at the front of the central office at 6 p.m. for a group photo. All class members and teachers are welcome to attend. For more information on the planning meeting and/or reunion, please call 1 (859) 519-0563.

Sunday, July 7th at 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, July 9th, 5:30 pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet 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, July 9th @ 7pm

DAV Chapter 94, Estill County

DAV Chapter 94 will be meeting at 7 p.m., July 9th 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, July 23rd at 6:00pm

Understanding and Responding to 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 Clark County Public Library located at 270 South Burns Avenue in Winchester on Tuesday, July 23rd from 6 p.m. - 7:30 p.m. Registration is required; please call 1-800-272-3900. Program provided by the Alzheimer's Association.

Saturday, July 27th at 2:00pm

ECHS Class of 1964 55th Reunion

The Estill County High School Class of 1964 will be having its 55th Reunion on Saturday, July 27, 2019, starting at 2:00 p.m. at Michael's Restaurant in Ravenna. Please, spread the word!

Marcum Reunion

The annual Marcum Reunion was held on Saturday, June 1, 2019, at the Irvine Masonic Lodge, 221 Broadway in Irvine (formerly the Irvine Grade School lunch room). Friends of the family and the descendants of William F. "Billy" and Mary Allie (Webb) Marcum enjoyed delicious food, wonderful fellowship and good live music. Those in attendance included Orville, Jeanette and Marvin Marcum, Gage and Tiffany Preston, T.J. Kirk and Lynda Young, John Henry Marcum and three family members, Mona (Marcum) Arvin, Emma Jane Horn, Johnny and Connie Lakes, Harold and Judy Richardson, Shelia (Marcum) and Bill Cox, Gearl Mae (Marcum) Hembree, Becky, Hailey & Isabella Conroy; Bobby Glenn Marcum Sr., Betty and Catherine Taylor, Vivian Edwards; Robert, Mary and Willow Mays and also Lonnie and Elizabeth (Marcum) Turner. Sadly missed was the Beverly Lamar "Whitey" Marcum finally. Lamar, who was 77 years old, passed away at his home in North Carolina on May 30, 2019. His parents were Leonard and Ethel (Richardson) Marcum. Lamar's grandparents were Bill Joe and Affie (Webb) Richardson; also John C. and Rosa (Isaacs) Marcum and "Granny Hannah," Hannah (Sparks) Marcum. Happily we are looking forward to being with him again one day. Prizes were awarded for the youngest present to Emma Jane Horn; the oldest present, Harold Richardson (only a few days older than Marvin Marcum). Farthest traveled was Orville & Jeanette Marcum. First arrival was Marvin Marcum (9 a.m.). Also, several randomly drawn names were awarded prizes. A good time was had by all. We were catching up on current events, meeting some family and friends for the first time, and sharing lots of memories. We are looking forward to meeting again next year.

UK COOPERATIVE EXTENSION SERVICE

University of Kentucky - College of Agriculture

Estill County Extension Notes

Family and Consumer Sciences

Grilling Fruit and Vegetables

Source: Heather Norman-Burgdolf, Assistant Extension Professor

Grills are so versatile for preparing a variety of foods including fruits and vegetables. Grilling fruits and vegetables has many benefits. You can add new flavors to some of your favorite dishes, increase your family's fruit and vegetable intake, and they typically take 10 minutes or less to cook. This summer, enjoy some of your favorite healthy dishes fresh from the grill. Fruit and vegetables will be at their peak of freshness at different times throughout the growing season. Shop your local farmers market for the freshest offerings. Remember to arrive early to get the best selection as many popular produce items tend to sell out quickly at the market.

Stone fruits like peaches, cherries and plums do extremely well on the grill as do apples, strawberries and bananas. Select firm fruit that is not too ripe, as over-ripe fruit can end up too soft when grilled. You can enhance their flavor by applying olive oil or lemon juice before placing them on the grill.

Firm vegetables like corn on the cob and asparagus are easy to prepare on the grill. Place them right on your grill's cooking grid. Frequently turn vegetables to keep them from burning on the grill. You can grill smaller or chopped vegetables by wrapping them in aluminum foil and then placing them on the cooking grid. Season your vegetables with olive oil and fresh herbs in the aluminum foil. Grilled vegetables taste great as a side dish or dipped in hummus.

You can even involve your family in preparing fruit and vegetables for the grill. Preparing fruit or vegetable kabobs is a fun hands-on activity. Have your children help you chop up fresh fruits and vegetables of your choosing into large chunks. Place the chunks on a skewer and grill.

More information on grilling and nutrition is available at the Estill County Extension office. (Equal Opportunity)