

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.

Wednesday, June 26th at 12:00 Noon

Estill Board of Health Meeting

Estill County Board of Health will be meeting at Michael's Restaurant on Wednesday, June 26, 2019 at 12:00 noon. The public is invited to come.

Wednesday, June 26th

Making Soap from Goat's Milk

On Wednesday, June 26th at 1:30, Diane Johnson will be at the Estill County Public Library to demonstrate how to make soap using goats milk. For more information please contact Lesa at 606-723-3030.

Thursday, June 27th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, June 27, 5:30 p.m. at Steam Engine Pizza on Main Street in Irvine. Kiwanis members work together to achieve what one person cannot accomplish alone. When a child is given the chance to learn, experience, dream, grow, succeed and thrive, great things happen. New members are welcome to join!

A devotional will be given and the Board of Directors will meet and make plans for future activities

Friday, June 28th at Irvine Lodge

Irvine Lodge Pantomime Show

A Pantomime Show and Dinner will be presented at the Irvine Masonic Lodge on Friday, June 28, 2019, starting at 6:00 p.m. Show is at 7:00 p.m. Cost is \$10.00 per person. See member for tickets or Call Bobby Noland 606-723-2254.

Saturday, June 29th at 12:00 Noon

Annual Neal-Powell Reunion

The annual Neal-Powell Reunion will be held at the Irvine Masonic Lodge on Broadway, Saturday, June 29, 2019, at 12:00 Noon. Bring a covered dish and soft drinks. Everyone is welcome to attend.

Saturday, June 29th at 1:00pm

ECCHS 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.

Tuesday, July 2nd @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, July 2nd 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.

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 @ 8 a.m. & 5 p.m.

AL Post 79 Kayak and Pig Roast

On July 6, kayak from Miller's Creek down the Kentucky River to American Legion Post 79 (7.2 miles). An alternate two mile trip is also available. Ages 14 and under must be accompanied by a parent or legal guardian. Those between 15 and 17 must have parent's signed consent. There will be an all you can eat "Pig Out" (pig roast with all the trimmings) starting at 5 p.m. Cost is \$15.00 per person, 13 and above; \$8 for ages 7-12, and 6 and under free.

Entry fee is \$15.00 which includes transportation to the drop off location and bottled water. Start times are 8 a.m. to 2 p.m. with departures every 15 minutes. Bring your own kayak or rent one on site for a low fee. Rescue boats will be available. Kentucky State Law requires everyone to have a life jacket.

The S.O. L. Band featuring Dustin Creech and Kevin Walker will be playing music. There will be fireworks.

Visit Our Website At
<EstillTribune.Com>
Find us on Facebook

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. We are veterans and we would appreciate your attendance. Veterans from surrounding counties are also welcome.

If you are a veteran with 10 percent or more service connection, you are welcome. Call 1-606-663-2504 for more information.

Saturday, July 13th - 8am-1pm

Enjoy the ride! Donate blood!

Enjoy the ride and save a life when you register to win a 2019 Toyota Tacoma by donating at the Estill County Community Blood Drive, Saturday, July 13, 2019, 8 a.m. until 1:00 p.m. at the First Christian Church Fellowship Hall, 270 Main Street in Irvine. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org.

Walk-ins are welcome. To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

Saturday, July 13th at 4:00pm

60th Anniversary Reunion

Estill County High School reunion for the Class of 1959 will be Saturday, July 13, at Michael's Restaurant at 4 p.m. for a Meet and Greet and eat around 5 p.m. (buffet). If you attended or graduated with this Class from Estill County High School from 1955 through 1959 you are invited. Bring your spouse, friend or significant other. Casual dress.

Come and enjoy old friends and former classmates. It is fun to see how we have all aged so gracefully. If you have moved, changed phone numbers or email, please make sure you update your information by contacting one of the following and RSVP to: Sue Abney Bonny, 407-341-1467 cell or text. Email at sbonny@aol.com. Marilyn Hall Hukill 859-351-5427 cell or text. Nancy Cooper Rhodes 606-723-3567 home. We look forward to seeing you at the reunion.

Monday, July 22nd - 6:30pm

Democrat Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, July 22nd 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, 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

ECCHS 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!

Attention Veterans

The Veterans Benefits Field Representative will be at the Estill County Public Library, 246 Main Street in Irvine, normally the first Thursday of each month. The hours are 1:30 p.m. until 3:30 p.m.

Veterans and their dependants will receive assistance filing for Federal and State veterans benefits. This service is provided free of charge by the Kentucky Department of Veterans Affairs. To apply, veterans need to furnish copies of pertinent documentation to verify eligibility. For further information, please call toll free within Kentucky, 1-866-376-0308, to speak with a Veterans Benefits Field Representative.

Kitchen Diva

Red, White, Blue and Lemonade, Too!

I love celebrating the Fourth of July! Our celebration traditions have changed now that my daughter does most of the cooking, and my son-in-law does the grilling for our family gatherings at their home. These days, all I typically have to do is bring something to add to the meal, enjoy the day with the people I love the most, eat and return home to a clean kitchen! Hooray!

The history of our country's July Fourth celebration is fascinating! "No taxation without representation!" That was the battle cry of the 13 colonies in America that were forced to pay taxes to England's King George III with no representation in Parliament. As dissatisfaction grew, British troops were sent in to quell any signs of rebellion, and repeated attempts by the colonists to resolve the crisis without war proved fruitless.

On June 11, 1776, the colonies' Second Continental Congress, meeting in Philadelphia, formed a committee to draft a document that would formally sever ties with Great Britain. The committee included Thomas Jefferson, Benjamin Franklin, John Adams, Roger Sherman and Robert R. Livingston. Jefferson, who was considered the strongest and most eloquent writer, crafted the document. (Nevertheless, a total of 86 changes were made to his draft.) The Continental Congress officially adopted the final version on July 4.

Copies of the Declaration of Independence were distributed the next day, and on July 6, The Pennsylvania Evening Post became the first newspaper to print the extraordinary document. The Declaration of Independence has since become our nation's most cherished symbol of liberty. On July 8, 1776, the first public readings of the Declaration were held in Philadelphia's Independence Square to the ringing of bells and band music. One year later, on July 4, 1777, Philadelphia marked Independence Day by adjourning Congress and celebrating with bonfires, bells and fireworks.

The custom eventually spread to other towns, both large and small, where the day was marked with processions, oratory, picnics, contests, games, military displays and fireworks. Observations throughout the nation became even more common at the end of the War of 1812 with Great Britain.

Congress established Independence Day as a holiday in 1870, and in 1938 Congress reaffirmed it as a holiday, but with full pay for federal employees. Today, communities across the nation mark this major summer holiday with parades, firework displays, picnics and the playing of the "The Star-Spangled Banner" and marches by John Philip Sousa. The most important part of this classic celebration is recognizing the blessing of being an American!

Cool off your hot Independence Day celebration with tall glasses of this deliciously patriotic Red, White, Blue and Lemonade, Too! recipe. Happy Fourth of July!

Photo Credit:
DepositPhotos



RED, WHITE, BLUE AND LEMONADE, TOO!

I love fresh lemonade, but I hate squeezing out the juice! Using the method in this recipe to process the lemons saves time and energy.

3 cups sugar
3 cups water
15 lemons, plus 3 lemons for slicing into rings for decoration
12 strawberries, hulled and sliced into quarters
1/2 cup blueberries, washed
12 fresh mint sprigs, optional

1. In a medium saucepan, combine sugar and water; bring to a boil. Reduce heat and simmer until the sugar dissolves, 3 to 4 minutes. Remove from heat and cool completely.

2. Cut off both ends of each lemon, and discard. Cut each lemon into four to five thick slices. Put about 2 cups of the sliced lemons at a time, along with 1/2 cup of cold water into the food processor or blender and turn it on high for 2-3 minutes.

3. Pour the ground lemons into a mesh strainer placed over a large bowl. Remove any large pieces of the lemon rind and discard. Press out the juice with the back of a large spoon. Repeat this process until all of the lemons have been ground up and the juice pressed out to make about 3 cups of lemon juice.

4. In a large pitcher, combine the lemon juice, 3 cups of the cooled sugar syrup and 6 cups cold water. Stir well to combine. Taste the mixture and add more cold water or more of the remaining sugar syrup to adjust sweetness to taste. Refrigerate until chilled.

5. Add equal amounts of the strawberries and blueberries to each glass. Add ice and fill each glass with the lemonade. Place a slice of lemon on the rim of the glass and top with a sprig of mint, if desired. Makes 10-12 (8-ounce) glasses.

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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