

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, July 10th at 1:30pm

Sandy Savage Teaches Art

Sandy Savage will be at the Estill County Public Library on Wednesday, July 10, 2019 with her art class at 1:30. Contact the library for more information at 606-723-3030.

Thursday, July 11th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, July 11, 5:30 p.m. at Steam Engine Pizza. Jason Bowles, Estill County Band Director, will present the program. 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.

Friday & Saturday, July 12th & 13th

River City Players Youth Production

River City Players is holding auditions for a youth production on Friday, July 12th from 6:00-7:00 p.m. and on Saturday, July 13th from 1:00-2:00 p.m. at the Estill County High School auditorium. This is an all youth production; the target cast is 4th grade through 12th. The play will be presented in late August. We'd love for you to come out and enjoy the fun. For more information please contact leslieharis40336@gmail.com or (606) 723-8746.

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. Blood donors must be at least 17-years-old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements. 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.

Saturday, July 13th - 4-7pm

Cartersville Ruritan Fish Fry

Deep fried fish, hush-puppies, potato wedges and more will be on the menu Saturday, July 13, 2019, 4-7 p.m., at the Ruritan Club of Cartersville's monthly all-you-can-eat fish fry at their covered shelter off of KY-954 and Harmons Lick Road, west of Berea. Gather with friends and family for an evening of great food and fellowship. Plates of endless goodness awaits your appetite. Cost: \$9 per adult, \$5 per child. First dessert complimentary, additional desserts, \$0.50 each. Carry-out available.

Tuesday, July 16th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, July 16th 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, July 17th - 11am-2pm

Eat With the Stars at the Lodge

Eat Lunch with the Stars on Wednesday July 17, 2019 11:00 a.m. until 2:00 p.m. at the Irvine Lodge Hall Cafeteria, Broadway in Irvine, dine in or carry out. Menu: Pull Pork sandwich's. Chip, Dessert and Drink. Cost \$5.00. Call for delivery 859-200 1921 or 723-2188.

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

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.

Wednesday, July 24th at 1:30pm

Making Goats Milk Lotion

Diane Johnson will be at the Estill County Public Library on Wednesday, July 24, 2019, at 1:30 p.m., demonstrating how to make lotion using goats milk. For more information please contact Lesa at 606-723-3030.

Saturday, July 27th - 9am-3pm

Northern Kentucky Fly Fishers

Mike Arnold from Northern Kentucky Fly Fishers will be at the Estill County Public Library on July 27 from 9 a.m. until 3 p.m. teaching the techniques of fly fishing. There is a limit of 15 seats so register by calling the Estill County Public Library at 606-723-3030.

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!

Friday, August 2nd @ 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, August 2nd, and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

Sunday, August 4th 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.

Saturday, August 10th at 12:00 Noon

Dickerson-Patrick Reunion

The descendants of Sanford and Dora Ann Dickerson Patrick will be having their annual reunion on Saturday, August 10, 2019, at the Estill County National Guard Armory, 335 Cow Creek Road (KY-52), just outside of Ravenna. Please bring food and soft drinks for your family and come visit with us. We'd love to see everyone. All relatives and friends are invited. The reunion will start at 12:00 Noon with a buffet style lunch and run until whenever. Hope to see you there!

Tuesday, August 13th, 5:30 pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet on Tuesday, August 13th 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, August 13th @ 7pm

DAV Chapter 94, Estill County

DAV Chapter 94 will be meeting at 7 p.m., August 13th 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.

Cob Hill Cemetery



Flower Removal
Please remove all flowers except those on headstones and on shepherd's hooks from the ground at Cob Hill Cemetery before Saturday, July 13th so that mowing may resume on July 15th.

Kitchen Diva

A Great Day for Green Beans

My introduction to green beans was the canned variety. My mother was such a great cook that she managed to make them taste delicious, but green beans were not a vegetable I ever requested for dinner. It's no wonder that when I tasted fresh-from-the garden Kentucky Wonder heirloom green beans they became my hands-down favorite!

Whether you call them string beans, green beans or snap beans, they are one of the most common garden vegetables in the United States. String beans come in many forms -- some 130 in all -- ranging from the petite, delicately flavored French variety called haricot verts to the broader, meaty Italian specimens. String beans are divided into two categories: bush beans, which have a long, slender, rounded pod, and pole beans, which are usually large and quite flat.

Decades ago, string beans were named for the tough fibers that ran from one tip to the other. Although these strings have long been bred out of most varieties, the moniker has stuck. The pods of these beans can be green, yellow (referred to as wax beans), purple, red or streaked. String beans are actually immature seeds and pods; if left on the bush, the seeds swell and the pods become too fibrous to eat. However, they do not mature to become "shell" beans. String beans are bred specifically for their youthful succulence and tenderness, and are meant to be eaten pods and all.

Because green beans are high in fiber and water, they are low in calories, with only 22 calories in a 1/2 cup serving. Green beans are naturally low in sodium. To take advantage of this, flavor green beans with basil, dill, marjoram, mint, oregano or thyme.

Selecting Green Beans:

High-quality green beans are crisp and tender, without scars. Well-shaped pods with small seeds are desirable. Length is unimportant. Green beans should feel pliable and velvety, not hard or tough.

Preparing Green Beans:

Here's how to produce the best color, flavor and nutrient retention.

Bring a small amount of water to boil -- not more than 1 inch in the bottom of a pan for 1 pound of fresh green beans. Add green beans and cook uncovered for the first few minutes to let some of the volatile acids escape in the steam. (This will preserve the bright green color.) Cover and cook until just tender-crisp.

Newer varieties of green beans are more tender and do not need to cook as long as the older varieties. One pound of crosscut green beans will be ready to serve in 13 to 15 minutes. Overheating and overcooking cause discoloration.

Using and Preserving Green Beans:

* Green beans can be held in the refrigerator for several days without loss of quality. Store them in a plastic bag to prevent moisture loss and wilting.

* Wash green beans in cold water just before using, not before refrigerator storage. Let sand and soil sink to the bottom and lift beans out. Several washes in clean water may be needed.

* Trim and cut green beans just before using. Vegetables cut or chopped ahead of time lose nutrients more quickly than whole vegetables.

* To prepare, trim ends and snap or cut into 1-inch pieces for cooking or use in salads, or leave green beans whole for dipping.

* It is usually not necessary to remove strings, as most varieties of green beans are now "stringless."

* One pound of fresh green beans makes five to six servings.

* Canning, freezing and drying provide your family with green beans throughout the year.

Freezer Facts:

Select young tender pods when the seed is first formed. Cut into 1- or 2-inch pieces or slice lengthwise. Before freezing, green beans must be quickly blanched in salted water to destroy enzymes that cause flavor and color changes during storage. Cool and package green beans in moisture/vapor-proof bags or containers for freezer storage.



Photo Credit: DepositPhotos

Try this "dill-licious" recipe for Dilled Green Bean Salad. It's an easy go-to side dish on a hot summer day.

DILLED GREEN BEAN SALAD

- 1 pound fresh green beans
- 2 tablespoons fresh dill
- 4 to 6 green onions, roots removed and discarded, white and green parts chopped
- Dressing:
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon sugar, honey or agave
- 1 teaspoon salt
- 1 teaspoon ground black pepper

1. Cut green beans into 2-inch pieces, then place them in a microwave-safe dish. Add 1/4 cup water; cover and cook on high power for 7-12 minutes until tender-crisp.

2. In a medium bowl, whisk together oil, vinegar, Dijon mustard, sugar, honey or agave, salt and pepper to make the dressing. Add in the green beans, dill and onions, and toss well to coat and combine. Serve at room temperature. Makes 4 servings.

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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