

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.

Thursday, August 1st at 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, August 1st, 5:30 p.m. at the Steam Engine Pizza. Kiwanis members work together to achieve what one person cannot accomplish alone. Make a difference in the community by getting involved with the Kiwanis Club that has 96 years of service to our community. New members are needed and welcomed. Anyone interested can contact any Kiwanis member.

Friday, August 2nd at 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!

Friday, August 2nd - 10:00am-6:00pm

Sand Hill/Witt Springs Presentation

The Estill County Historical Society will be featuring a presentation by Jerry Rose and Jerry Eltzroth about their upcoming book during the Moonlight Market scheduled for August 2, 6 p.m. to 10 p.m. The presentation will start at 7 p.m. at the Historical Society's museum at 133 Broadway. They will briefly discuss the history and share some pictures of the Sand Hill/Witt Springs community from 1795 to 2020—A Celebration of 225 years.

Saturday, August 3rd - 7:30am-1:30pm

St. Elizabeth Basement Sale

Basement Sale at St. Elizabeth Catholic Church, 322 Fifth Street in Ravenna, Saturday, August 3 from 7:30 a.m. to 1:30 p.m. Lots of nice clothes, (including children's clothes) sheets, lovely glass pieces, books and so much more.

Saturday, August 3rd at 12:30pm

Annual Lamb Family Reunion

The annual Lamb Family Reunion for the family and friends of James W. and Agnes Gross Lamb will be held on Saturday, August 3, 2019 at the Irvine Masonic Lodge at 221 Broadway. Doors will be open at 10:00 a.m. Lunch will be served at 12:30 p.m. Bring a covered dish and join us.

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.

Begins Sunday, August 4th at 2:00pm

Art Council Exhibit at Library

The Estill Arts Council will be sponsoring an Art Exhibit at the Estill County Public Library. The set up time and date are August 4th at 2:00 p.m. The exhibit will continue until August 18th. This exhibit is open to Arts Council members and the community as well. We will be having a reception on August 6th at 6:30 p.m. in the Meeting Room of the Estill County Public Library. If you want more information now, contact Michele Benton at webeebenton@yahoo.com.

Tuesday, August 6th at 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, August 6th 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.

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!

Saturday, August 10th at 4-7pm

Cartersville Ruritan Fish Fry

The Ruritan Club of Cartersville in Madison County will have it's monthly All-You-Can-Eat fish fry, 4-7 p.m., Saturday, August 10, 2019. Cost is \$9 per adult and \$5 per child. Desserts are 50 cents. Carryouts are available.

Murder Mystery Dinner Is Coming to Irvine in August

Berea, Ky., 22 July 2019— A murder mystery is coming to Irvine.

It's a murder mystery with a Mardi Gras theme, and it's happening Saturday, August 10, 2019 at the Estill County Fair Barn.

With the help of the River City Players Community Theater Group, local organizers are planning a night to remember. With a served meal and lots of drama, guests will enjoy puzzling through the question of who committed murder at the Mardi Gras masquerade ball set in the Garden District Mansion of Pierre and Melissa DuPre.

Tickets are \$50 each and include dinner, the murder mystery, and access to the silent auction. RSVPs are requested by August 1 online at hospicecareplus.org or by calling Lauren at 859-986-1500. Tickets may also be purchased at the door. Seating is limited,

however, so guests are encouraged to make their reservations by August 1.

This is the 13th year that a local group has hosted an event that raises funds for Hospice Care Plus, Estill County's non-profit provider of hospice, palliative and bereavement care. This year, Sheri Flynn, Erin Leach, Michelle Osborne, Tina Pasley, Regina Robertson, Kathy Samples, Lauren Van Winkle and Amber Venable have outdone themselves.

"Every year, they come up with something original and creative. But, this year, I think they've come up with something truly special," said Chasity Coleman, director of development at Hospice Care Plus.

For more information, contact Lauren at 859-986-1500, visit hospicecareplus.org, or visit the Murder Mystery Dinner at Mardi Gras event page on Facebook.

Saturday, August 10th at 6pm

Murder Mystery at Mardi Gras

Murder Mystery Dinner at Mardi Gras, Saturday, August 10, 6 p.m., at the Estill County Fair Barn. Features the River City Players Community Theater Group and includes seated, served dinner; silent auction; and

the murder mystery. Reservations requested by August 1 online at hospicecareplus.org or at 859-986-1500. More information available at hospicecareplus.org. All proceeds go to Hospice Care Plus.

Sunday, August 11th at 1pm

Annual Dennis Family Reunion

The descendants of Oscar & Eva Lee Dennis will have their annual reunion, Sunday, August 11, 2019 at the Bethel Christian Church Fellowship

hall. We invite all family and friends to bring a dish or two and spend the afternoon with us. Lunch will be served at approximately 1:00 p.m.

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 con-

nection, 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.

Monday, Aug. 26th - 6:30pm

Democratic Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, August 26th 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, August 27th -- 11am-12:30pm

Effective Communication Strategies

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language.

As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect.

Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and

behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

The program will take place at the Madison County Cooperative Extension Office located at 230 Duncan Lane in Richmond on Tuesday, August 27th from 11am-12:30pm. Registration is required; please call 1-800-272-3900. Program provided by the Alzheimer's Association.

Saturday, September 28th

MSM Craft & Vendor Fair

The 5th Annual Main Street Market Craft & Vendor Fair will be held on Saturday, September 28th at the

Estill County Fair Grounds. Anyone wanting to host a booth please contact Brittany Sparks @ (606)975-0764.

Kitchen Diva

Go Green This Summer

Summer is one of the best seasons to indulge in beautiful, leafy green vegetables. These include the most common varieties seen in grocery stores or farmer's markets, like spinach, kale, collards, mustard greens or Swiss chard. You also can eat the green, leafy tops of many root vegetables, such as beets, turnips and rutabagas.

Greens should be stored in a perforated bag with a moist paper towel to keep them fresh. They can last up to a week in the refrigerator. To prepare them for use, wash thoroughly on both sides to remove any soil that clings to them. Spinning in a salad spinner or allowing to drip dry removes excess moisture that may be undesirable when eating or cooking. Greens can be eaten fresh in a salad or cooked.

There has been some debate about whether greens are more nutritious fresh or cooked. Cooking breaks down the cell walls and releases some of the phytochemicals, like the carotenoids and ferulic acid that are present in the plant, making more of them available to your body.

These compounds are important for good health, making cooked greens a good option. On the other hand, the amount of water-soluble vitamins present in greens -- like vitamin C and the B vitamins -- decreases with cooking, so fresh also has its advantages. Either way, dark green leafy vegetables are an excellent source of vitamin K, which is important in the clotting of blood needed to heal wounds.

Here are some tips from Organic Authority about cleaning and prepping greens before cooking:

* Wash your greens immediately to rid the leaves of pests and dirt. You don't need a store-bought vegetable spray to properly clean greens. Just fill a kitchen sink or large bowl with warm water and a few tablespoons of vinegar (apple cider or white vinegar are just fine). Submerge your greens in the solution, swoosh them around gently, and shake off excess water.

* Air-dry your rinsed greens on a paper towel or clean hand towel, then wrap them loosely and store in the fridge.

* Remove the hardy stalks, ribs and/or stems just before cooking with greens like Swiss chard, watercress or kale. Either discard the stems, or remove them, finely dice and cook them first with onions or garlic as you would celery.

* Cook your greens fast. Summer greens tend to be much softer and just need a quick flash of heat on the stovetop with just a bit of oil. Stir constantly, as they will wilt, and use right away.

* Try summer greens in place of spinach in your favorite recipes. Purslane, Swiss chard, watercress and arugula all are great substitutions for spinach in most recipes.

* Keep it simple. Summer greens can be enjoyed raw or cooked and have a light flavor that can easily drown in heavy sauces or spices.

This recipe using wilted summer greens puts a flavorful twist on a potato salad.



Wilted Summer Greens with Eggs and Potatoes

- 4 large eggs
- 2 ounces sliced bacon, cut crosswise into 1/4-inch strips
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 3/4 pound tiny potatoes (halved if larger than a pingpong ball)
- 2 teaspoons salt
- 2 teaspoons freshly ground pepper
- 1/8 teaspoon cayenne pepper
- 2 tablespoons honey mustard or whole-grain mustard
- 1 teaspoon honey, agave, stevia or sugar
- 3 tablespoons white-wine, rice-wine or apple-cider vinegar
- 4 cups (lightly packed) summer greens, such as Swiss chard, purslane, arugula, watercress, baby romaine and/or mustard greens
- 2 cups mixed herb leaves, such as parsley, chives and/or chervil

1. Carefully lower eggs into a medium saucepan of boiling water and cook 6 minutes. Drain and transfer eggs to a bowl of ice water; set aside.

2. Meanwhile, cook bacon pieces in a large skillet over medium heat, stirring occasionally, until fat is starting to render but bacon is not yet crisp, about 4 minutes. Add onion, garlic and potatoes; season with 1 teaspoon of the salt and pepper and the cayenne pepper.

3. Cook, shaking pan occasionally, until bacon is crisp and potatoes are cooked and tender when pierced with a fork, 8-10 minutes. Remove from heat. Add honey mustard or whole-grain mustard plus honey, agave, stevia or sugar, and 1 tablespoon of white wine, apple cider or rice wine vinegar; toss to coat.

4. Toss greens and herbs in a large bowl, add warm potatoes and season with 1/2 teaspoon salt and pepper, and remaining vinegar; toss again to coat. Peel and halve eggs and sprinkle with remaining 1/2 teaspoon of salt and pepper. Arrange eggs over potatoes and greens. Serve immediately.

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 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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