

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 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.

Thursday, July 25th at 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, July 25, 5:30 p.m. at the Steam Engine Pizza. A devotional will be given by Jay Bicknell and the Board of Directors will meet and make plans for future activities. 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.

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 10:00am

Annual McKinney Family Reunion

The Annual McKinney Reunion will be held on Saturday, July 27, 2019, from 10:00- 4:00 at Jackson's Chapel United Methodist Church, 3010 Spout Springs Road (Highway 82 between Clay City and Hargett), Irvine, Estill County, Kentucky. The theme for this year's reunion is FOOD. Potluck dinner will be served at 12:00 noon. Everyone is asked to bring a dish (especially McKinney favorite recipes from any generation) and to bring a copy of the recipe with a separate list of ingredients, so that we can combine them into a family recipe book.

Children of Wildy McKinney are: David Russell (Luanna Sharp), Lucy (James Tiley), John Franklin (Cindrella Sharp), William (Nancy McPherson), Matthew (Elizabeth Lyle), Mariam (Wm. J. Clark), Mary "Polly" Jane (John M. Highley), James Franklin (Ann McKinney and children: Elizabeth, George, and Richard), Thomas Shelton (Mary "Polly" Harris), and Joel (Eadah Vaughn).

Saturday, July 27th - 11am-6pm

EAG's "Weekend on the Water"

The Estill Action Group's "Weekend on the Water" kayaking/tubing event is on Saturday, July 27, 11am-6pm, at the Kentucky River Rec Park at 899 Wiseman Crossing Road. \$10 to register. Pre-register at estillationgroup.com/wow or at the event. Buy tubes/rent kayaks at the event while supplies last. Personal flotation devices required, limited number available at the event.

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 Ravena. Please, spread the word!

Tuesday, July 30th at 7:00pm

First Responders Meal at Lodge

Irvine Masonic Lodge will be serving a complimentary meal at the Lodge for all First Responders including EMS, Fire, Police and Rescue responders on Tuesday, July 30, 2019 starting at 7:00 p.m. at the Lodge Building, located at the corner of Broadway and North Lilly Avenue. All Estill County First Responders are invited to attend.

Tuesday, July 30th at 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, July 30th 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, 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!

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

St. Elizabeth Basement Sale

Basement Sale at St. Elizabeth Catholic Church, 322 Fifth Street in Ravena, 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.

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 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.

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 Ravena. 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 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 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.

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.

Kitchen Diva

Summertime Soup

One of my favorite year-round lunch or light dinner menus is a half of a club sandwich and a bowl of vegetable soup. When people think of summer recipes, they seldom think of soup. While soups are a perfect dish in the winter, they're easily a seasonal recipe with the right ingredients. And, if you think about it, we eat hot meals all the time in the summer, so why not a summer vegetable soup?

A well-balanced soup is the perfect way to highlight all the sweet, crisp flavors of freshly picked summer vegetables. Soups also are easy to prepare, grow more flavorful over several days and are simple to heat and serve.

I love using both fresh corn and the corn cob in my summer soups. Using both the corn kernels and the cob is a great way to quickly and deeply infuse the broth with flavor and create a spoonful of summer with each bite.

Corn on the cob is an essential part of a summer meal and provides many health benefits year-round. The average serving of corn on the cob has about a quarter of your daily requirement for thiamin, which helps maintain memory, as well as beta-cryptoxanthin, which aids in lung health.

Corn also is high in folic acid, which is needed for women who are taking oral contraceptives. It is a good source of fiber and thiamine, and contains fair amounts of vitamin C, magnesium, niacin and potassium. One serving size or one ear of corn has about 83 calories.

Here are some buying tips for selecting corn without removing the husk:

- * Look for small, brown holes in the husk, toward the top. Those are wormholes, and indicate that the corn may be damaged;

- * Feel the kernels through the husk. You want to make sure they're plump and plentiful; if you can feel holes where kernels should be, then choose another ear.

- * Look for corn tassels sticking out of the top of the husk. They should be brown and sticky to the touch. If they're dry or black, then it's an old ear of corn.

- * Check the color of the husk. If it's a bright green and tightly wrapped against the cob, then the corn is fresh. (In some cases, it will even feel slightly damp.)

My recipe for Summertime Vegetable Soup is the perfect showcase for fresh corn and summer vegetables. Soup in the summertime? Yes, please!

Photo Credit: DepositPhotos



SUMMERTIME VEGETABLE SOUP

Use your choice of summer vegetables in this soup, just maintain the suggested quantity. Be sure to add the vegetables according to their texture. Firmer veggies take longer to cook and should go in the pot first. For extra richness and flavor, keep the corn cob after removing the kernels and add it to the soup broth while it simmers. Remove the cob and discard before serving.

Add softer veggies or delicate greens like Swiss chard leaves or spinach last. You can use the Swiss chard stems for added nutrients. Just saute the chopped stems with the celery and onions.

- 2 tablespoons olive oil
- 3 carrots, diced
- 2 ribs of celery, diced
- 1 medium onion, diced
- 1 large clove of garlic, minced
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 tablespoons Italian or poultry seasoning, divided use

- Corn cob
- 4 cups of fresh tomatoes, diced
- 2 1/2 cups chicken broth
- 2 cups water
- 1/2 teaspoon sugar, stevia or honey
- 1/8 teaspoon ground cloves or cinnamon
- 1/8 teaspoon cayenne pepper
- 1 cup of fresh sweet corn, cut off the cob
- 2 cups fresh green beans, ends removed and cut into bite-size pieces
- 1 cup peas (shelled sugar snap peas or other summer varieties)
- 1 large zucchini, chopped
- 1 cup Swiss chard (stems removed) or spinach, chopped

1. Heat olive oil in a large soup pot. Add carrots, celery, onion and garlic, salt, pepper, and 1 tablespoon of the Italian or poultry seasoning. Saute until vegetables begin to become tender, about 3 minutes.

2. Add the corn cob, diced tomatoes, chicken broth, water, the remaining Italian or poultry seasoning, sugar, stevia or honey, ground cloves or cinnamon, and cayenne pepper. Stir well and simmer over low heat about 20 minutes, stirring occasionally.

3. Add the corn, green beans, peas, zucchini and Swiss chard or spinach. Bring soup back to a simmer and continue cooking about 10 minutes, or until all the vegetables are tender -- be careful not to overcook them.

4. When soup is finished cooking, add additional salt and pepper, as needed to your taste. Remove and discard the corn cob before serving. Serve immediately. Serves 6 to 8.

5. Cool leftovers and refrigerate in an air-tight container for 3 days, or freeze in an airtight container for up to 3 months.

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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