

# 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>

Fridays, 6:00 to 8:00 p.m.

## Estill Appalachian Dulcimers

The Estill County Appala- Anyone who plays an chian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine

Thursday, July 18th @ 5:30 p.m.

## Adams To Speak At Kiwanis Club

The Kiwanis Club of Ir- sented by Tim Adams. He vine-Ravenna will be meeting on Thursday, July 18 at 5:30 p.m. at Michael’s Restaurant in Ravenna. The program will be pre-

Thursday, July 18th @ 6:00 p.m.

## Garden Thyme Herb Club

The Garden Thyme Herb Club will meet at 6 p.m. on Thursday, July 18 in the fellowship hall of New Beginning Church. Sandy Freyman will present fennel as the herb of the month. A demonstration on canning and frying banana peppers will be given by Arm-eda Sparkman. If you order fried banana peppers in a res-

Saturday, July 20th, 12 Noon ‘till 4 p.m.

## Walling Family Reunion

The Walling Family Re- Building, 100 Golden Court, union will be held from 12-noon until 4 p.m. on Sat- off Stacy Lane Road in Ir- urday, July 20, 2013, at the vine. The meal will be pot- Estill County Senior Citizens luck. Friends and family are welcome.

Friday, July 19th @ 6:30 p.m.

## Madison Civil War Roundtable

The bi-monthly meeting of the Madison County Civil War Roundtable will be held on Friday, July 19, 2013 at 6:30 p.m. at the Dinner Bell Restaurant in Berea. Civil War historian and researcher Joe Reinhart will

Enter by Tuesday, July 23rd

## Four Seasons Garden Club’s Business Beautification Awards

The 17th annual Beautification Recognition Awards by the Four Seasons Garden Club will honor the efforts of those who improve the appearance of the community by landscaping and beautifying their properties. The goal of the program is to encourage and recognize those that help create a more beautiful county and encourage civic pride. Winners will be selected in four categories: most improved property; best maintained; best floral display; and best color theme display. Judging will be based on appearance, neatness, and landscaping. Appearance includes maintenance of building, sidewalk, curbs, parking lot, and sign. Neatness includes

Tuesday, July 23rd @ 7:30 p.m.

## Estill County Performance Art

For individuals and fami- 23rd at 7:30 p.m. lies interested in joining to- Community theater is clu- gether to bring performance gative in all areas including, art to Irvine, Estill County. but not limited to, perfor- mance, set design and build- ing, sound and lighting, make up and costuming. We look forward to seeing you.

Enjoy a delightful and relaxing stay  
in the rooms from yesterday at

# The Bergman House B&B

233 Main St. Irvine, Kentucky 40336  
All Themed Rooms - Full Cont. Breakfast plus...

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Thursday-Saturday, July 25-27, 10am-4pm

## Back Porch Homecoming

The Estill County His- 27, 2013 at the Estill County torical and Genealogical Society will have its annual “Back Porch Homecoming” from 10 a.m. to 4 p.m. daily, Thursday-Saturday, July 25-

RSVP by Friday, August 2nd

## Estill Class of 1983 Reunion

The Estill County High School “Class of 1983” is planning a 30-year-reunion for Saturday, August 17, 2013 with a picnic at Estill Springs and the reunion at the Estill

Saturday, August 3rd, 12 Noon ‘till ???

## Pearl & Biddie Tipton Reunion

Friends and family of Pearl 12:00 Noon until ??? at the and Biddie Tipton will be Veterans Park in Ravenna. having their annual reunion Please bring a covered dish on Saturday, August 3, 2013, and softdrinks and be there.

Sunday, August 4th @ 1:00 p.m.

## Annual Friend Family Reunion

All friends and family of Southern High School cafete- Nathan and Delilah Azbill ria in Berea. Friend are invited to attend For more information, call the annual Friend Reunion Johnny Friend at (859) 792- on Sunday, August 4, 2013 4644 or Linda Cosby @ (859) at 1:00 p.m. at the Madison 925-2782.

Monday, August 5th @ 7:00 p.m.

## Twin City Kruzerz Car Club

Twin City Kruzerz Car the following Monday. Club will be holding their All members and anyone monthly meeting on Mon- wishing to join the club are day, August 5th, 2013 and welcome. the first Monday of each If you have any questions month at Irvine City Hall at please call Loyd Flynn at 7:00 p.m. If the meeting falls 723-6776 or Parnell Todd at 723-2326.

Tuesday, August 6th @ 7:00 p.m.

## Estill Historical Society Meeting

The Estill County Histori- August 6, 2013, at 7:00 p.m. cal and Genealogical Society Jeff Hix will be the guest will meet at the Estill County Public Library on Tuesday, speaker. Everyone is welcome.

Tuesday, August 6th @ 7:00 p.m.

## Estill Historical Society Meeting

The descendants of the late Sanford and Dora Ann Dick- vine. Lunch will be around 1:00 p.m. erson Patrick will be having We’d like to invite all our their annual reunion on Sat- relatives and friends to bring urday, August 10, 2013, from food and soft drinks for t heir 12-Noon until 4 p.m. at the family and come and spend the day with us. We started the reunion in 1993; so, this will be our 20th year.

# Dollar Value Plus & Variety

2750 Battlefield Mem. Hwy. US-421 in Kingston, Berea, KY  
Hours: 8/8 Mon.-Sat. - Sun. 10/8 Phone 859-986-1217

# July Sales

# All Fabric 20% Off

# Through July

# All Bows and Gift Bags

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# Gift Cards 3/\$1.00

## Kitchen Diva

# Easy Summer Meals For Kids

by ANGELA SHELF MEDEARIS

It is important to provide balanced, nutritious meals for your children throughout the summer. Unfortunately, summertime can pose challenges to the family food budget because children are eating more meals at home.

“There are summer meal programs available for families that need assistance,” said Terry Egan, nutrition and health education specialist with University of Missouri Extension. Food banks or food pantries, local Boys and Girls Clubs, daycares and summer schools are just a few places that may offer meals for children.

If all meals are provided at home, here are some tips to help keep costs down:

--Choose a variety of healthy options so children don’t get bored with the same foods. Try sandwich wraps with meat and veggies inside, fresh and canned fruits for sweetness and nutrition, and low-fat milk to round out the meal.

--Choose whole grains, which help you feel full. Whole-grain cereals and breads are great for breakfast and lunch, and whole-grain oatmeal-raisin cookies provide staying power.

--Choose new, interesting or favorite vegetables from a local farmer’s market. Vegetables have lots of nutrients and fiber to help you feel full. Have vegetables washed, cut and ready in the refrigerator to add to meals or to eat as snacks.

--Drink lots of water. Water cools us off, hydrates the body and helps us feel full longer.

--Use caution with low-nutrient foods like chips, snack cakes, cookies, soda and juice drinks. These foods can be very expensive, and they are not very filling or satisfying.

--Let your children help plan meals and snacks so they can have some of their favorite foods. Planning ahead can really save money in your food budget.

--Enjoy the foods of summer -- blueberries, strawberries, peaches, watermelons and fresh garden veggies are always a treat.

--Try these garden-fresh recipes for dinner, and top them off with a fresh fruit frozen treat. Your family will love them!

### FARMER’S MARKET TURKEY WRAPS

You can swap out your child’s favorite veggies to make this fresh and easy wraps! To remove corn kernels from the cob, stand an ear of corn on one end and slice the kernels off with a sharp knife. One ear will yield about 1/2 cup kernels. Look for soft sun-dried tomatoes (not oil-packed) in the produce section of most supermarkets. If you can only find dry (and hard) sun-dried tomatoes, soak them in boiling water for about 20 minutes before using.

**1 cup corn kernels, fresh or frozen (thawed)**  
**1/2 cup chopped fresh tomato**  
**1/4 cup chopped soft sun-dried tomatoes**  
**2 tablespoons canola oil**  
**1 tablespoon red-wine vinegar or cider vinegar**  
**8 thin slices low-sodium deli turkey (about 8 ounces)**  
**4 8-inch whole-wheat tortillas**  
**2 cups chopped romaine lettuce**

Combine corn, tomato, sun-dried tomatoes, oil and vinegar in a medium bowl. Divide turkey among tortillas. Top with equal portions of the corn salad and lettuce. Roll up. Serve wraps cut in half, if desired. Serves 4.

### ZUCCHINI BOATS

**2 medium 2-inch-wide zucchini**  
**1/2 teaspoon salt, divided**  
**1/2 teaspoon freshly ground pepper, divided**  
**1 tablespoon extra-virgin olive oil**  
**1 tablespoon white-wine vinegar**  
**1 tablespoon minced shallot**  
**1 cup quartered grape tomatoes**  
**1/2 cup diced mozzarella cheese, preferably fresh**  
**1/4 cup thinly sliced fresh basil**

1. Trim both ends off zucchini; cut in half lengthwise. Cut a thin slice off the backs so each half sits flat. Scoop out the pulp, leaving a 1/4-inch shell. Finely chop the pulp; set aside.

2. Place the zucchini halves in a microwave-safe dish. Sprinkle with 1/4 teaspoon each salt and pepper. Cover and microwave on High until tender-crisp, 3 to 4 minutes. (Alternatively, steam in a steamer basket over 1 inch of boiling water in a large skillet or pot.)

3. Whisk oil, vinegar, shallot and the remaining 1/4 teaspoon each salt and pepper in a medium bowl. Add tomatoes, cheese, basil and the reserved zucchini pulp; toss to combine. Divide the filling among the “zu-canoes.” Serves 4.

### FRESH FRUIT POPS

Use 10 (3-ounce or similar-size) freezer-pop molds or 10 (4-ounce) plastic or paper cups and 10 wooden craft sticks. Freeze for up to 3 weeks.

**3 3/4 cups chopped seedless watermelon**  
**2 tablespoons lime juice**  
**1-2 tablespoons sugar or agave syrup**  
**1 cup fresh blueberries**

1. Puree watermelon, lime juice and sugar to taste in a food processor or blender until smooth.

2. Divide blueberries among freezer-pop molds or 10 (4-ounce) plastic or paper cups. Top with the watermelon mixture. Insert the sticks and freeze until completely firm, about 6 hours. Dip the molds briefly in hot water before unmolding. Makes about 10 (3-ounce) freezer pops.

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*Angela Shelf Medearis is an award-winning children’s author, culinary historian and author of seven cookbooks. Her new cookbook is “The Kitchen Diva’s Diabetic Cookbook.” Her website is [www.divapro.com](http://www.divapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva!, on Facebook and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.*

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