

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 Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine

Anyone who plays an Appalachian Dulcimer or anyone who is interested in playing one is welcome to attend.

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 County Golf Club.

Please send an email to <EstillClass1983@Yahoo.Com> by Tuesday, August 2nd to receive more info. and so that we can get a count.

Friday, August 2nd in Berea, 7:00 p.m.

Berea Arts Alive Concert Series

Berea Parks and Recreation will be hosting its free "Arts Alive Concert Series" with Friday concerts at 7 p.m. through August 23rd on Chestnut Street Square in Berea. Acts include:

Friday, August 2nd
Jimi V & Screamin' John blues duo.

Friday, August 9th
Robbie Barlett blues.

Friday, August 16th
BAJA - big band 17-piece ensemble.

Friday, August 23rd
Bobby James.

All events are free!


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

Pearl & Biddie Tipton Reunion

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

Please bring a covered dish and softdrinks and be there.

THE ILLUSTRATED BIBLE

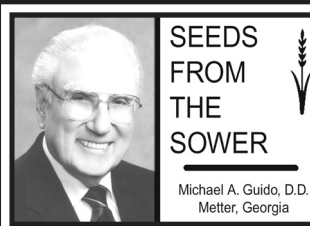


Charm is deceitful and beauty is passing, but a woman who fears the Lord, she shall be praised. Give her of the fruit of her hands, and let her own works praise her in the gates.

Etching of a Woman by Anders Zorn (1860-1920)

PROVERBS 31: 30,31

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SEEDS FROM THE SOWER

Michael A. Guido, D.D. Metter, Georgia

For weeks the missionaries had been planning a special event for the children in the West Indies. They had encouraged each of the children to bring a special gift for the Lord when they came to Sunday school. Finally, the moment arrived when the leader said, "Come, children, bring your gift to the altar." Everyone stood, came forward, gave their gifts and then returned to their seats. All except one.

"Why are you standing there?" the leader asked.

"I have nothing to give the Lord except me, so I just stood here and prayed asking if He wants me."

And that's exactly what He wants.

Paul pleads that we "present our bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship."

What an example this small child is to each of us. There she stood while others gave their gifts. But she gave God the most valuable gift B her body. Can we do less?

#1474 - July 31, 2013
Visit us at SowerMinistries.org

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Shemiah in the Old or New Testament or neither?
2. What were the names of the two staves (staffs) of Zechariah? Blessed/River, Scorn/Tolerance, Day/Night, Beauty/Bands
3. A loan to another

Israelite who is poor by thee shall be made at? No payback, Zero interest, The temple, A fast

4. How old was Eli when he died falling off his seat backward, breaking his neck? 16, 98, 120, 201

5. Saith the Lord to Zechariah, what shall Jerusalem be called a city of? Truth, Holiness, Reign, Hosts

6. Who anointed David as King of Israel? Saul, Salome, Samuel, Sargon

Jimmie L. Johnson, DMD, PSC

Family Dentistry

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Irvine, Kentucky
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Saturday, August 3rd

Post Dance and Steak Dinner

American Legion Post #79 will host the Commander's Ball and a steak dinner on Saturday, August 3, starting at 6 p.m.

The dance will follow the meal. Entertainment is provided by Boot Scootin' Entertainment.

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

Annual Friend Family Reunion

All friends and family of Nathan and Delilah Azbill Friend are invited to attend the annual Friend Reunion on Sunday, August 4, 2013 at 1:00 p.m. at the Madison Southern High School cafeteria in Berea.

For more information, call Johnny Friend at (859) 792-4644 or Linda Cosby @ (859) 925-2782.

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

Twin City Kruzerz Car Club

Twin City Kruzerz Car Club will be holding their monthly meeting on Monday, August 5th, 2013 and the first Monday of each month at Irvine City Hall at 7:00 p.m. If the meeting falls on a holiday it will be held the following Monday.

All members and anyone wishing to join the club are welcome.

If you have any questions please call Loyd Flynn at 723-6776 or Parnell Todd at 723-2326.

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

Estill Historical Society Meeting

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

Everyone is welcome.

Saturday, August 10th @ 12:00 Noon

Dickerson-Patrick Family Reunion

The descendants of the late Sanford and Dora Ann Dickerson Patrick will be having their annual reunion on Saturday, August 10, 2013, from 12-Noon until 4 p.m. at the Estill County Senior Citizens Building, 100 Golden Court, off Stacy Lane Road in Irvine. Lunch will be around 1:00 p.m.

We'd like to invite all our relatives and friends to bring food and soft drinks for their family and come and spend the day with us. We started the reunion in 1993; so, this will be our 20th year.

Sunday, August 17th

Hall & Case Family Reunion

The Hall and Case family reunion will be held Saturday, August 17, at the Estill County Senior Citizen Center. The meal will be served at 1 p.m. Everyone can bring a covered dish or old photos, if you wish.

All friends and family are invited to attend.

Saturday & Sunday, August 24th & 25th

Battle of Richmond Re-Enactment

The rolling hills of Kentucky will again erupt with the boom of cannon, firing of muskets and clashing of sabers in August at the Battle of Richmond Civil War Re-Enactment on Saturday and Sunday, August 24-25, 2013 at Richmond Battlefield Memorial Park.

Calvary exhibitions will be held at 10:15 each morning and battles will be fought at 2:00 p.m. each day.

The Visitors Center at 101 Battlefield Memorial Highway, will have extended hours during the two-day event.

Mount Zion Church, adjacent to the Park, will have a special Civil War era worship service at 11:00 a.m. on Sunday.

Fought on August 29 & 30, 1862, the Battle of Richmond is the second largest Civil War battle in the Commonwealth. Confederates under Major General Edmund Kirby Smith defeated Federal troops under Major General William "Bull" Nelson in the day-long fight in the hot summer of 1862.

The Battle of Richmond is the only example of a Federal army ceasing to exist when the battle is finished. Confederate troops captured Frankfort a few days later, the only time a Federal state capital fell during the entire war, and the boys in gray got as far as Florence, 10 miles from Cincinnati.

For more information, go to <BattleOfRichmond.Org> or call 859-248-1974 or 859-624-0013.

Wednesday, September 11th, 1-3 p.m.

The Basics of Memory Loss

The Basics: Memory Loss, Dementia, and Alzheimer's Disease. If you have a loved one who is newly diagnosed, or if you just want to learn more about Alzheimer's disease, this program is for you.

This two-hour presentation will explore what everyone should know about memory loss issues and what they mean for all of us.

The program will take place at the Madison County Public Library, located at 319 Chestnut Street, Berea on Wednesday, September 11th, 1-3 p.m. To register for this program, please call 1-800-272-3900 or e-mail infokym@alz.org. Registration is required.

Wednesday, September 25th, 10:30 a.m.

Early Stage Alzheimer's Support

An early stage support group for those in the early stages of Alzheimer's Disease or related dementia will begin on September 25th and continue through November 13th from 10:30 a.m. - 12:00 Noon at the Alzheimer's Association, located at 465 East High Street, Suite 200, Lexington.

This eight week program will provide information, support, and encouragement to persons in the early stages of Alzheimer's disease or a related dementia and their caregivers and will provide an opportunity to discuss issues and changes related to memory loss and a gathering to share experiences and feelings.

Registration is required. Call April at 1-859-266-5283, Ext. 1308 for more information.

Kitchen Diva

Fresh Peaches Are Sweet and Juicy

by ANGELA SHELF MEDEARIS

Now is the time for fresh, juicy, sweet peaches. Take advantage of easy access to locally grown, tree-ripened peaches while they are in season because peaches do not get sweeter once harvested.

"Peaches shipped in from out of state are picked before fully ripe, and will soften over time, but won't get sweeter," explains Lynda Johnson, a nutrition and health education specialist.

Due to an unusually warm spring, peaches are ripening earlier than usual. You can easily obtain locally grown fruit by visiting area orchards, roadside produce stands and farmer's markets.

For best quality, select peaches that are firm to slightly soft and free from bruises. The best sign of ripeness in a peach is a creamy or golden undertone, often called "ground color." Fresh peach fragrance also indicates ripeness. Avoid peaches with a green ground color, as they lack flavor and usually shrivel and become tough rather than ripen.

Firm, ripe peaches with good ground color will become fully ripe and soft in three to four days when kept at room temperature. Peaches are ready to eat when they give to gentle palm pressure.

To store fully ripe peaches, place in the refrigerator and use within three to five days. For ease in peeling, Johnson suggests dipping peaches into boiling water for about 30 to 60 seconds, then plunging them into ice water. The peach skins will slip right off. To keep cut peaches from browning, drizzle with lemon or orange juice, or use a commercial ascorbic-acid mixture as directed.

Peaches can easily be preserved by freezing, processed using the water bath canning method or made into sweet spreads. Many enjoy preparing spicy pickled peaches or peach salsas.

Peaches are low in calories and contain no saturated fats, but are packed with health-promoting compounds, minerals and vitamins, as follows:

Low Calorie and Nutritous: Fresh peaches are a moderate source of vitamin C, which has anti-oxidant effects and helps develop resistance against infectious agents. Peaches also are rich in vital minerals such as iron, fluoride and potassium. Iron is required for red blood cell formation. Fluoride is a component of bones and teeth and is essential for prevention of cavities. Potassium is a key part of cell and body fluids that help regulate heart rate and blood pressure.

Anti-Carcinogenic: Peaches contain health-promoting polyphenol antioxidants that help protect against the growth of tumors and certain cancers.

Laxative: Peaches have a high percentage of water and dietary fiber, which have laxative benefits in the digestive process. Regular consumption of peaches promotes regular and less-strenuous bowel movements.

Eye Health: Peaches have carotenoids, which help protect from harmful effects of sunlight and slow or prevent the progression of eye conditions such as cataracts and night blindness. Peaches also are moderate source of vitamin A, which is essential for vision and helps maintain healthy mucus membranes and skin. Eating natural fruits rich in vitamin A is known to offer protection from lung and oral-cavity cancers.

Diuretic: Peaches have been found to have powerful diuretic properties, which help alleviate fluid retention and promote regular passage of urine. They are highly recommended for people suffering from gout and rheumatism.

Anti-parasitic: Peaches help to eliminate worms from the intestinal tract, preventing many of the health problems associated with the infestation.

Try this Chipotle Peach Salsa recipe as a way to add peaches to your family's meals in a fresh, new way.



CHIPOTLE PEACH SALSA

- 2 cups ripe peaches, diced
 - 3/4 cup fresh lemon juice
 - 1/2 cup red onion, diced
 - 1/2 cup red bell pepper, diced
 - 1/4 cup canned chipotle chili peppers, with the liquid, seeded & minced
 - 1 1/2 teaspoons garlic, minced
 - 1 teaspoon cumin
 - 1 teaspoon honey or agave syrup
 - 1 teaspoon fresh cilantro, basil or flat-leaf parsley, minced
 - 1/2 teaspoon salt
 - 1/2 teaspoon freshly ground black pepper
- Combine all ingredients in a large bowl. Cover and refrigerate for up to 3 days. Delicious served over baked fish, chicken or pork. Makes 6 (1/2 cup) servings.

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. 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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