

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>

Saturday, July 5th @ 6pm

American Legion Post #79 To Host Independence Day Festivities

American Legion Post #79 will be having a Fourth of July celebration on Saturday, July 5, starting at 6 p.m. There will be hot dogs and hamburgers for the children. A dance will start at 8 p.m. for the adults. Entertainment will be provided by Todd Chaney.

Saturday, July 5th @ 2:00pm

ECHS Class of 1970 reunion

The Estill County High School Class of 1970 will have a class reunion at 2 p.m., Saturday, July 5, at Michael's Restaurant in Ravenna. Please RSVP by June 28 at (859) 588-2904 or (541) 870-3043.

Monday, July 7th @ 6pm

Twin City Kruzers Meeting

The Twin City Kruzers will be having their monthly meeting on Monday, July 7th at Irvine City Hall at 7 p.m. After a short meeting, the group will be cruising to Bear Track Park in Lee County for a cookout. Bring a covered dish. The Club will furnish the hot dogs. Kenneth Tipton, president, (606) 723-7454.

Tuesday, July 8th @ 10:30am

GTE/Sylvania Retirees Meeting

The Winchester GTE/Sylvania/Osram/UAW retirees will meet for a short business meeting at 10:30 a.m. Tuesday, July 8, 2014, at the Union Hall in Winchester. Following the business meeting, the group will travel to Mount Sterling for lunch at Cattleman's. All Winchester Sylvania retirees and former employees are welcome to join us for lunch.

Thursday, July 10th @ 6pm & 6:45pm

New Clogging Lessons

New clogging lessons start Thursday, July 10th at Infinity Fitness and Spa on Bond Street in West Irvine. Beginners starts at 6 p.m. and beginners plus is at 6:45 p.m. Intermediate starts at 7:30. Richard McHargue is giving lessons. Clogging is great exercise for all ages little kids on up. Five dollars a night. Hope to see you there.

Tuesday, July 15th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will be meeting on Tuesday, July 15th at Michael's in Ravenna. The meal is at 6:30 p.m. and business meeting begins at 7:00 p.m. Estill County Lions Club is a part of Lions International with 1.35 million members in 205 countries around the world. We invite those who feel a call to make our community a better place through service, to attend and learn about how Lions around the world earn our motto, "We Serve!"

Saturday, July 19th @ 6:00pm

ECHS Class of 1969 reunion

The Estill County High School Class of 1969 will hold their class reunion on Saturday, July 19, starting at 6 p.m. If you did not receive a letter about the reunion, please call (859) 519-0563.

Saturday, July 19th, 12 Noon - 4pm

Annual Walling Family Reunion

The annual Walling Family Reunion will be held on Saturday, July 19, 2014, 12 Noon until 4 p.m., at the Irvine Masonic Lodge meeting room on Broadway. The meal will be potluck. All friends and family are welcome to attend.

Saturday, July 26th

IHS 1964 Class Anniversary

The Irvine High School Class of 1964 will celebrate the 50th anniversary of its graduation at Natural Bridge State Park on July 26th. If you are a classmate of this group please contact either Tim Monson (859-224-2368) or Tom Bonny (606-723-5694) or thb@irvineonline.net. The classmates that we have not been able to make contact

with are: Alvin Ballard, Robert (Bobby) Farris, Myra French, Jimmy Hall, Alonzo Horn, Sue Northern, Beverly Shearer, Donna Shearer, Margaret Tipton, Ronnie Welch, Harold Dean Wells, and Frankie Yeager. If anyone has contact information regarding any of these people, please let one of us know, or ask them to contact us.

Info on Class Members Needed

1984 ECHS Class Reunion

The Class of 1984 planning committee has been working hard on planning a fun-filled, 30-year class reunion. Please call or text Belinda Fox Puckett at (859) 358-1403 or Vickie Miller Singleton at (859) 582-8138. You can also join our "ECHS Class of '84" facebook page and leave your address on there or private message for Vicki or Belinda.

Go ahead and mark your calendars for September 12 & 13. All the details will be in the letter we will mail to you, and we will also post it on our "ECHS Class of '84" facebook page.

Kitchen Diva

Fresh Corn, the Candy of Summer

by ANGELA SHELF MEDEARIS and GINA HARLOW

With summer under way, many of us are planning parties and family celebrations. There also is a bounty of farm-fresh produce to inspire our menus, whether it be a picnic at the park, a shrimp boil on the beach or a backyard barbecue. For many, the star of these festive summertime meals is milky-sweet fresh corn, right off the cob.

Roadside stands are popping up all over, farmer's markets have mounds for the picking and your local grocery should have a pile of fresh corn to peel right there in the store. This almost candy-like vegetable is an American favorite.

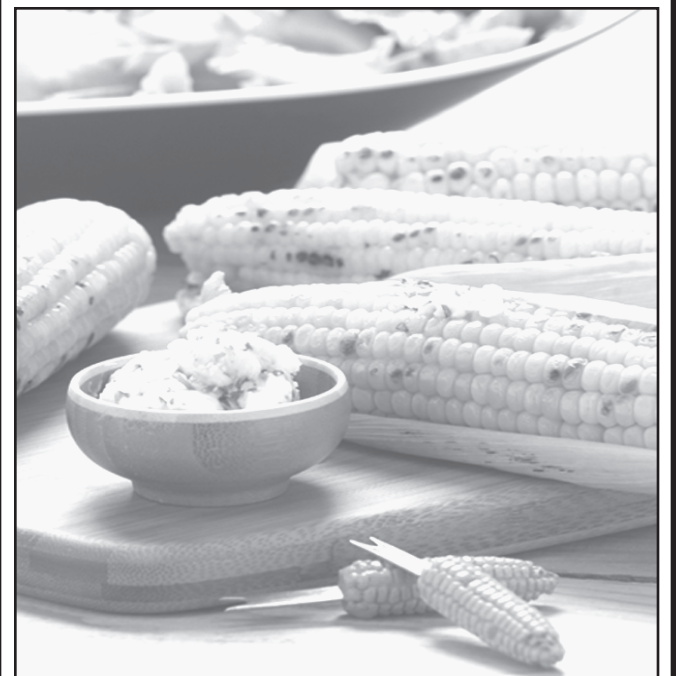
With so many other vegetables on the culinary forefront these days -- some that really need an acquired taste -- corn almost feels like a guilty pleasure. Farm-fresh corn should be enjoyed for its blatant deliciousness while re-creating and reliving food memories we've been making for years.

While we all know how important corn was as an early American food, it has taken scientists decades to learn how corn evolved as a domesticated, cultivated grain. They now know that corn, like wheat and rice, has a wild ancestor. Corn is related to a grass called teosinte. Early farmers began the process of seed selection over many years, but with surprisingly dramatic effects. They saved and planted kernels from plants with the most desirable characteristics. This was the primitive beginning of hybridization.

The corn our ancestors ate was called "field corn" and was somewhat different from what we now grow and eat today. Some field corn was eaten fresh, but most of it was dried and ground into cornmeal. It also was used as a livestock feed. Today, corn is used in almost innumerable ways, making it one of the most studied, reviewed and important crops of our agricultural economy.

You may wonder if corn is good for you. While it's true that corn is high in sugar and starch, it also possesses a healthy dose of vitamins and minerals, like vitamin B-6 and magnesium, along with a significant amount of dietary fiber. Add to that the simple pleasure of eating a fresh ear of corn. Taking that first bite is a taste sensation, something we shouldn't deny ourselves. It brings a little happiness, and that has got to be good for you.

Try my recipe for Fresh Corn Roasted With Herb Butter and make some delicious memories.



FRESH CORN ROASTED WITH HERB BUTTER

This delicious herb butter also is good on other vegetables, steak, chicken, seafood or grilled bread.

- 3/4 cup unsalted butter, softened
- 2 1/2 tablespoon minced green onion
- 1 1/2 tablespoons lemon juice
- 1 1/2 tablespoons minced parsley
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1/2 teaspoon chili powder
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon freshly grated nutmeg
- 1 to 2 dashes, hot sauce

1. In a small bowl, mix together butter, green onion, lemon juice, parsley, salt, pepper, chili powder, Worcestershire sauce, nutmeg and hot sauce. Cover and refrigerate at least 1 hour or up to 7 days. Leave husks on corn, but remove the silk strands. Spread each ear of corn with 1 tablespoon herb butter. Wrap each ear in the husk in foil.

2. Roast corn on barbeque grill, turning every 3 to 4 minutes for 10 to 15 minutes, or use oven broiler, and place corn 4 inches from heating element for 30-minutes, turning every 5 to 10 minutes, or until kernels are tender.

3. Unwrap foil, and detach and discard husks and any remaining silks. Spread corn with any remaining butter. Makes 6 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. Read Gina Harlow's blog about food, gardening and horses at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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2014 The Jenkins Family Proudly Presents 2014

RED LICK VALLEY

BLUEGRASS FESTIVAL

July 24th, 25th & 26th

TRACY JENKINS FARM

<p>THURSDAY JULY 24</p> <ul style="list-style-type: none"> • Bean Supper 5:30-7:00pm • TBA • Red Lick Rednecker • TBA 	<p>FRIDAY JULY 25</p> <ul style="list-style-type: none"> • Salt Creek • Coon Creek Girls • Ma Crowe & Lady Slippers • Johnny Browning & Cornbread Express • Blue River • Tommy Brown & County Line 	<p>SATURDAY JULY 26</p> <ul style="list-style-type: none"> • Coon Creek Girls • Jubilee Road • Crossroads • Mike Creech & Southern Blend • Southland Drive • Glenn Ritchie • Tommy Brown & County Line
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ASST. MANAGERS

Larry Stewart
Othal Dawson
Gene Thompson
Tweed Donahue
Boyd Jenkins

TICKETS AND INFO

Children Under 12 FREE!
Adults \$15.00 Per Night
3-Day Pass \$35.00 At Gate
Advance Pass \$30.00
(Until July 4th)

GROUND RULES

- 24-Hour Security
- No Alcohol In Stage Area!
- Bring Your Own Chair
- Armbands Will Be Enforced!
- No Golf Carts Or Bikes In Stage Area!
- Everyone MUST Have Fun!!

RAIN OR SHINE * NO REFUNDS**

4405 RED LICK ROAD, IRVINE, KY 40336

Festival In Memory of Colie Jenkins

CONTACTS: TRACY JENKINS 606-723-4613

GENE THOMPSON 859-689-7431

SOUND -- JERRY WARNER

Campers Welcome Anytime

Electric Hookup \$10.00 Per Night (Electric First Come Basis)

100 Acres Level Camping

Motels, Restaurants, Groceries Nearby

Jimmie L. Johnson, DMD, PSC

Family Dentistry

87 Wildwood Place (off Court St.)
Irvine, Kentucky
(606) 723-3213