

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 @ 5:30pm

Beginner Yoga at Marcum & Wallace

Beginner Yoga class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30-6:30 p.m. with instructor Laritza Gomez. The cost in one non-perishable food item for Helping Hands Outreach Ministry. Bring your own yoga mat.

The instructor will guide the class through basic poses focused on relaxation, building core strength and flexibility.

Thursday, June 23rd @ 10:30am

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 Richmond Senior Citizens Center, 1215 W. Main Street, Richmond, KY 40475, on Thursday, June 23rd, from 10:30-11:30 a.m. To register for this program, please call 1-800-272-3900. Registration is required.

Fridays, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club will meet every Friday from 6 to 8 p.m. at the Estill County Library, 246 Main Street, Irvine, for anyone who plays an Appa-

lachian Dulcimer. Or anyone who is interested in playing one is welcome to attend. The Appalachian Dulcimer was designated as the official state instrument of Kentucky.

Saturday, June 25th @ 12:00 Noon

Annual Neal-Powell Reunion

The Neal-Powell Reunion will be held this coming Saturday, June 25th at Irvine Ma-

sonic Lodge on Broadway. Lunch will be at 12:00 Noon. Bring a covered dish!

Saturday, June 25th @ 2pm

Estill High "Class of '70" Reunion

The Estill County High School "Class of 1970" will be having a class reunion on Saturday, June 25, 2016, at 2:00 p.m. at Michael's Restaurant in Ravenna.

Other classes, all classmates, and teachers are welcome. RSVP by June 17th by phone or text to Linda at (859) 588-2904.

Register Tuesday, June 28th

RCP Children's Theater Camp

River City Players' 2016 Children's Theater Camp is scheduled for July 18th – 22nd. Registration will be at Hardee's on Tuesday, June 28th, 5 pm – 7 pm. Please make plans to attend the registrations. Camp is limited to 40 children, ages 7 to 18 years. RCP would like

to thank Jackson Energy for their generous support provided through the Operation RoundUP Grant. This grant helps us provide a tuition free camp to the children of Estill County and the surrounding area. For more information call Susan at 723-5755, or 502-810-7668.

Friday, July 1st @ 9am

Retired Co. C Guard Breakfast

Attention: All retired and old National Guard members of Charlie Company 1/149th. There will be a breakfast at Cracker Barrel, in Richmond,

on Friday, July 1st and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

Tuesday, July 5th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, July 5, 2016, and on the first and third Tuesday of every month at Raders' River Restaurant. The meal is at 6:30 p.m. and business meeting begins at 7 p.m. Estill County Lions Club is part of Lions Club 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..."

Tuesday, July 5th

Twin City Kruzers' cruise-in

The next meeting of the Twin City Kruzers will be Tuesday, June 6th, 7-8 p.m., at Irvine City Hall because of the holiday..

The Twin-City Kruzers will have a cruise-in on Saturday, July 9 in downtown Irvine.

Twin City Kruzers Cruise-Ins are free and open to the public. The Club is planning several cruises and cookouts for members this year. Cruise-Ins are held at the

Courthouse on the second Saturday of the month from 5 until 9 p.m. Meetings are held at Irvine City Hall from 7-8 p.m. on the first Monday of the month.

Anyone interested in joining needs to talk to a Club member or call Melvin Williams @ 723-5447 or Tobo Bryant @ 723-7248 or 3858. July 5th - meeting July 9th - cruise in August 1st - meeting

Is There No Balm in the USA?

by **BOB CASEY**, preacher
Cornerstone Church of Christ
Bond Street at Camp Avenue in West Irvine

In **Jeremiah, chapter 8** is recorded the warning from God through Jeremiah unto the back sliding Jews of that day. In **verse 5** is said that the backsliding was not a one time event, but a perpetual one, for they have done this for several years back, and God had decided that it was time to bring this backsliding to an end. But at the same time of Jeremiah's preaching, God was in His mercy, giving them time to rethink their lives in hopes that they would repent. **But sadly**, they chose to ignore God and in so doing God let the Assyrians come and carry them away. This siege of Jerusalem lasted for two years, but still they refused to see the help of God.

In **verses 20-22**, "The harvest is past, the summer is ended, and we are not saved." Jeremiah said that he along with God the father was hurt by their lack of belief. Then he asked: "Is there no balm in Gilead; is there no physician there? Why then has their health not recovered? **The Balm of Gilead** was a medicine that grew all over Palestine and was sought after by doctors in other nations as well. But here He was talking about the spiritual medicine from God that would health their sinful lives if they would apply it. I have read that in this present day that not one plant of Balm is found in all the land of modern day Israel even though men have searched everywhere for it.

So today, when we read this historical account regarding the Jews' failure to obey the Lord, how can we disregard these examples as worthless?

Paul says in **Romans 15:4**, "that these things written by men like Jeremiah was written afore time for our learning that we through patience and comfort of the scriptures might have hope." Also, in **I Corinthians 10:5-6** speaking of the disobedient Jews during the traveling in the desert, "But with many of them God was not well pleased, for they were overthrown in the wilderness. **Now** these things were for our examples, to the intent we should not lust after evil things, as they also lusted."

Makes one to wonder how God will continue to put up with all the ungodly activities that we see right here at home. Our political leaders are standing **almost all** in defense of the gays, lesbians, transgenders as though this is a normal life style, and are kissing up to them in hope of getting their votes. I suppose that there are still some who still stand up for Christianity, morality of the Bible, but it seems that they are fewer each election cycle.

Is there no **Balm - healing** from God to save this nation? The answer is **yes, there is**, but it is conditional. If men will recognize their sins and turn from it in repentance our Lord will forgive and restore. But when we look at past examples, the patience of God can be exhausted in the latter times, men would depart from the faith being led by seducing spirits and teaching of the devil. Also he said of the closing of this present age, perilous times would come. Folks, **open your minds!** We are at present in these times. Our lord does not lie. Jesus says in **Luke 12:49**, "I am come to send fire on the earth: and what will I if it be already kindled? Friends, wake up. Our Lord is coming soon!"

Sincerely, Bob Casey 1-Waco (859) 369-4165

BIBLE TRIVIA

by Wilson Casey

1. Is the Book of Daniel in the Old or New Testament or neither?
2. 2 Kings 19 and which other chapter are almost alike word for word? Deuteronomy 7, Isaiah 37, Jeremiah 50, Job 16
3. From 2 Samuel 22, who said, "The Lord is

- my rock, and my fortress, and my deliverer"? David, Samuel, Peter, Solomon
4. In Genesis 29, which of Jacob's wives was first to bear children? Leah, Rachel, Bilhah, Zilpah
 5. From Acts 22, what famous Rabbi was Paul's teacher? Hillel, Turkel, Zak-kai, Gamaliel
 6. In 2 Kings 16, who burned his son alive as a sacrifice? Joab, Ahaz, Isaac, Josiah
- Answers on bottom of Page 13**
Wilson Casey's mainstream UFO book, "Swamp Gas & High Hopes 101," is now available from TouchPointPress.com



David was hunted, haunted and harassed. Often he was forced into a crevice and had little room to move or stretch. But in his moments of oppression he did not seem to suffer from depression. He felt free to sing a song of hope that God planted in his heart. He found a source of strength that came to him from his dearest friend and constant companion - God! "I will sing of Your strength, in the morning I will sing of Your love; for You are my fortress, my refuge in times of trouble!" wrote David as he reflected on the troubled times of his life. And he was not the only one who found themselves in life threatening and even life ending situations.

Do you remember what Paul and Silas did when they were thrown into prison for serving the Lord? At midnight they were praying and singing hymns of praise to the Lord while the other prisoners listened to them. God joined in the celebration, sent an earthquake that caused so much shaking that the prisoners' chains fell off and doors flew open. The confines and chains of being in prison could not silence them.

Josephus, the historian, wrote of the Christians awaiting death in the Coliseum. Waiting on the lions to maul and mangle them, they sang songs of joy so loudly that their voices were heard above the roar of the lions and the cheers of the crowd. As they faced the lions that would devour them, God put His song in their mouths, His peace in their hearts and angels to comfort them.

Visit us at: **SowerMinistries.org**
EPS 135

Kitchen Diva Get Fired Up for the Fourth

by **ANGELA SHELF MEDEARIS**

Celebrating our nation's independence with parades, speeches and a barbecue dinner is a long-standing tradition. Citizens in every part of the country would come to town for the celebration. They would form a line and march behind their local military regiment until they reached the courthouse square or church grounds.

A typical Fourth of July ceremony opened with a prayer, followed by songs and speeches from politicians before ending with a reading of the Declaration of Independence. Then everyone would join in for a community feast of barbecued meats, vegetables and desserts.

So if you're dining on barbecue on July 4, you're continuing a long, proud American tradition. If you're using a Weber grill, you have George Stephen to thank for this innovative device.

The year was 1952. At the Weber Brothers Metal Works, employee George Stephen had a crazy idea. Using the marine buoys made by his company as a model, he concocted a funky dome-shaped grill with a lid to protect food and keep in the rich barbecue flavor. From those humble beginnings, an international grilling revolution was born.

James Purviance is the author of "Weber's New American Barbecue -- A Modern Spin on the Classics." Purviance is one of America's top grilling experts and Weber's master griller. Through stories and essays, hundreds of photos, crystal-clear techniques and 100 exceptional and foolproof recipes, "Weber's New American Barbecue" celebrates what's happening at the grill today.

From everyday backyard heroes melding flavors to chefs creating new classics and pitmasters setting new standards of excellence at competitions, this book explores the delicious evolution of our true American pastime -- barbecue.

Purviance's recipe for Spicy Shrimp with Charred Poblano Romesco is the perfect Independence Day appetizer. Serve it with some toasted, crusty bread or tortilla chips for dipping into the flavorful Romesco.

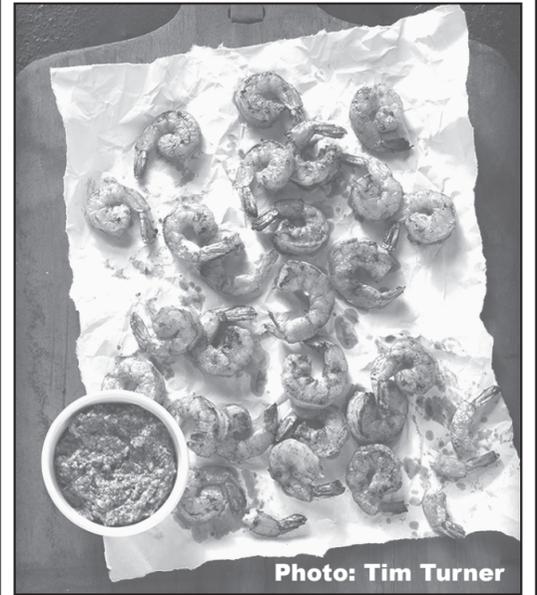


Photo: Tim Turner

Spicy Shrimp with Charred Poblano Romesco

The green romesco is less sweet and a bit spicier than a traditional roasted red pepper romesco. Remember that jalapeño chile peppers vary in heat from one to the next, so it's a good idea to taste them before adding to a dish. If you like, you can even leave the jalapeño out of this recipe.

- 2 poblano chile peppers, about 8 ounces total
- 1 small jalapeño chile pepper, stemmed, seeded and chopped
- 1/2 cup fresh cilantro sprigs
- 1/4 cup almonds, toasted
- 1 tablespoon fresh lemon juice
- 2 garlic cloves
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon granulated sugar
- 4 tablespoons extra-virgin olive oil
- 2 teaspoons Kosher salt
- 1 teaspoon paprika
- 1/4 teaspoon ground cayenne pepper
- 24 large shrimp (21/30 count), peeled and deveined, tails left on, patted dry.

1. Prepare grill for direct cooking over high heat (450 F to 550 F).

2. Grill the poblano chiles over direct high heat, with the lid closed, until blackened and blistered all over, 10 to 12 minutes, turning occasionally. Place the peppers in a bowl and cover with plastic wrap to trap the steam. Let stand for about 10 minutes. Remove and discard the charred skin, stems and seeds, and then coarsely chop the chiles.

3. In the bowl of a food processor, combine the poblanos, jalapeño, cilantro, almonds, lemon juice, garlic, pepper, sugar and 3 tablespoons of the oil and 1 teaspoon of the salt, and process until well-blended but some texture still remains. Transfer sauce to a serving bowl.

4. In a medium bowl whisk together the remaining 1 tablespoon oil and 1 teaspoon salt, the paprika and cayenne. Add the shrimp and turn to coat in the mixture. Grill the shrimp over direct high heat, with the lid closed, until firm to the touch and just turning opaque in the center, 2 to 4 minutes, turning once.

5. Arrange shrimp on a platter and serve with the romesco sauce for dipping, and toasted bread and/or tortilla chips for dipping. Serves 4 to 6.

Excerpted from "Weber's New American Barbecue" by Jamie Purviance (2016). Reprinted by permission of Houghton Mifflin Harcourt Publishing Company. All rights reserved.

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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