

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.

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

Thursday, July 21st @ 6:00pm

Garden Thyme Herb Club

Garden Thyme Herb Club will be meeting Thursday, July 21 at 6 p.m. in the picnic shelter at Wisemantown United Methodist Church. Annessa Small will be presenting plantain as the herb of the month. Theresa Small will be presenting the program on "Collodial Silver." Everyone is invited to attend.

Fridayday, July 22nd @ 5:00pm

Free Children's Theater Performance

You are invited to attend the Friday, July 22nd FREE performance of "Red Riding Hood & Friends" given by this year's River City Players' Children's Summer Theater Camp attendees. The children will be performing the musical play they helped create. Performance will be held in the Estill County Fair Barn. Door opens at 4:30 p.m., the performance begins at 5 p.m. Come, enjoy, and be amazed by the show our talented and creative children have prepared for you.

Friday and Saturday, July 29-30

Estill Historical Backporch Homecoming

The Estill County Historical and Genealogical Society will host the Back Porch Homecoming "the Internet Gang" at the Research Museum on Broadway on Friday and Saturday, July 29 and July 30. This will be a time when people from various states, including Kentucky, can come to Irvine for research of their family history. The 2016 calendar is still available at the Museum on Saturdays.

Saturday, July 30th, 5-9 pm

91st Annual McKinney Reunion

The ninety-first annual McKinney Reunion will be held Saturday, July 30, at Jackson's Chapel United Methodist Church on Highway 82 between Hargett and Clay City. All descendants of Wildy McKinney, spouses, and friends are welcome. The church will be open at 10:00 for catching up with each other, visiting, putting up our exhibit of the photos you and artifacts you bring, and telling our school days stories. The Annual Group Picture will be made at 12:00 sharp as well as generational pictures. Pot Luck Dinner begins at 12:15; Annual Hymn Sing at 1:30, followed by Business Meeting. Bring information to update the genealogy. There will be a music jam session after the business meeting. Bring your instruments and your voices. Come as early as you can; stay as long as you like!

Monday, Aug. 1st @ 6pm

Estill Friends of the Library

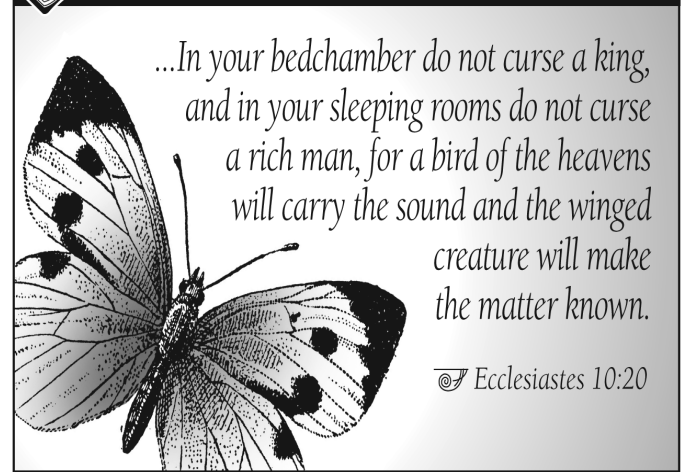
The next meeting of Friends of the Library is on Monday, August 1st at the library at 6 p.m. at the Estill County Public Library, 246 Main Street in Irvine. All members, new members and visitors are welcome to attend!

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THE ILLUSTRATED BIBLE



© Ecclesiastes 10:20

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Tuesday, Aug. 2nd @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, August 2 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..."

Friday, August 5th @ 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, August 5th and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

Monday, August 1st, 7-8pm

Twin City Kruzers' Cruise-in

The Twin-City Kruzers will be meeting Monday, August 1 7-8 p.m. in Irvine City Hall. The next Cruise-In is Saturday, August 13. Twin City Kruzerz 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.

September 17th

1st Annual Isaac & Flanery Reunion

Descendants of Wilburn Isaacs and Vandallie Griffey of Estill County, and Jacob and Patsy Hartsock of Jackson County, will have a reunion on September 17, 2016 at 1:00 p.m. at the Loretta Lynn Ranch in Hurricane Mills. Plans are for hamburgers, hot dogs, and a covered dish to share. Several activities are listed on their website. For more information call or text Anola Fiessinger (Valentine) (937)312-4571 or DebbieMcCombs(937)408-3189.

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

Thirty six years have passed since I was asked by the members of this congregation to come and join hands with them here at West Irvine. Sadly, most of them have gone on to be with the Lord in death. So we have now returned to this place to continue the effort to preach the simple gospel so that some might be saved. Some one may, and do, frequently ask, "How is your church doing?" My first reply is: "First of all I do not have a church, because the church along with its membership and all the things that appertain to conducting a worship belong to our Lord."

But I know they mean: "How is the work going? So I will tell them of the enthusiasm of our members who are in attendance twice on the Lord's day, plus are also there on Wednesday evening at six p.m. for Bible study. This reflects the spiritual health of any church. Then we will mention that we have had an addition through baptism for the remission of sins. So yes, at the present, things are doing great. Some have noticed, not a change in our name, but an addition to it, now saying: The Cornerstone Church of Christ at West Irvine. In **Ephesians 2:19-20, it is written:** "Now ye are no more strangers and foreigners but fellow citizens with the saints, and of the household of God; and are built upon the foundation of the apostles and prophets. Jesus Christ Himself, the chief cornerstone." So what more fitting than being a member of a church is built upon the teachings of Jesus alone and to mention what our foundation is built upon.

Many have noticed and commented about how the building is looking and how much better is the overall appearance. Also we are at present in a good state of financial health, for this we are thanking the Lord and our members for their constant contributions.

Then again, we hope that you are reading our weekly lessons based upon many Bible topics. Many do, and tell us so. So this is another outlet to spread the gospel in our area. At the present time we have plans to have a monthly guest speaker to come and preach for us. This will be a great time to meet men from other places who work for our Lord. In the near future we will announce, and invite all people to come and experience a time of singing, hymns, without the aid of man's instruments. Most of you know that this is called singing acapella. if you have never sang with a congregation in this manner, then you are in for a treat. This will be announced later.

So these are some of our future plans and we would be delighted to have you meet with us. Bring your Bibles, take notes, and ask questions. We will do our best to try to get you to heaven. You may call us at this number any time. Our building is located behind Wendy's Restaurant, first street to the left. We meet at 9:45 Bible Study, 10:45 worship, Sunday evening 6 p.m. and Wednesday evening at 6 p.m. We welcome you to any or all of our meetings.

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

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Kitchen Diva Summer on the Cob

by ANGELA SHELF MEDEARIS

Summer is the time of year when I get what I call "produce overload." There are so many fresh, plump, delicious, vibrant fruits and vegetables available, and so many ways to prepare them! Currently, I'm in love with the flavor infusion that heat and smoke impart to fresh fruits and vegetables prepared on the grill.

Corn on the cob is in abundance now, and it's the perfect vegetable to grill. This is the season to indulge in this almost candy-like vegetable that is a favorite of so many. Farm-fresh corn is blatantly delicious in its simplicity, and with every bite we get a chance to re-create and relive a treasured food memory.

While we all know how important corn, or maize, 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. Over many years, but with surprisingly dramatic effects, early farmers began the process of seed selection, saving and planting kernels from plants with desirable characteristics. This was the primitive beginning of hybridization.

The early corn of our ancestors was called field corn and was somewhat different from what we grow and eat today. Some field corn was eaten fresh, but most of it was used dried and ground into cornmeal. It also was used as a livestock feed. Today, corn has countless uses, making it one of the most studied, reviewed and important crops of our agricultural economy.

Many people today wonder if corn is even good for us. While it's true that corn is high in sugar and starch, it possesses a healthy dose of vitamins and minerals, like vitamin B-6 and magnesium. It also contains a significant amount of dietary fiber. Add to that the simple pleasure eating a fresh ear of corn.

Try my recipe for the guiltiest of grilled corn pleasures, Mexican street corn with chile and lime. Taking that first bite is a taste sensation, and something we shouldn't deny ourselves. It also creates yet another happy summer food memory, and that has got to be good for you.



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Mexican Street Corn with Chile and Lime

This flavorful corn recipe also is known as Elotes, which in Spanish means "corn," "fresh corn" or "sweet corn." It's often sold in Mexico by street vendors, and in America from food carts and at fairs. This recipe serves one ear of corn per person, but I'd double it. It's hard to eat just one when it's prepared this way!

- 1/4 cup mayonnaise
- 1/4 cup sour cream, Greek yogurt or Mexican crema
- 1/2 cup finely crumbled cotija or feta cheese, plus more for serving
- 1 tablespoon garlic powder
- 1/2 teaspoon ancho or guajillo chili powder, plus more for serving
- 1/4 cup finely chopped cilantro or parsley leaves and tender stems
- 4 ears shucked corn
- 1 lime, cut into wedges

1. Prepare a fire in your grill according to manufacturer's directions. When all the charcoal is lit and covered with gray ash, evenly spread out coals over half of the coal grate. Alternatively, set half the burners of a gas grill to high heat. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate.

2. While the grill heats, combine mayonnaise, sour cream, yogurt or crema, cheese, garlic and chili powder, and cilantro or parsley in a large bowl. Stir until well-combined and set aside.

3. When grill is hot, place corn directly over hot side of grill and cook, rotating occasionally, until cooked through and charred in spots on all sides, about 8 minutes total.

4. Transfer corn to a bowl with the mayonnaise mixture. Use a large spoon to evenly coat corn on all sides with mixture. Sprinkle with extra cheese and chili powder. Serve immediately with lime wedges. Makes 4 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. 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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