

# 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 Appa-

lachian 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.

**Saturday, July 9th, 5-9 pm**

## Twin City Kruzers' Cruise-in

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

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.

July 9th - cruise in August 1st - meeting

**Monday, July 11th @ 2:30pm**

## Friends of the Library Meeting

"Friends of the Library" will be meeting at the Estill County Public Library on Monday,

July the 11th at 2:30 p.m. Everyone is welcome to attend.

**Tuesday, July 12th @ 10:30am**

## GTE Sylvania Retirees' Lunch

Winchester GTE Sylvania/Osram/UAW retirees will be meeting at 10:30 a.m., Tuesday, July 12 at the Union Hall in Winchester for a short meeting before traveling to

Kathy's in Clay City for lunch at 11:30.

All Winchester Sylvania retirees and former employees are welcome to join us for lunch.

**Thursday, July 14th @ Noon**

## Hensley Retirement Reception

Sharon Hensley's last ASAP meeting as Coordinator will be Thursday, July 14, 2016, at Noon at the Estill County Extension Office. There will be a small reception for her at the end of the meeting.

She is retiring as the ASAP

Board Coordinator for Estill and Powell counties.

If you would like to attend, contact Courtney Barnes at the Estill County Health Department with snack food/appetizers you would like to bring.

**Friday, July 15th, 6:30pm**

## Madison County Civil War Roundtable

The next bi-monthly meeting of the Madison County Civil War Roundtable will be on Friday, July 15, 2016, at 6:30 p.m. at Dinner Bell Restaurant, just off I-75, Exit 76 in Berea.

Noted Civil War author and historian Eric Wittenburg will give a presentation entitled, "The Fight in the East Cavalry Field at Gettysburg."

Please call Phillip Seyfrit at 859-623-8979 with questions.

**Tuesday, July 19th @ 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, July 19, 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..."

**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.

**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!

# Kitchen Diva Slow Down This Summer

by ANGELA SHELF MEDEARIS

If you haven't used your slow cooker since you prepared chili for the Super Bowl, it's past time to put it to work! Slow cookers are the perfect way to make everything from appetizers to desserts during the hot summer months.

You can prepare breakfast in the slow cooker the night before and have a hot meal in the morning. Lunch, dinner and dessert are easy to make in a slow cooker, too. You also can extract all of the flavors of the best of summer vegetables and fruits while beating the heat.

Here's a slow-cooked breakfast recipe for Spinach, Bacon and Mushroom Quiche that also can become a light lunch. And a delicious recipe for Chinese Five-Spice Pork makes the perfect filling for a wrap stuffed with a lightly dressed salad for lunch or as a flavorful entree for dinner! Remember, slow it down and stay cool this summer!

### SLOW COOKER QUICHE

- 1 (10-ounce) package frozen chopped spinach, thawed and well-drained
- 4 slices bacon
- 2 cups coarsely chopped Portobello mushrooms
- 1 small (1/2 cup) chopped red sweet pepper
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon ground nutmeg
- 6-ounces (1 1/2 cups) shredded Gruyere cheese or Swiss cheese
- 8 eggs
- 2 cups half-and-half or whole milk
- 3 green onions, roots removed and discarded, green and white ends, diced
- 1/2 cup packaged biscuit mix

1. Coat the interior of a 3-1/2- or 4-quart slow cooker with cooking spray. Using clean paper towels, squeeze spinach to remove liquid, set aside.

2. In a medium skillet over medium heat, cook bacon until crisp; drain, crumble, and set aside. In same skillet, using the remaining bacon fat, add mushrooms and sweet pepper, and half of the salt, pepper and nutmeg; cook until tender. Stir in spinach and cheese.

3. In a medium bowl combine eggs, half-and-half, green onions and the remaining salt, black pepper and nutmeg. Stir egg mixture into spinach mixture in skillet. Gently fold in biscuit mix. Pour egg mixture into prepared slow cooker. Sprinkle with bacon.

4. Cover and cook on low-heat setting for 4 to 5 hours or on high-heat setting for 2 to 2-1/2 hours or until a knife inserted into the center comes out clean. Turn off cooker. Serves 6.



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### CHINESE FIVE-SPICE PORK

- 2 (12 ounces) pork tenderloins
- 1/2 cup reduced sodium soy sauce or tamari, plus 2 tablespoons
- 1 tablespoon Chinese five-spice powder
- 1 teaspoon ground black pepper
- 1/8 teaspoon cayenne pepper
- Nonstick cooking spray
- 4 thick slices fresh pineapple and juice
- 3 tablespoons light brown sugar
- 2 tablespoons mirin or rice wine vinegar
- 2 tablespoons canola oil
- 1 tablespoon freshly grated ginger
- 3 cloves garlic, minced
- 3 green onions, roots removed and discards, white and green parts, diced
- Toasted sesame seeds (optional)

1. Trim any silver skin from the meat. Season meat on all sides with 2 tablespoons of the soy sauce or tamari, 1/2 tablespoon of the five-spice powder and the black and cayenne pepper.

2. Coat an extra-large nonstick skillet with cooking spray; heat skillet over medium-high heat. Cook meat in hot skillet until brown on all sides. Transfer meat and any juices to a 3 1/2- or 4-quart slow cooker. Add in the slices of pineapple and any juices.

3. In a small bowl whisk together the remaining soy sauce and five spice powder, the brown sugar, mirin or vinegar, oil, ginger and garlic. Pour over meat. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2 1/2 to 3 hours.

4. Transfer meat to a cutting board, reserving cooking liquid. Cover the pork loosely with a piece of foil and allow the pork to cool for 10 minutes before slicing.

5. Cut meat into 1/2-inch slices. Drizzle meat with cooking liquid. If desired, sprinkle with green onions and sesame seeds. Serve the meat in a wrap or lettuce cup with coleslaw or pickled vegetables and a drizzle of the cooking liquid; or as an entree for dinner over brown rice, with coleslaw or a salad as a side. Makes 8 servings.

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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. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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# CHURCH NEWS

Church News is published as a free service of The Estill County Tribune. Call your announcement to (606) 723-5012; fax it to (606) 723-2743; or E-mail it to <News@EstillTribune.Com> or mail to 6135 Winchester Road, Irvine, KY 40336

**Sundays @ 2:30pm**

## Furnace Church Bible Study

Interested in learning about the Bible? and learn with us. Sunday afternoons at 2:30 p.m.

The Furnace Church of Christ invites you to come. Need a ride, give us a call: (606) 723-8733.

**Wednesday-Saturday, July 6-9**

## Waco Nazarene hosts VBS

Waco Church of the Nazarene will be having Vacation Bible School "Cave Quest," Wednesday, Thursday, Friday, July 6-10, from 6-8 p.m. and Saturday, July 9 from 11 a.m. to 2 p.m.

There will be games, crafts,

snacks, and a Bible story on Wednesday, Thursday, and Friday for children ages 3-12.

There will be a water fun day on Saturday, July 9.

Any questions, call 865-382-4640.

**Through Friday, July 8th, 9am-Noon**

## VBS at Williams Memorial

Williams Memorial Baptist Church, 402 Poplar Street in Ravenna, will be having Vacation Bible School, daily through Friday, July 8, from 9

a.m. until 12:00 Noon.

The theme will be "Submerged: Finding Truth Below the Surface."

Everyone is welcome.

**Thru Friday, July 8, 6:30-8:30pm**

## Bible School at Thomas Baptist

Thomas Baptist Church, 2875 Dug Hill Road, will be having Vacation Bible School, through Friday, July 8th, 6:30-

8:30 p.m.

The theme of is "Submerged" Everyone is welcome and invited to attend.

**Saturday, July 9th @ 7pm**

## Gospel Singing at House of Prayer

House of Prayer, 535 Dark Hollow Road, will be having a Gospel Singing on Saturday, July 9th, starting at 7 p.m.

Featured group is New Har-

vest from Breathitt County along with The Praise Singers.

Everyone is welcome! Refreshments afterwards.

**Sunday-Wed., July 10-13, 6-8:30pm**

## VBS at Irvine Free Methodist

The Irvine Free Methodist Church at 113 North Plum Street, will be having Vacation Bible School "with purpose," Sunday-Wednesday, July 10-13, 6-8:30 p.m.

The theme is "Barnyard Roundup where Jesus gathers us together."

Everyone is welcome! For more information, call (606) 531-0465.

**Sunday-Friday, July 10-15**

## VBS at Mount Carmel Christian

Mount Carmel Christian Church will be hosting a Vacation Bible School, Sunday-Friday, July 10-15, 2016.

The theme of the VBS is "EGYPT -- Joseph's Journey from prison to palace!" and

will begin at 6:00 p.m. on Sunday and 6:30 p.m. the rest of the week.

The Bible school is for elementary age youth.

Call 606-726-9342 if any questions.

**Sunday-Friday, July 10-15, 6-8pm**

## Friendship Baptist Bible School

Friendship Baptist Church, 124 South Hudson Avenue, invites everyone to come and "Submerge" yourself into God's word.

Vacation Bible School starts

Sunday, July 10th and continues through Friday, July 15th, 6-8 p.m. daily. We have classes from babies through adults. If you need transportation please call the church at 723-4816.

**Monday-Friday, July 18-22, 6-8pm**

## VBS at Ravenna Church of God

Ravenna Church of God is having our Vacation Bible School on Monday through Friday, July 18th - 22nd from 6:00 p.m. to 8:00 p.m. each night.

The theme is "Deep Sea Discovery, God is With Me

Wherever I Go. " Lots of fun, games and snacks each night.

Please join us for an awesome Bible School, as always!

For further information, call 723-2898 - need a ride, call Bruce at 606-975-4852.

**Sunday-Thursday, July 24-28, 6-9pm**

## Calvary & Irvine Nazarene VBS

Calvary Baptist Church, Irvine, and the Irvine First Church of the Nazarene, Irvine, will be partnering together again this year for Vacation Bible School.

The event will be held at Calvary Baptist, 21 Glory Street, West Irvine, beginning on Sunday, July 24, and going

through Thursday, July 28, 6-9 p.m.

Everyone, adults and children alike, are invited to attend the services. Adult and children Bible lessons will be presented during each service.

Anyone needing a ride to any or all of the events may call Calvary Baptist at 606 723-2416.

**Sunday, August 7th @ 10:45am**

## Irvine Nazarene Hosts Singer

The Irvine First Church of the Nazarene, 280 Broadway, Irvine will be hosting award winning southern gospel music singer Sharron Kay King in concert on Sunday, August 7, at 10:45 a.m.

Everyone is invited to attend. A free will love offering for Sharron's ministry will be received during the service.

For more information, contact Pastor Curt Napier at 517.719.2238.

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<EstillTribune.Com>