

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, now at 5:45pm

Beginner Yoga at Marcum-Wallace

Beginner Yoga class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday at 5:45 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 one-hour class through basic poses focused on relaxation, building core strength and flexibility.

For more information, contact 606-726-2119.

Thursday, June 1st @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, June 1 at 5:30 p.m. at Michael's Restaurant. Kristen Blankenbecler, Medication Therapy Management, will be the speaker.

Persons dedicated to improving the world one child and one community at a time are welcome to become members. Our community is stronger for Kiwanis' contributions in the last 95 years. Come and make a difference.

Thursday & Friday appointments

Parents - Earn While You Learn

The Estill County Center for Pregnancy & Parenting is now accepting new clients for Thursday and Friday appointments.

Anyone pregnant or parenting children under age 3, is invited to enroll in the center's 'Earn While You Learn' program. Prenatal or parenting instruction, one-on-one

with a coach, earns you 'Baby Bucks' which are then used to purchase infant and toddler items in the on-site boutique full of things for baby, toddler and maternity needs.

Call 723-0184 or stop in at 126 Kentucky Avenue in Irvine, Tuesday 1-5 or Thursday & Friday 10-5 to schedule an appointment.

Friday, June 2nd @ 9am

Retired Co. C Guard Breakfast

Attention: All retired and former National Guard members of Charlie Company 1/149th. There will be a breakfast at Cracker Barrel, in Richmond, on Friday, June 2nd and on the first Friday of each month at 9 a.m.

All are invited and welcome. Hope to see you there!

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.

Tuesday, June 6th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, June 6th and on the first and third Tuesday of every month at Rader's 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..."

Saturday, June 10th @ 9:00am

11th Annual Holes for Hoops Golf

The 11th Annual Holes for Hoops Golf Scramble will be held on Saturday, June 10, 2017, at the Estill County Golf Club. This is sponsored by and all proceeds are given to the Estill County High School boys basketball team.

Scramble format will be played from foursomes with a 9:00 a.m. shotgun start. Cost is \$50.00 per player, \$200.00 per team. Fee includes 18 holes of golf, use of cart, lunch at 1:00 p.m., excellent prizes, and an opportunity to support the young men of ECHS. Extras include: mulligans \$5.00 each (2 maximum).

For additional information contact Coach Bentley at (859) 200-3704 <Jon.Bentley@Estill.KySchools.us> or Coach Benton at (859) 248-7335 <Rick.Benton@Estill.KySchools.us>.

Saturday, June 10th @ 1:00pm

American Legion Car & Bike Show

American Legion Post #79 will be presenting its 5th Annual Car & Bike Show plus burnout on Saturday, June 10, 2017 (Rain date, June 17) at the Post on Millers Creek Road in Ravenna. Registration runs 10:00 a.m. until 1:00 p.m.

As always, some of the greatest food will be available plus door prizes, 50/50 and more.

Awards include dash plaques (first 50), Commander's Choice, Honor Guard

Choice, Jimmy Bryant Memorial, Young Cruiser Award (two classes), 1975 and Back (top 15), 1976 to Present (top 7), plus the best of Ford, GM, Mopar in each class, Best Specialty (foreign), and Rat/Rod also Club Participation. Bike trophies include Best Custom, Best Original, Best Trike, Best Rat, Best Dresser, and Burnout trophies (1st, 2nd & 3rd).

For more information, call Jack at 723-4045 or Willard at 723-2318.

Saturday, June 10th @ 8:00pm

Post 79 Ladies Auxiliary Sock Hop

The American Legion Post #79 Ladies Auxiliary will be hosting a Sock Hop on Saturday, June 10, 2017, from 8:00 p.m. until Midnight at the

Post. Dress in your favorite era, 50's, 60's, 70's, 80's. Music provided by Kenny Chenault. \$5. Cover Charge.

Monday, June 12th @ 6:30pm

SEKY Gem, Mineral & Fossil Club

The Southeast KY Gem, Mineral, & Fossil Club will have its annual meeting and potluck meal on Monday, June 12 at 6:30 p.m. at the Wisemantown United Methodist Church's pavilion. The

program will be a "Show, Tell, and Trade" about any gem, mineral or fossil.

Anyone interested in joining is welcome to attend. Yearly dues are \$20 per family and \$15 per individual.

Saturday, June 17th @ 1pm

Hall and Case Family Reunion

After missing a few years, the Hall and Case Reunion will return on Saturday, June 17, 2017, around 1:00 p.m. at the Irvine Masonic Lodge on

Broadway in Irvine. All friends and relatives are invited to bring a covered dish and drinks. Everyone is welcome.

June 17th @ 6pm

ECHS 1967 Class Reunion

The 1967 Class of Estill County High School will celebrate its 50th anniversary at 6:00 p.m., June 17, 2017 at Michael's Restaurant in Ravenna. This is open to anyone who attended as a freshman, sophomore, junior or senior. We are attempting to contact as many as we can, but ask that you pass this in-

formation on to others that may have been a part of this class. It will be a wonderful time to rekindle old friendships.

If you plan to attend or need more information, contact Becky at 606-723-7119 or Peggy at 606-643-5014 by May 20th. Hope to hear from you!

Saturday, June 24th @ 2:00pm

ECHS Class of 1970 Reunion

Estill County High School Class of 1970 Reunion, will be held on Saturday, June 24, 2017, 2:00 p.m. at Michael's Restaurant in Ravenna.

All students and teachers

are invited! 1969-1971 classes are also welcome!

RSVP to Linda McIntosh Howell at linda233@rocket-mail.com or call/text @859-588-2904 by June 19.

Saturday, July 1st @ 1:00pm

Estill Little Mister and Little Miss

The Estill County Fair Board will be presenting its annual Little Mister and Little Miss Estill County Pageant on Saturday, July 1, 2017, 1:00 p.m., at the fairgrounds.

All entries must be Estill County residents, boys and girls, ages five through seven as of July 1, 2017.

You may pre-register at the Estill County Farmers Market on Fridays, 4-7 p.m. or bring your registration form and en-

try fee to practice at the fairgrounds on Friday, June 30th.

The winning boy and girl each receive a crown, banner and a trophy. All contestants receive a blue ribbon and a coin dollar.

For further information, contact Tammy Cole at 723-4326 or Susan Lay at 726-9989.

A mail-in registration form is included in this newspaper.

Tuesday, July 4th @ 7:00pm

Estill County Fair Baby Show

The annual Baby Show at the Estill County Fair will be held this year on Tuesday, July 4th, starting at 7:00 p.m.

Pre-registration is necessary. You may pre-register at the Estill County Farmers Market on Fridays, 4-7 p.m. or at the fairgrounds on Monday and Tuesday, July 3rd & 4th, by 7:00 p.m.

All entries must be Estill County residents, birth to 4 years old as of July 4, 2017.

Boy and girl class champions will receive a trophy. All contestants receive a blue ribbon and a coin dollar.

For further information, contact Tammy Cole at 723-4326 or Susan Lay at 726-9989.

A mail-in registration form is included in this newspaper.

Kitchen Diva

Girl Loves Grill

by ANGELA SHELF MEDEARIS

Here in Texas, we have a special love affair with smoke, heat and meat cooked on a grill. It has taken me years to get my "grillin' game" on, but today, I'm totally comfortable using a grill. I love the special flavors, textures and aromas you can get only from the right combination of smoke and flame.

I recently watched a YouTube video about an awe-inspiring new grill from Summerset Professional Grills. The American Muscle Grill (AMG) is 54 inches of steel-encased cooking power. It's made in the USA and inspired by the 1969 Ford Mustang GT-350 muscle car.

The front of the AMG is like the grille of a car, complete with cool lights and retro details. The technology behind the AMG is ultra-modern, and your meats, seafood, vegetables, fruits and breads will be smoked, roasted or seared with its infrared feature to delicious perfection. The solid brass flame-thrower igniters and reversible grates give added control over heat transfer and hot and cool cooking zones.

AMG is the ultimate in fuel flexibility, and it can burn different fuels either individually or simultaneously using its Multi-Fuel Tray System, which allows you use different fuels in each tray. The trays can hold wood chunks, lump charcoal or briquettes, pellets or wood chips.

Grillers cooking with solid fuels can use propane or natural gas to jumpstart the priming process. This means your solid fuel will be lighted and ready to go in just minutes. You also can cook with just gas or propane.

The AMG is available in both a freestanding model, like the one I have, or as a built-in. If you've always wanted to upgrade your grilling game, get an American Muscle Grill! It's the perfect grill for turning my recipe for beautiful, spice-marinated and butterflied Australian Leg of Lamb into a Middle Eastern Shawarma, a dish similar to a Greek gyro. Fire it up!



Photo: Summerset Professional Grills

GRILLED AUSTRALIAN LAMB SHAWARMA (Serves 8)

The first 10 ingredients are the perfect spice mix for lamb, chicken or fish.

- 1/2 cup plus 2 tablespoons extra-virgin olive oil
- 6 garlic cloves, minced
- 1 tablespoon ground cumin
- 1 tablespoon ground cardamom
- 1 tablespoon paprika
- 1 tablespoon allspice
- 1 tablespoon ground ginger
- 1/2 teaspoon crushed red pepper
- 2 teaspoons freshly ground black pepper
- 1 teaspoon Kosher salt
- Zest and juice of 2 lemons
- One 6- to 7-pound butterflied leg of lamb
- 4 orange or yellow bell peppers, cut into 1/4-inch strips
- 3 medium red onions, thinly sliced
- Yogurt sauce, recipe below
- 10 to 12 pieces of pita bread

To prepare Spice Mix Marinade:

1. In a small bowl, mix 1/2 cup of the olive oil with the garlic, cumin, cardamom, paprika, allspice, ginger, crushed red pepper, 1 teaspoon black pepper, 1 1/2 tablespoon salt, and the zest and lemon juice. Reserve 1 tablespoon of spice mix marinade and set aside.
2. Place lamb on a rimmed baking sheet and coat completely with the marinade. Cover and refrigerate overnight or, preferably, for 2 or 3 days, turning it each day.

To prepare the Shawarma:

1. Prepare the grill and light it. Toss the bell pepper strips and onion with 1 tablespoon oil and the remaining tablespoon of spice-mix marinade. Place the bell pepper mixture in a grill pan or foil pan.
2. Cover with foil, place it on the cooler side of the grill and cook over moderately low heat, stirring occasionally, until tender, about 10 minutes. Remove from heat and set on the warming rack, or remove from the grill and keep covered to keep it warm.
3. Grill the butterflied lamb over moderately high heat, turning and shifting often, until an instant-read thermometer inserted into the thickest part of the meat registers 130 F for medium-rare, about 25 minutes. Transfer lamb to a carving board and let rest for 10 minutes. Thickly slice the lamb across the grain and serve with the peppers, onions, yogurt sauce (recipe follows) and pita bread.

Yogurt Sauce

- 2 green onions, minced, roots removed and discarded, white and green parts
- 1 garlic clove, finely minced
- 2 tablespoons chopped parsley
- 1 cup plain Greek yogurt
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 tablespoon lemon juice

Combine green onions, garlic, parsley, yogurt, oil, salt, pepper and lemon juice until well-combined. Cover and refrigerate.

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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