

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 5:30pm

Beginner Yoga at Marcum-Wallace

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

Thursday, August 8th at 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, August 8th, 5:30 p.m. at the Steam Engine Pizza. Kiwanis members work together to achieve what one person cannot accomplish alone. Make a difference in the community by getting involved with the Kiwanis Club that has 96 years of service to our community. New members are needed and welcomed. Anyone interested can contact any Kiwanis member.

Saturday, August 10th at 12:00 Noon

Dickerson-Patrick Reunion

The descendants of Sanford and Dora Ann Dickerson Patrick will be having their annual reunion on Saturday, August 10, 2019, at the Estill County National Guard Armory, 335 Cow Creek Road (KY-52), just outside of Ravenna. Please bring food and soft drinks for your family and come visit with us. We'd love to see everyone. All relatives and friends are invited. The reunion will start at 12:00 Noon with a buffet style lunch and run until whenever. Hope to see you there!

Saturday, August 10th at 4-7pm

Cartersville Ruritan Fish Fry

The Ruritan Club of Cartersville in Madison County will have its monthly All-You-Can-Eat fish fry, 4-7 p.m., Saturday, August 10, 2019. Cost is \$9 per adult and \$5 per child. Desserts are 50 cents. Carryouts are available.

Saturday, August 10th at 6pm

Murder Mystery at Mardi Gras

Murder Mystery Dinner at Mardi Gras, Saturday, August 10, 6 p.m., at the Estill County Fair Barn. Features the River City Players Community Theater Group and includes seated, served dinner; silent auction; and the murder mystery. Reservations requested by August 1 online at hospicecareplus.org or at 859-986-1500. More information available at hospicecareplus.org. All proceeds go to Hospice Care Plus.

Sunday, August 11th at 1:00pm

Annual Dennis Family Reunion

The descendants of Oscar & Eva Lee Dennis will have their annual reunion, Sunday, August 11, 2019 at the Bethel Christian Church Fellowship hall. We invite all family and friends to bring a dish or two and spend the afternoon with us. Lunch will be served at approximately 1:00 p.m.

Monday, August 12th at 6:00pm

Outreach meeting for veterans

American Legion Post #79 invites all veterans and their families to an outreach meeting August 12th from 6:00-7:00 p.m. with Representative Andy Barr and his staff. This invitation includes veterans from surrounding counties such as Jackson, Lee, Breathitt, Powell and Owsley counties. Dinner will be served after the meeting, free to veterans but donations will be accepted and appreciated. Please bring your questions and comments regarding VA services to this meeting for discussion. Feel free to contact Commander Noe for further details at 606-723-2932.

Tuesday, August 13th, 5:30pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet on Tuesday, August 13th and the second Tuesday of each month at the Estill County Golf Club from 5:30-7 p.m. Come, join us. Together we can make a difference.

Tuesday, August 13th @ 7:00pm

DAV Chapter 94, Estill County

DAV Chapter 94 will be meeting at 7 p.m., August 13th and the second Tuesday of each month at Estill County Senior Citizens Center, off Stacy Lane. We are veterans and we would appreciate your attendance. Veterans from surrounding counties are also welcome. If you are a veteran with 10 percent or more service connection, you are welcome. Call 1-606-663-2504 for more information.

Friday, August 16th at 7:30pm

"Back to School" Movie Night

Irvine Nursing and Rehab is having a "Back to School" Movie night on Friday, August 16, beginning at 7:30 p.m. The movie to be shown is Dumbo. The event will be held in the back parking lot of Irvine Nursing and Rehab Center. Please bring your own chair. Concessions will be available to purchase. Please call 723-5153 with any questions.

Saturday, August 17th at 1:00pm

Annual Harrison Family Reunion

The annual Harrison reunion will be held Saturday, August 17, 2019 at 1:00 p.m. at the South Irvine Christian Church fellowship hall. Please bring your favorite dishes and drinks. Utensils and table products will be supplied. We hope to see everybody.

Through August 18th at 2:00pm

Art Council Exhibit at Library

The Estill Arts Council will be sponsoring an Art Exhibit at the Estill County Public Library which continues until August 18th. This exhibit is open to Arts Council members and the community as well. If you want more information now, contact Michele Benton atwebenton@yahoo.com.

Tuesday, August 20th at 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, August 20th and on the first and third Tuesday of every month at the Irvine First Christian Church meeting room on Main Street at 6:30 p.m. Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world.

Saturday, August 24th at 6:00pm

ECHS Class of 1979 Reunion

The Estill County High School Class of 1979 will be having their 40-year-reunion at Gillum's Sports Lounge at 830 Eastern Bypass in Richmond on Saturday, August 24, 2019 from 6:00 to 11:00 p.m. The cost is \$20 for a single and \$40 for a couple. Drinks and food will be available at your own cost. Please mail your payments to: Kim Bailey Hall, 501 Turpin Rdg, Irvine, KY 40336 OR Drop it off in a sealed envelope with Kim Hall's name on it at the Citizens Guaranty Bank Main Office drive thru at 25 River Drive in Irvine. OR Send to Kim Hall's PayPal account. Kim's email is khal218@gmail.com or PayPal link is PayPal.me/classreunion79 OR you can pay at the door that night. *If check, make payable to Class of 1979*

We are also going to meet at the High School, Saturday morning from 11:00 a.m. - 1:00 p.m. for anyone that would like to take a tour since it has changed somewhat since we were there.

If anyone has any questions, please contact: Kim Bailey Hall 859-582-8249, Susie Thomas Woosley 859-806-5803, Mona Barnes Powell 606-975-2589, Tom Webster 859-200-0389, Connie Crawford Hall 606-643-510 or Tina Fox Arvin 606-975-0171. Hope to see you all there!!

Monday, Aug. 26th - 6:30pm

Democratic Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, August 26th at 6:30 p.m. and the 4th Monday of every month at the Estill County Public Library, 246 Main Street. For additional information you can email Estill-countydemocrats@gmail.com.

Tuesday, August 27th -- 11am-12:30pm

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 Madison County Cooperative Extension Office located at 230 Duncan Lane in Richmond on Tuesday, August 27th from 11am-12:30pm. Registration is required; please call 1-800-272-3900. Program provided by the Alzheimer's Association.

Saturday, August 31st at 12:00 Noon

James & Rosa McIntosh Reunion

A combined McIntosh-Proffitt Reunion will be held the Saturday before Labor Day on August 31, 2019 at Carl McIntosh's "Shelter Valley," just off the Watson Ridge Road southeast of Furnace. All descendants of James and Rosa Puckett McIntosh and those of James and Elizabeth Betsy "Pop" Crowe Proffitt and any related families are welcomed and urged to attend, bring a potluck lunch, soft drinks and enjoy the afternoon.

Sunday, September 1st at 2:00pm

Amvets Post 67 in Clay City

Amvets Post 67, located at 99 Veterans Lane, Clay City holds its meeting monthly 1st Sunday of each month at 2:00 p.m. Also, everyone is invited to Post 67 Clay City for Bingo every Monday. Doors open at 5:00 p.m. Bingo starts at 6:30 p.m. For more information, call 606-663-0071.

Friday, September 5th at 9:00am

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

Saturday, September 28th

MSM Craft & Vendor Fair

The 5th Annual Main Street Market Craft & Vendor Fair will be held on Saturday, September 28th at the Estill County Fair Grounds. Anyone wanting to host a booth please contact Brittany Sparks @ (606)975-0764.

Kitchen Diva

Watermelon: Think Outside the Rind

One of my dearest friends loves all things watermelon. It's always a challenge to think of new ways to serve her favorite melon. Watermelon is a delicious, fresh ingredient that shouldn't be restricted to just fruit platters and buffet tables. Its versatility is astounding. Botanically, a watermelon is a fruit -- a ripened ovary of a seed plant and its contents, much like a pepper, pumpkin or tomato.

However, watermelon also is related to the cucurbitaceous plant family of gourds, like cucumber and squash. For this reason, it's also classified as a vegetable, or as it's sometimes called, a "vegetable."

Watermelon is a good source of vitamin C, thiamin and vitamin B6, vitamin A, magnesium and potassium. It contains no cholesterol and is very low in sodium. This rich red fruit is fat-free and has lots of lycopene, an antioxidant believed to reduce cancer and lower the risk of heart attack. Though there is sugar in watermelons, it is naturally diluted by the high levels of water in the fruit.

Today's watermelon varieties are larger, fleshier and sweeter, the seeds smaller and the rind thinner. Watermelon is perhaps the most refreshing, thirst-quenching fruit of all. It's a perfect snack to serve on hot and humid summer days when we require restoring our body with a lot of fluids.

When using watermelon in your recipes, think outside the rind. Try this retro dessert for Watermelon Pudding Pie. It's sweetened with watermelon juice and decorated with watermelon balls. It's as easy as pie!



Photo Credit: DepositPhotos

WATERMELON PUDDING PIE

If you want to save time, purchase a pre-made cookie crumb crust and skip the first four ingredients needed to make a homemade one.

Pie Crust:

- 2 1/2 cups crumbled crisp gourmet cookies (such as Biscoff) from one (8.8-ounce) package
- 1/2 teaspoon kosher salt
- 2 tablespoons granulated sugar, divided
- 6 tablespoons unsalted butter, melted

Pie Filling:

- 1 (7 1/2-pound) seedless watermelon
- 2 tablespoons plus 1 teaspoon cornstarch
- 2 tablespoons granulated sugar
- 1/8 teaspoon salt
- 1 tablespoon lemon zest, plus 1 tablespoon fresh juice (from 1 lemon)
- 1-2 drops red food coloring gel (optional)
- 2 cups heavy cream, divided
- 1 (8 ounce) container mascarpone cheese, divided
- 1/2 cup plus 1/3 cup powdered sugar, divided
- 1/2 cup semi-sweet chocolate chips (to look like watermelon seeds), optional

1. If making your own pie crust, heavily coat a 9-inch pie plate with cooking spray; set aside. Place crumbled cookies, salt and granulated sugar in a food processor; process until finely ground, 10 to 15 seconds. Add melted butter; process until mixture is moist and clumps together easily, about 5 seconds. Press crumb mixture evenly on bottom and up sides of greased pie plate. Refrigerate until set, about 30 minutes.

2. Cut part of the watermelon into cubes to equal 3 cups (about 16 ounces). Cover remaining watermelon with plastic wrap and refrigerate until ready to use.

3. Place cubed watermelon in a blender, and process until smooth, about 20 seconds. Pour through a fine wire-mesh strainer into a large measuring cup, pressing gently to squeeze out juice; discard solids. (You should have about 1 1/2 cups of watermelon juice.)

4. Stir together watermelon juice, cornstarch, granulated sugar and the salt in a small saucepan; let stand 5 minutes. Bring to a boil over high heat and cook, whisking often, until cornstarch dissolves, 5 to 6 minutes. Immediately remove watermelon mixture from heat. Let stand, stirring occasionally, until thickened, about 20 minutes. Stir in lemon zest, lemon juice and (if desired) food coloring gel.

5. While watermelon mixture stands, beat 1 cup of the heavy cream and 1/4 cup of the mascarpone with an electric mixer on high speed until soft peaks form, about 50 seconds. Gradually add 1/2 cup of the powdered sugar, beating until stiff peaks form, about 10 seconds. Working in batches, gently fold watermelon mixture and the chocolate chips (if desired) into the whipped cream mixture until smooth and blended. Spoon watermelon mixture into prepared pie plate. Refrigerate until firm, about 2 hours.

6. Scoop out flesh of remaining watermelon with a sharp 1-inch melon baller, making about 10 (1 inch) balls. Cut watermelon balls in half, and place, cut side down, on a plate lined with paper towels; set aside.

7. In a large bowl, gently stir together remaining mascarpone cheese and 1/3 cup powdered sugar until just combined. Beat remaining 1 cup heavy cream in a medium bowl on medium speed until stiff peaks form. Gently fold whipped cream into mascarpone mixture.

8. Dollop mascarpone-whipped cream topping on top of pie, leaving a 1-inch border. Place watermelon-ball halves, cut side down, along edges of whipped cream topping. Serve immediately.

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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