

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>

Fridays, 6:00 to 8:00 p.m.

Estill Appalachian Dulcimers

The Estill County Appala- chian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine

Anyone who plays an Appalachian Dulcimer or anyone who is interested in playing one is welcome to attend.

Saturday, August 10th @ 12:00 Noon

Dickerson-Patrick Family Reunion

The descendants of the late Sanford and Dora Ann Dick- erson Patrick will be having their annual reunion on Sat- ursday, August 10, 2013, from 12-Noon until 4 p.m. at the Estill County Senior Citizens Building, 100 Golden Court, off Stacy Lane Road in Ir-

vine. Lunch will be around 1:00 p.m.

We'd like to invite all our relatives and friends to bring food and soft drinks for t heir family and come and spend the day with us. We started the reunion in 1993; so, this will be our 20th year.

Tuesday, August 13th @ 11:30 a.m.

Winchester GTE/Sylvania Retirees

Winchester GTE / Sylva- nia / Ostram / UAW retirees will travel to Blue Licks State Park for their luncheon meet- ing 11:30 a.m., Tuesday, Au- gust 13.

All retirees and former em- ployees are welcome at lunch. Persons needing or willing to provide transportation should meet at the Union Hall at 10:30 a.m.

Thursday, August 15th @ 11:30 a.m.

Estill County Grandparents United

Estill County Grandparents United will be meeting on Thursday, August 15, 2013 at 11:30 a.m. at the Wise- mantown United Methodist Church Pavilion.

Join us and learn more about the topics and resources that are important to grand- parents or other non-parent

individuals who are the pri- mary caretakers of children or grandchildren while provid- ing fun, enriching life experi- ences for the children.

For more information, contact Edith Osborne (723- 3337), Gayola Adams (726- 0558) or Lisa Terri Renfro at (606) 717-0181.

Thursday, August 15th @ 6 p.m.

Garden Thyme Herb Club meeting

The Garden Thyme Herb Club will meet at 6 p.m. on Thursday, August 15 at the New Beginning Fellowship Hall.

The program will be pre- sented on "Salt" by Larry

Carmichael. Al Frisch will present Herbs from the Bible, and Jim Cox will demonstrate a solar oven he has made.

Members and guests are in- vited to attend this meeting.

Friday, August 16th @ 6:30 p.m.

Central Ky. World War II Roundtable

The bi-monthly meeting of the Central Kentucky World War II Roundtable will be on Friday, August 16, 2013, at 6:30 p.m. at Ryan's Restau- rant in Richmond, just off I- 75, Exit 87.

Historian Matt Rector will give a presentation entitled, "Axis POW's at Fort Knox."

If you have questions, please call Phillip Seyfrit at 859-623-8979.

Sunday, August 17th

Hall & Case Family Reunion

The Hall and Case family reunion will be held Saturday, August 17, at the Estill Coun- ty Senior Citizen Center.

The meal will be served at

1 p.m. Everyone can bring a covered dish or old photos, if you wish.

All friends and family are invited to attend.

Saturday, August 24th @ 11:00 a.m.

ECHS Class of 1958 Reunion

The Estill County High School Class of 1958 Re- union will be held Saturday, August 24th at 11:00 a.m. at the Irvine Masonic Lodge,

221 Broadway, Irvine.

Contact Onnaleen Hicks Muncy, 723-2549, or Hallie B Parks Harris, 723-2762 for more information.

Saturday & Sunday, August 24th & 25th

Battle of Richmond Re-Enactment

The rolling hills of Ken- tucky will again erupt with the boom of cannon, firing of muskets and clashing of sabers in August at the Battle of Richmond Civil War Re- Enactment on Saturday and Sunday, August 24-24, 2013 at Richmond Battlefield Mem- orial Park.

Calvary exhibitions will be held at 10:15 each morning and battles will be fought at 2:00 p.m. each day.

The Visitors Center at 101 Battlefield Memorial High- way, will have extended hours during the two-day event.

Mount Zion Church, adja- centtothePark, willhavea spe- cial Civil War era worship ser- vice at 11:00 a.m. on Sunday.

Fought on August 29 & 30, 1862, the Battle of Rich-

mond is the second largest Civil War battle in the Com- monwealth. Confederates un- der Major General Edmund Kirby Smith defeated Federal troops under Major General William "Bull" Nelson in the day-long fight in the hot sum- mer of 1862.

The Battle of Richmond is the only example of a Federal army ceasing to exist when the battle is finished. Confed- erate troops captured Frank- fort a few days later, the only time a Federal state capital fell during the entire war, and the boys in gray got as far as Florence, 10 miles from Cin- cinnati.

For more information, go to <BattleOfRichmond.Org> or call 859-248-1974 or 859- 624-0013.

Wednesday, September 11th, 1-3 p.m.

The Basics of Memory Loss

The Basics: Memory Loss, Dementia, and Alzheimer's Disease. If you have a loved one who is newly diagnosed, or if you just want to learn more about Alzheimer's dis- ease, this program is for you.

This two-hour presentation will explore what everyone should know about memory loss issues and what they

mean for all of us.

The program will take place at the Madison County Public Library, located at 319 Chestnut Street, Berea on Wednesday, September 11th, 1-3 p.m. To register for this program, please call 1-800- 272-3900 or e-mail infoky- in@alz.org. Registration is required.

Wednesday, September 25th, 10:30 a.m.

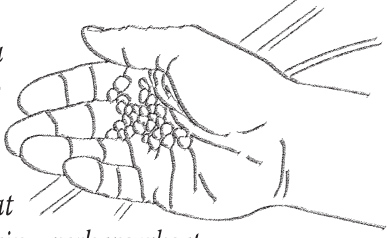
Early Stage Alzheimer's Support

An early stage support group for those in the early stages of Alzheimer's Dis- ease or related dementia will begin on September 25th and continue through November 13th from 10:30 a.m. - 12:00 Noon at the Alzheimer's As- sociation, located at 465 East High Street, Suite 200, Lex- ington.

This eight week program will provide information,

support, and encouragement to persons in the early stages of Alzheimer's disease or a related dementia and their caregivers and will provide an opportunity to discuss is- sues and changes related to memory loss and a gathering to share experiences and feel- ings.

Registration is required. Call April at 1-859-266-5283, Ext. 1308 for more information.



Foolish one, what you sow is not made alive unless it dies. And what you sow, you do not sow that body that shall be, but mere grain – perhaps wheat or some other grain. But God gives it a body as He pleases, and to each seed its own body.

1 CORINTHIANS 15: 36-38



True Vine Ministries

102 River Drive, Irvine

Sunday Services

10 a.m. and 6 p.m.

Terry Barnes, Pastor

Everyone Is Welcome!



The Old Crow's Nest

99 River Drive, Irvine

Stop By And See Us for Variety and Great Prices

- Several Booths
- Large Selection
- Antiques & More
- Full Service Florist



Find us on Facebook

Open Monday - Saturday, 9 a.m. - 5 p.m.
(606) 726-0321 or (606) 726-9892

Kitchen Diva

Salads: Beyond Lettuce

by ANGELA SHELF MEDEARIS

When you hear the word “salad,” what comes to mind? These days everyone is putting a twist on salads, and what better way to get our children to eat more fruits and vegetables than by creating a colorful and flavorful salad for lunch or dinner.

Dietary guidelines recommend 4 1/2 cups (9 servings) of fruits and vegetables for a 2,000-calorie diet, so why not make a salad to help meet this recommendation? Here are a few tips to make a salad that will appeal to even the pickiest eater:

-- Make it colorful! Dark leafy greens supply a tremendous amount of nutrients, including vitamins A, C and K, iron, calcium and fiber. Add some carrots, red bell peppers, tomatoes, blanched as- paragus, beets or any other colorful vegetable, and you get additional nutrients critical for maintaining eyesight, bone health and digestive health.

-- Salad isn't just for vegetables anymore! Try adding in heart- healthy walnuts, fresh apples, citrus segments, grapes, strawberries or blueberries to your plate of colorful vegetables. Like many vege- tables, fruits contain antioxidants that can help protect against certain forms of cancer as well as reduce levels of bad (LDL) cholesterol.

-- Add some protein! Protein takes longer to digest, so it keeps us full longer. Protein also is needed for healthy muscles. Eggs, lean meat, beans, nuts and cheese (in limited quantities) are easy ways to add protein.

-- Find a healthier dressing that works for you! An oil-and-vin- egar dressing is a healthy choice -- the healthy fat from the oil helps your body absorb some of the vitamins from the salad -- but you still should limit the amount you use.

Try my recipe for Jerk Chicken Salad with a Tropical Fruit Dress- ing from “The Kitchen Diva’s Diabetic Cookbook” for a different twist on traditional salads!



JERK CHICKEN SALAD

Marinade:

1/4 cup apple cider vinegar
3 tablespoons Splenda sugar substitute or agave syrup
2 to 3 tablespoons Habanero hot sauce (or your prefer- ence)
2 teaspoons ground allspice
2 teaspoons onion powder
2 teaspoons garlic powder
2 teaspoons ground cinnamon
1/4 teaspoon salt
1 teaspoon freshly ground black pepper
2 green onions, white and green parts, chopped

Salad:

4 boneless, skinless chicken breasts (4 ounces each)
Olive-oil cooking spray
1 (3 ounce to 6 ounce) bag pre-washed mixed salad greens
1 1/2 cups chopped or shredded radicchio
8 figs, washed and sliced into quarters, or 12 green or pur- ple seedless grapes, halved
1 cup fresh (or canned in natural juices) pineapple chunks
4 tablespoons tropical fruit dressing (recipe follows)

Garnish: pomegranate seeds (optional)

1. To make the marinade, use a small bowl to mix together vin- egar, Splenda, hot sauce, allspice, onion powder, garlic powder, cinnamon, salt, freshly ground black pepper and green onions until well-blended.

2. Spray chicken with cooking spray. Place chicken in a re-seal- able plastic bag. Pour jerk-seasoning marinade over chicken and press and shake the bag until all pieces are thoroughly coated. Press out any air, seal the bag and put it on a baking pan to prevent leaks. Place in the refrigerator and marinate chicken for at least 8 hours, or up to 24 hours.

3. Remove chicken from refrigerator. Discard marinade and al- low chicken to come to room temperature, about 30 minutes. Spray a large skillet with olive-oil cooking spray and turn heat to medium high. Cook seasoned chicken in the hot skillet for about 6 minutes, on each side, until browned and no longer pink. Remove chicken from skillet and let rest for 6 to 7 minutes. Thinly slice each chicken breast.

4. Toss the greens, radicchio, figs or grapes, and pineapple to- gether. Divide the salad on four plates. Arrange warm chicken slices on top of each salad. Drizzle each with 1 tablespoon tropical fruit dressing. Sprinkle with pomegranate seeds, if desired. Serves 4.

Tropical Fruit Dressing

This tangy dressing cools down the spicy Jerk Chicken while adding a fresh citrus flavor to the salad. For a change of pace, try this dressing on other types of salads.

1/4 cup non-fat Greek yogurt
1/4 cup pomegranate or pineapple juice
1 tablespoon coconut oil or olive oil
2 teaspoons Splenda sugar substitute or agave syrup
1/4 cup orange juice or lime juice
1/2 teaspoon grated orange or lime zest

In a small bowl, mix together yogurt, pomegranate or pineapple juice, oil, Splenda, orange or lime juice, and zest until well-com- bined. Store in an air-tight container and refrigerate up to 7 days. Makes 3/4 cup dressing.

Angela Shelf Medearis is an award-winning children’s au- thor, culinary historian and author of seven cookbooks. Her new cookbook is “The Kitchen Diva’s Diabetic Cookbook.” Her web- site is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva!, on Facebook and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

(c) 2013 King Features Synd., Inc., and Angela Shelf Medearis



Jimmie L. Johnson, DMD, PSC

Family Dentistry

87 Wildwood Place (off Court St.)
Irvine, Kentucky
(606) 723-3213

Enjoy a delightful and relaxing stay in the rooms from yesterday at



233 Main St. Irvine, Kentucky 40336
All Themed Rooms - Full Cont. Breakfast plus...
Phone (513) 205-9113
E-mail: joneta@aol.com
www.bergmanhouse.com