

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 Appalachian 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.

Wednesday, August 21st @ 6pm

Calling All Bell Ringers!

The Joyful Ringers hand bell choir has open positions for the new season. Everyone is welcome. NO experience is necessary.

Ringers do not have to read music. This is a great opportunity to learn a new skill for adults and teens. The bell choir meets on Wednes-

day evenings at 6:00 p.m. at the Irvine United Methodist Church across from the library on Main Street. Practice start date is August 21, 2013.

Contact Amy Noland at 606-723-4502 or Susan Hawkins at 606-723-5755 for more information.

Thursday, August 22nd @ 2-7 pm

Blood Drive At West Irvine School

Area donors can be part of KBC's Drive for Life by donating at the Estill County Elementary Schools' blood drive on Thursday, August 22, 2013, 2-7 p.m. at the West Irvine Elementary gym at 155 River View Road in Irvine.

Blood donors are not only able to save lives this summer, but they can also win a new car!

Everyone 18 and older who registers to donate blood with Kentucky Blood Center (KBC) is eligible to win a 2013 Toyota Prius.

Every donor will be entered to win a \$100 Visa gift card and a \$250 Visa gift card!

Also, each time someone

registers to donate, they will be automatically entered to win the Toyota Hybrid. The Prius promotion runs through Sept. 13, and donors can give blood and be entered into the drawing more than once this summer.

To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

Blood donors must be 17-years-old (16 with parental consent), weigh at least 110 pounds, be in general good health and meet additional requirements. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org.

Thursday, August 22nd @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, August 22, 2013 at 5:30 p.m. at Michael's Restaurant in Ravenna. The program will be presented by

Bert Hensley, Estill County School Superintendent.

New members are always welcome. The Kiwanis Club has over 90 years of service to our community.

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

ECHS Class of 1958 Reunion

The Estill County High School Class of 1958 Reunion 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, August 24th @ Noon

Annual Crowe Family Reunion

The descendants of J.J. Crowe and John Shelton Crowe will be having their annual reunion on Saturday, August 24, 2013, at the Estill County Senior Citizens Build-

ing, 100 Golden Court (off Stacy Lane Road). Lunch will be served about 12:30 p.m.

Please plan to attend and bring some good food since the meal will be pot luck.

Saturday & Sunday, August 24th & 25th

Battle of Richmond Re-Enactment

The rolling hills of Kentucky 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 24-25, 2013 at Richmond Battlefield Memorial 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 Highway, will have extended hours during the two-day event.

Mount Zion Church, adjacent to the Park, will have a special Civil War era worship service 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 Commonwealth. Confederates under Major General Edmund Kirby Smith defeated Federal troops under Major General William "Bull" Nelson in the day-long fight in the hot summer of 1862.

The Battle of Richmond is the only example of a Federal army ceasing to exist when the battle is finished. Confederate troops captured Frankfort 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 Cincinnati.

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

Sunday, August 25th

Jones Family Annual Reunion

The family of Cleve and Fannie Rucker Jones invite all friends and family members to their annual Jones Reunion on Sunday, August

25, 2013, at Natural Bridge State Resort Park at Slade.

Come early, bring a covered dish, and stay late. Everyone is welcome.

Sunday, August 25th @ 12:30pm

Annual Hardy Family Reunion

The descendants of Clark Hardy will hold their family reunion on Sunday, August 25, 2013, at the Estill County Senior Citizens Building, 100 Golden Court (off Stacy Lane Road). Lunch will be served at 12:30 p.m. The meal will be potluck.

We hope to see all friends and relatives there.

Tuesday, August 27th @ 5:30pm

Irvine-Ravenna Woman's Club

The Irvine - Ravenna Woman's Club's next meeting/picnic will be Tuesday, August 27, 2013 at 5:30 p.m. at the Wisemantown United Methodist Church pavilion. The club's project for the evening will be to prepare for the coming club year.

The Irvine & Ravenna Woman's Club is a civic organization with the motto "Committed to Service." It

was organized in 1954 and has served the needs of the community through a broad range of projects and programs throughout the years.

Membership is open to all women who are interested in community service in an atmosphere of fellowship. Become a volunteer and make new friends. The club meets on the 4th Tuesday evening of each month.

Tuesday, August 27th @ 7pm

Irvine-Ravenna Kiwanis Club

Everyone is welcome to attend River City Players Community Theater Group's monthly meeting, Tuesday, August 27th at 7 p.m. at the Citizens Guaranty Bank community room. We have an agenda full of fun activities to discuss and plan.

Tryouts for the play, "A Tuna Christmas" will begin prior to the meeting at 6 p.m.,

and, if needed, will resume after the meeting. A second round of try outs will be held on Wednesday, August 28th at 6 p.m.

"A Tuna Christmas" is a comedy filled with idiosyncratic characters living in Tuna, Texas. It will be great fun to learn and perform. Come out and explore your creative side.

Saturday, August 31st @ 1pm

Annual Thomas School Reunion

The Thomas School Reunion will be held Saturday, August 31 at Michael's Restaurant in Ravenna, beginning at 1:00 p.m.

All alumni, family & friends are invited to come

visit and share "The good ol days." Each guest will pay for their food.

We look forward to seeing you there. If you have any questions call Sue @ 606-723-3010.

Saturday, August 31st @ Noon

Annual Profitt Family Reunion

The descendants of James and Betsy Crowe "Pop" Profitt will be holding their annual reunion Saturday, August 31, 2013, at Carl and

Teddy McIntosh's "Shelter Valley" on Watson Ridge near Furnace.

There will be fun, games, hat contests for both adults

and children, and lots of handmade prizes to be given away.

Lunch will be served at approximately 12:00 Noon. all family and friends are welcome. Bring a covered dish, food or drinks, and a hat. Come and spend the day.

Saturday, August 31st @ 5:00 pm

Crafts Fair At Ravenna Vets Park

A "Crafts Fair" will be held Saturday, August 31, 2013, from 5:00 p.m. until dark, in the Ravenna Veterans Memorial Park during "Revive River Drive."

There is no set up fee.

Everyone who hand crafts is welcome!

For information, contact Ravenna City Hall at (606) 723-3332 or Francie at Ravenna Florist & Greenhouse at (606) 723-2175.

Sunday, September 1st @ 1pm

Annual Mansfield Reunion

The annual Mansfield Reunion will be held on Sunday, September 1, 2013, at the Sandhill Christian

Church fellowship hall.

Potluck dinner will be served at 1:00 p.m. Hope to see you there.

Sunday, September 1st @ 11am

Tuggle & Issacs Reunion

The Tuggle and Issacs reunion will be held Sunday September 1, 2013.

We will meet at the fairgrounds between 11 a.m.

and noon. From there Glenn will show us to a surprise location. Please bring non-alcoholic drinks and a covered dish.

Sunday, Sept. 8th @ 8-4

Murphy Family Annual Reunion

The descendants of Hubert and Myrtle Murphy will have their family reunion on Sunday, Sept. 8, from 8 a.m. to 4 p.m. at the Estill County

Senior Citizen Center from 8 a.m. to 4 p.m.

The center is located at 100 Golden Court, Irvine. See you there!

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 disease, 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 infokye-in@alz.org. Registration is required.

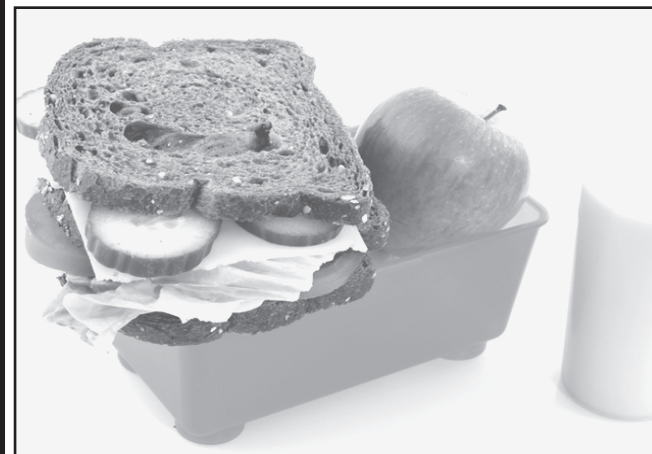
Kitchen Diva

The Lunch Bunch

by ANGELA SHELF MEDEARIS

Students are heading back to school, and you probably went to great lengths to ensure your child has the right equipment -- pencils, pens, notebooks, clothing -- to make it through the day. Proper nutrition also is a key ingredient for back-to-school success because it fuels brain cells and gives your child the energy and nutrients he or she needs for optimal learning. Packing your child's lunch lets you know exactly what he or she is eating.

Follow these tips, and not only will you save money, but you will pack a nutritious lunch that your child will enjoy:



--A healthy lunch should contain foods from each of the five food groups: carbohydrates, protein, dairy, fruits and vegetables. Choose whole-grain products like bread, tortillas, pita bread, bagels or whole-grain crackers. These are more nutritious, have more fiber, vitamins and minerals, and keep blood sugar steady for optimal learning.

--Select protein foods wisely. Use lean meat like chicken or turkey breast, hard-boiled eggs, tuna packed in water, beans or peanut butter. Protein in every meal helps keep blood sugar steady.

--Buy fruits and vegetables that are in season and serve them creatively. Examples include baby carrots with yogurt dip, or other cut vegetables with low-fat dip or hummus.

--Choose low-fat or fat-free dairy products like yogurt, milk and cheese. These are great calcium and protein sources.

--For side items, re-think that bag of chips. Instead, choose carrots sticks, celery sticks with peanut butter and raisins, apple slices with peanut butter, fruit salad, whole fruit, raisins or pretzels.

--For dessert, think beyond the cookie. Try whole-grain graham crackers, ginger snaps, raisins, unsweetened applesauce, homemade muffins or fresh fruit.

--Choose a beverage that hydrates, like water, or choose low-fat or fat-free milk for additional protein, calcium and vitamin D. Avoid drinks with calories and no nutrients.

--Choose an insulated bag and freezer packs to keep food at a safe temperature. Buy containers to fit your lunchbox needs. Invest washable and reusable containers in a variety of sizes. Avoid using plastic sandwich baggies.

--Buy in bulk. Avoid single-serve packaging. You save money when you buy in bulk and pack it yourself into single servings. Buy a large container of yogurt or pudding and use 4-ounce containers to pack your own. Buy a block of cheese and cut it into cubes or shred it. Buy crackers in boxes, rather than individual packages.

--Make your own sandwich fillings. Look beyond lunch meat. Slice your own meat or grill chicken breast and cut it into strips or cubes. Avoid prepackaged lunches, which are costly.

--Pack leftovers for lunch. Use meats, veggies and fruits in sandwiches and salads. Homemade soup is always a good option.

--Buy what's on sale and use coupons. Get whatever is on sale each week and work it into a menu. Use fruits and vegetables that are in season.

--Buy store brand and compare unit prices. Look high and low -- bargains are usually on the top or bottom shelves, not at eye level.

--Plan ahead and have a list when you go to the store. The more time you spend in a store, the more money you spend.

--Add some fun touches to the meal. The traditional peanut butter and jelly sandwich can become pretty boring. Get a couple of cookie cutters and have kids cut the sandwich into different shapes. Include the kids in the preparation process and give them choices. Take them along when grocery shopping. Let them pick one new fruit or vegetable each week that they'd like to try. Let them help pack their lunch.

--Think beyond bread when making sandwiches. A good alternative is a whole-wheat pita pocket with hummus, shredded vegetables and grilled chicken strips.

--Vary the preparation. Try grilled or baked, chopped or grated, plain or with a dip.

--Pack a variety of options to keep a child's interest. Avoid packing the same lunch every day -- this prevents kids from getting bored.

--Practice good nutrition yourself. Children learn by association -- you need to be a role model. Talk with them the benefits of healthy eating. Don't get discouraged if your child rejects a food on first taste. It can take 15 to 20 tries before a child gets used to a new food.

--A nutritious lunch does not have to be boring or cost you a fortune. Making small changes can save you money. Try one or two tips each week, and soon you should see some relief in your grocery bills. Remember that well-nourished children have a greater chance of success at school because they have the fuel and the energy they need to play and learn.

(Additional Information provided by Damaris Karanja, MA, Nutrition and Health Education Specialist, St. Louis County, University of Missouri Extension.)

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. 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