

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.

Thursday, August 29th @ 5:30pm

Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, August 29, 2013 at 5:30 p.m. The meeting will be at Michael's Restaurant.

The program will be a devotional and board meeting including making plans for

the 2013 Kiwanis TV/Radio Auction which will be held on Saturday, October 5th at Estill County Middle School.

Kiwanis' mission is "to change the world one community and one child at a time."

Thursday, August 29th @ 7pm

Hargett VFD Auxiliary Meets

The Hargett Fire Department Auxiliary will hold a meeting on Thursday, August 29th at 7:00 p.m. We will be discussing our fall bake sale and yard sale.

Anyone that would like to help the Auxiliary is encouraged to attend this meeting. We look forward to welcoming new members to the Auxiliary.

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 old 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

First Gordon Family Reunion

The first Annual Gordon Family Reunion will be held at the Estill County Fair Barn this coming Sunday, September 1, 2013.

Set-up will start around 9:00 a.m. and a potluck

lunch will be served at 1:00 p.m. Please bring a dish, photo albums and anything you wish to share about the Gordon Family. Drinks & paper goods (plates, cups, etc.) will be supplied.

Sunday, September 1st @ 1pm

Crowe/Carroll Annual Reunion

The descendants of Richard M & Martha M. Crowe and Benjamin Carroll & Lucy Barnett Carroll will be having their annual family reunion on Sunday, September 1, 2013, at the Crowe Family Shelter, located on

Stacy Lane Road in Irvine.

We will eat at 1:00 p.m. Come early, bring a dish & drinks, and spend time with family and friends.

If you have any questions, please call Sonja C. Estes at 606-723-6867.

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.

Tuesday, September 3rd @ 7 p.m.

Estill Historical Society Meets

The Estill County Historical and Genealogical Society will meet at 7 p.m. on September 3, 2013.

This meeting will be to discuss the Old Time Day in October. If anyone has pictures that they would like to have considered for the 2014 calendar, please bring them to the Historical Museum on Broadway on any Saturday

between 10 a.m. and 4 p.m.

If anyone out of town would like to send a copy of a picture, please send it to The Estill County Research Library and Museum, 133 Broadway, Irvine, KY, 40336. The picture needs to be a copy, which is non-returnable.

Pictures need to be submitted by the end of October.

Saturday, Sept. 7th @ 7am-4pm

St. Elizabeth's "Biggest Sale"

St. Elizabeth Church in Ravenna will have its "Biggest Sale" on Saturday, September 7, 2013 from 7:00 a.m. until 4:00 p.m. in both the church basement and in the parish hall next door.

This sale will be in honor of Sister Andrew for her many years of dedication to the Irvine and Ravenna area and to St. Elizabeth Church. Great buys for everyone!

In addition to the basement sale, we will have a food area in the parking lot in front of the church. Food will be available for sale from 10:00 a.m. until 4:00 p.m. We will have great grilled hamburgers, cheeseburgers, hot dogs, chips, desserts and soft drink. Free coffee from 7:00 to 10:00 a.m.

Don't miss this fun day!

Sunday, Sept. 8th @ 1:30pm

8th March For Drug Recovery

The Estill County Fiscal Court and WestCare Kentucky are pleased to announce the 8th Annual March for Drug Recovery will be held on Sunday, September 8, 2013 at the Estill County Fair Grounds.

Beginning at 1:30 p.m., we will hear stories of recovery. At 2:00 p.m. we will be led from the fairgrounds, across the Irvine Bridge, and around the Estill County Courthouse, seven times.

We hope that everyone

joins us as we join forces to show our solidarity in the war on drugs and our intention to take back our county while celebrating those that are winning their personal struggle against addiction.

For more information or to see how you or your church can participate, please do not hesitate to contact the office of Estill County Judge/Executive Wallace Taylor at 606-723-7524 or WestCare Kentucky at 606-726-0385.

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 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 Disease 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 Association, located at 465 East High Street, Suite 200, Lexington.

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 issues and changes related to memory loss and a gathering to share experiences and feelings.

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

Saturday, October 12th

Extension Homemaker Trip

The Estill County Extension Homemakers are planning a fall day trip to Brown County, Indiana on Saturday, October 12th.

The cost will be approxi-

mately \$67. More details coming later.

If interested, call the Estill County Extension Office (723-4557) to have your name added to the list.

Kitchen Diva

School Lunches for Dinner?

by ANGELA SHELF MEDEARIS

There have been many changes in the meals served in the school cafeteria. As part of the Healthy, Hunger-Free Kids Act, updated standards for school meals are now in place to help promote health and nutrition, and reduce obesity. So what has changed? Well, just about everything. Some of the changes include:

--Both fruits and vegetables are offered every day, with even more specifications placed on what type of vegetables are to be served.

--Half of the grains served must be whole grain, whereas before that was only encouraged, not required.

--Milk products now must now be low-fat or nonfat, and only nonfat milk can be flavored.

--Calories and sodium levels are being restricted based on the students' grade level.

--There is an increased focus on reducing saturated fats, trans-fats and added sugars.

With the new standards come some new problems. One complaint is that students are throwing away more food than usual. Many of the students have not been exposed to some of the items now found on school menus, so they might try it and say they don't like it, or simply throw it away because they just assume they won't like it. With this comes an even bigger problem -- students end up leaving the lunchroom still hungry. Research has shown that students who go hungry are outperformed by their well-nourished counterparts. This is a problem that has to be resolved.

It's imperative that parents are on board with the new changes and support their children's schools. If we want to see an improvement in the health of younger generations, we have to be the champions for it! Set the tone with your children and encourage a healthy, nutritious diet and lifestyle.

Children pick up on all of the attitudes and behaviors of their parents, so it's important that parents set the right tone. Sit down with your kids at the beginning of the week and look over the school menu. See if there are items the child is unfamiliar with, encourage them to try them and prepare the items at home. Let them pick out a new fruit or vegetable once a week to eat at home.

It's not enough to have your child try a new food once and then never make it again if they say they don't like it. Children need to try foods many times before they like them. Be persistent! Also, be the example. If you are willing to try something new or if you eat healthy foods on a regular basis, your children are likely to mimic your behavior.

My recipe for Pasta Primavera incorporates whole-grain pasta, vegetables and dairy in the form of cheese to reflect the menu now being served at most schools. Finish the meal with a fresh-fruit dessert.



PASTA PRIMAVERA

The trick to using whole-wheat pasta is cooking it a few minutes longer than the package directions until the pasta is tender. This will give the whole-wheat pasta a texture similar to white flour pasta.

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 3 cloves minced garlic
- 1 red bell pepper, cleaned, seeded and cut into strips (6 ounces)
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon nutmeg
- 1/2 teaspoon honey or agave syrup
- 1 cup (4 ounces) sliced button mushrooms
- 1 pound broccoli florets, trimmed and cut into 2-inch pieces
- 1 cup (6 ounces) grape or cherry tomatoes, sliced in half
- 1 tablespoon all-purpose flour, dissolved in 3 tablespoons water
- 1 cup low-sodium chicken stock
- 1/2 cup 1 percent or 2 percent milk
- 1 large carrot (6 ounces) peeled and sliced into strips with a peeler (about 2 cups carrot ribbons)
- 3/4 pound whole-wheat linguine
- 1/2 cup (1 1/2 ounces) grated Parmesan
- 2 tablespoons chopped parsley leaves
- 1/4 cup shredded basil leaves

1. In a large saute pan, heat oil over medium-high heat. Cook onion until soft, about 3 minutes. Add garlic, peppers, salt, pepper, nutmeg, honey or agave syrup and cook until they begin to soften, about 3 minutes. Add mushrooms, broccoli and tomatoes, and cook until softened, an additional 5 minutes. Stir in flour and cook 1 minute more.

2. Add chicken stock and milk and bring to a boil; reduce to a simmer and cook until liquid has thickened slightly, about 5 minutes. Stir in carrot strips.

3. Meanwhile, cook pasta according to package directions; drain, reserving 1/2 cup pasta water. Toss pasta with vegetables and sauce. Add pasta water, if necessary, to loosen mixture. Serve garnished with Parmesan, parsley and basil. Serves 6.

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.

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- Antiques & More
- Full Service Florist

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