

# 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.

**Friday, September 6th @ 7:30pm**

## Alzheimer's Awareness Night

Did you know that Alzheimer's is the 6th leading cause of death in the United States? Or, that more than 5 million Americans are living with this disease.

September is Alzheimer's Awareness Month: on Friday, September 6th, the Estill County Engineers football players and cheerleaders will be wearing purple to help raise awareness for this terrible disease. They are asking all patrons attending the game to wear purple that night.

In addition, there will be shirts, purple bracelets and home made apple butter for sale with the proceeds going to Alzheimer's research.

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

## St. Elizabeth's "Biggest Sale" will be held in honor of Sister Andrew for her dedication

St Elizabeth Church in Ravenna will have the "Biggest Sale" on Saturday, September 7th from 7:00 a.m. until 4:00 p.m.

This sale will be held in 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 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 church. Food will be available for sale from 10:00 a.m. until 4:00 p.m.

Coffee and donuts will be on sale from 7:00 a.m. until 10:00 a.m. From 10:00 a.m. until 4:00 p.m., we will have grilled hamburgers, cheeseburgers, hot dogs, chips, desserts and soft drink available.

Our experts at the grill will be Butch Wainscott, owner of the historic The Greyhound Tavern in Ft Mitchell, Kentucky, and Bobby Murray, owner of the Merrick Inn and Josie's Grab & Go in Lexington.

Sister Mary David will be here as well as Sister Andrew's sisters. Come join us for a 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!

**Monday, September 9th @ 1:30 p.m.**

## Estill Retired Teachers Meeting

Estill County Retired Teachers will be meeting Monday, September 9, 2013 at the Estill County Public

Library at 1:30 p.m. This is the first meeting for 2013/14 season. Members, come join us, your presence is needed.



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**Saturday, September 7th @ 10am**

## Families Advocating For The Blind

Families Advocating For The Blind will be having a meeting Sat., Sept. 7, 10 a.m. at the Berea Public Library, 319 Chestnut Street in Berea. Shannon and Paula Caldwell from the UK Hu-

man Development Center will be discussing education, research and services.

Please contact Rebecca Lewis at bfljl@yahoo.com or call (859) 582-8046 if you have any questions.

**Tuesday, September 10th @ 10:30am**

## Winchester GTE/Sylvania Retirees

The Winchester GTE/Sylvania/Osram/UAW retirees will be meeting at 10:30 a.m., Tuesday, September 10, 2013 at the Union Hall on Bloomfield Road in Winchester. Following the busi-

ness meeting, members and guests will travel to Lexington for lunch at Cheddar's Casual Cafe on Man-o-War near Hamburg. All Sylvania retirees and former employees are welcome at lunch!

**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.

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.

**Thursday, September 12th, 7pm**

## 60 Years Service To Masons

William Edward Wise of Ravenna will be recognized on Thursday, September 12, 2013 for a goal in the Masonic Fraternity that few Brothers reach. He will be presented his 60-Year Service Pin by the Grand Lodge of Kentucky

F&AM at the regular meeting of the Irvine Mason Lodge at 7:00 p.m. at the Lodge Hall on Broadway in Irvine. There will be a meal served in the dining room around 6:00 p.m., followed by the recognition service at 7:00 p.m.

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**Sunday, September 15th @ Noon**

## Annual McIntosh Family Reunion

The descendants of James Richard and Rosie Puckett McIntosh will be having their annual reunion Sunday, September 15, 2013, at the McIntosh "Widowmakers Farm" at Marbleyard.

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

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

Lunch will be served shortly after 12:00 Noon. All McIntoshes and related family and friends are welcome. Bring a covered dish, food or drinks, and a hat. Come and spend the day.

**Saturday, September 21st @ 9am**

## McKinney & Harris Reunion

The McKinney & Harris Family Reunion will be held Saturday, September 21, 2013, 9am-? at Irvin McDowell Park on Lancaster Avenue in Richmond. Lunch will be potluck. This is for the friends

and family of Virgil & Hattie Harris McKinney. Everyone is welcome to attend.

For more information, contact Ray McKinney at 859-623-4866 or Patty McKinney Turpin at 859-624-0879.

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**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.

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.

This eight week program will provide information,

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

**Sunday, September 29th**

## Annual Dunaway Reunion

The annual Dunaway Reunion will be held Sunday, September 29, 2013, at 1:00 p.m. at the Irvine Masonic

Lodge on Broadway.

Meal will be potluck. Bring a covered dish and enjoy the day with friends and family.

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**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 approximately \$67. More details coming later.

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

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## Kitchen Diva

### Use Science to Get Kids to Eat Veggies

by ANGELA SHELF MEDEARIS

Parents often ask me for suggestions about ways to get their children to eat their vegetables. I've always believed that teaching children from an early age about the importance of nutrition is one of the best ways to get them to eat healthy as adults. In a new paper in Psychological Science, Sarah Gripshover and Ellen Markman of Stanford University have shown that scientists can help overcome the child-vegetable repulsive principle. Remarkably, the scientists in question are the children themselves.

It turns out that, by giving preschoolers a new theory of nutrition, you can get them to eat more vegetables. Preschoolers already have some of the elements of an intuitive theory of biology. They understand that invisible germs can make you sick and that eating helps make you healthy, even if they don't get all the details. The more information that they have about nutrition, the better their food choices will be.

The Stanford researchers got teachers to read 4- and 5-year-olds a series of story books for several weeks. The stories gave the children a more detailed but still accessible theory of nutrition. They explained that food is made up of different invisible parts, the equivalent of nutrients; that when you eat, your body breaks up the food into those parts; and that different kinds of food have different invisible parts. They also explained that your body needs different nutrients to do different things, so that to function well you need to take in a lot of different nutrients.

Under controlled conditions, the teachers read children similar stories based on the current U.S. Department of Agriculture website for healthy nutrition. These stories also talked about healthy eating and encouraged it. But they didn't provide any causal framework to explain how eating works or why you should eat better.

The researchers then asked children questions to test whether they had acquired a deeper understanding of nutrition. And at snack time they offered the children vegetables as well as fruit, cheese and crackers. The children who had heard the theoretical stories understood the concepts better. More strikingly, they also were more likely to pick the vegetables at snack time.

PHOTO CREDIT: stock.xchg photo



You can find age-appropriate books about healthy eating in your local library, and tips for teaching children about nutrition online. Taking your children to the grocery store and letting them help you in the kitchen also are two great ways to teach children healthy habits and skills.

Involve your children in the cooking process and incorporate vegetables into a family recipe with these easy-to-make Barbeque Chicken Burgers. You can pick up a rotisserie chicken or shred a few pieces of leftover baked or fried chicken (with the skin removed) and mix it with the rest of the ingredients. This recipe also freezes well, so you can make "fast food" at home.

(A version of this article appeared July 13, 2013, on page C2 of The Wall Street Journal, with the headline: To Get Children to Eat Veggies, Add Science.)

### BARBEQUE CHICKEN BURGERS

- 2 to 2-1/2 cups shredded cooked chicken
- 1 1/2 cups barbeque sauce
- 1/2 tablespoon chili powder
- 1 tablespoon Worcestershire sauce
- 1 tablespoon honey mustard (or 1 tablespoon mustard plus 1/4 teaspoon honey)
- 1 1/2 cups shredded coleslaw mix
- 4 small whole-wheat sandwich buns
- Lettuce, pickles, onions (optional)

1. Combine chicken, barbecue sauce, chili powder, Worcestershire sauce and honey mustard in a microwave-safe bowl. Microwave on high for 5 minutes. Stir in the coleslaw mix.

2. Top the bun with equal portions of chicken mixture, and lettuce, pickles and onions, if desired.

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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

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