

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>

First Monday of the Month

Twin City Kruzerz Car Club

Twin City Kruzerz Car Club will be holding their monthly meeting on the first Monday of each month at Irvine City Hall at 7:00 p.m. If the meeting falls on a holiday it will be held the following day (Tuesday). All members and anyone wishing to join the club are welcome. If you have any questions please call Loyd Flynn at 723-6776, or Kenneth Tipton at 723-7554.

Available Now

FREE Tdap Vaccines At HD

The Estill County Health Department has FREE Tdap vaccines available for anyone 10 years and older. Tdap vaccinates against Tetanus, Diphtheria and Pertussis (Whooping Cough). Call or walk in any week-day morning for your FREE vaccine! 723-5181

Fridays, 6:00 to 8:00pm

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.

Daytime

Al-Anon Daytime Meetings

Al-Anon is a fellowship of relatives and friend of alcoholics who believe their lives have been affected by someone's drinking. Its single purpose is to help families and friends of alcoholics. If you would be interested in a daytime meeting, please contact Amanda Webb/West Care at 726-0385.

Available Now

Flu Shots Are Now Available

Flu shots are now available at the Estill County Health Department. Insurances accepted include Medicaid, Medicare and Humana (state employees). Cost for self-pay is \$25.00 Call 606-723-5181 for more information.

Food Court Applications

Food Court applications for the 2014 Mountain Mushroom Festival are now available at Irvine City Hall located at 101 Chestnut St. Food vendors must carry vendor liability insurance. Application, fees and proof of liability insurance must be submitted by deadline date of Friday, January 31, 2014 at 4:00 p.m. Mailed applications must be post-marked by the deadline date. No late entries will be accepted. The application fee is \$150 per food booth space plus a \$75.00 Early Departure/Closing fee if applicable. For more information, you may call Kim Williams at 723-4235. The 2014 festival dates are Saturday, April 26th & Sunday, April 27th.

Deb's Clothing & More
100 River Drive • 723-3333
Under New Ownership
Formerly Aaha Closet
New & Used Clothing
Sizes Babies to Adult
Name Brands including
American Eagle
& Aeropostle
Hours: 10-5
Monday - Saturday
Closed Sunday

Rader's 5 S. Irvine Road
Irvine, Kentucky
River Grill
Under the Irvine Bridge Chris Rader, Owner

"The Only Floating Restaurant in Ky."
Now Open 6am For Breakfast!
(606) 723-6439
Try Our Sunday Buffet!

Thursday, January 9th @ 7:00pm

Estill Chorus Spring Rehearsals

Thursday, January 9, rehearsals begin for Spring Semester! The Estill Chorus is open to any singer who desires a high level of choral experience. There is no audition. Rehearsals are held Thursday evenings from 7:00 to 8:30 at Irvine First Christian in the Fellowship Hall. The chorus especially is in need of more men, and High Schoolers are also welcome. Please, join us. For more information, e-mail <estillchorus@gmail.com>.

Thursday, January 9th @ 7:00pm

Mt. Mushroom Festival Meeting

The Mountain Mushroom Festival Committee will be meeting Thursday, January 9 at 7:00 p.m. at Irvine City Hall, 101 Chestnut Street. Anyone interested in assisting with the festival may attend the meeting. Volunteers are needed in areas such as arts and crafts booths, office help, set-up, and registration. Contact Irvine City Hall at 723-2554 for further information.

Saturday, January 11th @ 8am-1pm

Estill Community Blood Drive

The Estill County community will have a life-saving opportunity at a blood drive scheduled for Saturday, January 11, 2014, in Irvine. Area residents are invited to be life-savers at the upcoming Kentucky Blood Center blood drive from 8 a.m. until 1 p.m. at First Christian Church in the Fellowship Hall at 270 Main Street.

Every donor will be entered to win a \$200 Visa gift card!

To schedule a donation or for more details, visit <kybloodcenter.org> or call 800.775.2522. Blood donors must have a photo I.D., 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.

Kentucky Blood Center, the largest FDA regulated blood bank in Kentucky, is a non-profit organization dedicated to ensuring a safe, adequate blood supply for patients at nearly 70 Kentucky hospitals and clinics in more than 60 counties. KBC relies on volunteers to donate 400 pints of blood per day to meet area patients' needs. Over the last year KBC distributed nearly 130,000 blood components.

Monday, January 13th @ 1:00pm

"Nourish Your Brain" Workshop

On Monday, January 13, 2014, the Estill County Extension Homemakers and the Estill County Cooperative Extension Service will co-host a "Nourish Your Brain" Workshop at 1:00 p.m. at the Extension Office. Gina Noe, Madison County FCS Extension Agent will be the presenter. The lesson will include brain exercises, tips on building your memory and samples of brain healthy foods. Join us for this free, fun and informative class by calling 723-4557 to pre-register.

UK COOPERATIVE EXTENSION SERVICE

University of Kentucky - College of Agriculture

EXTENSION NOTES

Family And Consumer Sciences

Monday, January 13th @ 1:00pm

Nourish Your Brain Workshop

As we grow older, we tend to grow wiser with each year. While our knowledge can continue to increase, our ability to make connections and process information can slow with age. The good news: our daily food and fitness habits can make a difference in the aging process.

In the "Nourish Your Brain" lesson, we will practice some exercises to keep our brains sharp and learn about foods that will help to nourish our brains. While we may still forget why we walked into a room, or misplace our keys, this lesson will help us avoid or at least put off more serious problems such as dementia and Alzheimer's.

This lesson will be presented by Gina Noe, Madison County Family and Consumer Sciences Extension Agent, on Monday, January 13th, at 1:00 p.m. at the Estill County Extension Service. If interested in attending this free workshop, all you need to do is call 723-4557 to pre-register.

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.

Tuesday, January 14th @ 6:30pm

Estill County Relay For Life Meeting

Relay For Life of Estill County will meet on Tuesday, January 14th at 6:30 p.m. in the Fellowship Hall of South Irvine Baptist Church. If you are interested in forming a team or participating in Relay, please attend. Teams can be churches, work teams, families, friends.

Let's all work together as a community in the fight against cancer. If you have questions, call Becky 723-5871.

Tuesday, January 21st @ 7:00 p.m.

Estill Arts Council To Meet

The Estill Arts Council will meet at the Estill County Library on Tuesday, January 21st at 7:00 p.m. Supporters of the arts, as well as artisans, are welcome to join us. EAC membership is \$15 single, \$25 couple, and \$50 business. If school is cancelled due to inclement weather, the meeting is cancelled.

Tuesday, January 28th @ 7:00pm

Community Theatre Group Meeting

Would you like to become involved in Performance Art? Are you interested in seeing The Mack Theater become a Welcome/Community Center and Movie Enthusiast Museum? Please attend the River City Players community theater group meeting at the Estill County Library on Tuesday, January 28th at 7:00 p.m. We plan to fill 2014 with plays, creative activities, and fun filled fund raisers.

Kitchen Diva

Walk Your Way to Better Health

by ANGELA SHELF MEDEARIS

Ancient Greek physician Hippocrates (known as the father of Western medicine) once said, "Walking is man's best medicine." What a relatively simple and inexpensive pill to take to make such a big impact on maintaining and improving your health.

The inspiration for my renewed interest in walking is Sheri Simson, aka "The Pole Lady." Pole walking is an exercise where you walk with two poles that look like ski poles. It's a low-impact exercise that not only makes walking more beneficial, it actually takes less effort and is easier on the body. I have joint pain, so walking is just about the only exercise that I can effectively do. Walking with Simson's Keenfit Walking Poles boosts the benefits of my exercise. It basically turns a simple walk around the block into an aerobic total body workout.

Pole walking is a rhythmic, energizing form of exercise that uses a specially designed pair of walking poles that helps you (with less effort) use your entire body rather than just your lower body. It's like skiing without the skis or the snow. I like to call it "Texas skiing"!

Pole walking originated from the sport of cross-country skiing. It's believed to have started around the 1930s, when the cross-country ski coaches of Finland were struggling to keep their athletes in peak form during the off-season. It soon became popular with non-athletes once they discovered the total-body benefits and the overall fun of pole walking, and it spread throughout Northern Europe. Pole walking, also known as Nordic walking, has only recently been seen here in North America -- but it is here to stay!

You use less than 50 percent of your major muscles when walking without poles. Walking with fitness poles, you use more than 90 percent of your major muscles. The poles help to spread your weight out, lessening the load when your feet hit the ground by 26 percent. This makes a big difference for people like me who have back, hip, knee, ankle or foot problems. Walking with poles also naturally aligns your spine and strengthens your core with each step -- helping you to stand and sit taller. I usually lose a pound a day when I walk using the Keenfit Walking Poles.

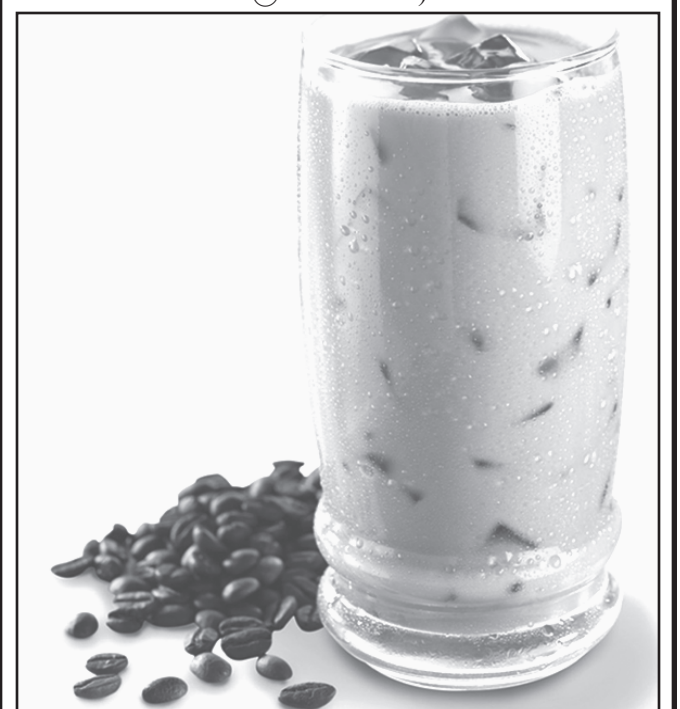
You don't have to walk as far or work as hard. Walking poles help to increase your cardio by 20 percent and your calorie burn by up to 48 percent without any extra effort. And 30 minutes of pole walking is equal to 50 minutes of regular walking. It's one of the most beneficial and rewarding activities that you'll ever do.

Studies on walking and health have determined that patients with knee arthritis who walked three times a week "reduced their rates of pain and disability by 47 percent." Patients at high risk for diabetes who walked and made other healthy lifestyle changes reduced their risk by 58 percent. Walking has been shown to reduce anxiety, and it is the No. 1 treatment for improving sleep.

Before starting your walk, try drinking a caffeinated drink. A recent study found that not only can caffeine wake you up -- it can also boost your reactive ability (the ability to change direction quickly). According to Women's Health, just one cup can often make a difference in your quickness/alertness -- so maybe you should meet friends for coffee before your pole walk rather than after.

If you prefer a cool drink before working out, try my recipe for Greek Iced Coffee. It provides caffeine, antioxidants, a little boost of calcium and protein. The new year brings a new opportunity to take charge of your health. Happy pole walking!

(Additional information provided by Janet Hackert, Nutrition and Health Education Specialist, Harrison County, University of Missouri Extension. For more information about Keenfit Pole Walking, go to: www.walkingpolesfitness.com and keenfit@keenfit.com.)



GREEK ICED COFFEE

- 2 teaspoons instant coffee
- 1-2 teaspoons sugar
- 2 ice cubes
- 1/4 cup cold water
- 1/3 cup chilled milk

Place instant coffee, sugar, ice cubes and water in a jar with a tight-fitting lid; shake vigorously for 30 seconds, or until frothy. Stir in milk. Makes 1 serving.

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.