

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>

Now Available

Pet Spay & Neuter Assistance

The Humane Society's Angels of Estill County has acquired a grant to help reduce our pet overpopulation. If you have a cat or dog needing to be altered, please email Ellen Frederick at <ellenfrederick@windstream.net> to get a copy of the form. Funds are limited and available to residents of Estill, Lee, Wolfe, Owsley and Jackson counties. These funds were made possible from the KY spay/neuter licensing program.

Thursdays @ 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>.

Applications due by January 27th

Leadership LEAP Class of 2014

Applications are now being accepted to participate in the 2014 class of Leadership LEAP. LEAP is a combined effort among Estill, Jackson, Lee & Powell Counties to develop the leadership skills and networks of our region's people. The program runs from February through October, with participants meeting once a month. Goals are to develop participants' personal and professional networks, enhance their knowledge of how our communities operate, introduce them to current community leaders, foster their understanding of local issues and needs, and develop their leadership and team building skills. If you are interested or you know of someone who is interested in participating, please visit www.EstillCountyKY.net to download an application. But hurry! Applications are due January 27! Contact Estill Development Alliance Executive Director Joe Crawford at (606) 723-2450 or JCrawford@EstillCountyKY.net with any questions. LEAP is a non-profit and equal opportunity program operating under Estill County 21st Century, Inc.

Thursday, January 16th @ 11:30am

Estill County Grandparents United

The ECGU (Estill County Grandparents United) support program for grandparents raising grandchildren will be meeting on Thursday, January 16th @ 11:30 a.m. at the Wisementown Methodist Church.

Thursday, January 16th @ 3:00pm

Four Seasons Garden Club

"Sweet Japanese Fabric Flowers" will be the topic for the Four Seasons Garden Club's workshop on Thursday, January 16. The workshop, to be taught by Paula White, will be at the Ravenna Christian Church at 3 p.m. The Four Seasons Garden Club is a member of the National Council of State Garden Clubs, Inc. and invites anyone interested in gardening to join. For more information contact Patti Reese, club president.

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Thursday, January 16th @ 5:30pm

Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, January 16 at 5:30 p.m. Morgan Fowler, Senior Coordinator; Specialty Clinics at Marcum & Wallace Memorial Hospital, will present the program. The meeting will be at Michael's Restaurant. Kiwanis's mission is "to change the world one child and one community at a time."

Thursday, January 16th @ 6:00pm

Garden Thyme Herb Club

Garden Thyme Herb Club will be meeting Thursday, Jan. 16, 6 p.m. in the fellowship hall of New Beginning Church. A chiropractor will be speaking on wellness. The 2014 herb of the year is Artemisia. It will be presented by Richard Ramsdale. Members and visitors are invited to attend.

Sunday, January 19th, 2-3pm

Sanctity of Human Life Sunday

Sanctity of Human Life Sunday will be observed with an 'Open House' at Estill County Center for Pregnancy and Parenting on January 19th from 2:00-4:00 p.m. Refreshments will be served and everyone is invited to attend. Come see our facility and find out what's in store when we open in early February to serve clients. The event will be held The Center is at 126 Kentucky Avenue in Irvine, behind River Drive Christian Church and the Health Department. For more information call 723-0184.

Monday, January 20th @ 1-3pm

Estill Community Blood Drive

The Estill County community will have a life-saving opportunity at a blood drive scheduled for Monday, January 20, 2014, in Irvine. Area residents are invited to be life-savers at the upcoming Kentucky Blood Center blood drive at Marcum & Wallace Hospital, Monday, January 20th from 1 - 3 p.m. on the KBC Bloodmobile at 60 Mercy Court in Irvine. 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.

Tuesday, January 21st @ 7:00pm

Estill Arts Council Meeting

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.

Saturday, January 25th @ 9am-4pm

New Volunteer Hospice Training

Hospice Care Plus will host a training for new volunteers on Saturday, January 25, 9-4, at the Compassionate Care Center in Richmond. Julie Hatfield, volunteer coordinator, along with other staff, will be on-hand to take participants through all aspects of the care provided by the organization, including hospice, palliative, and bereavement care. Hatfield says patient care volunteers are especially needed at this time. Patient care volunteers sit with patients to give caregivers a break, provide transportation to doctor's appointments, read or do other activities with a patient, prepare a meal, or offer support by phone. "Our patient care volunteers fill a crucial role," says Hatfield. "They are part of our care team and help make it possible to give compassionate, high-quality care." Volunteers can choose schedules and roles that work for their lives, Hatfield says. Some volunteer weekly, while others can only give a few hours a month. "We understand how busy people are, so we try to make it easy to fit volunteering into your life. All we ask is that you commit to volunteering at least three-to-four times each year." To register for the training, contact Hatfield at 859-626-9292 or hospice@hospicecp.org. Lunch and refreshments will be provided. To learn more about Hospice Care Plus, visit hospicecp.org. Hospice Care Plus is a non-profit organization serving Estill, Jackson, Lee, Madison, Owsley and Rockcastle counties. All services are offered regardless of ability to pay.

BODY FITNESS CLASSES

The **BODY FITNESS EXERCISE CLASSES** led by Sister Loretta Spotila, RN will begin the **Winter/Spring Sessions on Monday, January 27, 2014**. Classes are on **Mondays and Wednesdays, 9:30 a.m. to 10:30 a.m.** at the **Central Office Building gym**. For more information, call 723-8505.

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

Good Health To Go

by ANGELA SHELF MEDEARIS

With the holidays behind us, we're back to the hustle and bustle of the work week. For many of us, healthy habits seem to go out the window as soon as we step beyond our front door. When eating away from home, planning may be the most important action a person can take when trying to maintain a healthy lifestyle. When stressed or rushed, many of us revert to our old, familiar habits. If those habits aren't healthy, that's when poor choices are made. Habits may include grabbing high-fat doughnuts, stopping at convenient fast-food restaurants, eating larger portions or making afternoon visits to the vending machine.

Planning ahead provides a variety of healthy food choices and portion sizes that are satisfying. With a little thought, anyone can plan a healthy snack or meal-on-the-go to fit any situation. Use these as inspiration:

- Whole-wheat bagel, low-fat cheese, pear, water
- Fresh spinach, feta and cubed chicken (leftover from last night's dinner) in a whole wheat pita, grapes, skim milk
- Broth-based soup (pass on the cream soups), baked wheat crackers, apple
- Sliced turkey with low-fat dressing (skip the high-fat mayo) wrapped in a lettuce leaf, baked chips, fresh berries, iced tea
- Try these tips when you are away from home:
- If eating in the car is a trouble spot for you, make it a rule to only bring water in the car if you are traveling for an hour or less.
- If your weakness is stopping at convenience stores, fast-food restaurants or vending machines, put those on your "do not stop" list, or only order one item, like the grilled chicken, and bring the rest of your meal in a cooler.

--Lettuce, instead of a bun, wrapped around chicken or a burger is a tasty alternative. Make the local grocery store your food stop or get yourself a cooler where you keep a "stash" of healthy options -- energy bars, bottled water, nuts or fruit.

--Bring a healthy snack or lunch with you. Include some protein; it satisfies longer. With the apple, bring some peanut butter, cheese or nuts. Microwave popcorn (trans fat-free, of course) also is a great choice.

--Carrying lunch to work not only saves you money, you have the added benefit of choosing what's healthiest for you!

--Take along healthy foods that travel well: Cottage cheese, vegetable sticks, yogurt, fruit, granola bars and nuts are great choices.

--Keep refreezeable ice packs in your freezer to throw in your cooler when transporting meat, dairy and cooked foods. Freeze 100 percent juice packs or, in a pinch, throw some ice cubes in a zipper-lock plastic bag.

This recipe for Sweet Potato Hummus is a healthy snack to pack for the days when you're on the go. The orange flesh of the sweet potato gives away its beta-carotene content. By serving this dip with whole-wheat pita and raw vegetables such as red peppers and broccoli, you'll also get selenium, vitamin C and sulforaphane.

Chickpeas/Garbanzo beans are a good source of cholesterol-lowering fiber and help to prevent blood-sugar levels from rising too rapidly after a meal. Chickpeas are high in protein and also promote slow burning of complex carbohydrates, thus increasing your energy by replenishing your iron stores. Peanut butter adds a boost of protein and a creamy texture to the hummus.

Divide the Hummus into serving-size containers along with several individual packages of vegetable sticks so you'll always have a nutritious snack to grab and go!



SWEET POTATO HUMMUS

*1/2 pound sweet potatoes (about 3 medium or 2 large)

- 1 can (15-ounces) chickpeas, reserve liquid
- 1 tablespoon fresh lemon juice
- 1/4 cup peanut butter
- 2 tablespoons olive oil
- 2 teaspoons ground cumin
- 2 garlic cloves, chopped
- 8 dashes (about 1 teaspoon) hot sauce, or 1/2 teaspoon crushed red pepper
- 1 teaspoon salt
- 1 teaspoon ground pepper
- Whole-wheat pita and crudites such as red pepper, carrots, celery and broccoli

1. Wash and microwave sweet potatoes on high until tender when pierced with a fork, about 10 to 12 minutes. Meanwhile, combine chickpeas, lemon juice, peanut butter, oil, cumin, garlic, hot sauce or crushed red pepper, and salt and pepper in the food processor. Puree, about 1 minute.

2. Carefully scoop out the flesh of the cooked sweet potatoes and place into the food processor. Puree about 2 minutes, or until smooth. Thin with the reserved chickpea liquid or water, if necessary. Refrigerate, in an airtight container, up to 1 week. Serve with whole-wheat crackers or pita and vegetable sticks. Makes 2 cups.

* Use 1 (15-ounce) can of sweet potato puree, if desired.

(Tips provided by Jill Kokkonen May, a health and nutrition educator with University of Minnesota 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.

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