

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>

Throughout the Month of September

Teacher's Aide Classes

The Estill County Adult Learning Center will offer paraeducator (teacher's aide) classes during September. Call 606-723-7323 to schedule your classes.

Wednesday, September 9th @ 1:30pm

Demilitarization Citizens' Advisory

Mark your calendar for the Kentucky Chemical Demilitarization Citizens' Advisory Commission and Chemical Destruction Community Advisory Board Meeting on Wednesday, September 9 at 1:30 p.m. at E-K-U's Carl D. Perkins Building, Rooms A and B. This meeting is a good opportunity to learn more about the Blue Grass Chemical Agent-Destruction Pilot Plant at the Blue Grass Army Depot. For more information, call 6-2-6-8-9-4-4.

Thursday, September 10th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, September 10th at 5:30 p.m. at Michael's Restaurant. Tim Gould will speak on "Chronic Disease in Estill County".

Persons dedicated to "improving the world one child and one community at a time" are welcome to become members.

Thursday, September 10th @ 6:30pm

Come to Sing and Celebrate

Christmas is coming! Join the Estill County Community Chorus to enter the real spirit of the season for this year. Rehearsals begin on September 10 at Irvine United Methodist Church at 6:30 p.m. with refreshments and fellowship. Everyone is welcome! A love of singing is the bond for this group as well as genuine concern for our fellow community members.

Saturday, September 12th - 8-1

A Life-Saving Opportunity

Area residents are invited to be life-savers at the upcoming Kentucky Blood Center blood drive for the Estill County Community on Saturday, September 12, 2015, from 8 a.m. - 1 p.m. at the First Christian Church fellowship hall at 270 Main Street in Irvine.

Donors will receive a non-fasting cholesterol test. Results will be posted within five days after the blood drive at kybloodcenter.org.

Saturday, September 12th @ 11:30am

Westinghouse Employees' Picnic

Westinghouse employees will be having a picnic on Saturday, September 12, 2015 at Lake Reba in Richmond. All former Westinghouse employees are welcome to attend.

Monday, September 14th @ 1:30pm

Estill County Retired Teachers

Estill Retired Teachers' Library. This is the first meeting of the 2015/16 season. Focus will be on membership.

Monday, September 14th @ 7pm

SE Ky. Gem, Mineral & Fossil

The Southeast KY Gem, Mineral, & Fossil Club will meet Monday, September 14 at 7 p.m. at the Irvine United Methodist Church, 243 Main Street. The program will be a "Show and Tell" about any gem, mineral or fossil. Anyone interested in joining is welcome to attend.

Tuesday, September 15th @ 6:30pm

Estill Springs SBDM Council

The Estill Springs Elementary School Based Decision Making Council will meet on September 15th at 4:00 p.m. in the library of Estill Springs. The public is welcome.

Tuesday, September 15th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, September 15 and on the first and third Tuesday of every month at Raders' River Restaurant. The meal is at 6:30 p.m. and business meeting begins at 7 p.m. Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world. We invite those who feel a call to make our community a better place through service to attend and learn about how Lions around the world earn our motto, "We Serve..."

Friday, September 18th @ 6:30pm

Madison Civil War Roundtable

The next monthly meeting of the Madison County Civil War Roundtable will be on Friday, September 18, 2015 at 6:30 p.m. at Ryan's Restaurant, just off I-75 in Richmond.

Jefferson Davis State Historic Site superintendent Ron Rydnor will give a presentation entitled, "Jefferson Davis: The Man."

Please call Phillip Seyfrit at (859) 623-8979 for info.

Sunday, September 20th @ 1pm

Annual McIntosh Reunion

The annual McIntosh Reunion of the family of James and Rosa Puckett McIntosh will be held Sunday, September 20, 2015, at the Veterans Memorial Park in Ravenna.

Lunch will be potluck and served around 1 p.m.

Tuesday, September 22nd @ 5:30pm

Diabetes Academy At Mercy Primary Care

Mercy Primary Care-Irvine, a service of Marcum & Wallace Hospital, will host a free Diabetes Academy on Tuesday, September 22 from 5:30-7 p.m. This is a free class given by Novo Nordisk Diabetes Educator (Angie Conley RN, BSN, CDE, MLDE). She will cover basic Diabetes information and then focus on meal planning basics, meal planning tools, and understanding carbohydrates. This class is ideal for diabetes patients and caregivers. It is not necessary to call and sign up, but if you have questions, contact Meloni Franz, Care Coordinator, 606-643-7700.

Saturday, Sept. 26th

Helping Hands Outreach's 1st Community Resource Event

Helping Hands Outreach will be hosting the First Annual Community Resource Event on Saturday, September 26th at the Estill County Fairgrounds.

More information is to follow but please consider your involvement now. Estill County has so many groups that work tirelessly to keep our community strong and to help those most in need. This is an opportunity for YOUR church or volunteer group to set up a booth to share information about the services you offer. It is a time to reach out to other groups and also a time for recruiting volunteers.

Music will be provided as well as guest speakers and food in a family environment.

We at Helping Hands believe in sharing God's Love with the world. Won't you get your group involved? Share this with everyone and if you or your group wants to get involved send a private message to the Estill County Connect FB site with contact information and a representative will get back to you.

Or you can email us at connect@helpinghandsirvineky.com

Saturday, Sept. 26th

Kiwanis Club To Sponsor Trip To The Derby Dinner Theatre

The Irvine-Ravenna Kiwanis Club is sponsoring a bus trip to Derby Dinner Theatre to see the play, "The Last Potluck Supper" on Saturday, September 26.

The bus will leave Irvine at 3 p.m. The price is \$85.00 per person. It includes transportation, dinner, show, and a donation to the Kiwanis Ball Park.

Please call Terry Williams at 723-5447. The deadline is Sept. 1.

Saturday, September 26th @ 9am

Color of Hope - 5K Run/Walk

Join the fun again this year with the Hospice 5K Color Run/Walk on Saturday, September 26, 2015, starting at 9 a.m. Sponsorships are available for this event also.

Early registration is \$25 through Sept. 18 and is non-refundable. Registration fee the day of the race is \$30.

Contact Julie Hatfield at Hospice Care Plus or Jeannie Gregory at Citizens Guaranty Bank for more information!

Registration forms can be picked up and returned at any Citizens Guaranty Bank location.

For more information, call (859) 986-1500.

Sunday, September 27th @ 11am

Murphy Family Reunion

The descendants of Hubert & Myrtle Murphy will hold their annual reunion at the Ravenna National Guard Armory on Sunday, September 27, 2015, between 11:00 a.m. and 4:00 p.m.

Saturday, October 10th @ 1pm

Irvine High School Reunion

Attention: All Irvine High School Students, there will be an all inclusive Irvine High School reunion on Saturday, October 10, 2015 at the old IHS gym/Estill Springs Elementary School from 1:00-5:00 pm.

Please plan to attend and bring any memorabilia you have. Light refreshments will be served. The cost is \$10.00 per person at the door. It will be a wonderful time to catch up with old classmates.

Also, there will be a golf scramble on Friday, October 9 beginning at 9:30 at the Estill County Golf Club. We hope to see you there.

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Kitchen Diva A+ School Lunches

by ANGELA SHELF MEDEARIS

Making easy yet healthy lunches that your child won't want to trade with friends in the school cafeteria can be as difficult as your young scholar's long division homework. Creating an appealing, healthy lunch is not a new challenge, and today's largely unhealthy pre-packaged lunches or cafeteria "treats" can be temptations that many students find hard to avoid. To help your kids refuel at school, here are several ideas for packing a healthy lunch:

Keep it interesting

Pack a small quantity of several foods in a Japanese-style, bento-type lunch box. Bento is a single-portion takeout or home-packed meal common in Japanese cuisine. A traditional bento holds rice, fish or meat, with pickled or cooked vegetables, usually in a box-shaped container. Each compartment is filled with uniquely shaped, colorful foods.

Bento boxes are a great way to offer healthy foods in a fun and attractive way. Have your child help cut sandwiches with cookie cutters into different shapes. Add colorful fruits and vegetables in different sizes, and pack yummy dips such as fat-free or low-fat yogurt or hummus.

Pick a theme

Trigger your children's creative juices by suggesting themes, such as:

* The Dip: Cut a baked chicken breast into strips, and pack them with honey mustard for dipping. Include carrots and broccoli to dip in fat-free or reduced-fat ranch dressing.

* Backward: Make an inside-out sandwich using lettuce to wrap turkey, fat-free or low-fat cheese, and tomato.

* Mexican Food Mondays: Set out whole-wheat tortillas, lettuce, fat-free or low-fat sour-cream, salsa, brown rice and beans that aren't refried, and have your student build healthy burritos or tacos.

Forget the white bread

Banish boredom by using whole-grain pitas, tortillas or rolls for sandwiches. Switch out the fillers, too. For example:

* If your child loves peanut-butter and jelly sandwiches, try a peanut-butter and banana roll-up. Spread peanut butter on a whole-grain tortilla, add a sliced banana, and roll!

* Fill a pita with your child's favorite vegetables, adding hummus for flavor.

Go beyond pretzels!

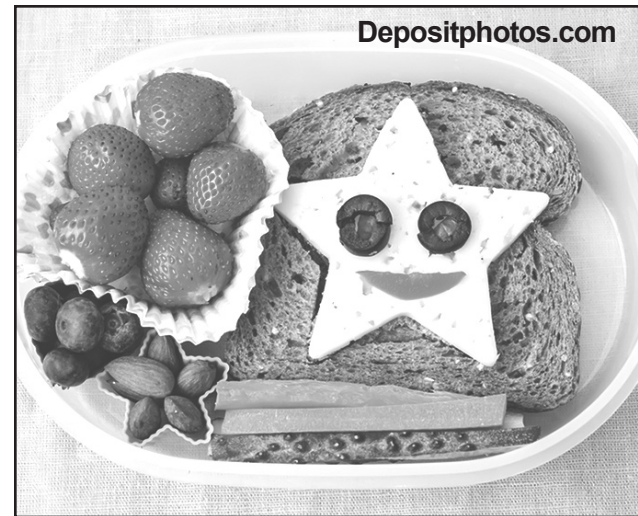
* Dip apple slices in nut/seed butter.
* Pack snap peas, sliced bell peppers or cucumbers for color and crunch.

* Add some variety with air-popped, low-fat popcorn.

Watch the sugar

Don't forget that juice and sodas can be high in sugar and calories. Replace them with water, or fat-free or low-fat milk.

So, before you roll up your sleeves and call on your young helpers, arm yourself with these and other ideas for making a healthy lunch that your children will look forward to all morning. Try packing my kid-pleasing Sneak-Attack Veggie Dip in your child's lunch, along with some low-fat cheese, low-sodium crackers or baked tortilla chips for dipping or as a topping for pizzas, bagels or whole wheat pasta. You also can use this versatile dip on a whole-wheat tortilla. Add some low-fat or fat-free mozzarella cheese, then melt, roll and slice.



SNEAK ATTACK VEGGIE DIP

2 medium carrots, cut in 1 inch pieces
6 Roma tomatoes, quartered
2 small zucchini, cut in 1 inch pieces
2 red bell peppers, cut in 1 inch pieces
1 teaspoon Kosher salt
2 tablespoons yellow mustard
1/2 teaspoon Italian seasoning
2 tablespoons olive oil

1. Place carrot pieces and two of the quartered tomatoes in the bowl of a food processor fitted with the knife blade. Process by pulse method until the carrots are smooth and incorporated into the tomato. Scrape sides.

2. Add zucchini and bell peppers, and process until smooth. Add salt, yellow mustard and Italian seasoning. Process until well-combined. Drizzle oil into shoot while processor is running.

3. Serve with pita chips as a dip, or as a sauce for pizzas or bagels, or mixed with whole-wheat pasta. Store tightly covered in refrigerator, use within 3 days. Makes 4 cups.

TIP: If you need more healthy lunch ideas for creating a healthy shopping list, visit We Can! at <http://wecan.nhlbi.nih.gov>.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.diyapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook.

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