

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>

Wednesdays @ 5:30pm

Beginner Yoga at Marcum & Wallace

Beginner Yoga class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30-6:30 p.m. with instructor Laritza Gomez. The cost in one non-perishable food item

for Helping Hands Outreach Ministry. Bring your own yoga mat.

The instructor will guide the class through basic poses focused on relaxation, building core strength and flexibility.

Friday, Sept. 2nd @ 9am

Retired Co. C Guard Breakfast

Attention: All retired and old National Guard members of Charlie Company 1/149th. There will be a breakfast at Cracker Barrel, in Richmond,

on Friday, August 2nd and on the first Friday of each month at 9 a.m.

All are invited and welcome. Hope to see you there!

Fridays, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club will meet every Friday from 6 to 8 p.m. at the Estill County Library, 246 Main Street, Irvine, for anyone who plays an Appa-

lachian Dulcimer. Or anyone who is interested is playing one is welcome to attend.

The Appalachian Dulcimer was designated as the official state instrument of Kentucky.

Thursday, Friday & Saturday, August 11-13

3-Day Community Yard Sale

There will be a community yard sale this coming Thursday, Friday, and Saturday; Au-

gust 11th, 12th, and 13th at the Estill County Fairgrounds, 8-5 each day.

Saturday, August 13th @ 1pm

Annual Dickerson-Patrick Reunion

The descendants of Sanford and Dora Ann Dickerson Patrick will be having their annual Dickerson-Patrick Reunion on Saturday, August 13, 2016 at the Estill County National Guard building on Highway 52, just outside of Ravenna going toward Beattyville.

Please bring food and soft drinks for you family. Lunch will be served pot luck at 1:00 p.m.

We'd like to invite all our friends and relatives to come and spend time with us. We'd love to see you.

Submitted by Barbara Wise

Saturday, August 13th @ 5pm

Twin City Kruzers' Cruise-in

The Twin-City Kruzers will be meeting Monday, August 1 7-8 p.m. in Irvine City Hall. The next Cruise-In is Saturday, August 13.

Twin City Kruzerz Cruise-Ins are free and open to the public. The Club is planning several cruises and cookouts for members this year.

Cruise-Ins are held at the

Courthouse on the second Saturday of the month from 5 until 9 p.m. Meetings are held at Irvine City Hall from 7-8 p.m. on the first Monday of the month.

Anyone interested in joining needs to talk to a Club member or call Melvin Williams @ 723-5447 or Tobo Bryant @ 723-7248 or 3858.

Saturday, August 13th @ 6pm

Summer BBQ Coming to Prewitt Farm

The annual Summer Fun BBQ fundraiser is celebrating its 10th anniversary, and everyone is invited.

Join hosts Mr. and Mrs. Verlon Prewitt on Saturday, August 13 at 6:00 p.m. for "Summer Fun BBQ under the Big Top." The event will be held at the Prewitt farm on Cedar Grove Road in Irvine. This year's BBQ features a buffet meal, live and silent auctions, and a circus-themed night of summer fun.

Hospice Care Plus staff member Nikki Stuart says the BBQ event has become a staple in the community and

an important source of support for Hospice.

"The incredible volunteers who organize the event have raised at least \$90-\$95,000 these first 9 years. The organizers give every penny to Hospice to support our programs and services. It's been a huge way that the Estill County community has stepped up to make hospice care available for everyone, regardless of ability to pay."

Citizens Guarantee Bank in Irvine has organized the Summer Fun BBQ each year as a way to support Hospice Care Plus.

Jimmie L. Johnson, DMD, PSC
Family Dentistry
 87 Wildwood Place (off Court St.)
 Irvine, Kentucky
(606) 723-3213

Enjoy your stay at . . .
Johnetta's BERGMAN HOUSE
BED & BREAKFAST
 233 Main St. *Irvine, Ky*
513-205-9113
 Theme Rooms WIFI
 Reasonable Rates
 joneta@aol.com www.bergmanhouse.com

Tuesday, Aug. 16th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, August 16 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 . . ."

Saturday, August 20th @ 12:00 Noon

Annual Harrison Family Reunion

The Harrison reunion will be held Saturday, August 20, at South Irvine Christian Church Fellowship Hall, starting at 12 noon.

Paper products and ice will be furnished. Please bring drinks and food.

Family and friends are invited to attend.

Saturday, August 20th @ 2pm

ECHS Class of 1966

The Estill County High School Class of 1966 will have their 50th class reunion at Michael's restaurant in Ravenna on Saturday, August 20th at

2:00 p.m. If you have not received a letter or know of a class member who has not received an invitation, please call Freida Blackwell (606)723-5659.

Tuesday, August 23rd @ 6:30pm

River City Players Meeting

August 23rd is the date for annual membership meeting of the River City Players. The meeting will be held at the Ravenna Christian Church on Seventh Street in Ravenna at 6:30 p.m. and will include a covered-dish meal.

Annual membership dues in the River City Players can be paid at this time. Dues are \$15 for an individual member and \$25 for a family.

Please RSVP Myra Finney at 606-723-4238.

Friday, September 2nd @ 6pm

River City Picnic in the Park

The River City Players are hosting their second "Picnic in the Park" Friday night, September 2, 6-8 p.m., at the Veterans' Memorial Park located on Main Street in Ravenna.

This year the theme will be "Going to the Movies." Those wishing to decorate a table or a blanket are urged to select a theme associated with a favorite movie from the past.

Each table seats six individuals and can be reserved for \$60 per table. Blanket seating is also available for \$5 per person. Individuals are to bring their own blankets or low back chairs. Children 6 years of age and under receive free admission. Gates will open at 5 p.m.

for those desiring to decorate their tables or blankets for judging. No outside tables will be permitted.

"The Local Honey's," from Beattyville, KY, the first female graduate from Morehead State University Traditional Music Program, will supply the entertainment for the evening.

Tables can be reserved by contacting Bobby Carol Noland at 606-723-2254, or Susan Hawkins at 606-723-5755.

All proceeds from the evening will go toward the "Save the Mack" theater purchase and upgrade. Sorry, no pets allowed.

September 17th

Annual Isaacs & Flanery Reunion

Descendants of Wilburn Isaacs and Vandallie Griffey of Estill County, and Jacob and Patsy Hartsock of Jackson County, will have a reunion on Sat., Sept. 17, 2016 at 1:00 p.m. at the Loretta Lynn Ranch in Hurricane Mills.

Plans are for hamburgers, hot dogs, and a covered dish to share. Several activities are listed on their website.

For more information call or text Anola Fiessinger (Valentine) (937)312-4571 or Debbie McCombs (937)408-3189.

Nifty, Nifty! Look Who's 50!!



Happy Birthday! We Love You!
 Love, Justin & Keesha,
 NaKoa and Metia

Visit Our Website At
 <EstillTribune.Com>

Kitchen Diva Beyond The Lunchbox

by ANGELA SHELF MEDEARIS

Parents have enough to worry about when school is in session -- lunch shouldn't be one of them! A good lunch is balanced, formed around a dependable main course and punctuated with a solid supporting cast of nutrient-packed sides, a low- or no-calorie drink, and even a little treat.

Don't worry if your child wants basically the same lunch every day. Just include these nutritious choices that we call the four elements to a perfectly packed lunch. Here are some tips that will keep your child's school mealtimes healthy and happy all year long!

School Lunch Safety Tips:

* Keep food-preparation areas in the kitchen clean. Wash countertops, cutting boards, utensils and your hands in hot, soapy water. And don't let the family pet jump up on kitchen counters.

* After preparing lunches, remember to immediately return unused portions of perishable foods like cheeses, deli meats and mayonnaise to the refrigerator. Don't let them sit out on the counter.

* Make sure that cold foods are cold before packing them in a lunchbox. If possible, prepare the lunch the night before and store it in the refrigerator. (This also takes the edge off the mad morning rush!)

* Insulated lunch bags or boxes are the best way to keep food at a safe temperature until noon. Nestle a frozen juice pouch or ice pack inside, and sandwiches will stay extra cool.

* At school, instruct the kids to store their lunchbox out of direct sunlight and away from radiators or other heaters if possible.

* Sandwiches made with refrigerated items such as luncheon meats, cheese and tuna salad should be carried in an insulated lunch bag with an ice pack. That way they should be safe to eat after two to three hours without refrigeration.

* Keep hot foods -- like soups, stews or chilies -- hot. In the morning, bring the food to a boil and then immediately pour into a hot, sterile vacuum bottle. (Sterilize the vacuum bottle with boiling water.)



Deposit Photos, Inc.

Lunch foods that can be eaten at room temperature include:

- Peanut butter
- Jams and jellies
- Breads, crackers, cereals
- Clean fruits and vegetables
- Dried meats, such as beef jerky
- Baked products, such as cookies and cakes
- Canned meat or poultry products that are eaten immediately after opening
- Select healthy choices: Meats should be lean (no salami or bologna), breads should be whole wheat and condiments should be used sparingly.
- Turkey or roast beef and Swiss on wheat bread with a drizzle of low-fat Italian dressing instead of mayo and loaded with produce (if you can get away with it). Shredded coleslaw mix (cabbage and carrots) is a great sandwich addition. It stays crisp, adds a nice crunch to a sandwich, and is high in vitamins A and K.
- Sliced ham, cheese and Triscuits
- PB&J (check your school's policy on nuts and nut products first) made on whole-wheat bread with a pure-fruit jelly like Smucker's Simply Fruit.
- Thermos of hot soup
- Grilled chicken breast
- Hard-boiled eggs
- Tuna or cubed chicken tossed with light mayo, mustard, celery and carrot

Lunch sides with substance: Only one in four kids consumes the recommended five servings of fruits and vegetables daily, so if you pack a lunch without produce you're missing a golden opportunity. As long as you have at least one piece of fruit or a serving of vegetables, adding a second crunchy snack is fine.

- Carrot or celery sticks
- Apple slices with peanut butter
- Fruit salad; banana, pear, peach or any other whole fruit
- Grapes
- Olives
- Almonds and raisins (mixed 50-50)
- Triscuits
- Small bag of pretzel sticks or Goldfish pretzels
- Baked! Lay's
- Drinks: Considering the fact that many kids' beverages have nearly as much sugar per ounce as soft drinks, tossing the wrong drink in the lunchbox could translate into 3 to 5 extra pounds by the end of the school year. Drinks should be either zero- or low-calorie (water, diet drinks), high in nutrition (milk, 100 percent juice) or both (tea). Here are the best picks, in descending order.
- Water
- Lightly sweetened iced tea, like Honest Tea
- Low-fat milk
- 100 percent juice drinks
- Low-calorie kids' drinks, like Minute Maid Fruit Falls and Tropicana Fruit Squeeze

Master this nutritious lunch bag mix, and your kid will be the envy of every mystery meat-eating student in school!

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.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

(c) 2016 King Features Synd., Inc., and Angela Shelf Medearis