

# 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 Appalachian 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.

**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**

## Estill High 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 Fredia Blackwell (606)723-5659.

**UK COOPERATIVE EXTENSION SERVICE**  
University of Kentucky – College of Agriculture



## Extension Notes

**Family & Consumer Sciences**

**Thays Flores**  
Estill County Extension Office

**Monday, August 22nd @ 12:00 Noon**

## Eating Smart and Healthy Lesson

Eating is an activity that most of us do at least three times a day. We eat because food appeals to our taste buds. We also eat because food is good for us. Eating provides our body with energy so we can breathe and function and impacts our overall health.

On Monday, August 22 at 12:00 noon the Estill County Extension Homemakers and the Estill County Extension Office will be co-hosting a workshop on "Eating Smart and Healthy: The Mediterranean Way" This free workshop will be held at the Estill County Extension Office and is open to the public.

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

**Monday, August 22nd @ 1pm**

## Caregivers Living With Alzheimer

Living with Alzheimer's Disease for Caregivers: Middle Stages is a program that addresses the issues involved in caring for a person in the middle stages of Alzheimer's disease or related dementia. Specific topics covered include behavioral and role/relationship changes, medication, safety, and residential options. Presenters will include Dr. Greg Cooper and staff of the Alzheimer's Association. This program will take place August 22nd from 1 p.m.- 4 p.m. at the Lexington Public Library, Eastside Branch, located at 3000 Blake James Drive. To register, call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900. Registration is required. This program was created especially for family caregivers, so please no professionals.

**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.

**Saturday, August 27th @ 12:00 Noon**

## Thomas School Reunion

The annual Thomas School Reunion will be Saturday August 27, 2016 at Michael's Restaurant in Ravenna, Kentucky. The meal will begin at noon. Bring your memories, pictures, and beautiful smiles and share all the fun times of our past. Looking forward to seeing you! Any questions call Sue @ 606-723-3010.

**Tuesday, August 30th @ 5:30pm**

## Friends of the Library To Meet

The Friends of the Library will be meeting on Tuesday, August 30th, 2016 at 5:30 p.m. at the Estill County Public Library, 246 Main Street in Irvine. Anyone who is interested in joining is welcome to attend.

**Tuesday, August 30th @ 5:30pm**

## Irvine-Ravenna Woman's Club

The Irvine-Ravenna Woman's Club next meeting/picnic will be Tuesday, August 30 at 5:30 p.m. at the Wisemantown United Methodist Church pavilion, 1358 Wisemantown Road, Irvine. The club will be making plans for the coming club year. Membership is open to all women who are interested in community service in an atmosphere of fellowship. Become a volunteer and make new friends. The club meets on the 4th Tuesday evening of each month.

The Irvine-Ravenna Woman's Club is a civic organization with the motto "Committed to Service". It was organized in 1954 and has served the needs of the community through a broad range of projects and programs throughout the years.

Membership is open to all women who are interested in community service in an atmosphere of fellowship. Become a volunteer and make new friends. The club meets on the 4th Tuesday evening of each month.

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

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

**Saturday, September 3rd @ Noon**

## Profitt Family Annual Reunion

The annual reunion of the family of James and Elizabeth Crowe "Pop" Profitt will be held Saturday, September 3, 2016, at Carl McIntosh's "Shelter Valley," just off Watson Ridge Road near Furnace. All friends and family are invited to come, enjoy a potluck lunch, and spend the day. There will be hat contests for both adults and children, so wear your best. Also, door prizes are given out to nearly everyone who attends. Everyone is welcome!

**Tuesday, Sept. 6th @ 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Sept. 6 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..."

**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 DebbieMcCombs(937)408-3189.

**October 29th - 7-11pm**

## ECHS "Class of 1976" Reunion

The reunion committee of Estill County High School "Class of 1976" has set a reunion date of October 29, 2016, from 7-11 p.m. at Gillum's Restaurant in Richmond. We hope all of you can come and if you have any questions, please feel free to call Glenna Powell at (606) 723-5567, Gail Freeman at (606) 723-4014, Cheryl Carlton at (859) 893-2130, or Jeff or Terri Tate at (606) 723-2547.

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## Kitchen Diva Lunch for Dinner, Dinner for Lunch

by ANGELA SHELF MEDEARIS

A nutritious lunch does not have to be boring or cost you a fortune. Making small changes -- like planning a lunch with ingredients that also work well for dinner meals -- can save you money. Remember, too, that well-nourished children have a greater chance of success at school because they have the fuel and the energy they need to play and learn. Packing your child's lunch lets you know exactly what he or she is eating.

Follow these tips and not only will you save money, you'll also pack a nutritious lunch that your child will enjoy.

1. Practice good nutrition yourself. Children learn by association -- you need to be a role model. Talk with them about the benefits of healthy eating.

2. Make your own. Look beyond lunchmeat. Slice your own meat or grill chicken breast and cut it into strips or cubes. Avoid high-priced prepackaged lunches.

3. Send in leftovers. Invest in a good insulated food container to keep food warm. Homemade soup is always a good option.

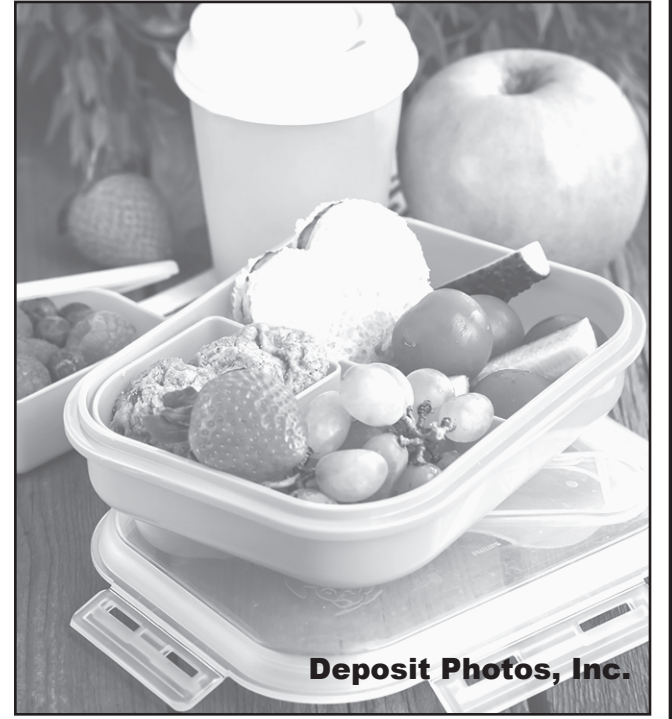
4. Buy what's on sale each week and use coupons, then work it into a menu. Use fruits and vegetables that are in season.

5. Buy store brands and compare unit prices.  
6. Look high and low -- bargains are usually on the top or bottom shelves, not at eye level.

7. Plan ahead and have a list when you go to the store. The more time you spend in a store, the more money you spend.

8. A healthy lunch should contain foods from each of the five food groups: Carbohydrates, protein, dairy, fruits and vegetables. Choose whole-grain products like bread, tortillas, pita bread, bagels or whole-grain crackers. These are more nutritious, have more fiber, vitamins and minerals, and keep blood sugar steady for optimal learning.

9. Include the kids in the process and give them choices. Take them along when grocery shopping. Let them pick one new fruit or vegetable each week to try. Let them help prepare dinner and use the leftovers to pack their lunch.



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### Mediterranean Chicken Two-Ways

My recipe for Mediterranean Chicken Two Ways doubles as a delicious dinner and a nutritious lunch! It makes six servings: four for dinner and two lunches.

- 2 cups plain fat-free Greek yogurt
- 1 tablespoon packed fresh mint or basil
- 1 tablespoon fresh dill, chopped, or 1/2 teaspoon dried dill
- 1 1/2 teaspoons ground cumin
- 3 cloves garlic, finely minced
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground black pepper
- 4 tablespoons fresh lemon juice
- 1/2 cup extra-virgin olive oil
- 1 teaspoon dried oregano
- 2 pounds chicken-breast tenders
- 1 English (seedless) cucumber
- 2 large ripe tomatoes
- 4 whole-wheat pitas

1. In small bowl, combine yogurt, mint, dill, 1/2 teaspoon cumin, 1/3 of the garlic, and 1/2 teaspoon salt and pepper. Let stand 15 minutes. Place half of the mixture in a covered container and refrigerate to use for lunch.

2. Use a pie plate to combine 2 tablespoons of the lemon juice, 1 1/2 tablespoons oil, oregano, 1/2 teaspoon salt and pepper, 1 teaspoon cumin and 1/3 of the garlic. Add chicken, turning to coat. Let stand.

3. Heat a grill pan on medium-high. Grill chicken 10 to 12 minutes or until no longer pink in center, turning once.

4. Meanwhile, cut cucumber and tomato into chunks; toss, in large bowl, with the remaining 1/2 teaspoons salt and pepper, and remaining lemon juice, oil and garlic.

5. For dinner: Divide the chicken and salad evenly. Place half of the ingredients in sealed containers. Transfer remaining chicken to serving plates and serve the cucumber mixture and the remaining yogurt sauce. Sprinkle with the dill. Prepare a side of orzo or couscous, if desired.

6. For lunch: Grill pitas until toasted, turning once. Fill the pitas with the remaining chicken, yogurt sauce, cucumber mixture and dill. Place in a re-usable container in a lunchbox, along with fruit.

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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](http://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.

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