

# 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>

**Wednesday, July 26th @ 1:30pm**

## Painting Rocks at Crafternoon

Crafternoon is today, Wednesday, July 26 at 1:30 p.m. and we will be Painting Rocks. So come out and enjoy some down time at the Estill County Public Library. For more information on these two programs please contact Lesa at 723-3030.

**Wednesdays, now at 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 to 6:30 p.m. with instructor Laritza Gomez. The cost is 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. For class updates, please check the Marcum & Wallace Hospital Facebook page.

**Thursday, July 27th @ 5:30pm**

## Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, July 27 at 5:30 p.m. at Steam Engine's Session Room. Kiwanis members work together to achieve what one person cannot accomplish alone. When a child is given the chance to learn, experience, dream, grow, succeed and thrive, great things happen.

A devotional will be given by Delvin Reece and plans will be made for upcoming activities and projects.

**Fridays, 4-7pm at the fairgrounds**

## Estill County Farmers' Market

The Estill County Farmers' Market is now open on Fridays in 2017. Hours are from 4 p.m. to 7 p.m. at the Estill County Fairgrounds pavilion. Have extra produce? New vendors are always welcome. Call market coordinator Hannah Eaton at 726-0679 with any questions.

**Fridays, 6-8pm at the Estill Library**

## 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, July 29th at Jackson Chapel**

## Annual McKinney Reunion

The Annual McKinney Reunion of the descendants of Wildy McKinney and family friends will be held at Jackson's Chapel United Methodist Church, Highway 82 between Hargett and Clay City, on Saturday, July 29, 2017. From 10:30-11:40 will be a time to visit and share stories. An official photo shoot will take place at 11:45 with a group picture, family groups, and generations.

Pot Luck Lunch and more visiting around the table will take place at 12:00 Noon followed by a business meeting at 1:15.

Traditional Hymn Sing will take place at 2:15 followed by more sharing stories until 3:30 when it's time to ake down exhibits and say Goodbyes.

**Saturday, July 29th @ 11am**

## Annual Reed Family Reunion

Descendants of Everett L. Reed, Clarence Reed, Ovie Reed, Samuel Reed, Charlie H. Reed, Della Reed Wells, Ida Reed Oden, Franklin Reed, and Ester Reed Centers will gather for a family reunion on Saturday, July 29, 2017, at 11:00 a.m. at Epperson First Church of God, 1447 Irvine Road, Winchester.

Bring a covered dish and enjoy reconnecting with family. Call Ann Reed Cole at (859) 749-6564 or Anita Hornsby at (859) 760-2671.

**Tuesday, August 1st @ 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, August 1st and on the first and third Tuesday of every month at Rader's 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..."

**Thursday, August 3rd - 1:30-3:30pm**

## Attention Veterans

The Veterans Benefits Field Representative will be at the Estill County Public Library, 246 Main Street in Irvine, on Thursday, August 3rd and normally the first Thursday of each month. The hours are 1:30 p.m. until 3:30 p.m.

Veterans and their dependants will receive assistance filing for Federal and State veterans benefits. This service is provided free of charge by the Kentucky Department of Veterans Affairs. To apply, veterans need to furnish copies of pertinent documentation to verify eligibility. For further information, please call toll free within Kentucky, 1-866-376-0308, to speak with a Veterans Benefits Field Representative.

**Friday, August 4th @ 9am**

## Retired Co. C Guard Breakfast

Attention: All retired and former National Guard members of Charlie Company 1/149th. There will be a breakfast at Cracker Barrel, in Richmond, on Friday, July 4th and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

**Saturday, August 5th - 7:30am-3:30pm**

## St. Elizabeth Basement Sale

The August Basement Sale at St. Elizabeth Church, 322 5th Street in Ravenna, will be held on Saturday, August 5, 2017, from 7:30 a.m. to 3:30 p.m. Lots of great bargains and something for everyone. Come check us out.

**Saturday, August 5th - 10:00am**

## Annual Lamb Family Reunion

The annual family reunion for the family and friends of James W. and Agnes Gross Lamb, will be held on Saturday, August 5, 2017, at the Irvine Masonic Lodge, 221 Broadway. Doors open at 10:00 a.m. with the meal being served at 12:30 p.m. Bring a dish and join us! Everyone is welcome!

**Saturday, August 5th - 1:30pm**

## ECHS Class of 1957 Reunion

The Estill County High School Class of '57 will have their 60th class reunion Saturday, August 5th, at 1:30 p.m. at Michael's Restaurant. Cost is \$15.00 per person. For more information call Sylvia 606-723-2568, Nancy 606-725-1917, or Vivian 606-723-4239.

**Saturday, August 5th - 1-5pm**

## Annual Trapp School Reunion

Anyone who attended Trapp School is encouraged to attend the school reunion on Saturday, August 5, 2017, at the Epperson First Church of God's fellowship hall at 1447 Irvine Road in Winchester from 1 until 5 p.m. Encourage your classmates to come for good food, great company and stories about Trapp School to share. Money from an auction will support scholarships for two students that attended Trapp School. Also, there will be several class pictures and plaques to be given away in a drawing. You, your children or grandchildren may be in these pictures.

A meal will be served at 3:00 p.m. at a cost of \$12 for adults, \$5 for students and free to those under five.

For more information, call Joyce Rogers at (859) 771-1056 or Garnetta Parker at (859) 744-0506.

**Saturday, August 12th @ 1pm**

## Ladies Auxiliary Kayak River Run

American Legion Post 79 Ladies Auxiliary will be hosting a Kayak River Run on Saturday, August 12, 2017. Registration is from 10:00 a.m. until 12:00 Noon at the Post with the challenge beginning at 1:00 p.m. The race will start at Post 79 and will proceed south about 2.5 miles to the mouth of Millers Creek; then back to the Post. Entry fee is \$25.00 per person. Entrants must be age 18 or older. Registration includes a t-shirt, insurance and a meal. There will be prizes for 1st & 2nd Place and more, plus door prizes. Primitive camping will be available and Kayak rentals will be available.

If you are interested in registering for this event, please contact Michelle at (502) 403-9881 or Betty (270) 392-9588 before August 5th.

The event is sponsored by the Ladies Auxiliary of American Legion Post 79.

**Saturday, August 12th @ 6pm**

## Summer Affair for Hospice Care at Estill County Fair Barn

A Summer Affair for Hospice Care will be held on Saturday, August 12, 6:00 p.m., at the Estill County Fair Barn. Live music, silent auctions, and a Kentucky Proud theme. For tickets, visit hospicecareplus.org or call Citizens Guaranty Bank at 606-726-2002. All proceeds are donated to Hospice Care Plus.

**Jimmie L. Johnson, DMD, PSC**  
**Family Dentistry**  
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**(606) 723-3213**

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## Kitchen Diva Add Pop to Plain Popcorn

by ANGELA SHELF MEDEARIS

On a recent movie date night with my husband, I spent a small fortune on a bag of popcorn at the snack bar. I must admit, although it hurt my wallet, I was able to take comfort in the fact that plain popcorn is actually a good snack choice -- especially for diabetics, as it does not impact blood-sugar levels.

In fact, one serving of popcorn (about 3 cups) can provide about 70 percent of our recommended daily intake of whole grain and energy-producing complex carbohydrates.

Popcorn contains no cholesterol, is virtually fat-free (only 0.1 g per cup) and contains only 100 to 150 calories in a serving of five popped cups. Popcorn also contains a number of essential vitamins, including iron, folate, niacin, riboflavin, thiamin, pantothenic acid and vitamins B6, A, E and K, with lesser amounts of calcium, copper, magnesium, manganese, phosphorus, potassium and zinc. It also contains fiber, providing roughage the body needs in the daily diet.

Air-popped popcorn has only 30 calories per cup; oil-popped popcorn has only 35 calories per cup. When lightly buttered, popcorn contains about 80 calories per cup.

Here are some facts about popcorn you should know: 1) There has never been, nor is there currently, any genetically modified organism (GMO) popcorn or popcorn seed for sale in the U.S. or international markets.

2) Microwave popcorn does not contain perfluorooctanoic acid. PFOA is sometimes used in grease-resistant coatings for paper, such as fast-food wrappers, candy wrappers and pizza box liners. The grease-resistant coating in the majority of microwave popping bags is not produced with PFOA. As always, read the label.

3) You should NEVER use a paper bag to make microwave popcorn. Plain and recycled papers often are made from unknown materials that could catch fire or interfere with microwave cooking technology. Use pre-packaged microwave popcorn or microwave-safe popcorn poppers, or the traditional stovetop method, or an electric popcorn popper.

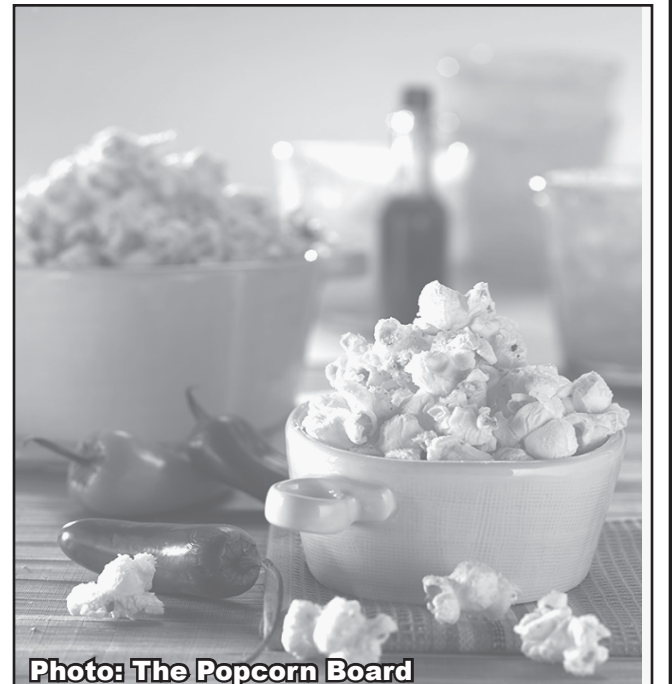


Photo: The Popcorn Board

Here are my suggestions to put some flavorful POP into your plain popcorn!

**VEGGIE POPCORN:** Pulse 2 cups each mixed veggie chips and dehydrated snap peas in a food processor until powdery; toss with 8 cups hot popcorn and 2 cups each veggie chips and dehydrated snap peas.

**CHEESY POPCORN:** Toss 16 cups hot popcorn with 2 cups shredded cheddar, 1 cup grated parmesan and 1/2 cup grated pecorino; spread on baking sheets. Bake at 350 F until the cheddar melts, about 3 minutes.

**PEPPERONI PIZZA POPCORN:** Cook 1 cup chopped pepperoni in 1 tablespoon vegetable oil in a large pot until crisp; drain on paper towels, reserving the drippings. Pop 3/4 cup popcorn kernels in the drippings; toss with the pepperoni, 1 cup shredded mozzarella, 1/2 cup grated parmesan, 2 tablespoons olive oil and 1 teaspoon each granulated garlic and dried oregano.

**SPICY PORK-RIND POPCORN:** Heat 1/4 cup vegetable oil with 1 1/2 tablespoons chili powder, 2 teaspoons grated lime zest and 1/2 teaspoon cayenne in a skillet over medium heat, 2 minutes; drizzle over 16 cups hot popcorn. Toss with 2 cups pork rinds and 1 tablespoon lime juice.

**SZECHUAN CHILE POPCORN:** Heat 1 cup each peanuts and dried arbol chiles, 1/2 cup each peanut oil, sesame seeds and Szechuan peppercorns, and 4 teaspoons each sugar and kosher salt in a large skillet over medium heat until the nuts and chiles are toasted, 4 minutes; pour over 16 cups hot popcorn. Toss with 2 tablespoons toasted sesame oil.

**SRIRACHA LIME POPCORN:** Whisk 5 tablespoons melted butter with 1/4 cup Sriracha, 1 1/2 teaspoons grated lime zest and 1 tablespoon lime juice; drizzle over 16 cups hot popcorn and toss.

**SALT AND VINEGAR POPCORN:** Combine 1/4 cup malt vinegar and 2 teaspoons kosher salt in a small spray bottle; shake to dissolve the salt. Spray over 16 cups hot popcorn.

**PEANUT BUTTER POPCORN:** Heat 1 cup honey or agave syrup and 3/4 cup sugar substitute over medium heat, stirring, until dissolved and well-combined, about 5 minutes. Stir in 1 cup peanut butter and 1 teaspoon each vanilla extract and kosher salt until smooth; pour over 16 cups hot popcorn and add 2 cups peanuts, if desired, and toss. Spread on baking sheets and let cool.

**PEANUT BUTTER-BANANA POPCORN:** Make Peanut Butter Popcorn recipe above, add 1 cup dried banana chips and 1/2 cup chocolate chips with the peanuts.

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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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