

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, 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, September 21st @ 3pm

Four Seasons Garden Club

The Four Seasons Garden Club will meet Thursday, September 21, at 3 p.m. at the Extension Office.

"Growing Roses" will be presented by Tim Phillips, UK Extension Specialist. The public is welcome to attend.

The object of the club is to stimulate the knowledge and love of gardening among amateurs; to aid in the protection of

native trees, plants, and birds; and to promote cleanliness, beauty, and improvement of property in Estill County. New members are welcome to join the club which meets on the 3rd Thursday of each month. Francine Bonny is the club president. The Four Seasons Garden Club is a member of the National Council of State Garden Clubs, Inc.

Thursday, September 21st @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, September 21, an every Thursday at 5:30 p.m. at Steam Engine Deli's session room.

Kiwanis members work to-

gether 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.

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 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.

Saturday, September 23, 2017 @ 9am

Ravenna Railroaders Festival

The Ravenna Railroad Festival Committee is gearing up for the best Festival ever! Set for Saturday, September 23, 2017, activities will begin be held at the Veterans Memorial Park, Main Street in Ravenna.

Plan now to attend this special one-day event! The hours are 9:00 a.m. until dark. Booths of all designs and venues will be a part of the day with something for everyone, including special activities for the children and teens. Children's Parade will begin at 10:00 a.m., followed by a pumpkin painting contest on the basketball court open

to all children age 12 and under. Judging and awarding of prizes will follow.

Food booths will offer several options for your pleasure.

Bring your own lawn chair and enjoy visiting with friends. Hay rides and small train rides will also be available for the young and the young at heart!

A "Railroaders Gathering" will be held for those wanting to spend time together. Special music will be featured throughout the day by talented musicians.

See you there! At the Ravenna Railroad Festival on Saturday, September 23, 2017.

Saturday, September 23rd @ 11:00am

O.D. Henderson Pancake Breakfast

Come and eat before the Railroad Festival! There will be a pancake breakfast on September 23rd beginning at 7:30 a.m. and lasting to 11:30 a.m. at Ravenna Christian Church. The church is located at the corner of 7th and Elm St., across from the Dollar Gen-

eral.

Menu includes pancakes, choice of bacon or sausage, eggs, milk, juice and coffee. \$6 at the door, six and under are free. Sponsored by the O.D. Henderson Lodge #437, benefitting multiple outreach funds.

Saturday, September 23rd @ 11:00am

Rader/Raider Family Reunion

The Rader/Raider reunion will be held on Saturday, September 23, 2017 at Catalpa Park, large pavilion, in Richmond, Kentucky. There will be activities starting at 11:00

a.m., with covered dish lunch at 1:00 p.m. Please bring a covered dish and soft drinks enough for your attendees. All family and friends are invited to attend.

Saturday, September 23rd @ 12:00 Noon

G.C. & Oma Dixon Reunion

The annual reunion of the family of G. C. and Oma Dixon will be held Saturday, September 23rd, 12:00 p.m. at Franklin and Marie Dixon's farm, Station Camp,

Red Lick Road. Tell all of your family members, please. Bring lots of food, drinks, and chairs along with Bingo items and games! Hope to see you there!

Saturday, Sept. 23rd - 9am-2pm

Drug March/Resource Fair

Helping Hands Outreach and Westcare will be presenting their annual drug march and resource fair on Saturday, September 23, 2017, 9:00 a.m. until 2:00 p.m. at the Estill County Fairgrounds, 38 South Irvine Road.

HHO has been reaching out to the community for more than seven years to provide services in our community. Primarily, Helping Hands has focused on needs of families pertaining to food, shelter, and clothing. For our annual event this year, Helping Hands Outreach and Westcare have partnered together to present the Estill County Drug March and Community Resource Fair. Our partnership will allow us to help address additional issues related to substance abuse and recovery.

We want to thank the Agency for Substance Abuse Prevention (ASAP) and Kentucky River Foothills Head Start for their compassion and generosity in sponsoring this event. They, along with West-

Care and other local community organizations are assisting Helping Hands in bridging gaps to build stronger families and communities.

This event is ENTIRELY FREE to the community and includes free food, kids inflatables, many local organizations presenting the resources they provide to the community, and special guest speaker former football player Jared Thomas as he shares his story of addiction, recovery, and career as a substance abuse counselor.

Drug March is at 10 am, Jared will speak at 11 and the event will close at 2 pm. We welcome you to join us to find a resource, or share the services your group provides to the community. If you are interested in sharing your services, please visit Helping Hands Outreach FB page for vendor registration. You may also call 606-975-3775.

The event is sponsored by Kentucky River Foothills Head Start and the Agency for Substance Abuse Prevention.

Sunday, September 24th @ 1:00pm

Annual Stone Family Reunion

The annual Stone Reunion will be held on Sunday, September 24, 2017, at the Clay City Community Center in Clay City. Bring a basket lunch and join us for great

food and fellowship. Table service (plates, forks, etc.) will be provided. Friends and relatives are invited. Lunch will be served at 1:00 p.m. Please mark your calendars!

Tuesday, September 26th @ 7pm

Estill County Community Chorus

The Estill County Community Chorus will be rehearsing next Tuesday night, September 26, 2017 and each Tuesday night at 7:00 p.m. at Irvine United Methodist Church, 243 Main Street. Rose D. Daniels is chorus director.

All former members are invited to attend and new voices are welcome.

The Chorus will be performing its annual Christmas Concert on Sunday, December 3, 2017, at 3:00 p.m. at the Irvine United Methodist Church.

Saturday, September 30th @ 12:00 Noon

McIntosh Family Annual Reunion

The McIntosh Family Annual Reunion for the descendants of James Richard and Rosa Puckett McIntosh will be held on Saturday, September 30, 2017 at Ravenna Veterans Memorial Park. Lunch

will begin at 12:00 Noon. There will be hat contests for adult and youth plus lots of prizes. All family and friends are welcome.

Note change in day of week to Saturday.

Saturday, September 30th

Rosses Creek Community Picnic

The Rosses Creek annual picnic will be held Saturday, September 30, 2017 at the old school building.

Everyone is invited to bring a covered dish or more, a soft

drink, and a lawn chair.

There will be plenty of Gospel Singing and plenty of fun.

If you have any questions, contact Bill at (606) 723-2653.

Tuesday, October 2nd @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, October 12nd 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..."

Friday, October 6th @ 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, Oct. 6th and on the first Friday of each month at 9 a.m.

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

Saturday, October 7th @ ECMS

Annual Radio & TV Auction

The Kiwanis Club of Irvine-Ravenna has released the date for its 15th annual Radio and TV auction. It will be held Saturday, October 7th 2017 at the Estill County Middle School.

As we approach this year's auction, the club wishes to extend a sincere "thank you" to the people of Estill County for the manner in which you have so generously supported our auction. The funds from last

year's auction have allowed the club, in its current fiscal year, to invest almost \$15,000 in a variety of programs that serve the people of Estill county.

To continue this level of support we need your continued help, so please circle October 7th, 2017 on your calendar and look for more information about the auction in the coming weeks.

Kitchen Diva Breakfast for Busy Days

by ANGELA SHELF MEDEARIS

With the new school year upon us, it may be difficult to maintain a healthy meal schedule. Nutrition plays an important role in a successful school year for children and a productive workday for adults. Nutrition and mental alertness go hand in hand.

It's often said that breakfast is the most important meal of the day, yet 35 to 40 percent of all Americans skip breakfast. The statistics for children are just as alarming -- as many as 48 percent of girls and 32 percent of boys do not eat breakfast every day. Additionally, for many children, breakfast is a trip to a convenience store or a vending machine for a soda and a high-fat, high-sugar pastry. This is definitely not the best choice for the nutrients they need, nor is it cheap.

Children who are nutritionally fit are more likely to have the energy, stamina and self-esteem that enhance their ability to learn. But, as they run out the door with thoughts of seeing old classmates, joining new clubs, participating in school sports and getting good grades, they might not be paying much attention to the proper nutrition needed to accomplish all of this.

For children and teens, a morning meal is especially important to prepare them to meet the challenges of learning. Many studies have shown that those who eat a morning meal tend to perform better in school, score higher on tests, have higher school attendance and less tardiness, and have better concentration and muscle coordination. Also, children who eat breakfast have fewer hunger-induced stomachaches and are less likely to be overweight.

You can make breakfast fun by planning it with your child. Decide who prepares what and work together to get it done. If your child doesn't like traditional breakfast foods, don't worry -- breakfast food can be any food they like, even a slice of pizza. Keep quick-to-fix foods on hand or get breakfast foods ready the night before, such as mixing a pitcher of juice. If children say they're not hungry, start them out with something light like juice or toast, and send them off with a nutritious mid-morning snack such as yogurt, cheese or a bagel.

Some children believe skipping breakfast may help them lose weight, but just the opposite is true. Skipping meals often leads to overeating later in the day. Getting too hungry can lead to a lack of control and the inability to determine when you are full. This can result in consuming more calories than if you had eaten a good breakfast.

Good nutrition is crucial for social, emotional and psychological development. Teaching children how to eat healthy will enable them to establish a foundation of good nutrition and healthy lifestyle habits that will benefit them for the rest of their lives.

This easy, make-ahead recipe for peanut butter and jelly scones can be a quick breakfast along with a cup of milk or a smoothie, a lunch-time treat or an after-school snack. It's also a fun way to teach your children basic baking skills!



Photo credit: Depositphotos.com

PBJ SCONES

- 1 1/2 cups all-purpose flour
- 1/2 cup whole-wheat pastry flour
- 1/2 cup packed light brown sugar
- 1 tsp. baking soda 1 tsp. cream of tartar
- 1/2 tsp. cinnamon 1/4 tsp. salt
- 1 cup natural unsalted creamy peanut butter
- 1 pkg. (5 ounces) mixed dried berries (about 1 cup)
- 3/4 cup fat-free vanilla Greek yogurt
- 1 large egg

1. Heat oven to 400 F. Line a heavy baking sheet with parchment paper.

2. Combine the flours, brown sugar, baking soda, cream of tartar, cinnamon and salt in a food processor. Pulse to combine.

3. Add the peanut butter by spoonfuls to the flour mixture. Pulse until the mixture is combined and looks like sand. Transfer to a mixing bowl and stir in the berries.

4. Stir the yogurt and egg together in a small bowl and add to the flour mixture. Stir with a spoon until combined. Use your hands, if necessary, to ensure that all of the flour is incorporated.

5. Transfer dough to a lightly floured work surface and gently pat into a circle about 1 inch thick. Cut the dough into 8 equal wedges. Arrange wedges on the baking sheet and bake for 15 minutes, or until lightly browned. Let cool slightly and serve warm. Makes 8 servings.

TIP: Scones can be frozen and then reheated by wrapping them in a damp, food-safe paper towel, and heating on DEFROST in the microwave for 45 seconds.

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.

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