

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.

Wednesday, Friday and Monday

Storytime - Preschool & Starrytime

Our regular preschool Storytime meets each Wednesday and Friday morning from 10:30 to 11:30 a.m.

Our letter of the week is Y. Our stories will be about Rainbows. We read, sing and do activities to help with socialization and school readiness for our younger children.

Starry Time Storytime meets each Monday from

5:00 to 6:00 p.m. This storytime is designed for children that are already attending school and their families

It is a variation of our traditional storytime with activities for both the small and the tall. Ages 4 to 10 years is our usual group.

For more information contact Amy Hughes, Children's Librarian, at 723-3030 at the Estill County Public Library.

Thursdays, 1pm at the Estill Library

Estill Homeschool Enrichment

The Estill Homeschool Group will do some Spring STEM activities with peeps and jelly beans.

Our meeting will be at 1:00 p.m. on Thursday, March 8th at the Estill County Public

Library. We welcome new and experienced homeschool families.

For more information contact Amy Hughes, Children's Librarian, at 723-3030.

Thursdays, 4-5pm at the Estill Library

Estill County Library's Lego Club

The Estill County Public Library hosts Lego Club each Thursday from 4 p.m. to 5 p.m. The suggested ages for this group is 6 to 12. Come build

with us!

For more information contact Amy Hughes, Children's Librarian, at 723-3030 at the Estill County Public Library.

Thursday, March 8th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, March 8 at 5:30 p.m. at Steam Engine Pizza.

Samuel Adams, Estill County Music teacher, will talk about the guitar program.

Kiwanis clubs focus on changing the world by serving children, one child and one community at a time. Service is at the heart of every Kiwanis club, no matter where in the world it's located.

Thursday & Monday, 6-7:30pm

Estill County Library's Lego Club

What would happen if a modern day Alice fell into the classic Wonderland? Come audition and find out!

River City Players is putting on a children's play, Alice@ Wonderland, this spring.

The play is 65 minutes long and the targeted cast is 8-18.

Auditions will be on Thursday, March 8 and Monday, March 12 from 6-7:30 pm at the Estill County High School auditorium.

Friday, March 9th @ 5:30pm

Family Game Night at the Library

Looking for something inexpensive to do with the family? Family Game Night is held at the Estill County Public Library every Friday night at

5:30 p.m. Games are provided by the Library or you are welcome to bring a game to play. Children under 10 must be accompanied by an adult.

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, March 10th - 8am-1pm

Estill County Blood Drive

Kentucky Blood Center (KBC) is encouraging Kentuckians to roll up their sleeves, donate blood and help Kentucky patients at the Estill County Community blood drive on Saturday, March 10 from 8 a.m. - 1 p.m. at the First Christian Church in the Fellowship Hall at 270 Main Street in Irvine.

As a thank you, those who register to give blood at the drive will receive a fun "Donate

blood, y'all" purple T-shirt. Blood donors must be 17-years-old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org.

To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

UK COOPERATIVE EXTENSION SERVICE
University of Kentucky - College of Agriculture



Extension Notes

Family & Consumer Sciences

Thays Flores
Estill County Extension Office

Monday, March 12th @ 5:30pm

Cooking Around the World - Australia

If you love to try new foods and learn about different countries, Cooking Around the World is a hands on program where we get to cook and taste different dishes from around the world and also learn about that country and their culture. You will learn how to prepare easy and delicious recipes that represents each country. This program is free and any age is welcome, so invite your kids or grandkids. March's program will highlight the foods and culture of Australia and will be on Monday, March 12, 2018 at 5:30 p.m. at the Estill County Extension Office. If you would like to sign up for this program please call your Family and Consumer Sciences Agent, Thays Flores at 606-723-4557.

Educational programs of Kentucky Cooperative Extension serve all people on a non-discrimination basis, regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

Monday, March 12th - 7pm

SEKY Gem, Mineral & Fossil

The Southeast KY Gem, Mineral & Fossil Club will meet Monday, March 12 at 7 p.m. at the Public Library. The program will be a "Show, Tell, & Trade".

Plans will be made for the Agate Hunts before the Mountain Mushroom Festi-

val and the KY Agate, Gem, & Mineral Show during the festival.

Visitors are welcome to attend. Membership forms will be available for anyone interested in joining the group. Yearly dues are \$15 for individuals and \$20 for families.

Tuesday, March 13th @ 11:30am

GTE/Sylvania/Osram Retirees

The Winchester GTE/Sylvania/Osram/UAW retirees will meet for lunch 11:30 a.m., Tuesday, March 13, 2018 at

Michael's Restaurant in Irvine. All Winchester Sylvania retirees and former employees are welcome to join us for lunch.

Tuesday, March 13th @ 1pm

ECHS Class of '68 Reunion

All 1968 graduates of Estill County High School. There will be a meeting to plan for our 50th year class reunion on Tuesday, March 13, 2018 at 1:00 p.m. at Michael's

Restaurant in Ravenna, Ky. For additional information please call Betty Arvin Young @ 606-723-7516 or Betty Allen Brooks @ 606-723-9443.

Wednesday, March 14th @ 1:30pm

Herbs and Uses at the Estill Library

Esther McKinney, owner of Marigold's Nursery, will be at the Estill County Public Library on March 14 at 1:30 p.m. to talk about Herbs and

their uses. For more information please call the library at 606-723-3030 and ask for Lesa.

Wednesday, March 14th - 10:30-12 Noon

Effective Communication Strategies

Communication is more than just talking and listening - it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to

decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. The program will take place at the Madison County Cooperative Extension Office located at 230 Duncannon Lane in Richmond on March 14th from 10:30am-12:00pm. To register for this program, please call 1-800-272-3900. Registration is required.

Wednesday, March 14th - 1:30pm

Chemical Demilitarization Meeting

Mark your calendar for the Kentucky Chemical Demilitarization Citizens' Advisory Commission and Chemical Destruction Community Advisory Board Meeting on Wednesday, March 14 at 1:30 p.m. at E-K-U's Carl D. Per-

kins 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.

Saturday, March 17th @ 11:00am

Sowing Herbs at the Estill Library

On Saturday, March 17, we will be sowing herbs at the Estill County Public Library beginning at 11:00 a.m.

Please register by calling Lesa at the library at 606-723-3030, or stopping by the library.

Saturday, March 17th

AL Fish Fry and Frog Legs

Come and help the American Legion celebrate its birthday on Saturday, March 17 with a fish fry and frog legs.

This will be followed by a dance. Kenny Chenault is the music D.J.

Be sure to wear your green for St. Patrick's Day.

Tuesday, March 20th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, March 20th and on the first and third Tuesday of every month at Rader's River Restaurant. The meal is at 6:30 p.m. and busi-

ness 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.

Wednesday, March 28th @ 1:30pm

Getting Ready for Easter

The Estill County Public Library will be getting ready for Easter on March 28 at 1:30 with a Felt Bunny craft. You can call or stop by the library to register for this event.

Crafternoon is held on the 2nd and 4th Wednesday of each month.

To learn more about this event please call Lesa at 606-723-3030.

Visit Our Website

Ladies Night Out

For Heart Health Awareness

You're invited to a Ladies Night Out to raise awareness about heart health!

Join us for a free dinner and presentation by:



Dr. Paula Hollingsworth,
Baptist Health Lexington Cardiology

Thursday, March 15
5:30 p.m.

Rice Station Christian Church
(Address: 1675 Old Richmond Rd Loop 2 in Irvine)

Call 606-726-2119 to sign up for this free educational event by Monday, March 12.

All women who attend will receive a free dinner, gift and door prize chance. Educational booths will also be available. Event sponsored by Marcum & Wallace Hospital.



A Catholic healthcare ministry serving Ohio and Kentucky

Visit Our Website At
<EstillTribune.Com>