

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.

Thursday, July 4th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, July 4th, 5:30 p.m. at Steam Engine Pizza on Main Street in Irvine. A devotional will be given and the Board of Directors will meet and make plans for future activities

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. New members are welcome to join!

Friday, July 5th @ 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 5th, and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

Saturday, July 6th @ 8 a.m. & 5 p.m.

AL Post 79 Kayak and Pig Roast

On July 6, kayak from Miller's Creek down the Kentucky River to American Legion Post 79 (7.2 miles). An alternate two mile trip is also available. Entry fee is \$15.00 which includes transportation to the drop off location and bottled water. Start times are 8 a.m. to 2 p.m. with departures every 15 minutes.

Bring your own kayak or rent one on site for a low fee. Rescue boats will be available. Kentucky State Law requires everyone to have a life jacket. Ages 14 and under must be accompanied by a parent or legal guardian. Those between 15 and 17 must have parent's signed consent. There will be an all you can eat "Pig Out" (pig roast with all the trimmings) starting at 5 p.m. Cost is \$15.00 per person, 13 and above; \$8 for ages 7-12, and 6 and under free. The S.O. L. Band featuring Dustin Creech and Kevin Walker will be playing music. There will be fireworks.

Sunday, July 7th at 2:00pm

Amvets Post 67 in Clay City

Amvets Post 67, located at 99 Veterans Lane, Clay City holds its meeting monthly 1st Sunday of each month at 2:00 p.m. Also, everyone is invited to Post 67 Clay City for Bingo every Monday. Doors open at 5:00 p.m. Bingo starts at 6:30 p.m. For more information, call 606-663-0071.

Monday, July 8th, 7:00 pm

SEKY Gem, Mineral & Fossil

The Southeast KY Gem, Mineral & Fossil Club will meet Monday, July 8 at 7:00 p.m. at the Wisemantown United Methodist Church pavilion. The program will be "Beading". It will be presented by Jessica Mooney. Also the group will be sharing about their recent agate hunting field trip. The meeting is open to the public. Membership forms will be available for anyone interested in joining the group. Yearly dues are \$15 for individuals and \$20 for families.

Tuesday, July 9th, 5:30 pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet on Tuesday, July 9th and the second Tuesday of each month at the Estill County Golf Club from 5:30-7 p.m. Come, join us. Together we can make a difference.

Tuesday, July 9th @ 7pm

DAV Chapter 94, Estill County

DAV Chapter 94 will be meeting at 7 p.m., July 9th and the second Tuesday of each month at Estill County Senior Citizens Center, off Stacy Lane. If you are a veteran with 10 percent or more service connection, you are welcome. Call 1-606-663-2504 for more information. We are veterans and we would appreciate your attendance. Veterans from surrounding counties are also welcome.

Wednesday, July 10th at 1:30pm

Sandy Savage Teaches Art

Sandy Savage will be at the Estill County Public Library on Wednesday, July 10, 2019 with her art class at 1:30. Contact the library for more information at 606-723-3030.

Friday & Saturday, July 12th & 13th

River City Players Youth Production

River City Players is holding auditions for a youth production on Friday, July 12th from 6:00-7:00 p.m. and on Saturday, July 13th from 1:00-2:00 p.m. at the Estill County High School auditorium. This is an all youth production; the target cast is 4th grade through 12th. The play will be presented in late August. We'd love for you to come out and enjoy the fun. For more information please contact leslicharis40336@gmail.com or (606) 723-8746.

Saturday, July 13th - 8am-1pm

Enjoy the ride! Donate blood!

Enjoy the ride and save a life when you register to win a 2019 Toyota Tacoma by donating at the Estill County Community Blood Drive, Saturday, July 13, 2019, 8 a.m. until 1:00 p.m. at the First Christian Church Fellowship Hall, 270 Main Street in Irvine. Blood donors must be at least 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. Walk-ins are welcome. To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

Saturday, July 13th at 4:00pm

60th Anniversary Reunion

Estill County High School reunion for the Class of 1959 will be Saturday, July 13, at Michael's Restaurant at 4 p.m. for a Meet and Greet and eat around 5 p.m. (buffet). If you attended or graduated with this Class from Estill County High School from 1955 through 1959 you are invited. Bring your spouse, friend or significant other. Casual dress. Come and enjoy old friends and former classmates. It is fun to see how we have all aged so gracefully.

If you have moved, changed phone numbers or email, please make sure you update your information by contacting one of the following and RSVP to: Sue Abney Bonny, 407-341-1467 cell or text. Email at sbonny@aol.com. Marilyn Hall Hukill 859-351-5427 cell or text. Nancy Cooper Rhodes 606-723-3567 home. We look forward to seeing you at the reunion.

Tuesday, July 16th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, July 16th and on the first and third Tuesday of every month at the Irvine First Christian Church meeting room on Main Street at 6:30 p.m. Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world.

Monday, July 22nd - 6:30pm

Democrat Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, July 22nd at 6:30 p.m. and the 4th Monday of every month at the Estill County Public Library, 246 Main Street. For additional information you can email Estill-countydemocrats@gmail.com.

Tuesday, July 23rd at 6:00pm

Understanding and Responding to Dementia-Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn how to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

The program will take place at the Clark County Public Library located at 270 South Burns Avenue in Winchester on Tuesday, July 23rd from 6 p.m. - 7:30 p.m. Registration is required; please call 1-800-272-3900. Program provided by the Alzheimer's Association.

Wednesday, July 24th at 1:30pm

Making Goats Milk Lotion

Diane Johnson will be at the Estill County Public Library on Wednesday, July 24, 2019, at 1:30 p.m., demonstrating how to make lotion using goats milk. For more information please contact Lesa at 606-723-3030.

Saturday, July 27th - 9am-3pm

Northern Kentucky Fly Fishers

Mike Arnold from Northern Kentucky Fly Fishers will be at the Estill County Public Library on July 27 from 9 a.m. until 3 p.m. teaching the techniques of fly fishing. There is a limit of 15 seats so register by calling the Estill County Public Library at 606-723-3030.

Saturday, July 27th at 2:00pm

ECHS Class of 1964 55th Reunion

The Estill County High School Class of 1964 will be having its 55th Reunion on Saturday, July 27, 2019, starting at 2:00 p.m. at Michael's Restaurant in Ravenna. Please, spread the word!

Saturday, August 10th at 12:00 Noon

Dickerson-Patrick Reunion

The descendants of Sanford and Dora Ann Dickerson Patrick will be having their annual reunion on Saturday, August 10, 2019, at the Estill County National Guard Armory, 335 Cow Creek Road (KY-52), just outside of Ravenna. Please bring food and soft drinks for your family and come visit with us. We'd love to see everyone. All relatives and friends are invited. The reunion will start at 12:00 Noon with a buffet style lunch and run until whenever. Hope to see you there!

Kitchen Diva

Add More to Weigh Less

Like many of you, when the weather turns warmer, I start thinking about shedding a few pounds. As I grow older, getting rid of my extra winter weight becomes more of a challenge. I've found that adding more of the right foods in smaller portions to my daily diet all year long is the best method for me to weigh less.

Elizabeth Pivonka is a registered dietitian and CEO of Produce for Better Health Foundation, the nonprofit behind the national public-health campaign Fruits & Veggies -- More Matters. Pivonka says that most adults don't get the recommended servings of fruit and vegetables each day. "Eating more fruits and vegetables in place of options that are higher in fat and calories is an important step in losing weight and keeping it off."

"Fruits and vegetables play important roles in the process of weight loss and weight maintenance," Pivonka says. "Not only because they are low in calories, but also because they provide a wide range of valuable nutrients like vitamins and potassium. They are also high in fiber and water, so eating them will keep you feeling full longer."

"Fruits and vegetables are the cheapest form of health insurance you can buy, since eating them may help reduce the risk of obesity and many diseases. Everyone can benefit from eating more fruits and vegetables, so fill at least half of your plate with them at every meal. They provide the unrivaled combination of great taste, nutrition, abundant variety and multiple product forms. There is no need to eat the same thing day after day when there are so many delicious fruits and veggies from which to choose." Here are some ways you can easily increase the amount of fruit and vegetables you eat each day:

* Don't forget about dried fruits and veggies! Keep a bag of your favorites available for those times when a craving strikes while you're on the go.

* Use a smaller plate, like an 8- or 9-inch luncheon plate, not a 10-12 inch dinner plate, and make sure to fill at least half of it with fruits and veggies at every meal.

* Keep a variety of low-sugar canned fruits and low-sodium vegetables on hand. They are precooked as part of the canning process and can be eaten immediately, or just need just a few seconds in the microwave or on the stove to heat up. Healthy and fast!

* Add frozen vegetables to your meals to boost their flavor, color and nutrition! They won't add to the cooking time, will make the meal go further, and you won't have to fix an extra side dish.

* When shopping, let kids select a new fruit or vegetable for the whole family to try -- remember, all forms count; fresh, frozen, canned, dried, and 100% juice!

Too tired or too hot to cook? Try this easy recipe for Roast Chicken With Strawberries. It's a simple way to provide you with a well-balanced, healthy and delicious meal guaranteed not to "weigh" you down!

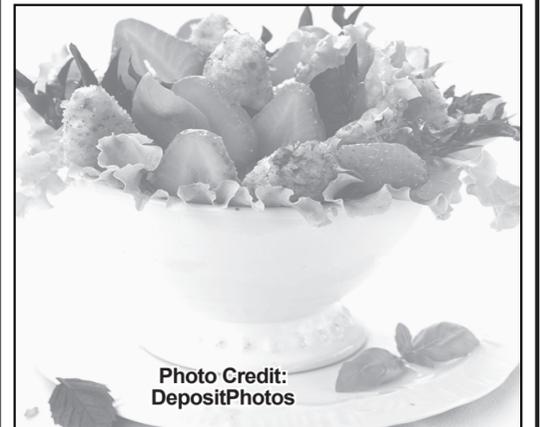


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You can prepare and store all the ingredients except the salad greens in a covered container and add them to the greens separately. This will prevent them from wilting if you're making only one salad at a time or prepping lunch or dinner ahead of time.

- 1/2 small purple onion, chopped
- 1/4 cup Champagne vinegar
- 1/4 cup sherry vinegar
- 1 cup extra-virgin olive oil
- 2 tablespoons dried poultry seasoning
- 1/3 teaspoon honey or agave
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- One (2 1/2 to 3-pound) rotisserie chicken
- 1 large tomato, chopped
- 2 medium cucumbers, chopped
- 1 cup strawberries, hulled and chopped
- 1 (15-ounce) can chickpeas or cannellini beans, rinsed and drained
- 1 (6-8 ounce) bag prewashed lettuce greens with carrots and radishes
- 1/4 cup salted, toasted pumpkin or sunflower seeds

1. In a large bowl, toss the onion with both vinegars and let stand for 10 minutes to soften and sweeten. Whisk in the olive oil, poultry seasoning, honey or agave, salt and pepper.

2. Pick the meat from the bones of the chicken and shred it or chop it into bite-sized pieces.

3. Add the tomato, cucumbers, strawberries, chickpeas or beans, and the chicken to the dressing and toss well.

4. Place the salad greens on individual serving plates. Top with equal portions of the chicken mixture. Sprinkle with the pumpkin or sunflower seeds and serve. Makes 4 to 6 servings.

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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