# 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>

### Immediately

### **Arts Council Seeks Chorus Director**

The Estill Arts Council is of the musical arts. seeking a Director for the promote choral music and The Chorus holds two conand around the community and one at Christmas. of Irvine, Ravenna and Estill participation and appreciation gmail.com.

A candidate should be pas-Community Chorus. The sionate about music and have purpose of the chorus is to a back ground in vocal music. stimulate musical growth in certs a year, one in the spring

If interested and for more County and for the enrich- information contact: Robin ment of its residents through Reed, 723-4678 or appcraft@

### Wednesdays, now at 5:30pm **Beginner Yoga at Marcum-Wallace**

cum & Wallace Hospital is Gomez. The cost is one nonheld in the Mercy Room each perishable food item for Help-Wednesday from 5:30 to 6:30 ing Hands Outreach Ministry.

Beginner Yoga class at Mar- p.m. with instructor Laritza

### Thursday, August 22nd at 5:00pm Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will met community by getting inp.m. at Steam Engine Pizza. has 97 years of service to

October 5.

Make a difference in the Thursday, August 22 at 5:30 volved with Kiwanis that It will be the Kick-Off for our community. New memthe planning of the club's an- bers are welcome. Anyone nual TV-Radio Auction on interested can contact any Kiwanis member.

### Saturday, August 24th at 6:00pm ECHS Class of 1979 Reunion

School Class of 1979 will be PayPal.me/classreunion79 having their 40-year-reunion OR you can pay at the door at Gillum's Sports Lounge at that night. \*If check, make 830 Eastern Bypass in Rich- payable to Class of 1979\* mond on Saturday, August 24, 2019 from 6:00 to 11:00 at the High School, Saturp.m.

and \$40 for a couple. Drinks that would like to take a tour and food will be available at since it has changed someyour own cost.

Please mail your payments to: Kim Bailey Hall, 501 Turpin Rdg, Irvine, KY Bailey Hall 859-582-8249, 40336 OR Drop it off in a Susie Thomas Woosley 859sealed envelope with Kim 806-5803, Mona Barnes

The Estill County High gmail.com or PayPal link is

We are also going to meet day morning from 11:00 The cost is \$20 for a single a.m. - 1:00 p.m. for anyone what since we were there.

If anyone has any questions, please contact: Kim Hall's name on it at the Citi- Powell 606-975-2589, Tom Club will meet Tuesday, Estill County Lions Club zens Guaranty Bank Main Webster 859-200-0389, Sept. 3rd and on the first and is part of Lions Club Inter-

### Thursday, August 29th at 12:00 Noon **Basic Home Improvement**

Do you feel panic, insecuri- welcome to join this lesson ty and basically overwhelmed presented by Whitney Hilterwhen things break in your bran, Scott County Family & home? Finding someone to Consumer Sciences Agent, on make repairs is an almost im- Thursday, August 29, 2019 at possible task without mention- 12:00 noon at the Estill Couning the expense.

pairs. This class will address of handouts available. common problems with easy DIY solutions. Everyone is opportunity provider.

ty Cooperative Extension This is the perfect course Service. The program is free for homeowners trying to and open to the public. Please save money, time and stress register by calling 606-723while dealing with home re- 4557 so we will have plenty Estill Extension is an equal

### Saturday, August 31st at 12:00 Noon **Profitt Family Annual Reunion**

The annual reunion of the Profitt. family of James and Elizasoutheast of Furnace, for the everyone who attends. descendants of James and Elizabeth Betsy "Pop" Crowe tend!

All friends and family are beth Crowe "Pop" Profitt will invited to come, enjoy a potbe held the Saturday before luck lunch, and spend the day. Labor Day on August 31, There will be hat contests for 2019 at Carl and Teddie Mc- both adults and children, so, Intosh's "Shelter Valley," just wear your best. Also, door off the Watson Ridge Road, prizes are given out to nearly

Everyone is welcome to at-

### Saturday, August 31st at 1:00pm

### Annual Mansfield Family Reunion

The annual Mansfield Re- ship hall. Lunch will be served August 31, 2019, at the Sand- friends are welcome. Bring a hill Christian Church fellow- covered dish and join us.

union will be held Saturday, at 1:00 p.m. All family and

### Sunday, September 1st at 1:00pm **Crowe & Carroll Reunion**

The Crowe-Carroll family reunion will be held at the served around 1:00 p.m. so Crowe Picnic Shelter on Stacy bring a dish or two of some-Lane on Sunday, September 1, thing good to eat or drink to 2019.

Potluck dinner will be share. Hope to see you there.

### Sunday, September 1st at 2:00pm Amvets Post 67 in Clay City

p.m. Also, everyone is invited call 606-663-0071.

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

### Tuesday, Sept. 3rd at 6:30pm Estill County Lions Club

The Estill County Lions Main Street at 6:30 p.m. Office drive thru at 25 River Connie Crawford Hall 606- third Tuesday of every month national, with 1.35 million

## **Kitchen Diva** Back-to-School Lunches That Won't Bust Budget

Back-to-school shopping can blow up a household budget. Sometimes the only way a family can save money is by monitoring what it spends each week on groceries.

I've got some great ideas for starting off the new school year by shopping on a budget for your weekly work-and-school lunches. Try using some of these tips each week, and soon you should see some relief in your grocery bills while creating healthy, food-safe lunches for the whole family!

\* Invest in a good lunch container: Choose an insulated bag and freezer packs to keep food at a safe temperature.

\* Use washable and reusable containers: Avoid using plastic sandwich baggies. Buy containers in a variety of sizes to fit your lunchbox needs.

\* Buy in bulk: Avoid single-serve packaging. You save money when you buy food in bulk and pack it yourself into single servings. Buy a large container of yogurt or pudding, and use 4-ounce containers to pack your own. Buy a block of cheese and cut it into cubes or shred it. Buy crackers in boxes, rather than individual packages.

\* Do it yourself: Look beyond lunch meat. Slice your own meat or grilled chicken breast and cut it into strips or cubes. Avoid prepackaged lunches, since they are high-priced.

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

\* Buy what's on sale and use coupons: Get whatever is on sale each week and work it into a menu.

\* Buy store-brand food: And be sure to compare unit prices.

\* Look high and low: Bargains are usually on the top or bottom shelves, not at eye level.

\* Plan ahead: Make a list when you go to the store. The more time you spend in a store, the more money you spend.

\* Include the five food groups: 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.

\* Select protein foods wisely: Use lean meat like chicken or turkey breast, hard-boiled eggs, tuna packed in water, beans or peanut butter. Protein in every meal helps keep blood sugar steady.

\* Buy fruits and vegetables in season and serve them creatively: Examples include baby carrots with yogurt dip or other cut vegetables with low-fat dip or hummus.

\* Shelve sliced bread: When making sandwiches, use whole-grain bagels, whole-grain pita pockets or wholewheat tortillas.

\* Rethink side items: Instead of that bag of chips, choose carrots sticks, celery sticks with peanut butter and raisins, apple slices with peanut butter, fruit salad, whole fruit, raisins or pretzels.

\* Choose low-fat or fat-free dairy: Yogurt, milk and cheese are great calcium and protein sources.

\* Think beyond the cookie: For dessert, try wholegrain graham crackers, ginger snaps, raisins, unsweetened applesauce, homemade muffins or fresh fruit.

\* Avoid drinks with calories and no nutrients: Pick a beverage that hydrates, like water, or choose low-fat or fat-free milk for additional protein, calcium and vitamin D. \* Add some fun touches: The traditional peanut butter and jelly sandwich can become pretty boring. Get a couple of cookie cutters and have kids cut the sandwich into different shapes. \* Include the kids: Take them along when grocery shopping. Let them pick one new fruit or vegetable each week that they would like to try. Then let them help prepare and pack their lunch. Try this money-saving recipe for my Rainbow Lunch Wraps. Purchase premade hummus and coleslaw mix to save time. You also can stretch your food dollars by serving any leftover hummus with the sliced vegetables as a snack, and combining any leftover coleslaw mix with a creamy low-fat dressing as a side salad.

Drive in Irvine. OR Send to 643-510 or Tina Fox Arvin Kim's email is khall218@ you all there!!

### Monday, Aug. 26th - 6:30pm **Democratic Executive Committee**

crat Executive Committee Street. will be meeting Monday, August 26th at 6:30 p.m. tion you can email Estilland the 4th Monday of every <u>countydemocrats@gmail</u>. month at the Estill County <u>com.</u>

The Estill County Demo- Public Library, 246 Main

For additional informa-

### Tuesday, August 27th -- 11am-12:30pm **Effective Communication Strategies**

Communication is more t Join us to explore how com- Cooperative Extension Ofmunication takes place when fice located at 230 Duncansomeone has Alzheimer's, non Lane in Richmond on learn to decode the verbal and Tuesday, August 27th from behavioral messages delivered 11am-12:30pm. Registration by someone with dementia, is required; please call 1-800and identify strategies to help 272-3900. Program provided you connect and communicate by the Alzheimer's Associaat each stage of the disease.

place at the Madison County tion.

The program will take

### Tuesday, August 27th at 5:30pm Irvine-Ravenna Woman's Club

an's Club meeting and picnic range of projects and prowill be Tuesday, August 27, grams throughout the years. 2019 at 5:30 p.m. at Tina coming club year.

ganization with the motto Tuesday evening to do a was organized in 1954 and and/or adults in the commuhas served the needs of the nity.

The Irvine-Ravenna Wom- community through a broad

Membership is open to all Caroland's home. The club women who are interested in will be making plans for the service in an atmosphere of fellowship. Become a volun-The lrvine-Ravenna teer and make new friends. Woman's Club is a civic or- The club meets on the 4th "Committed to Service". It hands on activity for children

### Tuesday, August 27th at 6:00pm **RCP Membership & Annual Meeting**

having its membership drive/ an update on the Mack Theannual meeting in the Steam atre. Engine Pizza Pub Session

River City Players will be 2019, 6 p.m. Please join us for

Meal on your own. RCP will Room on Tuesday, August 27, provide drinks and dessert.

at the Irvine First Christian members in 205 countries Kim Hall's PayPal account. 606-975-0171. Hope to see Church meeting room on around the world.

### Friday, September 5th at 9:00am Retired Co. C Guard Breakfast

and former National Guard Sept. 5th, and on the first Frimembers of Charlie Com- day of each month at 9 a.m. pany 1/149th, there will be a breakfast at Cracker Bar- come. Hope to see you there!

Attention: All retired rel, in Richmond, on Friday, All are invited and wel-

### Thursday, September 5th at 4:00pm Madison Caregiver Support Group

The Madison County Caregiver Support Group will take safe, supportive environment place at Active Day located to allow family members, at 928 Commercial Drive friends, caregivers, and other in Richmond on Thursday, interested individuals to meet September 5th at 4pm. For regularly for mutual support more information, please call and to exchange coping skills Jeannice Ledford at 859-625-9977. Program provided by relating to Alzheimer's disthe Alzheimer's Association.

A support group provides a with one another in matters ease and related dementias.

### Tuesday, Sept. 11th, 5:30pm **Estill Democrat Woman's Club**

Estill County Democrat month at the Estill County Woman's Club will meet on Golf Club from 5:30-7 p.m. Tuesday, August 13th and the second Tuesday of each can make a difference.

Come, join us. Together we

### Tuesday, Sept. 11th @ 7:00pm **DAV Chapter 94, Estill County**

DAV Chapter 94 will be nection, you are welcome. meeting at 7 p.m., August 13th and the second Tuesday more information. of each month at Estill County Senior Citizens Center, off would appreciate your at-Stacy Lane.

If you are a veteran with 10 rounding counties are also percent or more service con- welcome.

### Saturday, September 28th MSM Craft & Vendor Fair

urday, September 28th at the Sparks @ (606)975-0764.

The 5th Annual Main Estill County Fair Grounds. Street Market Craft & Ven- Anyone wanting to host a dor Fair will be held on Sat- booth please contact Brittany



### **RAINBOW LUNCH WRAPS**

4 tablespoons hummus

2 (8 inch) whole-wheat tortillas

1/2 cup shredded coleslaw veggie mix or any combination of thinly sliced crudite, like carrots, celery, zucchini or red bell pepper sticks (like those used for dipping)

3 tablespoons finely chopped sweet onion

6 cucumber rounds, thinly sliced

2 tablespoons balsamic vinaigrette

1. Spread hummus evenly over each tortilla. Layer each tortilla with equal amounts of coleslaw mix or the sliced vegetables, onion and cucumber slices. Drizzle with vinaigrette.

2. Roll up tightly, slice diagonally and place in a reusable container for lunch or in the refrigerator if preparing ahead of time. Makes 2 wraps.

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 <u>www.divapro.com</u>. To see how-to videos, reci-pes 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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Call 1-606-663-2504 for We are veterans and we

tendance. Veterans from sur-