

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, August 15th at 3:00pm

Four Seasons Garden Club

“Orchids” will be the topic of the Four Seasons Garden Club’s program on Thursday, August 15. The Club will meet at Patti Reese’s home at 3 p.m. Updates will be given on the club’s summer projects: county fair flower show, clearing of the row of trees of brush/weeds at the Old Irvine Cemetery on River Drive, and the planting of the perennial

flower bed for the Kentucky Steam Heritage Corporation in Ravenna.

The Four Seasons Garden Club is a member of the National Council of State Garden Clubs, Inc. and invites anyone interested to join as we celebrate our 70th year anniversary. For more information contact Francine Bonny, club president.

Thursday, August 15th at 5:00pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club will meet Thursday, August 15 at 5:00 p.m. at Steam Engine Pizza. Members will have an in-house auction. All proceeds will go toward the

Estill County High School Band. New members are welcome. Anyone interested can contact any Kiwanis member. “Kiwanis—it does a community good.”

Friday, August 16th at 7:30pm

“Back to School” Movie Night

Irvine Nursing and Rehab is having a “Back to School” Movie night on Friday, August 16, beginning at 7:30 p.m.

The movie to be shown is Dumbo.

The event will be held in

the back parking lot of Irvine Nursing and Rehab Center.

Please bring your own chair. Concessions will be available to purchase.

Please call 723-5153 with any questions.

Saturday, August 17th at 1:00pm

Annual Harrison Family Reunion

The annual Harrison reunion will be held Saturday, August 17, 2019 at 1:00 p.m. at the South Irvine Christian Church fellowship hall.

Please bring your favorite dishes and drinks. Utensils and table products will be supplied. We hope to see everybody.

Through August 18th at 2:00pm

Art Council Exhibit at Library

The Estill Arts Council will be sponsoring an Art Exhibit at the Estill County Public Library which continues until August 18th. This exhibit is open to Arts Coun-

cil members and the community as well.

If you want more information now, contact Michele Benton atwebenton@yahoo.com.

Tuesday, August 20th at 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, August 20th 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.

Tuesday, August 20th at 6:30pm

Estill Arts Council To Meet

The monthly meeting of the Estill Arts Council will be held at the Estill County Public Library meeting room at 6:30 p.m. on Tuesday, August 20th. All current and prospec-

tive members are invited to attend.

Remember to stop by the Estill County Public Library and view our Art Exhibit until August 18th.

Saturday, August 24th at 6:00pm

ECHS Class of 1979 Reunion

The Estill County High School Class of 1979 will be having their 40-year-reunion at Gillum’s Sports Lounge at 830 Eastern Bypass in Richmond on Saturday, August 24, 2019 from 6:00 to 11:00 p.m.

The cost is \$20 for a single and \$40 for a couple. Drinks and food will be available at your own cost.

Please mail your payments to: Kim Bailey Hall, 501 Turpin Rdg, Irvine, KY 40336 OR Drop it off in a sealed envelope with Kim Hall’s name on it at the Citizens Guaranty Bank Main Office drive thru at 25 River Drive in Irvine. OR Send to Kim Hall’s PayPal account. Kim’s email is khall218@

gmail.com or PayPal link is PayPal.me/classreunion79 OR you can pay at the door that night. *If check, make payable to Class of 1979*

We are also going to meet at the High School, Saturday morning from 11:00 a.m. – 1:00 p.m. for anyone that would like to take a tour since it has changed somewhat since we were there.

If anyone has any questions, please contact: Kim Bailey Hall 859-582-8249, Susie Thomas Woosley 859-806-5803, Mona Barnes Powell 606-975-2589, Tom Webster 859-200-0389, Connie Crawford Hall 606-643-510 or Tina Fox Arvin 606-975-0171. Hope to see you all there!!

Monday, Aug. 26th - 6:30pm

Democratic Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, August 26th 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, August 27th -- 11am-12:30pm

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 Duncan Lane in Richmond on Tuesday, August 27th from 11am-12:30pm. Registration is required; please call 1-800-272-3900. Program provided by the Alzheimer’s Association.

Tuesday, August 27th at 6:00pm

RCP Membership & Annual Meeting

River City Players will be having its membership drive/annual meeting in the Steam Engine Pizza Pub Session Room on Tuesday, August 27,

2019, 6 p.m. Please join us for an update on the Mack Theatre.

Meal on your own. RCP will provide drinks and dessert.

Thursday, August 29th at 12:00 Noon

Basic Home Improvement

Do you feel panic, insecurity and basically overwhelmed when things break in your home? Finding someone to make repairs is an almost impossible task without mentioning the expense.

This is the perfect course for homeowners trying to save money, time and stress while dealing with home repairs. This class will address common problems with easy DIY solutions. Everyone is

welcome to join this lesson presented by Whitney Hilterbran, Scott County Family & Consumer Sciences Agent, on Thursday, August 29, 2019 at 12:00 noon at the Estill County Cooperative Extension Service. The program is free and open to the public. Please register by calling 606-723-4557 so we will have plenty of handouts available.

Estill Extension is an equal opportunity provider.

Saturday, August 31st at 12:00 Noon

James & Betsy Profitt Reunion

The annual Profitt Reunion will be held the Saturday before Labor Day on August 31, 2019 at Carl McIntosh’s “Shelter Valley,” just off the Watson Ridge Road southeast of Furnace for the descendants of James and Elizabeth

Betsy “Pop” Crowe Profitt.

Tipton Ridge neighbors and any other related families are welcomed and urged to attend, bring a potluck lunch, soft drinks and enjoy the afternoon.

Saturday, August 31st at 1:00pm

Annual Mansfield Family Reunion

The annual Mansfield Reunion will be held Saturday, August 31, 2019, at the Sandhill Christian Church fellow-

ship hall. Lunch will be served at 1:00 p.m. All family and friends are welcome. Bring a covered dish and join us.

Sunday, September 1st 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.

Friday, September 5th at 9:00am

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 Bar-

rel, in Richmond, on Friday, Sept. 5th, and on the first Friday of each month at 9 a.m.

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

Tuesday, Sept. 11th, 5:30pm

Estill Democrat Woman’s Club

Estill County Democrat Woman’s Club will meet on Tuesday, August 13th 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, Sept. 11th @ 7:00pm

DAV Chapter 94, Estill County

DAV Chapter 94 will be meeting at 7 p.m., August 13th 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 con-

nection, 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.

Saturday, September 28th

MSM Craft & Vendor Fair

The 5th Annual Main Street Market Craft & Vendor Fair will be held on Saturday, September 28th at the

Estill County Fair Grounds. Anyone wanting to host a booth please contact Brittany Sparks @ (606)975-0764.

Kitchen Diva

Yes, Your Kids Will Eat Veggies, and Like It!

This is one of my dear friends’ first year as an elementary school teacher. She’s also the mother of two boys. Not only does she have to prepare a healthy school lunch and snacks for herself, she also must pack lunches and snacks that her kids will love. I’m sure that this is a common dilemma for working parents with school-aged children.

Proper nutrition is a key ingredient for school success because it fuels brain cells and gives your child the energy and nutrients needed for optimal learning. Packing your child’s lunch and preparing healthy snacks lets you know exactly what they’re eating.

The biggest struggle that most parents face is getting their children to eat more vegetables. A 2013 study published in the Journal of the Academy of Nutrition and Dietetics found that adding herbs or spices to a reduced-fat dip increased a child’s willingness to eat veggies. The portion-controlled 3 1/2 tablespoon dips served to the kids had 50 calories, 4 grams of fat and 90 milligrams of sodium.

Preschool children ages 3 to 5 years told researchers from the Center for Childhood Obesity Research at Penn State University that they liked veggies more when paired with a favorite flavored dip compared with eating a veggie without a dip or with a plain dip. Thirty-one percent of kids liked a veggie alone, while 64% liked a veggie when it was served with their favorite dip. In addition, just 6% of kids refused the vegetable when served with a flavored dip, compared with 18% who refused the veggie without any dip.

During a second experiment, researchers found that kids ate significantly more of a previously rejected or disliked vegetable when it was offered with a favorite reduced-fat herb dip than when it was offered alone.

Once you find a dip recipe that your child enjoys, you can use it as a sandwich dressing too. Dips can be prepared from two days up to a week in advance. Package the dip and a few colorful and crunchy vegetables like zucchini, squash, cucumbers, cauliflower, red bell pepper, broccoli, carrots and celery in a reusable container with compartments and an air-tight lid. This will allow you to prepare everything for school lunches ahead of time and have a “grab and go” snack when needed.

Try these simple recipes for my athlete-friendly Protein-Packed Veggie Dip and my Herb and Spice Ranch Dip. You’re guaranteed to increase the quantity of vegetables your family eats each week by serving these dips!



Photo Credit:
DepositPhotos

PROTEIN-PACKED VEGGIE DIP

This is the perfect dip for adults and children involved in sports and other athletic activities. Cottage cheese is packed with casein, a slowly absorbed protein that helps you feel fuller for longer periods of time, promotes muscle gain, improves bone health, provides antioxidant protection and helps prevent muscle breakdown. Cottage cheese has relatively few calories and contains many nutrients like B vitamins, calcium, phosphorus and selenium. It also helps to reduce the risk of developing insulin resistance related to diabetes and heart disease.

1 (16-ounce) container low-fat cottage cheese
2 tablespoons low-fat mayonnaise
3 tablespoons finely chopped parsley
1/4 cup finely chopped red onion
1/4 teaspoon salt

1 teaspoon ground black pepper

In a small bowl, combine cottage cheese, mayonnaise, parsley, onion, salt and pepper. Stir well, chill, and serve with cut up raw vegetables. Makes 2 1/2 cups.

HERB AND SPICE RANCH DIP

You can easily double or triple this recipe so you’ll always have some available to use as a dip, salad dressing or as a sandwich spread. Store it in an air-tight sealed container in the refrigerator for up to a week.

3/4 cup low-fat mayonnaise
3/4 cup low-fat sour cream
1/4 teaspoon dried dill weed
1/2 teaspoon dried parsley
1/2 teaspoon dried chives
1/2 teaspoon granulated garlic or garlic powder
1/4 teaspoon granulated onion or onion powder
1/8 teaspoon kosher salt
1/8 teaspoon ground black pepper
1-3 teaspoons fresh lemon juice or white vinegar, to taste

Combine all ingredients in a small bowl. Whisk to combine. Cover and refrigerate until ready to serve. Stir well and serve with cut up raw vegetables. Makes 24 (1 tablespoon) servings, about 1 1/2 cups.

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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