

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>

Thursdays, 7-8:30pm

Estill Chorus Practice

Estill Chorus rehearsals have begun! Join us now and be a part of the fun as we prepare for the annual Christmas Concert.

Thursdays, 7:00 - 8:30 p.m. in the fellowship hall of the First Christian Church on Main Street in Irvine.

There is no audition. Everyone welcome!

Fridays, 6:00 to 8:00pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine

Anyone who plays an Appalachian Dulcimer or anyone who is interested in playing one is welcome to attend.

Thursday, September 19th @ 6pm

Chia to be presented as an herb

The Garden Thyme Herb Club will meet on Thursday, Sept. 19, at 6 p.m. in the fellowship hall of New Beginning Church.

"Ch-Ch-Chia" is the program for the month and will be presented by Betsee Redden.

Chia is an herb, a member of the mint family. Chia seed is considered a

superfood. The leaves of chia are edible.

Chia has no known allergens and is gluten-free. Chia gel, a mixture of chia seed and water, can be used in cooking as oil and egg substitutes.

For more information, please call (606) 723-3096.

Everyone is welcome.

Thursday, September 19th @ 5pm

Four Seasons Garden Club

The Four Seasons Garden Club's meeting will be Thursday, September 19, 2013 at 5 p.m. at the Estill County Public Library, 246 Main Street in Irvine.

The program will be "Preparation for Fall Splendor in the Garden Begins with Spring Preparation."

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.

The Four Seasons Garden Club is a member of the National Council of State Garden Club, Inc.

Thursday, September 19th @ 5:30pm

Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, September 19, 2013 at 5:30 p.m. at Michael's Restaurant.

The program will be an-

house auction. New members are always welcome.

The Kiwanis Club has over 90 years of service to our community.

Saturday, September 21st @ 9am

McKinney & Harris Reunion

The McKinney & Harris Family Reunion will be held Saturday, September 21, 2013, 9am-? at Irvin McDowell Park on Lancaster Avenue in Richmond. Lunch will be potluck. This is for the friends

and family of Virgil & Hattie Harris McKinney. Everyone is welcome to attend.

For more information, contact Ray McKinney at 859-623-4866 or Patty McKinney Turpin at 859-624-0879.

Saturday, September 21st @ 12 Noon

McKinney & Harris Reunion

The descendants of Jesse and Cora Hall Lutes will be having their annual reunion on Saturday, September 21, 2013 at 12:00 Noon at Bethel Christian Church's fellowship hall at Fox.

There will be special music, games and a lot of fun. All relatives and friends are welcome. Bring a covered dish and drinks. Come and spend the day. Bring any old photos.

Monday, September 23rd @ 6pm

World Crafts Party For Poverty

A World Crafts Party for People in Poverty will be held Monday, September 23, 2013 at 6:00 p.m. at Williams Memorial Baptist Church in Ravenna.

One of a kind handcrafted pieces will be available to help to help people in poverty around the world.

Everybody is welcome to attend.

Monday, September 23rd @ 1pm

Eating Right for a Healthier You

It's no secret that good nutrition can have a positive impact on health. A healthy diet that includes whole grains, fruits, vegetables, legumes, nuts, and seeds can protect against chronic illnesses, such as type 2 diabetes, cardiovascular disease and certain cancers. Healthy eating includes nuts and seeds which contain plant protein and phytonutrients. Phytonutrients have disease fighting properties.

The Estill County Extension Homemakers will offer a Leader Training entitled,

"Eating Right for a Healthier You: Nuts and Seeds." Participants will learn the healthy benefits from nuts and seeds, proper selection and storage, and taste test healthy recipes.

This program will be held on Monday, September 23rd, at 1:00 p.m. at the Estill County Extension Office. The lesson will be taught by Jennifer Howard, Clark County Extension Agent for Family and Consumer Sciences.

Everyone is invited to attend.

Equal Opportunity Provider

Thursday, September 24th, 7pm

River City Players Theater Group

Everyone is welcome to attend River City Players community theater group monthly meeting on Tuesday, Septem-

ber 24, 2013. The meeting will be held in the Estill County Library community room at 7 p.m.

Thursday, September 26th, 6-8pm

2nd Community Baby Shower

The Estill County Diabetes Coalition is sponsoring our 2nd Annual Community Baby Shower for parents who are expecting or have a child under two years old.

The shower will be held Thursday, September 26th, 6-8 p.m. at the Estill County Extension Office, 76 Golden

Court (off Stacy lane Road) in Irvine. This is a FREE event!! Dinner provided!! Many local agencies will be there with giveaways and program information!! Door prizes!! Guest speakers!!

For more information, contact Courtney Barnes at 723-5181.

Saturday, September 28th

Rosses Creek Annual Reunion

The Rosses Creek annual picnic will be held Saturday, September 28, 2013 at the old school building.

Bring a covered dish or more, soft drinks, and a lawn

chair. We will have plenty of Gospel Singing and plenty of fun.

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

Sunday, September 29th @ 1pm

Stone Reunion At Clay City

The annual Stone Reunion will be held on Sunday, September 29, 2013 at the Clay City Community Center in Clay City, Kentucky.

Bring a basket lunch and join us for great food and fel-

lowship. 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. Everyone is welcome to attend.

Sunday, September 29th @ 1pm

Annual Dunaway Reunion

The annual Dunaway Reunion will be held Sunday, September 29, 2013, at 1:00 p.m. at the Irvine Masonic

Lodge on Broadway.

Meal will be potluck. Bring a covered dish and enjoy the day with friends and family.

Tuesday, October 1st @ 6pm

Estill Historical Society Meeting

The Estill County Historical and Genealogical Society will be meeting at 6 p.m. on October 1, 2013, at the Estill Springs.

This meeting will be held with the Red River Historical Society. A presentation by Nelle Williams will be at the Springs.

Old Time Day will be held on Saturday, October 12, 2013. Again this year, there will be music and various craft demonstrations. If anyone would like to demonstrate an early American craft, please contact Diane Arthur at 723-2636. Soup beans, corn bread

and dessert will be served for a small charge.

If anyone has pictures that they would like to have considered for the 2014 calendar, please bring them to the Historical Museum on Broadway on any Saturday between 10 a.m. and 4 p.m. If anyone out of town would like to send a copy of a picture, please send it to The Estill County Research Library and Museum, 133 Broadway, Irvine, KY, 40336. The picture needs to be a copy, which is non-returnable. Pictures need to be submitted by the end of October.

Saturday, October 12th

Extension Homemaker Trip

The Estill County Extension Homemakers has planned a fall day trip to Nashville, Indiana (Brown County) on Saturday, October 12th.

We will leave from Irvine around 7:00 a.m. Upon arrival we will browse the many shops that this town has to offer and enjoy the fall foliage. Lunch is

included at the Brown County Inn. The cost of the trip will be \$71.00.

We will depart around 3:00 p.m. and arrive back in Irvine around 7:00 p.m. Call the Estill County Extension Office (723-4557) to reserve your seat today.

Saturday, October 12th @ 12:30 p.m.

Old Landing Community Reunion

The Old Landing Reunion will be held Saturday, October 12, 2013 at the Shriners' Club on Fairground Ridge Road in Beattyville, Ky.

Please bring a dish or two for the potluck meal, and

drinks and desserts.

Lunch will be served between 12:30 and 1 p.m.

All friends and family are welcome. For more information, please call Dextral Horn at (606) 726-9163.

Friday, October 18th @ 6:30pm

CKY World War II Roundtable

The bi-monthly meeting of the Central Kentucky World War II Roundtable will be Friday, October 18, 2013 at 6:30 p.m. at Ryan's Restaurant in Richmond.

Eastern Kentucky University ROTC administrator and

professor Lt. Col. Ralph Hudnall will give a presentation entitled, "The Battle of Kasserine Pass in North Africa."

If you have questions, please call Phillip Seyfrit at 859-623-8979.

Wednesday, October 23rd @ 11am

IHS Class of '47, '48 Reunion

The annual reunion of Irvine High School Classes of 1947 and 1948 will be held at 11:00 a.m. on Wednesday, October 23, 2012 at Michael's Restaurant in Ravenna.

Members and/or friends interested in attending, please contact Wanda Wilson (723-2418), Juelma Blackwell (723-3416) or Eugene Bush (723-3662).

Kitchen Diva

Eating to Win

by ANGELA SHELF MEDEARIS

Whether you're a weekend warrior or actively participate in sports, you need to eat to win. Eating for performance is often overlooked by athletes. A peak-performance diet is very similar to a normal, healthy diet. Carbohydrates, protein, fat and liquids are important components of a sports diet. Each of these nutrients should be included in your diet every day.

Carbohydrates

Carbohydrates should comprise about 60 percent of your daily diet. Carbs are the energy source for your muscles and brain. In fact, your brain uses only carbs for energy. Without enough carbs, your body will break down protein, like your muscles, to fuel your activity. Foods with carbs include vegetables, fruit, dairy products, grains, breads, pasta, rice and crackers. Try adding more whole grains to your diet, like whole-grain bread, whole-wheat pasta, brown rice and grains like barley and popcorn.

Protein

Most athletes need approximately 4 to 8 ounces of protein each day. Protein is important for recovery, repair of damaged tissue and aids in many of your body's functions. The increased calories that athletes consume usually supply plenty of protein. Look for low-fat and lean protein sources. Cuts of meat with the words "round" and "loin" are lean protein sources, as are chicken, legumes, nuts, seeds and soy products like tofu.

Fat

Although it might not seem like it, fat is an important part of the diet. Fat supplies energy, helps cushion the shock of falls, is a storage place for certain vitamins, regulates body temperature and provides essential compounds for your body. There are different types of fats, like saturated fat, trans fat, monounsaturated fat, polyunsaturated fat and omega-3 fatty acids. Not all fats are created equal.

Mono and polyunsaturated fats and omega-3 fatty acids have minimal effects on cholesterol and can be thought of as good fats. In fact, omega-3 fatty acids have been shown to increase HDL, which is the good cholesterol. Foods like walnuts, olives, avocados, salmon, herring, mackerel and plant oils like olive oil, canola oil, soybean oil, sunflower and safflower oil contain these good fats. Saturated fats from animal products and trans fats found in foods with hydrogenated oils should be avoided.

Hydration for Athletes

Staying hydrated is just as important as what you eat during training. Drink at least one cup of water for every 20 minutes you compete or work out. Green tea has powerful benefits to help repair broken capillaries and revive the body. Low-sugar sports drinks during or after competition are good for hydration. Typically, one sports drink is effective in replacing lost sodium, potassium and electrolytes.

My recipe for Spicy Herbed Blue Cheese Steak is a delicious "performance" or family meal that is easy to prepare. It's great as a main course, or sliced and placed on top of a salad or in a whole-wheat tortilla.

(Additional information provided by Jessica Kovarik, R.D., L.D., Extension Associate, Nutrition and Exercise Physiology, University of Missouri Extension.)



BLUE CHEESE HERB AND PEPPER STEAK

Blue Cheese topping:

3 tablespoons crumbled blue cheese (Roquefort, Stilton, Gorgonzola or Maytag)
1/4 cup baby spinach, raw and sliced into ribbons
1/4 cup sliced brown (baby bella) mushrooms, chopped finely

2 cloves garlic, chopped finely
1/2 teaspoon salt
1/4 teaspoon nutmeg

Steak:

2 teaspoons of black, red or pink peppercorns
1 (12 ounce) beef fillet, cut into four (3 ounce) steaks
1 teaspoon salt
1 tablespoon Italian Seasoning

1. Preheat oven to 375 F. In a small bowl, combine blue cheese, spinach, mushrooms, garlic, salt and nutmeg. Mix until ingredients are well-combined. Cover and refrigerate.

2. Spread the cracked peppercorns onto a piece of waxed paper or parchment paper. Fold the paper over the peppercorns. Press a cast-iron skillet or heavy-bottomed saute pan on the peppercorns, rocking the pan back and forth to crack them. Place the cracked peppercorns on a plate. Pat the meat dry on both sides with paper towels. Season with salt and Italian Seasoning.

3. Roll the steak in the peppercorns to coat on all sides. Place a cast-iron skillet or heavy-bottomed ovenproof saute pan over moderately high heat. Do not use nonstick cooking spray or any type of oil to prepare the pan.

4. Place the steaks into the hot, dry pan. Do not crowd the steaks so that they will sear, not steam. Sear the top and bottom of each steak, 1 to 2 minutes per side, without moving the meat. The meat will release easily once completely seared; any resistance and it's not done yet. The steak should have a crispy, well-caramelized crust on the top and bottom.

5. Place 1 tablespoon of the blue cheese mixture on top of each steak and transfer the pan to the oven. Roast 6 to 7 minutes for rare, 7 to 8 minutes for medium. Serve immediately. Serves 4.

Angela Shelf Medearis is an award-winning children's author, culinary historian and 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 and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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