

# 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>

**Wednesday, September 24th @ 2pm**

## Legal & Financial Planning

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. A program about Alzheimer's will be held on Wednesday, September 24th from 2-4:30 p.m. at the Madison County Public

Library located at 507 West Main Street, Richmond. Registration is required. Please contact 1-800-272-3900 or e-mail infoky-in@alz.org.

Guest speakers will be Carolyn Kenton Bluegrass Elderlaw and Loretta Henderson of the Bluegrass Area Agency on Aging.

**Thursday, September 25th @ 7pm**

## Estill County Community Chorus

The Estill County Community Chorus has begun rehearsals for their Christmas Concert, Thursdays at 7 p.m. at First Christian Church, Main Street, Irvine. Everyone is welcome! Auditions are not required. Rehearsals will be every Thursday night, except during Thanksgiving. We had 17 come to our first rehearsal and there is room for more.

Carol Anne Wilson is Directing with Nancy Farmer as the accompanist. Ann Siudmak is assisting with rehearsals as needed.

We are asking all former members to come back and sing with us for this very special Christmas Concert which will feature Christmas Favorites that have been sung over the past years.

**Thursdays @ 6pm, 6:45pm & 7:30pm**

## Beginner & Intermediate Clogging

New Clogging lessons just starting on Thursday nights at Infinity Fitness and Spa on Bond Street in West Irvine. Beginners starts at 6 and beginners plus is at 6:45.

Intermediate starts at 7:30. Five dollars a night. Richard McHargue is giving lessons. Clogging is great exercise for all ages little kids on up. Hope to see you there.

**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, for anyone who plays an Appalachian Dulcimer or anyone

who is interested in playing one is welcome to attend.

The Appalachian Dulcimer was designated as the official state instrument of Kentucky in 2001.

**Saturday, September 27th**

## Rosses Creek Annual Picnic

The Rosses Creek annual picnic will be held Saturday, September 27, 2014 at the old school building.

Everyone is invited to attend. Bring a covered dish, a

soft drink, and a lawn chair. We will have plenty of Gospel Singing and plenty of fun.

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

**Sunday, September 28th @ 1pm**

## Annual Dunaway Family Reunion

The annual Dunaway Reunion will be held on Sunday, September 28, 2014 at the Irvine Masonic Lodge on

Broadway.

Dinner will be potluck and served around 1 p.m. Everyone is welcome to attend.

**Sunday, September 28th @ 1pm**

## American Legion District Meeting

American Legion Post #79, Millers Creek Road, will be hosting the American Legion

district meeting on Sunday, September 28, 2014, 1 p.m. Lunch will be served.

**Sunday, September 28th @ 1:00pm**

## Annual Stone Family Reunion

The annual Stone Reunion will be held on Sunday, September 28, 2014 at the Clay City Community Center in Clay City, Kentucky. Bring a basket lunch and join us for

great food and fellowship. Table service (plates, forks, etc.) will be provided. Lunch will be served at 1:00 p.m. Friends and relatives are invited. Please mark your calendars.

## BODY FITNESS CLASSES

The FALL SESSIONS of the BODY FITNESS EXERCISES CLASSES led by Sister Loretta Spotila, RN, will begin on Monday, September 29, 2014. These classes use gentle exercise and movement and are designed to build strength and flexibility.

Classes will be held in the Gym of the Central Office Building on Main Street. Parking available in the rear of the building. Class times are Monday & Wednesday from 9:30 a.m. to 10:30 a.m. For more information, call 723-8505.

**Monday, September 29th @ 6pm**

## WorldCrafts Party At Williams Memorial

A WorldCrafts Party will be held on Monday, September 29, 2014, at 6 p.m. at Williams Memorial Baptist Church in Ravenna.

When you purchase these handcrafted, fair-trade prod-

ucts from artisans spanning the globe, your purchase benefits people in poverty by providing both impoverished men and women and their families with a sustainable income with dignity.

**Tuesdays, 12:30-2pm**

## Family Planning Clinic Moved

The Estill County Health Department "Family Planning Clinic" has moved to Tuesday afternoons. Please

walk-in from 12:30 until 2:00 p.m. [Sep 30](#)

Call (606) 723-5181 if you have any questions.

**Wednesday, October 1st @ 11:15 am**

## Irvine High '47 & '48 reunion

The annual reunion of Irvine High School Classes of 1947 and 1948 will be held at 11:15 a.m. on Wednesday, October 1, 2014 at Michael's Restaurant in Ravenna.

Members and/or friends interested in attending, please contact Wanda Wilson (723-2418), Juelma Blackwell (723-3416) or Peg Wilson (723-2232).



A Veterans Benefits Field Representative will be at the National Guard Armory, 335 Cow Creek Road, Ravenna, on Thursday, October 2, 2014 and the first Thursday of each month. The hours are 1:30 p.m. until 3:30 p.m.

Veterans and their dependants will receive assistance filing for Federal and state veterans benefits. This service is provided free of charge by the Kentucky Department of Veterans Affairs. To apply, veterans need to furnish copies of pertinent documentation to verify eligibility. For further information, please call toll free within Kentucky, 1-866-376-0308, to speak with a Veterans Benefits Field Representative.

**Saturday, October 4th**

## Will Wise Toy Drive Roadblock

The Christian Worship Center Youth Group will be having a road block on Saturday, October 4, 2014, for the Will Wise Toy Drive.

Each year the toy drive provides toys to sick children

who are patients at Marcum & Wallace Hospital in Irvine, during the Christmas Season.

Thank you in advance to all who donate and, once again, fill up Will's truck and bring a smile to a sick child.

**Saturday, October 4th, 11am-5pm**

## Annual Rader/Raider reunion

The annual Rader/Raider Reunion will take place on Saturday, October 4, 2014 at Catalpa Park near Lake Reba, in Richmond. Festivities will take place between 11 a.m. thru 5 p.m., with food on the tables by 12:30 p.m.

Family and friends are encouraged to bring enough food and drinks to feed your family who will be attending.

Don't forget to also bring a gift for the door prizes & Family Auction. Hope to see you there.

**Saturday, October 4th @ 4pm**

## Stafford Lodge Family Dinner

Stafford Lodge #562 at Fitchburg would like to invite all members, their families, and their friends to attend our annual family dinner on Saturday, October 4, 2014 at

4:00 p.m. at the Lodge.

All other masons and their families are also welcome. Dinner is potluck so bring a dish and come join us.

**Saturday, October 4th @ 6pm**

## Forty & Eight Steak Dinner

The Forty & Eight will be having their annual steak dinner for members and guests on Saturday, October 4, 2014, at 6 p.m. at American Legion Post #79 on Millers Creek Road.

There will be door prizes and raffles and a 2014 Spider ATV 110 will be given away. *Forty & Eight was originally founded to represent a*

*different level of elite membership and camaraderie for leaders of the American Legion. Since 2008, membership has been opened to all honorable discharged veterans whether they are AL members or not but is by invitation only. The name "Forty & Eight" represents French railway box cars which American soldiers rode back and forth to the front during World War I. The cars carried 40 men or eight horses.*

**Tuesday, October 7th at Raders'**

## Estill County Lions Club

The Estill County Lions Club will meet on the first and third Tuesday of every month at Raders River Restaurant, under the Irvine Bridge. The meal is at 6:30 p.m. and business meeting begins at 7 p.m.

The Estill County Lions Club has been accepting applications for eye glass assistance, since Monday, September 1, 2014. Contact Jim Witt at 606-723-2500.

those who feel a call to make our community a better place through service to attend and learn about how Lions around the world earn our motto, "We Serve..."

The Estill County Lions Club has been accepting applications for eye glass assistance, since Monday, September 1, 2014. Contact Jim Witt at 606-723-2500.

**Tuesday, October 7th at 7pm**

## Estill Historical Society To Meet

The Estill County Historical and Genealogical Society will meet at 7 p.m. on Tuesday, October 7, 2014, at the Estill County Library, 246 Main Street in Irvine. There will be preparation for Old Time Day, which has been scheduled for Saturday, October 11.

Again, this year, at "Old Time Day", there will be the hit and miss engines, various craft demonstrations, and soup beans and corn bread at

the Estill County Research Museum on Broadway.

The 2014 calendar is now available at the Museum on Saturdays. There should be a correction in the calendar for the month of July: "Anne Rainey Clark" should be listed as "Nancy Ann Rainey Clark". The Estill County Pictorial History, WW II Book, the School Book, and the two volumes of the Cemetery Books are still available.

## Kitchen Diva

### It's Lunch Time!

by ANGELA SHELF MEDEARIS and GINA HARLOW

School is back in session -- and so is your daily lunch-making routine. A good lunch is a balanced one, formed around a dependable main course and punctuated with a solid supporting cast of nutrient-packed sides, a low- or no-calorie drink and even a little treat.

Don't worry if your child wants basically the same lunch every day. Just include these nutritious choices that we call the four elements to a perfectly packed lunch. Here are some tips that will keep your child's school mealtimes healthy and happy all year long!

#### Food Safety Tips

- Keep food preparation areas in the kitchen clean. Wash countertops, cutting boards, utensils and your hands in hot, soapy water. And don't let the family pet jump up on kitchen counters.

- After preparing lunches, remember to immediately return unused portions of perishable foods -- like cheeses, deli meats and mayonnaise -- to the refrigerator. Don't let them sit out on the counter.

- Make sure that cold foods are cold before packing them in a lunchbox. If possible, prepare the lunch the night before and store it in the refrigerator. (This also takes the edge off the mad morning rush!)

- Insulated lunch bags or boxes are the best way to keep food at a safe temperature until noon. Sandwiches made with refrigerated items such as luncheon meats, cheese and tuna salad should be carried in an insulated lunch bag with an ice pack or frozen juice pouch inside so sandwiches will stay extra cool.

- At school, instruct the kids to store their lunchbox out of direct sunlight and away from radiators or other heaters, if possible.

- Keep hot foods -- like soups, stews or chilies -- hot. In the morning, bring the food to a boil and then immediately pour into a hot, sterile vacuum bottle. (Sterilize the vacuum bottle with boiling water.)

Lunch foods that can be eaten at room temperature include: Peanut butter, Jams and jellies, Breads, crackers, cereals, Clean fruits and vegetables, Dried meats, such as beef jerky, Baked products, such as cookies and cakes, Canned meat or poultry products that are eaten immediately after opening.



#### Make Healthy Choices

In a nutshell, meats should be lean (no salami or bologna), breads should be whole-wheat and condiments should be used sparingly. Here are some ideas:

- A turkey or roast beef and Swiss sandwich on wheat bread with a drizzle of low-fat Italian dressing (instead of mayo) and loaded with produce, if you can get away with it! Shredded coleslaw mix (cabbage and carrots) is a great sandwich addition. It stays crisp, adds a nice crunch to a sandwich, and is high in vitamins A and K.
- Sliced ham, cheese and Triscuits
- PB&J (check your school's policy on nuts and nut products first) made on whole-wheat bread with a pure-fruit jelly like Smucker's Simply Fruit.
- Thermos of hot soup
- Grilled chicken breast
- Hard-boiled eggs
- Tuna or cubed chicken tossed with light mayo, mustard, celery and carrot

#### Lunch Sides With Substance

Only one in four kids consumes the recommended five servings of fruits and vegetables daily, so pack a lunch without produce and you're missing a golden opportunity to slip some much-needed nutrients back into their diets. As long as you have at least one piece of fruit or a serving of vegetables, adding a second crunchy snack is fine.

- Carrot sticks
- Celery sticks
- Triscuits
- Apple slices with peanut butter
- Fruit salad; banana, pear, peach, or any other whole fruit
- Almonds and raisins (mixed 50-50)
- Small bag of pretzel sticks or Goldfish pretzels

#### Drinks

Considering that many kids' beverages have nearly as much sugar per ounce as soft drinks, tossing the wrong drink in the lunchbox could translate into 3-5 extra pounds by the end of the school year. Drinks should be either zero- or low-cal (water, tea, diet drinks) or high in nutrition (milk, 100 percent juice). Here are the best picks, in descending order.

- Water
- Lightly sweetened iced tea, like Honest Tea
- Low-fat milk
- 100 percent juice drinks
- Low-calorie kids' drinks, like Minute Maid Fruit Falls and Tropicana Fruit Squeeze

Master this nutritious lunchbox mix, and your kid will be the envy of every mystery-meat-eating student in school!

(Excerpted from "Eat This, Not That! for Kids" by David Zinczenko.)

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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](http://www.divapro.com). Read Gina Harlow's blog about food, gardening and horses at [www.peachesandprosciutto.com](http://www.peachesandprosciutto.com). Recipes may not be reprinted without permission from Angela Shelf Medearis.

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