

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>

Tuesday, May 19, 6:30pm at Raders'

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, May 19th and on the first and third Tuesday of every month at Raders' River Restaurant. The meal is at 6:30 p.m. and business meeting begins at 7 p.m. Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world. We invite 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..."

Thursday, May 21st, 6-8pm

Garden Thyme Herb Club To Meet

The Garden Thyme Herb Club will meet Thursday, May 21 at 6 p.m. in the fellowship hall of New Beginning Church. The program will be presented by Carol Haller on straw bale gardening. Guests and members are invited to attend. For more information, please call 723-3096.

Thursday, May 21st, 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, May 21 at 5:30 p.m. at Michael's Restaurant. Donna Boshers will speak about her recent trip to Japan. Donations made by the club in April went to Relay for Life, Estill Flo Party, and the care of the old Irvine cemetery on River Drive. Persons dedicated to *improving the world one child and one community at a time* are welcome to become members.

Thursday, May 21st, 3:30pm

Four Seasons Garden Club

The Four Seasons Garden Club's meeting will be Thursday, May 21 at 3:30 p.m. at the Monarch Butterfly Garden at West Irvine School. Members will have a work session to spruce up the garden in anticipation of the Monarch Butterflies that will be passing through our area this summer. The object of the club is to stimulate the knowledge and love of gardening; 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.

Friday, May 22nd, 3:30-5:30pm

RCP Summer Camp Registration

River City Players' TECS project summer camp registration will be held at the Hardee's on Richmond Road, Friday, May 22nd, 3:30 to 5:30 p.m. and May 30th, 11 a.m. to 3 p.m. This tuition free camp is open to children and youth ages 7 to 18, and is limited to 40 campers. Pre-registration is required to participate. The Four Seasons Garden Club is a member of the National Council of State Garden Clubs, Inc.

Friday, May 22nd, 6-8pm

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, May 23rd @ 1pm

Annual Neal-Campbell Reunion

There will be a reunion of the families of the late Will and Sarah Elizabeth Neal and Art and Mattie Campbell. It will held at the Chestnut Stand Cemetery on Saturday, May 23. Dinner will be served at 1 p.m., and the meal is potluck. There will be singing on the mountain and a silent auction. Please bring items to be auctioned. Please come and spend the day with our kinfolks. For more information, call Lucille Neal Harrison t (606) 723-2246.

Saturday, May 23rd, 7-11am

Lions Club Spring Pancake Breakfast

The Estill County Lions Club will hold its 14th annual spring pancake breakfast on Saturday, May 23, 2015, from 7:00 'till 11:00 a.m. at the Irvine First Christian Church on Main Street. The menu includes pancakes, scrambled eggs, bacon, sausage, coffee, juice, and milk. Adult tickets are still \$5.00, children under 10 \$3.00. Come have a good breakfast and help Estill Countians with the gift of sight!

Sunday, May 24th @ 1pm

The Warner Family Reunion

The family of Zack and Ruby Richardson Warner, would like to invite all family and friends to join us on Sunday, May 24 at 1:00 p.m. for our yearly family reunion that will be held at the Bethel Christian Church picnic area on the Old Fox Road. Please bring a covered dish and drinks and join us.

Tuesday, May 26th @ 7pm

River City Players Membership Meeting

River City Players membership meeting is scheduled for May 26, 2015 at 7 p.m. in the Estill County Public Library community room. Everyone in welcome, please mark your calendar and make plans to attend. We have lots of news about past accomplishments and plans for future activities to share.

Thursday, May 28th @ 1:30pm

Telling Estill County's Story

River City Players is hosting the first "Telling Estill County's Story" (TECS) story circle May 28, 2015 at 1:30 p.m. in the Estill County Public Library community room. This session's story theme is Mountains - Rivers, Geological aspects. Come and share your stories and memories of this beautiful county we call home. Future story circle themes are Cultural Entertainment/Gathering, Railroads - Transportation, How we made/make a living, Stories centered on wartime; WWII, Korean, Viet Nam. If you have limited mobility and would like to participate in our story/history gathering project call Susan Hawkins at 606-723-5755.

Kitchen Diva

National Fruit and Vegetable Month

by ANGELA SHELF MEDEARIS

June is National Fresh Fruit and Vegetable Month. It's a great time to include more fresh vegetables and fruits in our diets. The latest Dietary Guidelines recommend that we all increase our vegetable and fruit intake. Fruits and vegetables provide a variety of nutrients, including vitamins, minerals and fiber, and they lower your risk of developing certain chronic diseases. They also are naturally low in calories, fat and sodium, which can help you maintain a healthy weight.

How many fruits and vegetables should you eat each day? The USDA's MyPlate recommendations are based on your calorie needs for your age, gender and activity level. For a 2,000 calorie diet, you should eat 2 cups of fruit and 2 to 3 cups of vegetables a day. To learn what your individual needs are, use the customized Daily Food Plan on the MyPlate website.

What counts as a cup of fruit or vegetables? In general, 1 cup of fruit or 100 percent fruit juice, or 1/2 cup of dried fruit counts as 1 cup from the fruit group; and 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered 1 cup from the vegetable group.

Before eating fresh fruits and vegetables, it is important to remember some basic food safety rules.

* Avoid bruised or damaged produce and keep it separate from raw meat, poultry and seafood.

* Perishable fresh produce, such as lettuce, herbs and mushrooms, and all cut or peeled produce should be stored in the refrigerator at 40 F or below.

* Wash your hands for 20 seconds with warm water and soap before and after preparing fruits and vegetables.

* Produce should be washed under running water (do not use soap) before eating, cutting or cooking. Then, cut away any damaged or bruised areas.

* Always wash cutting boards, dishes, utensils and counters between prep of raw meat, poultry or seafood and produce.

My recipe for Summer Fruit, Vegetable and Quinoa Salad is a meal in a bowl. It's perfect for lunch or dinner on a hot summer day, and it will keep for two to three days in the refrigerator.

(Additional information provided by Christeena Haynes, MS, RD, LD, former Nutrition and Health Education Specialist, Dallas County, University of Missouri Extension.)



Summer Fruit, Vegetable and Quinoa Salad

Quinoa takes this recipe from a delicious salad to a complete meal. The grain has been called a superfood because its protein content is very high for a cereal/pseudo-cereal. It's also a rich source of B vitamins, thiamine, riboflavin, vitamin B-6 and folate, and the dietary minerals iron, magnesium, phosphorus and zinc. It is gluten-free and considered easy to digest.

3 tablespoons extra-virgin olive oil
3 tablespoons apple cider or sherry vinegar

1 tablespoon honey or agave syrup
2 teaspoons Dijon mustard
1 teaspoon black pepper
1 teaspoon sea salt
1/4 teaspoon cayenne pepper
1 1/2 (6-ounce) packages baby kale or baby spinach
1 medium summer squash or zucchini, thinly sliced into rounds
1 1/2 cups of cooked quinoa (or a cooked quinoa and brown rice)
1/2 cup fresh sweet cherries, pitted and halved

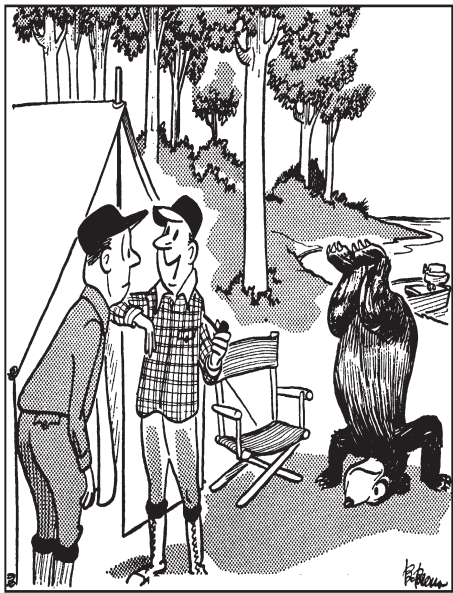
2 plums or peaches (or combination of both), pitted and sliced into segments
2/3 cup chopped fresh flat-leaf parsley
1/3 cup thinly sliced green onion, white and green parts, roots removed and discarded
2 ounces goat cheese or feta cheese, crumbled (about 1/2 cup)

1. Combine olive oil, vinegar, honey or syrup, mustard, pepper, salt and cayenne pepper in a medium bowl. Place the kale or spinach and the squash or zucchini on a platter or in a large, shallow bowl. Pour 1 1/2 tablespoons of the oil mixture over the vegetables, sprinkle and toss to coat.

2. Stir the quinoa blend or the cooked quinoa or the brown rice, cherries, plums and/or peaches, parsley and green onions into remaining oil mixture in the bowl. Top the kale or spinach mixture with the quinoa mixture and sprinkle with the cheese.

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.

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"Somehow he got the idea that I'm a talent scout for a _____."

SCRAMBLERS

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