

# 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, January 23rd at 5:30pm**

## Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, January 23, 5:30 p.m. at Steam Engine Pizza

Daniel Akers will give a program on "Lee Adjustment Center".

Persons dedicated to

improving the world one child and one community at a time are welcome to become members.

Our community is stronger for Kiwanis' contributions in the last 97 years. You are invited. Come and make a difference.

# Library News

**Friday, January 24, 2020 at 6:00 pm**

## Family Game Night

The Estill County Public Library is also hosting Family Game Night on the 2nd and 4th Friday nights. The next Family Game night will be January 24 at 6:00. Bring the family out and enjoy a quiet evening at the library and get your game on. For more information please contact Lesa at 606-723-3030.

**Saturday, January 25th at 6:00pm**

## Shrimp Boil with Music & Karaoke

American Legion Post 79 welcomes back the State Commander for a Shrimp Boil and Music & Karaoke

on Saturday, January 25, 2020, starting at 6:00 p.m.

There is no door charge! Just lots of fun and laughter.

**Monday, January 27th - 6:30pm**

## Democratic Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, January 27th 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 [estillcountymocrats@gmail.com](mailto:estillcountymocrats@gmail.com).

**Monday, January 27th at 10:00am**

## Body Fitness Exercise Classes

Body Fitness Exercise Classes instructed by Sister Loretta Spotila, RN, will resume on Monday, January 27, 2020 and will be held on Monday and Wednesday mornings, 10-11 a.m. at the Estill County UK Cooperative Extension Service on Golden Court, off Stacy Lane in Irvine.

These classes involve gentle exercise and movement and build strength and flexibility. They are helpful for persons with arthritis, asthma, and difficulty moving.

Donation is \$3.00 per class. For more information, contact Sister Loretta at 723-8505.

**Tuesday, January 28th at 6:30pm**

## Cancer Support Group to Meet

A Cancer Support Group will be meeting Tuesday, January 28, 2020 and the last Tuesday of each month for anyone diagnosed with any type of cancer, caregivers and/or anyone interested in learning more about Cancer

resources in our community. We will meet at 6:30 p.m. at the Estill County Public Library meeting room.

Contact Shaula Collier at [shaula.collier@gmail.com](mailto:shaula.collier@gmail.com) or call/text 606-643-7736 for more information.

**Friday, January 31st - 11-1 & 6-8**

## Eastern Star Fish Lunch & Dinner

Eastern Star will be having a fish lunch on Friday, January 31, 2019, followed by a fish dinner on the same day that evening; all at the Irvine Masonic Lodge on Broadway in Irvine.

The fish lunch will be served 11:00 a.m. until 1:00

p.m., eat-in, or carry outs and delivery will be available by calling 723-2188. Cost is \$5.00 per meal.

The fish dinner will be held 6-8 p.m. that evening. Cost is \$10.00 per meal with eat-in or carry-out but no delivery.

**Friday, January 31, 2020 is deadline**

## MMF Food Court Applications

Food Court applications for the 2020 Mountain Mushroom Festival are available at Irvine City Hall located at 101 Chestnut Street and the festival website: [www.mountainmushroomfestival.org](http://www.mountainmushroomfestival.org). Food vendors must carry a minimum \$500,000 commercial vendor liability insurance. Application, fees and proof of liability insurance must be submitted by the deadline date of Friday, January 31 at

4 p.m. Mailed applications must be postmarked by the deadline date. No late entries will be accepted. The application fee is \$200 per food booth space plus a \$75 Early Departure/Closing fee, if applicable.

For more information, you may call Kim Williams at 723-4235 or Irvine City Hall.

The 2020 festival dates are Saturday, April 25 and Sunday, April 26.

**Saturday, February 1st 7:30am to 1:30pm**

## St. Elizabeth Basement Sale

There will be a Basement Sale at St. Elizabeth Catholic Church, 322 5th Street in Ravenna on Saturday, February 1, 2020, from 7:30 a.m. to 1:30 p.m.

There will be lots of nice clothes, (including children's clothes), winter wear, scarves, gloves, jackets and coats; books and so much more.

**Sunday, February 2nd 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.

**Tuesday, February 4th at 6:00am**

## Estill Historical & Genealogical

The Estill County Historical & Genealogical Society will have their next meeting on Tuesday, February 4, 2020, 6:00 p.m. at the Museum located at 133 Broadway in Irvine. Our guest speaker,

Roger Richardson, will inform us about Estill County and Eastern Kentucky's participation in the Great War.

Potluck will be served. Please bring a dish and a friend.

**Tuesday, February 4th at 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, February 4th 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.

**Friday, February 7th 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 Barrel,

in Richmond, on Friday, Feb. 7th, and on the first Friday of each month at 9 a.m.

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

**Friday, February 7th at 6:00pm**

## Class Making Thank You Cards

Join instructor Yvonne Harrison on Thursday, January 30th at 6:00 p.m. as she teaches us how to make Thank-You cards.

Class fee is \$7 and all supplies will be provided to make 6 cards. This class is open to anyone ages 10 and

up. The class will be held at the Estill County Extension Office, 76 Golden Court, Irvine. Please sign up and prepay by January 28th.

If you have any questions, call the Estill County Extension Office at 606-723-4557.

**Saturday, February 8th at 12:00 Noon**

## Relay for Life "Rock-A-Thon"

The next Estill County Relay for Life activity will be a Rock-A-Thon to be held on Saturday, February 8, 2020, from 12:00 Noon until 5 p.m. at the Rice Station Christian Church. The event will be used to raise money for the annual Relay. Participants will be rocking in rocking chairs to raise money.

Rebecca Wolfenbarger

has stepped down as county chair so Patty Barnes, Amanda Muncie and Patricia Bringer are now co-chairing the Estill County Relay for Life event this year which will happen on June 12, 2020 at the ECHS track.

For more information, contact the co-chairs or follow Estill County Relay for Life on Facebook.

**Tuesday, February 11th at 5:30pm**

## Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet on Tuesday, February 11th 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, February 11th at 7:00pm**

## Estill DAV Chapter 94 to Meet

DAV Chapter 94 will be meeting at 7:00 p.m., Tuesday, February 11th 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 connection, 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

**Thursday, February 14th - 10am-1pm**

## Alzheimers Training Program

A program, "Living with Alzheimer's: For Caregivers - Early Stage" will take place Thursday, February 14th at the

Madison County Cooperative Extension Office located at 230 Duncannon Lane in Richmond from 10am-1pm.

**Saturday, February 15th at 8:00pm**

## American Legion Valentine's Dance

American Legion Post 79 will be hosting a Valentine's Dance on Saturday, February 15, 2020, starting at

8:00 p.m. with DJ Kenny Chenault. Door charge is \$10.00. All proceeds go to the American Legion.

## Kitchen Diva

# Can't Stomach Breakfast? Try These Options

Maybe you're one of those people who can't stomach the thought of a meal the first thing in the morning, or maybe you've become accustomed to running on vats of coffee instead of a healthy breakfast. Sometimes traditional breakfast foods sound kind of blah. Who made the rules on breakfast foods anyway? The next time you're in a rush or can't get excited by traditional breakfast staples, try some of these ideas that will make even the most die-hard breakfast hater's tummy rumble.

### Drink Your Breakfast

The perfect pour-and-go option, smoothies are a great, easy-to-stomach choice for breakfast. If you're a multi-tasker, you'll love the idea of drinking your breakfast as you commute to work or to school. Keep your freezer stocked with frozen fruit and vegetables like spinach and kale for quick and easy prep.

### Go Nuts

Nuts are such a deliciously healthy protein, and so simple too! Grab a handful of almonds, walnuts or pistachios to snack on; spread a couple tablespoons of almond or peanut butter on toast, waffles or apple slices; or eat peanut butter straight from the jar with a spoon!

### Bite-Size Energy

Cookies for breakfast? Yes, please! Nut butter, oats, ground flax seed, chocolate chips and a little honey rolled into bite-size balls make heavenly little bites of energy that'll fuel your morning. Best of all, they're no-bake and take less than 10 minutes to make! Make some ahead and store extras in the refrigerator for up to a week.

### Dip Into Breakfast

Prefer tangy over sweet in the morning? Try eating hummus. Like nuts, hummus is quick, healthy and full of protein and good fats to start your day the right way. Eat it with pita chips, baby carrots, snap peas or celery slices for some extra vitamins.

### Go Greek

Yogurt's thicker, creamier, more delectable cousin, Greek yogurt is an excellent source of calcium and protein. Add a drizzle of honey and or some fresh blueberries or raspberries to plain Greek yogurt for an extra nutritional punch. Even if you're not a fan of yogurt, give Greek yogurt a try the next time you need a quick morning meal. You may be pleasantly surprised!

### Embrace the Carbs

When the carb-monster strikes in the morning demanding a box of donuts, try healthy breakfast breads or muffins instead. Who has time to bake in the morning, you ask? Nobody! Bake a loaf of your favorite breakfast breads or a pan of muffins on the weekend. You can slice the bread and freeze it or freeze the muffins after they've cooled. Then, just warm up a slice of bread or a muffin in the morning and get on with your day.

### Fatten Up Your Morning

Who doesn't love deliciously creamy avocados? I like to mash an avocado in a bowl with a little olive oil, lemon juice, salt and pepper and spread it on toast. Avocado is full of healthy fat and will keep you satisfied throughout your busy morning.

### Lunch or Dinner for Breakfast

Try munching on something out of the ordinary, like this quick but hearty pizza that works for lunch, dinner or as leftovers for breakfast. You can even use half a bagel or half an English muffin as the base if you don't have time to make the pizza dough.

With tons of options for every taste and appetite, there's no excuse to skip breakfast! So next time you're running out the door, grab one of these delicious portable options and be ready when hunger strikes.



Photo Credit: DepositPhotos

### QUICK AND EASY PIZZA

Combine a few staple ingredients with the magic power of Greek yogurt to make a wonderfully quick pizza.

- 1 cup unbleached all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1 cup nonfat plain Greek yogurt
- 1/4 cup marinara sauce

Favorite toppings like Land O'Frost Breakfast Cuts -- Natural Hickory Smoked Canadian Bacon, ham, pepperoni and vegetables -- spinach, kale, bell peppers, mushrooms, etc.

- 1 cup part-skim mozzarella cheese
- 1/2 cup Parmesan cheese

1. Heat oven to 350 F.
2. In a large bowl, combine the flour, baking powder, sugar and salt.
3. Stir in the Greek yogurt and roll the dough out onto a parchment paper-covered baking sheet. Shape into a circle.
4. Spread the marinara sauce on the dough, leaving a 1-inch border for the crust.
5. Sprinkle the toppings and cheeses on top.
6. Bake for 25 minutes or until light brown and melted.

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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). 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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