

# 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>

## Mondays & Wednesdays at 10:00am

### Body Fitness Exercise Classes

Body Fitness Exercise Classes instructed by Sister Loretta Spotila, RN, are being 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.

## 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, February 13th at 5:30pm

### Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, February 13, 2020, 5:30 p.m. at Steam Engine Pizza on Main Street in Irvine. Shannon Horn will give the program on the Public Library's Summer Reading Program 2020.

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.

## Friday, February 14th - 10am-1pm

### Alzheimers Training Program

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

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

## Saturday, February 15th

### Free GED! Make It Happen Now!

Kentucky Skills U is offering FREE GED® tests! FREE GED Ready® Test. SAVE \$24.00! FREE Schedule and take the GED® test. SAVE \$120.00!

Receive the diploma packet within a week of

passing the test.

This offer is temporary. Call 606-464-5021 or 606-723-7323 Lee County or Estill County Adult Education Skills U Centers.

The next GED test in Estill County is Saturday, February 15, 2020.

## 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.

## Tuesday, February 18th at 6:30pm

### Estill County Lions Club

The Estill County Lions Club will meet Tuesday, February 18th 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, February 18th at 6:30pm

### Estill County Arts Council

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, February 18th.

We will be refining plans for a Pricing Workshop that

will be given by Tim Glotzbach on Tuesday, March 17th.

All current and prospective members are invited to attend. For more information contact Amy Hughes at anoland44@hotmail.com

## Friday, February 21st at 6pm

### SE KY Gem, Mineral & Fossil Club

River City Players and Irvine Chapter #357, O.E.S. are hosting "Murder at Mardi Gras" Mystery Dinner Theater. Dress in your most colorful feathers & beads and join the fun on Friday, February 21, 2020 at the Irvine Lodge on Broadway. Dinner served at 6 p.m.

RESERVATIONS ARE REQUIRED. Tickets are \$20 each and are available at Pickers' Paradise, or from RCP & Eastern Star members. Or, call 606-723-5755 for more information.

Dinner Menu: Turkey Manhattan, Green Beans, Dessert, Coffee or Tea.

## Friday, February 21st at 10:00am

### Living with Alzheimer's Disease

A program, "Living with Alzheimer's Disease & Dementia for Caregivers: Middle Stages" will take place Friday, February 21, 2020, from 10:00 a.m. - 1:00 p.m. at the Madison County Cooperative Extension Office located at 230

Duncannon Lane in Richmond. To register, call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900. Registration is required. This program was created especially for family caregivers, so please no professionals.

## Monday, February 24th - 6:30pm

### Democratic Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, February 24th 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 [Estillcountydemocrats@gmail.com](mailto:Estillcountydemocrats@gmail.com).

## Friday, February 28th at 10:00am

### Living With Alzheimer's & Dementia

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join us and hear from professionals about resources, monitoring care and providing meaningful connection for the person with late stage Alzheimer's and their families. This program

will take place February 28th from 10am-1pm at the Madison County Cooperative Extension Office located at 230 Duncannon Lane in Richmond. To register, call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900. Registration is required. This program was created especially for family caregivers, so please no professionals.

## Sunday, March 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.

## Wednesday, March 4th at 1:30pm

### Ky. Chemical Destruction Meeting

Mark your calendar for the Kentucky Chemical Demilitarization Citizens' Advisory Commission and Chemical Destruction Community Advisory Board Meeting on Wednesday, March 4 at 1:30 p.m. at E-K-U's Carl D. Per-

kins Building, Rooms A and B. This meeting is a good opportunity to learn more about the Blue Grass Chemical Agent-Destruction Pilot Plant at the Blue Grass Army Depot. For more information, call 6-2-6-8-9-4-4.

## Friday, March 6th 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,

March 6th, and on the first Friday of each month at 9:00 a.m.

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

## Friday & Saturday, March 6th & 7th

### Everybody's Favorite Yard Sale

Come on out to 11400 Irvine Road, Winchester KY (former Trapp School) for a huge sale of electronics, housewares, hardware, cleaning supplies, new beauty and health supplies, adult clothing, baby items and

a large assortment of kids clothes, on Friday and Saturday, March 6 & 7, 2020, 8:00 a.m. to 3:00 p.m.

All proceeds benefit non-profit Lady Veterans Connect. Credit & Debit accepted!

## Tuesday, March 10th at 5:30pm

### Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet on Tuesday, March 10th 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, March 10th at 7:00pm

### Estill DAV Chapter 94 to Meet

DAV Chapter 94 will be meeting at 7:00 p.m., Tuesday, March 10th 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.

## Thursday, March 12th at 7:00pm

### Estill County Community Chorus

Come out and join the Estill County Community Chorus as we learn our foot stompin', soul stirrin', mountain/ bluegrass music. We practice each Thursday night from 7-8:30 p.m.,

starting March 12 at the Irvine United Methodist Church.

It's lots of fun as we get ready for our Spring Concert in May. Come and bring a friend.

## Tuesday, March 24th at 5:30pm

### Alzheimer's Community Forum

The Alzheimer's Association is holding a community forum in Richmond. Learn about dementia and memory loss, services of the Alzheimer's Association and other helpful resources in the community as well as how, with the help of volunteers, we can expand local programs and services to reach more

families. The event will take place on Tuesday, March 24th from 5:30 p.m.-7:00 p.m. at the Madison County Public Library located at 507 West Main St. in Richmond. A light meal will be provided. Registration required. Call 1.800.272.3900 or go to <https://www.communityresourcefinder.org/> to register.

## Kitchen Diva

### A Recipe for a Healthy Heart

February is National Heart Month, so it's a great time to make a change for better heart health. Heart disease is the leading cause of death in the United States, with stroke coming in fifth, according to the American Heart Association. Both of these conditions result when blood flow is reduced or stopped altogether. But there are steps people can take to reduce the risk.

Increasing age, gender and heredity cannot be changed, but other risk factors can be. A person at risk for heart disease can reduce the risk by: avoiding smoking, being physically active every day, choosing good nutrition, reducing high cholesterol, lowering high blood pressure, aiming for a healthy weight, managing diabetes, reducing stress and limiting alcohol.

This laundry list of risk factors may seem overwhelming, but the good news is that they interact in a positive way. In fact, the American Heart Association boils it down to just three easy steps, the ABCs of heart health:

- A -- Avoid smoking,
- B -- Be physically active,
- C -- Choose good nutrition.

These steps may not seem so easy, but by making small steps in the right direction it will be possible to live healthier and feel better. Choose a small change to make in each category. For example:

\* As a stress break at work, try skipping a cigarette and going for a short walk instead. Even 10 minutes at a time of walking may have health benefits.

\* Vow to skip French fries one day per week -- make it fries-free Friday.

\* Go dancing with a friend to increase physical activity, which will also help to lower cholesterol and blood pressure, get diabetes under better control and move toward a healthier weight, plus you'll be having fun while you're at it!

\* Investigate the calorie count of a favorite food and see if you can eat just one serving or find a healthier option that is just as tasty.

Challenge yourself to make two to three small changes, for your own sake and for those you care about. Or invite someone you care about who is at high risk for heart disease to join you in making those changes. Take one new small step toward better health each month and the benefits will accumulate, making the better choices add up quickly. Start today and enjoy a better, healthier tomorrow together.

The American Heart Association website, [www.heart.org](http://www.heart.org), has many ideas on how to make heart-healthy choices related to physical activity, stress management, weight management, quitting smoking, healthy kids (help them start early to form heart-healthy habits), workplace health and healthy eating (including a searchable recipe database and tips for healthy choices when dining out).

Try this heart healthy recipe for Thai Lettuce Cups and be kind to your heart!



Photo Credit: DepositPhotos

#### THAI LETTUCE CUPS

##### To Make the Cilantro Sauce:

- 1 chopped small jalapeno (remove the ribs and seeds to control heat, if desired)
- 2 tablespoon fresh lime juice
- 1/2 cup plain Greek yogurt
- 1 cup fresh cilantro, including stems
- 1 tablespoon low-sodium soy sauce
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground black pepper

In a blender, puree chopped jalapeno with lime juice, yogurt, cilantro, soy sauce, cumin and black pepper until very smooth. Cover and refrigerate until time to serve.

##### To Make the Lettuce Cups:

- 1 1/2 pound ground turkey or ground chicken
- 2 tablespoons vegetable oil
- 1 small onion, finely chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground black pepper
- 1/2 teaspoon cinnamon
- 2 cloves garlic, finely chopped
- 1 small jalapeno, finely chopped (remove the ribs and seeds to control heat, if desired)
- 1 tablespoon freshly grated ginger, or 1 teaspoon ground ginger
- 1 tablespoon low-sodium soy sauce
- 2 tablespoons lime juice
- 1/4 cup water or low-sodium chicken broth
- 2 scallions, green tops and white parts thinly sliced, roots removed and discarded
- 1 carrot, finely chopped
- 8 butter lettuce leaves

1. Heat canola oil in a large cast-iron or heavy-bottom skillet on medium-high heat. Add the onion, cumin, black pepper and cinnamon and cook for 1 to 2 minutes. Add the garlic, jalapeno and ginger, and cook for 1 minute.

2. Add the ground turkey or chicken and cook, breaking it up with a spoon, until golden brown and crispy, 6 to 8 minutes. Add the low-sodium soy sauce, lime juice and up to 1/4 cup water or chicken broth (if mixture seems dry), cook for 2 minutes.

3. Sprinkle with scallions and carrots, if desired. Spoon into butter lettuce leaves and serve with drizzle of the cilantro sauce.

\* Each serving; About 250 calories, 6g fat (1.5g saturated), 43g protein, 285mg sodium, 5g carbs., 1g fiber.

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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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