

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 20th at 3:00pm

Four Seasons Garden Club

"Raised Bed Gardening" will be the topic of the Four Seasons Garden Club's program on Thursday, February 20, 2020. Paula White will present the program. The club will meet at Francine Bonny's home at 3:00 p.m.

Updates will be given on the Club's projects.

The Four Seasons Garden Club is a member of the

National Council of State Garden Clubs, Inc. Anyone interested is welcome to visit and join as we share our interest in gardening, floral design, and civic and environmental responsibility. The club was organized in 1949 and is celebrating their 70th year anniversary.

For more information contact Francine Bonny, club president.

Thursday, February 20th at 6:00pm

Garden Thyme Herb Club

The Garden Thyme Herb Club will be meeting on Thursday, February 20, 2020 at 6:00 p.m. at St. Elizabeth Catholic Church, 322 5th Street in Ravenna.

The program will be "Methods of Starting Seed" given by Patty Smyth and Carol Haller.

The meal is potluck. Everyone is welcome.

Thursday, February 20th at 5:30pm

Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, February 20, 2020, at 5:30 a.m. at Steam Engine Pizza on Main Street.

The program will be "G & M Tours." Kiwanis clubs focus on changing the world

by serving children, one child and one community at a time. Service is at the heart of every Kiwanis club, no matter where in the world it's located.

New members are welcome.

Friday, February 21st at 6pm

Murder at Mardi Gras Dinner Theater

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 Madi-

son 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.

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.

Tuesday, February 25th at 5:30pm

Irvine-Ravenna Woman's Club

The Irvine-Ravenna Woman's Club's motto is "Committed to Service." They will meet Tuesday, February 25, 2020, 5:30 p.m. at the Estill County Geological & Historical Society museum on Broadway, Irvine. Members will be doing a service project and prepare personal hygiene items for Care Packages to be distributed in the community.

The Irvine-Ravenna Woman's Club is a civic organiza-

tion, organized in 1954, and has served the needs of Estill County through a broad range of projects and programs throughout the years.

Membership is open to all women who are interested in community service in an atmosphere of fellowship. Become a volunteer and make new friends. The club meets on the 4th Tuesday evening to do a hands on activity for children and/or adults.

Mon., Feb. 24th & Thurs., Feb. 27th

River City Players Auditions

Are you a Sequined White Stretch Pants Elvis, or a Blue Hawaii Elvis. Our old Tuna, TX friends are back, with some new Vegas style characters added. River City Players will hold open auditions for "Tuna Does Vegas" on Monday, Feb. 24th and Thursday, Feb. 27th, 6 p.m. till 7:30 p.m. Auditions will be held in the EDA building,

177 Broadway.

This is an adult themed play, please be 18 years old to apply for auditions. We need actors, sound and light techs, a Stage Manager, and backstage workers. We look forward to seeing our returning cast members, and meeting new members. Please visit our FB page or call 502-810-7668 for more information.

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.

Tuesday, March 3rd at 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, March 3rd 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.

Sunday, March 1st 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, 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.

Kitchen Diva

Heart Healthy Snacks That Taste Good Too

February is a celebration of matters of the heart. Love is in the air this month, so remember to love yourself and take good care of your health. Avoid overeating or going hungry between meals by eating nutritious meals and snacks. Eating three small, well-balanced meals and two or three nutritious snacks are good ways to protect your health and your heart.

Research shows that people who eat a healthy breakfast, lunch and dinner along with two or three healthy snacks are less likely to overeat and gain weight. Avoid foods with lots of simple carbohydrates (sugars) like candy bars or soda. Healthy snacks contain complex carbohydrates like whole-grain breads and cereals. Combining complex carbohydrates with protein-rich foods such as low-fat yogurt, peanut butter or low-fat cheese creates a satisfying snack.

Read food labels and check the nutrition facts information on packaged snacks. Just because something is labeled as "low fat," "all natural" or "pure" doesn't necessarily mean that it's nutritious. Many low-fat snacks contain unhealthy amounts of sugar and as many calories as full-fat snacks. Do the math when reading the serving size information on the label, as most snack foods are meant to be two or more servings. You may need to double or triple the listed amount of fat, calories or sugar to get an accurate caloric count.

The best way to avoid eating junk food and save money is to make your own snacks at home. Keep plenty of fresh fruit and vegetables refrigerated in small, sealed plastic bags, ready to grab and go. Whole-wheat pretzels, baked tortilla chips and rice cakes are delicious with low-fat toppings like spicy mustard or salsa. Spice up air-popped popcorn with a little cayenne pepper or garlic powder. Dried fruit like raisins or cranberries mixed with walnuts and whole-grain cereal are easy to pack in small plastic bags for a quick and healthy homemade trail mix.

If you love chocolate like I do, 2 ounces of dark chocolate or an 8-ounce mug of hot chocolate are healthier snacks than a milk chocolate candy bar. Nonfat frozen yogurt or sorbet contain half the calories and are a better substitute for ice cream.

These heart-healthy recipes will ensure that you'll avoid fattening junk food while enjoying a satisfying and nutritious mid-meal snack.



Photo Credit: DepositPhotos

SPICY ROASTED CHICKPEAS

This high protein snack is low in fat and high in flavor!

- 1 (15-ounce) can chickpeas or garbanzo beans
- 2 teaspoons olive oil
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1/4 teaspoon cayenne pepper

1. Heat oven to 400 F.
2. Using a colander, rinse and drain the chickpeas, shaking the colander to remove as much liquid as possible. Place the chickpeas on a rimmed baking pan.

3. Sprinkle the chickpeas with the olive oil and shake the pan to coat the chickpeas with oil. Season the chickpeas with the cumin, chili powder, salt and cayenne pepper. Shake the pan to coat the chickpeas with the spices.

4. Bake for 10 minutes. Shake the pan and return the chickpeas to the oven for another 10 minutes or until crispy.

FRUITY CHEESE BREAD

- 2 slices dense, multigrain bread
- 1 tablespoon low-fat cream cheese
- 8 blueberries or 6 peach, apple, banana or strawberry slices or a mixture of all
- 2 tablespoons peanut butter or nut butter
- 1 teaspoon honey

1. Place the slices of bread on a plate. Spread with a thin layer of the cream cheese. Top evenly with the fruit.

2. Place the peanut butter or nut butter and the honey in a small, microwave-safe bowl and mix well. Heat on high for 15 seconds or until the peanut butter melts.

3. Drizzle the nut butter mixture over the fruit. Cut the fruity cheese bread in half and then into quarters. Serve immediately. Serves 2.

CINNAMON APPLE CHIPS

- 4 Granny Smith or other tart apples
- 2 tablespoons stevia or sugar substitute
- 1 tablespoon ground cinnamon
- Nonstick, butter-flavored cooking spray

1. Heat oven to 250 F. Line 2 baking sheets with parchment paper or aluminum foil.

2. Slice the apple into four sections. Cut out the core and the seeds. Slice the apples as thinly as possible. The slices don't have to be uniform.

3. Place the sugar and cinnamon in a large bowl and mix well. Add the apple slices and toss until most of both sides of the apples are well coated. Place the apples, in a single layer, onto the baking sheets. Spray the apples with the cooking spray.

4. Bake for 1 hour, stir and spray the apples with more of the cooking spray. Continue baking until the apples are lightly browned and crisp, about 1 hour.

5. Set aside to cool and then transfer the apple crisps into an airtight jar or a sealable plastic bag.

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. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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