

# 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>

Register soon

## Mushroom Festival Registration

The Mountain Mushroom Festival invites the community to get involved in the activities and events of the festival on April 25-26. Guidelines and registration forms for the Mountain Mushroom Festival events are available in Irvine City Hall and on the festival website: [www.mountainmushroomfestival.org](http://www.mountainmushroomfestival.org).

The applications are for the Arts & Crafts Booths,

Fungus 5K & 2K Run/Walk, Parade, Agate Hunts, and Agate, Gem, & Mineral Show. Other activities that have prizes and/or rosettes are the Mushroom Hunting Contest, Cake Decorating Contest, Photo Contest, and Window Decorating Contest. Categories from youth to adults are noted on the guidelines. Contact the festival at 606 723-1233 for further information.

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,

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.

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.

Thursday, March 5th at 5:30pm

## Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, March 5, 5:30 p.m. at Steam Engine Pizza. Dalton Riddle, member of the award winning Estill County Marching Engineers will play his trumpet.

If you are interested in becoming a member of a service organization that has a sense of community, a source of fulfillment and a history of impact, join us. Becky Werner is club president.

Friday, March 6th - 7:30am to 1:30pm

## Basement Sale at St. Elizabeth

St. Elizabeth Catholic Church, 322 5th Street in Ravenna, will be having a Basement Sale on Friday, March 6, 2020, from 7:30 a.m. to 1:30 p.m.

all winter wear; lots of nice clothes (including children's clothes), scarves, gloves, jackets and coats.

Also, books, toys, some kitchen items, and so much more.

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!

Monday, March 9th at 7:00pm

## SEKY Gem, Mineral & Fossil

"Best of the Show" will be the program for the Southeast KY Gem, Mineral, & Fossil Club on Monday, March 9 at 7 p.m. at the Estill County Public Library. Plans will be made for the Agate Hunts before the Mountain Mushroom Festival and the

KY Agate, Gem, & Mineral Show during the festival. Visitors are welcome to attend. Membership forms will be available for anyone interested in joining the group. Yearly dues are \$15 for individuals and \$20 for families.

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.

March 10th & 11th - 1:30-3:30pm

## March EMS Listening Tour

The Kentucky Office of Rural Health will host a statewide Emergency Medical Services (EMS) Listening Tour in March, making stops in Berea and Morehead to better gauge the current state of rural EMS services.

Tour sessions will allow

EMS professionals, hospital and clinic administrators and staff, health department staff, state and local government officials, community members and other interested parties the opportunity to share their insights about the strengths, challenges and

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 17th at 6:30pm

## Artists' Free Pricing Workshop

Attention Artists and Creators! Do you often ask yourself, "How do I price my work?"

Join the Estill Arts Council as we welcome Tim Gotzbach, Artist/Educator, and former Director of Berea College Crafts to discuss how to accurately price your work for the marketplace while insuring fair compensation for artists. Visual and craft artists often worry that their prices are too high, thus

driving away buyers, or they find them too low to cover expenses and provide sustainable compensation. This session seeks to demystify many of the questions surrounding how to price and value one's work. The workshop will be Tuesday, March 17 from 6:30-8:30 p.m. at the Estill County Public Library. Contact Mary Reed at 606 723-4678 or Francine Bonny at 606 723-5694 or Facebook to register.

Tuesday, March 17th at 6:30pm

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, March 17th 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.

Thursday & Friday, March 19th & 20th

## Eastern Star Chapter #357 Yard Sale

Irvine Chapter #357 Eastern Star is having a yard sale on Thursday, March 19th, 8:00 a.m. to 5:00 p.m. and Friday, March 20th,

8:00 a.m. to 3:00 p.m. in the Irvine Lodge Hall dining room. Everyone is welcome. Rain or shine! We will be inside!

Monday, March 23rd - 6:30pm

## Democratic Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, March 23rd 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).

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.

Sunday, April 5th 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.

## YARD SALE

Irvine Chapter #357 is having a YARD SALE on March 19th 8:00 AM. to 5:00 P.M. and March 20th 8:00 A.M. to 3:00 P.M. in the Irvine Lodge Hall dining room. Everyone welcome. Rain or Shine! We will be inside.

## Kitchen Diva

### Probiotics -- A Guide to a Healthier Gut

When it comes to making healthy eating choices, there is a constant barrage of information. Fueled by a multi-billion-dollar industry, marketers try to convince us that their products are just what we need to feel good and be healthy. When it comes to probiotics, for example, what do consumers need to know to make an informed buying decision?

Probiotics are the "friendly" bacteria that reportedly help improve or maintain good gut health. Probiotics contribute to a healthy gut flora. These live microorganisms can help you have good digestion, boost your immune system and even provide you some important vitamins. Many foods are now enriched with probiotics, which also can be purchased in supplement form.

"Non-harmful" bacteria are formed during the fermentation process. But if processing (usually through heating or cooking) destroys these bacteria and they are no longer live, they also may no longer be beneficial.

According to Dr. Joel B. Mason, a professor at Tufts University, "There are over 100 different types of organisms that might be called 'probiotics,' and each one is very different."

Research has shown that certain strains help in specific situations. For example, for older hospitalized patients who might otherwise have diarrhea caused by broad-spectrum antibiotic therapy, certain probiotics help promote good digestion by fighting off bad bacteria in the gut, just as naturally occurring good bacteria do.

But research does not yet substantially support some benefits touted by marketers of probiotic foods and supplements. These include claims that probiotics improve the immune system, reduce symptoms of the flu or colds, or prevent constipation.

For thousands of years, cultures around the world have consumed probiotics by eating fermented foods, which include all yogurts, aged cheeses, cottage cheese, pickles (brine cured without vinegar), tempeh, tofu, kimchee, miso, microbrewed beers and wine, and sauerkraut.

Sauerkraut has ancient origins dating back more than 2,000 years. Legend tells us that fermented cabbage was a food staple for workers constructing the Great Wall of China. In the summer, laborers building the wall lived on cabbage and rice. In the winter, the cabbage was preserved with rice wine, which soured the cabbage, keeping thousands of workers healthy in the worst of conditions.

Probiotics found at the store usually contain only one strain of bacteria or a few strains that are thought to be helpful. On the other hand, raw sauerkraut can contain a mixture of over 13 different species of gut-friendly bacteria.

Each batch of sauerkraut you eat may contain different proportions of different strains of probiotics. Including a variety of strains can help you diversify and improve your gut flora.

Raw sauerkraut can not only be a healthy way to supplement your diet with gut-friendly bacteria, but it also can add an exciting new flavor to your meals. Sauerkraut contains various strains of probiotics, vitamins B and C, beneficial enzymes, Omega-3 fatty acids and lactic acid that fights off harmful bacteria.

To keep the probiotics it contains alive, do not heat or cook sauerkraut. Add raw sauerkraut to salad, as a garnish to meat or as a side dish to accompany a breakfast of eggs and sausages. This recipe for Spicy Sausage and Sauerkraut Sandwiches uses raw sauerkraut as a topping, like adding pickles to a burger, but with more health benefits. It's a delicious way to improve your gut health!



Photo Credit: DepositPhotos

### Spicy Sausage and Sauerkraut Sandwiches

- 1 pound bulk spicy pork sausage
  - 2 medium green and/or sweet yellow peppers, ribs and seeds removed, chopped
  - 1 medium onion, chopped
  - 8 pretzel or regular hamburger buns, split
  - 8 slices pepper jack or provolone cheese
  - 1 1/2 cups sauerkraut, rinsed and well-drained
  - 2 tablespoons Dijon mustard, optional
1. Heat oven to 350 F. In a large skillet, cook sausage over medium heat 4-6 minutes or until no longer pink, breaking into crumbles; drain.
  2. Add bell peppers and onion; cook and stir 8-10 minutes longer or until vegetables are tender.
  3. Place bottom burger buns on a foil-lined baking sheet. Spoon meat mixture onto bun; place cheese over meat. Bake 4-6 minutes or until cheese is melted.
  4. Remove from oven and top with the sauerkraut. Add Dijon mustard, if desired. Put top buns on the sauerkraut and meat mixture and serve immediately. Serves 8.

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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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