

Don't Let The Bugs Bite

by **Mary Lowery MPH EKU/ Estill County Health Department**

While the county's bed bug problem has garnered much attention in recent weeks, perhaps it's another tiny critter that should be on your radar.

Tick activity peaks in the heat of the summer months leaving fresh air seekers, pets and outdoor-workers especially susceptible to bites and tick-borne disease. With one confirmed case of ehrlichiosis in a human and three confirmed cases of Rocky Mountain spotted fever in two humans and a dog in Estill County, vigilance in checking for the ticks is especially important.

Along with the above mentioned, diseases caused by tick-borne pathogens in-

clude, lyme disease, babesiosis, tularemia, anaplasmosis, Colorado tick fever, Powassan encephalitis, Q fever, southern tick associated, rash illness and tick borne relapsing fever.

There are several symptoms associated with tick-borne illness though you may not experience them all, you should watch for, muscle aches, fever, fatigue, joint pain, rash, stiff neck and facial paralysis. If found early most cases of tick-borne disease can be successfully treated with a specific type of antibiotic.

Should you find a tick, the Center for Disease Control recommends using fine-tipped tweezers to grasp the tick as close to the skin's surface as possible, pulling



Adult male & female Lone Star ticks

upward with steady even pressure. After the tick is removed, thoroughly clean the skin with rubbing alcohol or soap and water. To dispose of the tick, submerge it in alcohol and wrap it tightly in a container or flush. Never crush a tick with your fingers.

Ticks and associated diseases are a risk we take when spending time outdoors, but disease transmission may be prevented by, using insect repellents, checking skin and clothes for ticks after each outdoor excursion and washing and drying clothes in a hot dryer.

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>

Starting In September

Estill Health Department Announces Family Planning Schedule Change

Starting in September, Family Planning Clinics will be held on Wednesday afternoons. Walk in between 12:30 p.m.

and 2:00 p.m. to be seen the same day. Remember to bring your medical card or proof of income or last check stub to each visit.

Friday, August 14, 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, Sept. 26th

Kiwanis Club To Sponsor Trip To The Derby Dinner Theatre

The Irvine-Ravenna Kiwanis Club is sponsoring a bus trip to Derby Dinner Theatre to see the play, "The Last Potluck Supper" on Saturday, September 26.

The bus will leave Irvine at 3 p.m. The price is \$85.00 per person. It includes transportation, dinner, show, and a donation to the Kiwanis Ball Park.

Please call Terry Williams at 723-5447. The deadline is Sept. 1.

Tuesday, August 18th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, August 18 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 Inter-

national, 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..."

Saturday, August 15th @ 12 Noon

Dickerson-Patrick Reunion

The descendants of Sanford and Dora Ann Dickerson Patrick will have their annual reunion on Saturday, August 15, 2015, starting at 12:00 Noon at the Ravenna National Guard Armory located on KY-52 West just

outside of Ravenna. Lunch will be at 1:00 p.m.

Please bring food, soft drinks, water, etc. for your family and we'll all share our food in potluck style.

Inform all friends and relatives that they are welcome.

Saturday, August 15th @ noon

Annual Harrison Reunion

The Harrison Reunion will start at 12 noon on Saturday, August 15 at South Irvine Christian Church fellowship

hall.

Please bring a covered dish and drinks.

Saturday, September 5th @ Noon

Profitt Family Annual Reunion

The annual reunion of the family of James and Elizabeth Crowe "Pop" Profitt will be held Saturday, September 5, 2014, at Carl McIntosh's "Shelter Valley," just off Watson Ridge Road near Furnace.

invited to come, enjoy a potluck lunch, and spend the day. There will be hat contests for both adults and children, so, wear your best. Also, door prizes are given out to nearly everyone who attends.

All friends and family are

Everyone is welcome!

Kitchen Diva

Snap to It!

by **ANGELA SHELF MEDEARIS**

I'm a huge fan of green beans, and with the abundant summer crop available this year, I decided to learn more about one of my favorite vegetables. Green beans also are known as string beans because of a string that runs down the length of the pod. Modern varieties seldom have the string anymore and are now known as snap beans.

Snap beans are picked at a younger, immature stage. The name comes from the snapping sound the beans make when they are twisted between your fingers. They are the least expensive, can be eaten raw and are at their tasty best from summer to fall. Green beans are selected before the tender beans in the pod mature.

Actually, green beans aren't really a bean at all. They are nutritionally more comparable to other pod vegetables such as okra and belong to the same family as shell beans such as pinto beans, black beans and kidney beans. They are all referred to as "common beans," probably because they all derived from a common Peruvian bean ancestor.

Migrating Indian tribes spread common beans throughout South and Central America, then Spanish explorers returning from voyages to the New World introduced them to Europe around the 16th century. Traders of Spanish and Portuguese descent spread the beans to other parts of the world.

Greens beans are low in sodium and very low in saturated fat and cholesterol. They are a good source of protein, thiamin, riboflavin, niacin, vitamin B-6, calcium, iron, magnesium, phosphorus, potassium and copper. Green beans also are a very good source of dietary fiber, vitamins A, C and K, folate and manganese.

Greens beans are relatively inexpensive and easy to find locally. The United States produces 60 percent of all commercially grown green beans, especially the states of Illinois, Michigan, New York, Oregon and Wisconsin. If you're unable to obtain fresh green beans, you still can get many valuable nutrients from ones that have been frozen or canned.

While green beans are typically showcased in a casserole during Thanksgiving and Christmas, they're delicious all year around. My recipe for Summer Salsa Fresca Green Bean Salad is the perfect light supper or side dish to highlight fresh green beans during the summer. Snap to it!



Summer Salsa Fresca Green Bean Salad

- 1 pound green beans
- 1 (16-oz.) package triple-washed baby spinach
- 1 cup Summer Salsa Fresca (recipe follows)
- 1 teaspoon lemon pepper
- 1/2 cup sliced almonds, toasted
- 3/4 cup crumbled goat cheese

1. Place a small pot filled with water on the stove. Add 2 teaspoons of salt and bring the water to a boil. Add the green beans and cook until crisp-tender, about 2 minutes. Drain and rinse the green beans under cold water.

2. In a large serving bowl, place the green beans, baby spinach leaves and the Summer Salsa. Season with the lemon pepper and toss gently to combine. Scatter the toasted almonds and goat cheese on top of the salad. Serve immediately.

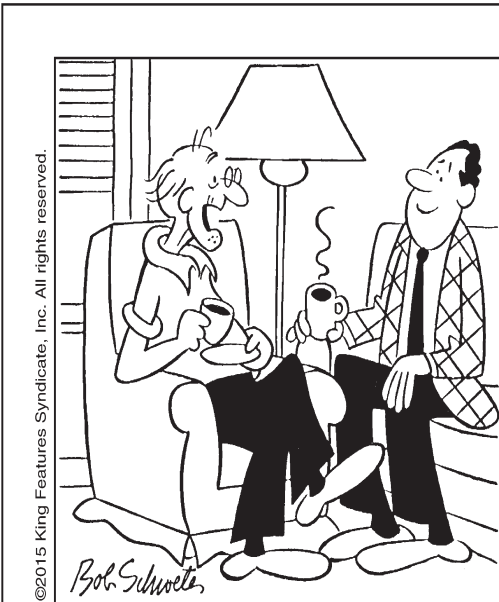
To make the Summer Salsa Fresca:

- 3 tablespoons red wine vinegar
- 1/3 cup olive oil
- 1 teaspoon sugar
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 large tomatoes, diced
- 1/2 red onion, diced
- 1 green bell pepper, seeded and diced
- 1 red bell pepper, seeded and diced
- 1 yellow bell pepper, seeded and diced
- 1 small zucchini, diced
- 1/2 small jalapeno, diced
- 1/4 cup thinly sliced fresh basil leaves

In a small bowl, combine vinegar, oil, sugar, salt and black pepper; mix well and set aside. In a large bowl, combine remaining ingredients with dressing and toss until evenly coated. Serve immediately combined with the Green Bean Salad, or refrigerate until ready to use.

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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"The good old days were back when I was sixty because that's as far back as I can

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Erode	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
BEADAR	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Murmur	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
LUGGER	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Bother	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
MORTTEN	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Thwart	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
MYTIES	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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