

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 @ 5:30pm

Beginner Yoga at Marcum & Wallace

Beginner Yoga Class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30-6:30 p.m. with instructor Laritza Gomez. The cost is one non-perishable food item for Helping Hands Outreach Ministry. The instructor will guide the class through basic poses focused on relaxation, building core strength, and flexibility. Regularly practicing yoga has many health benefits!

Thursday, March 17th @ 3:00pm

Four Seasons Garden Club

The Four Seasons Garden Club's meeting will be on Thursday, March 17, 2016 at 3:00 p.m. at the Bonnys at Wisemantown.

Tom Bonny, will give a demonstration on "Pruning Fruit Trees." The meeting is open to the public and free of charge.

The object of the club is to stimulate the knowledge and love of gardening; to aid in

the protection of native trees, plants, and birds; and to promote cleanliness, beauty, and improvement of property in Estill County. New members are welcome to join the club which meets on the 3rd Thursday of each month.

The Four Seasons Garden Club is a member of the National Council of State Garden Club, Inc.

Thursdays @ 7:00pm

Estill Community Chorus

The Estill County Community Chorus meets every Thursday night - except for Maundy Thursday (which is March 24th, this year) from 7:00 p.m. - 8:30 p.m., at Irvine United Methodist Church-243 Main St., Irvine, KY.

Our Theme for the Spring Session and Concert is "I

Love America." We will be performing this concert on Sunday, June 5th at 3:00 p.m. Our Director is Carol Anne Wilson.

Our Accompanist will be Nancy Farmer, and our Assistant Accompanist is Ann Siudmak.

Anyone is welcome to join the choir.

Fridays, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club will meet every Friday from 6 to 8 p.m. at the Estill County Library, 246 Main Street, Irvine, for anyone who plays an Appa-

lachian Dulcimer. Or anyone who is interested is playing one is welcome to attend.

The Appalachian Dulcimer was designated as the official state instrument of Kentucky.

Thursday, March 25th @ 10:30am

Conversations About Dementia

A program on Thursday, March 25th shares tips for breaking the ice and having difficult conversations around some of the most common issues that arise when someone shows signs of Alzheimer's or dementia.

Issues such as doctor visits, deciding when to stop driving, planning for the future, and building a care team that works and communicates well

are discussed. Learning how to approach these conversations will help to reduce some of the stress that can accompany the process of addressing a disease like Alzheimer's. To register, call the Alzheimer's Association's 24/7 Helpline at 1-800-272-3900.

It will be held 10:30-11:30 a.m. at the Madison County Senior Center, 1215 West Main Street in Richmond.

Saturday, March 26th @ 3pm

American Legion Easter Egg Hunt

American Legion Post #79 at Millers Creek will be having an Easter egg hunt for children of members and their guests on Saturday, March 26, 2016 at 3 p.m.

Friday, April 1st @ 9am

Retired Co. C Guard Breakfast

Attention: All retired and old National Guard members of Charlie Company 1/149th. There will be a breakfast at Cracker Barrel, in Richmond, on Friday, April 1st and on the first Friday of each month at 9 a.m.

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

Tuesday, April 1st @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, April 1, 2016, 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 International, 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..."

Attention Veterans

A Veterans Benefits Field Representative will be at the National Guard Armory, 335 Cow Creek Road, Ravenna, on Thursday, April 6th and normally the first Thursday of each month. The hours are 1:30 p.m. until 3:30 p.m.

Veterans and their dependants will receive assistance filing for Federal and state veterans benefits. This service is provided free of charge by the Kentucky Department of Veterans Affairs. To apply, veterans need to furnish copies of pertinent documentation to verify eligibility. For further information, please call toll free within Kentucky, 1-866-376-0308, to speak with a Veterans Benefits Field Representative.

Tuesday, April 19th @ 12:00 Noon

Library Space Planning Committee

The April meeting of Estill County Public Library's Space Planning Committee has been changed to Tuesday, April 19, at 12:00 noon in the library meeting room. The regular meetings, which are held on the second Thursday of the month, will resume on May 12, 2016.

Register Early for May 20 & 21

Lions Club Opry Trip Planned

Join the Estill County Lions Club on a fun trip to the Grand Ole Opry in Nashville, Tennessee on May 20 and 21. We'll depart Irvine at 8 AM on Friday, May 20th aboard a Toby Tours Motorcoach, arriving in Nashville in time for a luncheon cruise aboard the General Jackson Showboat.

We'll then head over to get comfortable at the Gaylord Opryland Hotel, before heading out for an evening of great entertainment at the Grand Ole Opry. The next morning, enjoy a delicious buffet breakfast at the Opryland Hotel and take a ride on the Delta Flatboat before heading out for a couple hours of shopping at the famous Opry Mills Mall. We'll depart Nashville in time to arrive back in Irvine near 7 PM on the 21st.

Talk about a whirlwind of fun and excitement, all for the amazing low price of: \$282 per person double occupancy; \$262 per person triple occupancy; \$252 per person quadruple occupancy. Pick a friend, grab your spouse, but don't miss this one! Your participation also supports our local Lions Club. Contact Terry Williams at 723-5447 or Tracy Snowden at 723-4023.

Kitchen Diva Super Spring Salads

by ANGELA SHELF MEDEARIS

Salads are in need of a new image beyond the iceberg lettuce and ranch dressing that we commonly think of. A salad can be so much more than a plain and boring "healthy" dish.

These days, everyone is putting a twist on salads. There are many ways to incorporate the numerous varieties of spring vegetables into a "super" salad by adding a combination of flavorful ingredients and simple preparation methods. Here are a few tips to make a salad that will appeal to even the pickiest eater:

Make it colorful!

Skip the iceberg and opt for spinach or another dark leafy green. Dark leafy greens supply a tremendous amount of nutrients, including vitamins A, C and K, iron, calcium, fiber. Add in some carrots, red bell peppers, tomatoes, blanched asparagus, beets or any other vegetable to add color, and you'll get additional nutrients critical for maintaining eyesight, bone health and digestive health.

Salad isn't just for vegetables anymore!

Try adding apples, citrus segments, grapes, strawberries or blueberries to your plate of colorful vegetables. Just like many vegetables, fruits contain antioxidants that can help protect against certain forms of cancer as well as reduce levels of LDL, or bad cholesterol. Try to avoid or limit the amount of dried fruits you add to your salad, such as dried cranberries or blueberries. These often have added sugars that can up the calorie content of your meal.

Add a healthy crunch!

A few toasted walnuts or almonds, spicy baked garbanzo beans and quick pickled vegetables are a great addition to any salad.

Add some protein!

Protein takes longer to digest, so it keeps us full longer. Protein also is needed for healthy muscles. Eggs, lean meat, beans and cheese (in limited quantities) are easy ways to add protein.

Find a healthier dressing!

There now are quite a variety of light dressings and vinaigrettes to choose from. Vinegar-based dressings typically have less fat and calories than creamy dressings. Oil and vinegar is a healthy choice in limited amounts -- the healthy fat from the oil helps your body to absorb some of the vitamins from the salad. Find one of these dressings that works for you.

Creating a healthy salad can be a simple way to satisfy recommendations for fruit and vegetable intake. Try my recipe for super salad with zesty pickled vegetables and create a new way to eat well this spring!



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Super Salad with Zesty Pickled Vegetables

You can prepare the pickled vegetables and the salad dressing up to three days ahead. Just shake the dressing to recombine. Prewashed and packaged dressings and sliced deli meats make this flavorful salad into a delicious meal in record time.

To quickly pickle vegetables:

- 1 cup unseasoned rice vinegar
- 3 tablespoons sugar or stevia
- 1 tablespoon kosher salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon hot sauce
- 8 ounces vegetables (small carrots, baby turnips, beets, cucumbers, sweet onions, red bell pepper, okra, zucchini or summer squash) sliced thinly or shaved on a mandolin (about 2 cups)
- 3 sprigs of herbs -- dill, mint or basil
- 3 to 4 black peppercorns

In a small saucepan, bring vinegar, sugar, salt, garlic powder, onion powder and hot sauce to a boil. Remove from heat and add vegetables, herbs and peppercorns; let sit until just tender, about 10 minutes. Drain liquid and discard peppercorns. Set aside for the salad.

For the salad dressing:

- 1/3 cup olive oil
- 1 tablespoon fresh lemon juice
- 1 tablespoon unseasoned rice vinegar
- 1/2 teaspoon salt
- 1 teaspoon lemon pepper
- 9 cups mixed tender greens (such as mizuna, tatsoi, arugula, dandelion greens and/or sorrel)
- 3 cups romaine hearts cut into bite-sized pieces
- 2 apples (Gala, Fuji or other sweet, crisp apples) or 2 pears (Green Anjou or Bartlett) sliced thinly or chopped into bite-sized pieces, 1 large orange, peeled and segmented or 3/4 cup of berries
- 6 ounces deli sliced roast turkey, roast chicken breast or roast beef, cut into bite-sized pieces
- 1 large Haas avocado, peeled, seeded and cut into bite-sized chunks
- 1/2 cup slivered almonds or walnut halves, toasted

Whisk oil, lemon juice and vinegar in a small bowl; season vinaigrette with salt, lemon pepper. Toss vinaigrette, greens, romaine, fruit, deli meat and avocado in a large bowl. Add pickled vegetables to salad. Toss to combine. Sprinkle with nuts. Makes 6 servings.

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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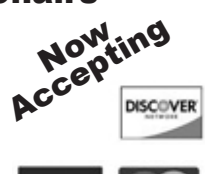
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