

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>

Thursday & Friday appointments

Parents - Earn While You Learn

The Estill County Center for Pregnancy & Parenting is now accepting new clients for Thursday and Friday appointments.

Anyone pregnant or parenting children under age 3, is invited to enroll in the center's 'Earn While You Learn' program. Prenatal or parenting instruction, one-on-one

with a coach, earns you 'Baby Bucks' which are then used to purchase infant and toddler items in the on-site boutique full of things for baby, toddler and maternity needs.

Call 723-0184 or stop in at 126 Kentucky Avenue in Irvine, Tuesday 1-5 or Thursday & Friday 10-5 to schedule an appointment.

Wednesday, May 10th @ 11am

Second Annual Recovery Walk

Drug Court will be sponsoring a cookout, balloon release, and walk to celebrate recovery on Wednesday, May 10, 2017, at 11:00 a.m. at Happy Top Park in Beattyville.

This is part of Kentucky

Specialty Courts' 2nd Annual Recovery Walk."

For more information, contact Wilma Spicer at (606) 464-2102.

"One Step at a Time!"

Wednesdays, now at 5:45pm

Beginner Yoga at Marcum-Wallace

Beginner Yoga class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday at 5:45 p.m. with instructor Laritza Gomez. The cost in one non-perishable food item for Helping Hands Outreach Ministry.

Bring your own yoga mat. The instructor will guide the one-hour class through basic poses focused on relaxation, building core strength and flexibility.

For more information, contact 606-726-2119.

Thursday, May 11th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, May 11 at 5:30 p.m. at Michael's Restaurant. David Brown Kinloch with Shaker Landing Hydro Associates will be the speaker.

Persons dedicated to im-

proving 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 95 years. Come and make a difference.

Thursday, May 11th @ 7pm

Spiritual Recovery Group

"Shining Light in Dark Places," a spiritual recovery group for those who have addiction, or other oppression struggles, will be meeting every Thursday night at 7:00 p.m. at West-care Community Room - 180 Main Street in Irvine.

Anyone may attend. Come as you are. A class especial-

ly designed for people who struggle with addiction and spiritual oppression will be led by Pastor Chris Carlyle.

If you are tired of fighting the darkness alone, and want recovery of your spiritual identity in Christ, please come for this unusual event. Find the path back to the light.

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.

Saturday, May 13th @ 8am

Estill Community Blood Drive

Area donors are invited to give so others may live at the upcoming Kentucky Blood Center (KBC) blood drive for the Estill County Community, this coming Saturday, May 13, 2017, from 8:00 a.m. - 1:00 p.m. at the First Christian Church in the Fellowship Hall at 270 Main St. in Irvine.

Kentucky patients depend on blood donors. Blood transfusions are needed by many Kentuckians. Cancer patients, for instance, often require blood transfusions to help rebuild their blood supply during cancer treatments. Trauma patients need blood immediately to get them stable. Those with blood disorders like sickle cell anemia may also require transfusions, and organ transplants and other surgeries can't happen unless blood is readily available.

These Kentucky patients depend on the generosity of blood donors to support them on their road to recovery. As a thank you for their generosity, everyone who registers to donate will receive a \$10 gift card.

Walk-ins are welcome, but appointments can be made by visiting kybloodcenter.org and clicking on the Donor Login button at the bottom of the page or by calling 800.775.2522, ext. 3758.

Blood donors must be 17-years-old (16 with parental consent), weigh at least 110 pounds and be in general good health. Donors must also show a photo I.D. with first and last name, like a state-issued driver's license. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org.

Saturday, May 13th - 5-9pm

Twin City Kruzers Cruise-In

Twin City Kruzers will be having their first Cruise-In of the year in downtown Irvine on Saturday, May 13th from 5 - 9 p.m.

Everyone is invited to come

and enjoy great looking cars and trucks. There will be Match Box car races for children, with one child winning a trophy.

Everyone is invited.

Saturday, May 13th @ 6pm

NWTF Longbeards Banquet

The Estill County Longbeards local chapter of the NWTF National Wild Turkey Federation will host their annual Hunter Heritage Banquet at the Estill County Fair Barn on Saturday, May 13, 2017 at 6:00 p.m.

Meal only is \$15.00, everyone welcome. Visiting

chapters or others can join the Estill Longbeards Chapter for an additional \$35.00.

There will be live auction and games. Come join us for great food and fun.

For more information, contact Teddy Hunt, 606-643-5473 or Ricky Goosey, 606-975-3003.

Monday, May 15th - 6:30-7:00pm

Responding to Dementia-Related Behaviour

A program on responding to dementia-related behaviour will take place on Monday, May 15th, 2017, from 6-7:30 p.m. at the Madison County Public Library located at 319 Chestnut Street, Berea.

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost.

However, some behaviors

can present real challenges for caregivers to manage. Join us to learn how to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Registration is required. Call the Alzheimer's Association at 1-800-272-3900. Please no professionals.

Tuesday, May 16th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, May 16th and on the first and third Tuesday of every month at Rader's 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..."

Thursday, May 18, 9:30 a.m. - ?

TCK All-Day Cruise And Picnic

The Twin City Kruzers will be taking a cruise on Thursday, May 18.

Kruzer members and anyone interested in becoming a Kruzer should meet at the Estill County Fair Barn at 9:30 a.m.

Please bring a covered dish and your drinks. The Twin

City Kruzers will furnish the fried chicken.

The group will be traveling to the waterfall in Gray Hawk and then to Marchester for a picnic.

If you plan on attending, please call Melvin Williams at 723-5447 and let him know.

Friday, June 2nd @ 9am

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 Rich-

mond, on Friday, June 2nd and on the first Friday of each month at 9 a.m.

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

June 17th @ 6pm

ECHS 1967 Class Reunion

The 1967 Class of Estill County High School will celebrate its 50th anniversary at 6:00 p.m., June 17, 2017 at Michael's Restaurant in Ravenna. This is open to anyone who attended as a freshman, sophomore, junior or senior. We are attempting to contact as many as we can, but ask that you pass this in-

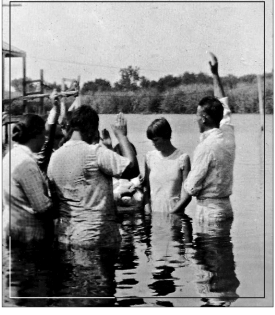
formation on to others that may have been a part of this class. It will be a wonderful time to rekindle old friendships.

If you plan to attend or need more information, contact Becky at 606-723-7119 or Peggy at 606-643-5014 by May 20th. Hope to hear from you!

THE ILLUSTRATED BIBLE

...Baptism now saves you - not the removal of dirt from the flesh, but an appeal to God for a good conscience - through the resurrection of Jesus Christ, who is at the right hand of God, having gone into heaven, after angels and authorities and powers had been subjected to Him.

~ 1 Peter 3: 21,22



Detail of Scenes from an Immersion Baptism near San Antonio Texas (1927) Collection Jim Linderman

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Kitchen Diva Salad Days

by ANGELA SHELF MEDEARIS

One of the best ways to showcase all the complexities of vegetables is in a salad. While a salad seems like a simple dish, combining vegetables with sweet, bitter, crunchy, soft, peppery and mild flavors with a wonderful dressing and fresh herbs brings this simple dish to a new level.

There is some debate about whether cooked or raw vegetables are better to consume. The short answer is ... don't choose, have both!

Here's the case for cooking vegetables:

Lycopene content in tomatoes is actually increased when tomatoes are cooked. Lycopene is responsible for the tomato's red color. Studies have linked high lycopene intake with lower risk of cancer and heart attacks. It also is a powerful antioxidant.

Antioxidants help prevent or repair damage to body cells, which is important for decreasing risk of cancer. They are also thought to improve immune function.

Cooking carrots increases their beta carotene content. Beta carotene is an antioxidant that the body converts to vitamin A, another antioxidant. Vitamin A helps promote normal vision, protect from infection and regulate the immune system.

There may be additional antioxidant activity in cooked spinach, mushrooms, asparagus, cabbage and peppers. The cooking method found to be the best for preserving antioxidants was roasting or steaming. Frying is not recommended because the antioxidants get used up in the frying process.

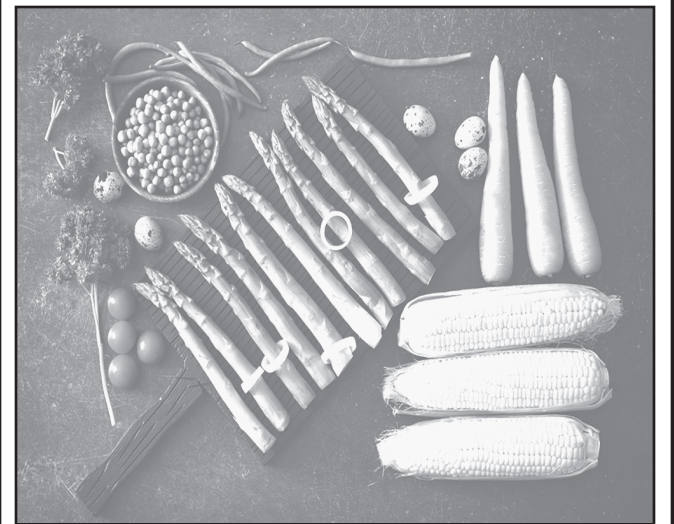
The case for eating raw vegetables:

In other instances, raw vegetables are better. For example, polyphenols, yet another antioxidant, are lost when carrots are cooked. In broccoli, heat damages the enzyme myrosinase. Myrosinase breaks down compounds in the broccoli to form another compound called sulforaphane, which may kill precancerous cells.

Vitamin C, also a powerful antioxidant found in many of the vegetables mentioned, can be destroyed by heat.

To get the best of both worlds and to put an end to the debate, it is recommended to alternate consumption of raw and cooked vegetables to get a variety of nutrients.

This recipe for Springtime Salad with Spicy Tomato Dressing contains both raw and cooked vegetables. There's no debate that this dish is great!



SPRINGTIME SALAD

This salad keeps well in the refrigerator and makes a delicious vegetarian lunch salad or a side dish for dinner. Use leftover cooked and reheated vegetables, if desired, or select vegetables of your choice for the raw ingredients. It makes 6 to 8 servings.

Cooked vegetables:

1/2 tablespoon salt for boiling water, plus 1/2 tablespoon for ice water bath
1/2 pound green or white asparagus
1/2 pound fresh green beans, trimmed and cut in half

1 cup fresh or frozen corn
1/2 medium purple onion, thinly sliced
1 cup sweet peas, fresh or frozen
1/2 teaspoon freshly ground black pepper

1. Add salt to a large pot of water and bring to a boil. Wash, remove tough stalks on the asparagus and cut in half. Add all of the vegetables to the boiling water and cook for 2 to 3 minutes.

2. To keep vegetables crunchy and colors bright, place vegetables in a bowl filled with cold water and the remaining 1/2 tablespoon salt for 2 to 3 minutes. Remove vegetables from water and drain. Place in a large salad bowl and set aside.

Raw vegetables:

1 crown broccoli, leaves removed, cut into florets
1 cup baby carrots
6 radishes, trimmed, thinly sliced
1 cup, whole red or yellow cherry tomatoes, cut in half

1 tablespoon apple cider vinegar
1/2 teaspoon freshly ground black pepper
1/2 cup fresh mint, parsley, basil and chervil, torn

Toss raw vegetables, vinegar and pepper. Combine with cooked vegetables. Sprinkle with fresh mint, parsley, basil and chervil, if desired. Serve with a drizzle of Spicy Tomato Dressing (recipe follows), if desired.

SPICY TOMATO DRESSING

3 large, ripe tomatoes
Juice of half a freshly squeezed lemon or lime
1/2 teaspoon sea salt
1 teaspoon freshly ground black pepper
1 to 3 teaspoons hot sauce
2 to 3 tablespoons olive oil

Peel, seed and cut tomatoes into quarters. Using a food processor or blender, mix together tomatoes, salt, pepper and hot sauce. With the blender or processor on low, slowly add the olive oil down the feeding tube until mixture thickens slightly and is well-combined. Drizzle over salad.

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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