

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, 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.

Bring your own yoga mat. The instructor will guide the class through basic poses focused on relaxation, building core strength and flexibility. For class updates, please check the Marcum & Wallace Hospital Facebook page.

Thursday, July 20th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

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

Jimmy and Sheila Wise will give an update on EMS. 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.

Fridays, 4-7pm at the fairgrounds

Estill County Farmers' Market

The Estill County Farmers' Market is now open on Fridays in 2017. Hours are from 4 p.m. to 7 p.m. at the Estill County Fairgrounds pavilion.

Have extra produce? New vendors are always welcome. Call market coordinator Hannah Eaton at 726-0679 with any questions.

Fridays, 6-8pm at the Estill Library

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, July 22nd @ 4:00pm

ECHS Class of '62 Reunion

The 55th class reunion of the Estill County High School Class of 1962 will be held at 4:00 p.m., Saturday, July 22, 2017, with a "meet and greet" at Michael's Restaurant in Ravenna.

Cost is \$15.00 per person and includes tips.

For more information, contact Jessica Irene Abney at (859) 687-0611 or (859) 229-2334, or by email at <JAbney44@gmail.com>.

Monday, July 24th @ 2:00pm

Alzheimer's Association – Everyday Activities

Everyday Activities: Finding Meaning in the Moment Explore creative avenues for connecting with your loved one diagnosed with dementia by sparking old memories and helping them to have meaningful experiences regardless of their current abilities. This program will take

place at the Madison County Cooperative Extension Office located at 230 Duncannon Lane, Richmond from 2-3:30 p.m. on Monday, July 24th. Registration is required as space is limited. Please call 1-800-272-3900. Designed for family caregivers; please no professionals.

Week of July 24-28 - 9am-2pm

Art Camp for Children

An art camp for children, sponsored by the Estill Arts Council, will be held at the Estill County Extension Office, the week of July 24 - 28, 2017, from 9 a.m. to 2 p.m. for the ages of 7 - 13 or those entering 2nd grade having completed 6th grade.

Registration will be held Wednesday, July 19th, from 10 a.m. to 12 Noon at the Estill County Public Library, 246 Main Street, Irvine. Camp is limited to the first

25 kids and will be filled on a first-come, first-serve basis with a \$25 camp fee payable at registration. A limited number of scholarships are available upon written request.

Professional artists will instruct the following art projects: pottery, paper making, tie-dyeing, broom making and several other projects are planned.

For more information contact: Mary Reed 723-4678 or appcraft@windstream.net.

Tuesday, July 25th @ 6pm

Summer Reading Ice Cream Party

The Estill County Library will be hosting an "End-of-Summer-Reading" Ice Cream Party on Tuesday, July 25, 2017, starting at 6:00 p.m. at

Rising Park on Court Street (behind the library).

Call Lesa Ledford Adult Services Librarian at 723-3030 for more information.

Saturday, July 29th at Jackson Chapel

Annual McKinney Reunion

The Annual McKinney Reunion of the descendants of Wildy McKinney and family friends will be held at Jackson's Chapel United Methodist Church, Highway 82 between Hargett and Clay City, on Saturday, July 29, 2017.

Family will gather at 10:00 a.m. and display historical photos, documents, and artifacts. The theme for this year's historical display is McKinney's in the Military from the Revolutionary War through the present.

From 10:30-11:40 will be a time to visit and share stories. An official photo shoot will take place at 11:45 with a group picture, family groups, and generations.

Pot Luck Lunch and more visiting around the table will take place at 12:00 Noon followed by a business meeting at 1:15.

Traditional Hymn Sing will take place at 2:15 followed by more sharing stories until 3:30 when it's time to ake down exhibits and say Goodbyes.

Saturday, July 29th @ 11am

Annual Reed Family Reunion

Descendants of Everett L. Reed, Clarence Reed, Ovie Reed, Samuel Reed, Charlie H. Reed, Della Reed Wells, Ida Reed Oden, Franklin Reed, and Ester Reed Centers will gather for a family reunion on Saturday, July 29, 2017, at

11:00 a.m. at Epperson First Church of God, 1447 Irvine Road, Winchester.

Bring a covered dish and enjoy reconnecting with family. Call Ann Reed Cole at (859) 749-6564 or Anita Hornsby at (859) 760-2671.

Tuesday, August 1st @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, August 1st 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, August 3rd - 1:30-3:30pm

Veterans Field Representative



The Veterans Benefits Field Representative will be at the **Estill County Public Library**, 246 Main Street in Irvine, on Thursday, August 3rd 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.

Friday, August 4th @ 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

Richmond, on Friday, July 4th and on the first Friday of each month at 9 a.m.

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

Saturday, August 5th - 10:00am

Annual Lamb Family Reunion

The annual family reunion for the family and friends of James W. and Agnes Gross Lamb, will be held on Saturday, August 5, 2017, at the Irvine Masonic Lodge, 221

Broadway.

Doors open at 10:00 a.m. with the meal being served at 12:30 p.m.

Bring a dish and join us! Everyone is welcome!

Saturday, August 5th - 1:30pm

ECHS Class of 1957 Reunion

The Estill County High School Class of '57 will have their 60th class reunion Saturday, August 5th, at 1:30 p.m. at Michael's Restaurant.

Cost is \$15.00 per person. For more information call Sylvia 606-723-2568, Nancy 606-725-1917, or Vivian 606-723-4239.

Saturday, August 5th - 1-5pm

Annual Trapp School Reunion

Anyone who attended Trapp School is encouraged to attend the school reunion on Saturday, August 5, 2017, at the Epperson First Church of God's fellowship hall at 1447 Irvine Road in Winchester from 1 until 5 p.m.

Encourage your classmates to come for good food, great company and stories about Trapp School to share.

Money from an auction will support scholarships for two students that attended

Trapp School. Also, there will be several class pictures and plaques to be given away in a drawing. You, your children or grandchildren may be in these pictures.

A meal will be served at 3:00 p.m. at a cost of \$12 for adults, \$5 for students and free to those under five.

For more information, call Joyce Rogers at (859) 771-1056 or Garnetta Parker at (859) 744-0506.

Saturday, August 12th @ 1pm

Ladies Auxiliary Kayak River Run

American Legion Post 79 Ladies Auxiliary will be hosting a Kayak River Run on Saturday, August 12, 2017. Registration is from 10:00 a.m. until 12:00 Noon at the Post with the challenge beginning at 1:00 p.m.

The race will start at Post 79 and will proceed south about 2.5 miles to the mouth of Millers Creek; then back to the Post.

Entry fee is \$25.00 per person. Entrants must be age 18

or older. Registration includes a t-shirt, insurance and a meal. There will be prizes for 1st & 2nd Place and more, plus door prizes. Primitive camping will be available and Kayak rentals will be available.

If you are interested in registering for this event, please contact Michelle at (502) 403-9881 or Betty (270) 392-9588 before August 5th.

The event is sponsored by the Ladies Auxiliary of American Legion Post 79.

Saturday, August 12th @ 6pm

Summer Affair for Hospice Care

A Summer Affair for Hospice Care will be held on Saturday, August 12, 6:00 p.m., at the Estill County Fair Barn.

Live music, silent auctions, food by Mary Ann's Catering,

and a Kentucky Proud theme.

For tickets, visit hospicecareplus.org or call Citizens Guaranty Bank at 606-726-2002. All proceeds are donated to Hospice Care Plus.

Kitchen Diva Summer-Proof Your Skin

by ANGELA SHELF MEDEARIS

As the sun shines hotter, brighter and longer, it's important to consider all of the ways you can protect your skin. No matter what race you may be, if exposed for a long enough period of time, your skin is susceptible to sun damage, including premature aging, wrinkling and skin cancers. That's why it's important to wear protective clothing and apply the right sunscreen for your skin type, with protection against both types of damaging ultraviolet rays: UVA and UVB.

There's also a way to protect your skin from the inside by eating fish, vegetables, fruits and nuts. Dr. Paul Talalay, a professor of pharmacology and molecular sciences, says that eating your vegetables "isn't a substitute for sunscreen, but the protection you get won't wash off in the pool."

A sunburn is a type of inflammation, and diet has a tremendous impact on inflammation in the body. Eating an anti-inflammatory diet is one way to protect your skin from the inside. This diet also includes foods that you should avoid, like processed foods and sugar.

While chronic exposure to UV rays is the most predictive factor for skin diseases, studies have found that inflammation, oxidative stress and DNA damage all play an important role in determining how extensive the damage from the sun can be.

Here are some foods that will help your skin fight sun damage and improve your health year-round:

Olive Oil -- High in vitamin E and polyphenols, a daily dose of unheated, cold-pressed olive oil can help protect your skin from UV rays.

Basil -- This herb contains the antioxidant zeaxanthin, which helps protect your eyes by filtering UV light from the retina.

Tomatoes and Watermelon -- Both are at their flavorful best in the summer. They contain the antioxidant lycopene, which studies have shown decreases the risk of skin cancer while increasing your skin's protection from the sun by 33 percent!

Broccoli and Apples -- This duo contains the highest concentration of polyphenols. Broccoli also helps fight inflammation and contains a sulphorane, a compound that helps to safeguard skin against UV light. An apple a day is a delicious way to protect your skin.

Spinach -- This power-packed green vegetable is loaded with vitamin E, anti-inflammatory compounds and omega-3 fatty acids, including alpha-linolenic acid. It's also high in B vitamins.

Salmon and Walnuts -- Both are high in omega-3 fatty acids, which have anti-inflammatory properties. These can protect your heart and skin by helping to fight off free radicals, which can result from overexposure to UV rays. A diet rich in omega-3s could help cut your risk of melanoma, the most dangerous type of skin cancer, in half!

Carrots and Sweet Potatoes -- Orange-colored vegetables contain carotenoids. These nutrients build up on the skin, helping protect it from sun damage.

Tea and Coffee -- Both contain polyphenols: plant-based compounds that help regulate inflammation, oxidative stress and the immune system. Research shows that drinking at least one cup of white, black or green tea per day can lower the risk of certain types of skin cancer by 30 percent.

Dark Chocolate -- Eating dark chocolate with at least 60 percent cocoa can make the skin 25 percent less sensitive to the sun.

This recipe for summertime spinach, watermelon and carrot salad is packed with the anti-inflammatory, skin-protecting ingredients you need to safeguard your skin from the inside out!



SUMMERTIME SALAD

Serves 6

- 1 bunch of spinach (1-pound)
 - 1 (3-pound) mini-watermelon, cut into 2 to 2-1/2 inch pieces
 - 1 large carrot, sliced into coins
 - 1 cup cherry tomatoes
 - 1 large cucumber, diced
 - 1 large apple, cored and diced
 - 1 cup walnuts, toasted
 - 1 teaspoon salt
 - 1 teaspoon ground black pepper
- Basil Olive Oil Dressing (recipe follows)**

Toss all of the salad ingredients together in a large bowl. Drizzle the Basil Olive Oil Dressing over the salad and toss to combine.

Basil Olive Oil Dressing

- 1/2 cup basil leaves, packed
- 1 clove garlic, smashed
- 1/2 teaspoon kosher salt
- 2 tablespoons fresh lemon juice
- 1/3 cup extra-virgin, cold-pressed olive oil

Put all ingredients except oil in a blender or food processor and blend on high until ingredients are well-combined. With motor running, add oil in a thin stream, until mixture thickens. Drizzle over salad and serve immediately. Makes about 1 1/3 cups.

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 Delectable 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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