

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.

Attention Veterans

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.

Thursday, Aug. 3rd @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, August 3 at 5:30 p.m. at Steam Engine Pizza. Sharon Pearson will tell about the "First Steps" program. 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.

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!

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 Appalachian 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, August 5th - 7:30am-3:30pm

St. Elizabeth Basement Sale

The August Basement Sale at St. Elizabeth Church, 322.5th Street in Ravenna, will be held on Saturday, August 5, 2017, from 7:30 a.m. to 3:30 p.m. Lots of great bargains and something for everyone. Come check us out.

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.

Tuesday, August 8th @ 11:30am

Winchester GTE/Sylvania/Osram

The Winchester GTE/Sylvania/Osram retirees will meet for lunch 11:30 a.m., Tuesday, August 8, at Windy Corner Market, 4595 Bryan Station Road in Lexington. All Winchester Sylvania retirees and former employees are welcome to join us for lunch.

Thursday, August 10th @ 6:30pm

Hargett Fire Department Auxiliary

The Hargett Fire Department Auxiliary will be having a meeting on Thursday, August 10th at 6:30 p.m. We will be discussing fund-raisers for the department. Please make plans to attend.

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 at Estill County Fair Barn

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 Sugar & Spice 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.

Monday, August 14th @ 7pm

SEKY Gem, Mineral & Fossil

The Southeast KY Gem, Mineral & Fossil Club will meet Monday, August 14 at 7 p.m. at the Estill County Public Library. The program will be a "Show, Tell, and Trade". The group is organized for pursuing education in the activities of rock hounding, including, but not limited to field collection, and hands-on education in fabricating stones and mineralogical specimens into finished creations, by use of various art and lapidary skills.

Anyone interested in joining is welcome to attend. Yearly dues are \$20 per family and \$15 per individual.

Tuesday, August 15th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, August 15th 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..."

Saturday, August 26th @ 12:00 Noon

Dickerson-Patrick Reunion

The descendants of Sanford and Dora Ann Dickerson Patrick will be having their annual reunion on Saturday, August 26, 2017, from 12:00 Noon until 4:00 p.m. at the Estill County National Guard Armory, 335 Cow Creek Road, just outside of Ravenna.

All relatives and friends are invited to bring food and soft drinks for their family and join us. Lunch will be served about 1:00 p.m.

Jimmie L. Johnson, DMD, PSC

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Kitchen Diva Snack Attack!

by ANGELA SHELF MEDEARIS

Snacks can help children get the nutrients needed to grow and maintain a healthy weight. For younger children, prepare single-serving snacks to help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Here are some ideas:

Save time by slicing veggies

Store sliced vegetables in the refrigerator and serve with dips like hummus or low-calorie dressing. Top half a whole-wheat English muffin with spaghetti sauce, chopped vegetables and low-fat shredded mozzarella and melt in the microwave.

Mix it up

For older school-age kids, mix dried fruit, unsalted nuts and popcorn in a snack-size bag for a quick trail mix. Blend plain fat-free or low-fat yogurt with 100 percent fruit juice and frozen peaches for a tasty smoothie.

Grab a glass of milk

A cup of low-fat or fat-free milk, or milk alternative (soy milk) is an easy way to drink a healthy snack.

Nibble on lean protein

Choose lean protein foods such as low-sodium deli meats or unsalted nuts. Wrap sliced, low-sodium deli turkey around an apple wedge. Store hard-cooked (boiled) eggs in the refrigerator for kids to enjoy any time.

Keep an eye on the size

Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

Fruits are quick and easy

Fresh, frozen, dried or canned fruits can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100 percent juice served.

Consider convenience

A single-serving container of low-fat or fat-free yogurt, or individually wrapped string cheese can be just enough for an after-school snack.

Swap out the sugar

Keep healthier foods handy so kids avoid cookies, pastries or candies between meals. Add seltzer water to 1/2 cup of 100 percent fruit juice instead of offering soda.

Prepare homemade goodies

For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar in the recipe. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.

Go for great whole grains

Limit refined-grain products such as snack bars, cakes and sweetened cereals. Offer whole-wheat breads and whole-oat cereals that are high in fiber and low in added sugars, saturated fat and sodium. Keep popcorn on hand for a tasty, whole-grain snack.

Try making these delicious recipes for Pizza Pepper Poppers and Fro-Yo Fruit Cubes the next time your children have a snack attack!



DepositPhotos.com

PIZZA PEPPER POPPERS

- 2 large green, red or yellow bell peppers
- 1/2 cup pizza or spaghetti sauce
- 2 teaspoons Italian seasoning
- 1/8 teaspoon red pepper flakes
- 1 cup toppings: diced mushrooms, broccoli, tomatoes, squash, onions, olives, etc.
- 1/2 cup grated cheese, divided
- 1 (5-ounce) package mini-pepperoni slices
- 1 teaspoon chopped basil or parsley

1. Heat your oven or toaster oven to 350 F.
2. Slice off each of the four sides of the peppers and lay flat, cut-side up, on a baking sheet.

3. In a medium bowl, mix the sauce with the Italian seasoning, red pepper flakes and diced toppings. Place equal amounts of the topping mixture in each pepper piece. Top with 1/2 of the cheese, the mini-pepperoni slices and the remainder of the cheese.

4. Bake for 10 minutes at 350 F. Turn the heat up to broil for 1-2 minutes to completely melt the cheese and crisp the toppings. Sprinkle with basil or parsley, if desired. Makes 8 poppers.

FRO-YO FRUIT CUBES

- 1 1/2 cup plain Greek yogurt
- 1/4 cup whole milk
- 2 teaspoons honey or agave syrup
- 1/2 teaspoon pure vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup blueberries
- 1/2 cup strawberries, quartered
- 1/2 cup raspberries

1. In a medium bowl, combine yogurt, milk, honey or agave, vanilla, cinnamon and salt, and whisk until smooth. In an ice tray, distribute fruit in each of the cube molds.

2. Spoon yogurt mixture over fruit, filling molds completely. Freeze for 5 hours, or until frozen solid.

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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