# **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 Marheld in the Mercy Room each class through basic poses fop.m. with instructor Laritza core strength and flexibiling Hands Outreach Ministry. Hospital Facebook page.

Bring your own yoga mat. cum & Wallace Hospital is The instructor will guide the Wednesday from 5:30 to 6:30 cused on relaxation, building Gomez. The cost is one non- ity. For class updates, please perishable food item for Help- check the Marcum & Wallace

### Wednesday, August 23rd @ 1:30pm Making a Face Mask Product

Wednesday, August 23, 2017, at 1:30 p.m., Hannah tact the Estill County Public Eaton will be at the library to Library at 723-3030 and ask demonstrate and teach how to for Lesa Ledford. make her face mask product.

For more information, con-

#### Thursday, August 24th @ 4pm

### **IRA & Investment Workshop**

gust 24 at 4:00 p.m., an IRA vesting for the future. and Investment Workshop with Tyler Hamilton. He will tact the Estill County Public any questions you may have for Lesa Ledford. about an IRA and also will

The Estill County Public Li- have a special guest here to brary will be offering on Au- discuss the pro and cons of in-

For more information, conbe here to discuss and answer Library at 723-3030 and ask

### Thursday, August 24th @ 5:30pm Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine- coming a member of a service Ravenna will meet Thursday, organization that has a sense of August 24, at Steam Engine community, a source of fulfill-Pizza. Trent Sparks will tell ment and a history of impact, about his "Mission Trip to join us at 5:30 p.m. (to eat) or Montana".

If you are interested in be- on Thursday evenings.

## Fridays, 4-7pm at the fairgrounds **Estill County Farmers' Market**

The Estill County Farmers' Market is now open on Fri- vendors are always welcome. days in 2017. Hours are from 4 p.m. to 7 p.m. at the Estill Hannah Eaton at 726-0679 County Fairgrounds pavilion. with any questions.

Have extra produce? New Call market coordinator

6:00 p.m. (meeting/program)

Fridays, 6-8pm at the Estill Library **Estill Appalachian Dulcimers** 

### Saturday, August 26th

## **Annual Clark Hardy Reunion**

The family of Clark "Bud" tion Christian Church. Hardy will have their annual family reunion at noon on Saturday, August 26th.

The meal will be potluck. All family and friends are welcome.

It will be held at Rice Sta-

### Sunday, August 27th

## **Annual Jones Family Reunion**

The annual Jones Family #1 at Natural Bridge State Park, Slade, Kentucky. Look forsigns. in honor of all our loved ones.

Bring a covered dish and Reunion will be returning this your own drinks. Spread the year to our original site, Shelter word to all family and friends. Let's get over 100 this year

### Thursday, August 31st @ 5pm Microsoft Publisher Workshop

August 31, 2017, there will for your club or church. be a Microsoft Publisher workshop at the library beginning at workshop so if you have a lapand the many features it offers library. to create flyers and brochures

It will be a hands-on type

Call Lesa at 723-3030.

### Friday, Sept. 1st @ 9am Retired Co. C Guard Breakfast

former National Guard mem- and on the first Friday of each bers of Charlie Company month at 9 a.m. 1/149th. There will be a break-

Attention: All retired and mond, on Friday, Sept. 1st

All are invited and welfast at Cracker Barrel, in Rich- come. Hope to see you there!

## Friday, September 1st @ 5pm **RCP's "Picnic in the Park"**

River City Players has reserved all of Ravenna Veter-1st. The park will close to the public at 3 p.m. Thank you in advance for your cooperation. Please join us at 5 p.m. for "Picnic in the Park".

Admission at the gate \$10 per person, six & under free. an's Park, Friday, September Bring your blanket or chair and enjoy the band, dancing, food vendors, tie dye (bring your own shirt), corn hole. All proceeds go to "Save the

Mack" fund.

### Saturday, September 2nd - 7:30-2:30 St. Elizabeth Basement Sale

The St. Elizabeth Church, September 2, from 7:30 a.m. 322 5th Street in Ravenna, to 2:30 p.m. Lots of great barwill be having its September gains and something for ev-Basement Sale on Saturday, eryone. Come check us out.

### Saturday, September 2nd @ Noon **Profitt Family Annual Reunion**

family of James and Eliza- luck lunch, and spend the day. beth Crowe "Pop" Profitt will There will be hat contests for be held Saturday, September both adults and children, so, 2,

The annual reunion of the invited to come, enjoy a pot-2014, at Carl McIntosh's wear your best. Also, door

## **Kitchen Diva Preparing Healthy School Lunches** by ANGELA SHELF MEDEARIS

With kids heading back to school, it's time to plan your daily lunch-making routine. Thanks to some simple safety guidelines, and my kid-pleasing recipes, you can create a delicious lunch that will keep your children (and the adults in the family) happy and healthy all year long! **School Lunch Safety Tips:** 

\* Keep food preparation areas in the kitchen clean. Wash countertops, cutting boards, utensils and your hands in hot, soapy water. And don't let the family pet jump up on kitchen counters.

\* After preparing lunches, remember to immediately return unused portions of perishable foods like cheeses, deli meats and mayonnaise to the refrigerator. Don't let them sit out on the counter.

\* Make sure that cold foods are cold before packing them in a lunchbox. If possible, prepare the lunch the night before and store it in the refrigerator. (This also takes the edge off the mad morning rush!)

\* Sandwiches made with refrigerated items such as luncheon meats, cheese, tuna or mayo-based salads should be carried in an insulated lunch bag with an ice pack. Nestle a frozen juice pouch or an ice pack inside the lunch kit, and your lunch should be safe to eat after 3 to 4 hours without refrigeration.

\* At school, instruct the kids to store their lunchbox out of direct sunlight and away from radiators or other heaters, if possible.

\* Keep hot foods, like soups, stews or chilies, hot. In the morning, bring the food to a boil and then immediately pour into a sterile vacuum bottle. (Sterilize the vacuum bottle with boiling water.)

Lunch foods that can be eaten at room temperature include:

Peanut butter

Jams and jellies

Breads, crackers, cereals

Clean fruits and vegetables

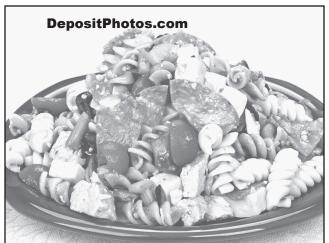
Dried meats, such as beef jerky

Baked products, such as cookies and cakes

Canned meat or poultry products that are eaten immediately after opening.

This recipe for Pizza Pasta Salad with Chocolate Surprise Pudding for dessert is a great lunch (or dinner) for both children and adults. You can add any number of your favorite pizza ingredients to this salad. And it's a great way to use up leftover cooked vegetables and meats, or those little packages of cheese and pepper flakes you may have on hand from your favorite pizza delivery service!

You also can "recycle" leftover pizza by reheating it for a few minutes and scraping the cheese and toppings from the crust. Mix them with the noodles, spices, Italian dressing and any other ingredients you may want to add (see instructions below). The crust can be toasted, cut into strips or cubes and served as croutons.



5:00. The adult services librar- top with Publisher on it, please ian will be teaching the basics bring it because there is a limof using Microsoft Publisher ited number of laptops at the

chian Dulcimer Club will meet who is interested is playing every Friday from 6 to 8 p.m. one is welcome to attend. at the Estill County Library,

The Estill County Appala- lachian Dulcimer,. Or anyone

The Appalachian Dulcimer 246 Main Street, Irvine, for was designated as the official anyone who plays an Appa- state instrument of Kentucky.

### Saturday, August 26th @ 12:00 Noon **Annual Thomas School Reunion**

Reunion will be held Satur- friends and family are wel-Noon at Michael's Restaurant pays for their own meal.

The annual Thomas School in Ravenna. All classmates, day, August 26, 2017, at 12:00 come to attend. Each guest

### Saturday, August 26th @ 12:00 Noon J.J. & John Shelton Crowe Reunion

The descendants of Jonah ing, 100 Golden Court (off ton Crowe will have their an- around noon. nual family reunion Saturday, August 26, 2017, at the Estill welcome. Bring some good

Jesse Crowe and Melissa Ann Stacy Lane Road) in Irvine. A Arvin Crowe, and John Shel- pot luck meal will be served Family and friends are all

County Senior Citizens Build-food and enjoy the day with us.

### Saturday, August 26th @ 12:00 Noon **Dickerson-Patrick Reunion**

ford and Dora Ann Dickerson just outside of Ravenna. Patrick will be having their till County National Guard Ar- 1:00 p.m.

The descendants of San- mory, 335 Cow Creek Road, All relatives and friends are

annual reunion on Saturday, invited to bring food and soft August 26, 2017, from 12:00 drinks for their family and join Noon until 4:00 p.m. at the Es- us. Lunch will be served about

## Saturday, August 26th @ 1pm IHS Class of 1967 Reunion

The Irvine High School be having their 50th anniver- p.m. for the evening meal. sary on Saturday August 26, Avenue.

The building will be open classmates and their spouses. A visit to the high school building is planned sometime during the afternoon.

The Class will go to Migraduating class of 1967 will chael's Restaurant about 6:00

I.H.S. Alumni from pre-2017. The day time activities vious years are welcome to will be at the Irvine Masonic stop by to visit and renew old Lodge Building on the corner friendships. Soft drinks and of Broadway and North Lily snacks will be available at the Lodge.

This is a "once in a lifeabout 1:00 p.m. to receive time event" that shouldn't be missed. Any questions? Call 643-8941.

All class members are encouraged to attend.

"Shelter Valley," just off Wat- prizes are given out to nearly son Ridge Road near Furnace. everyone who attends. All friends and family are

Everyone is welcome!

### Saturday, September 2nd @ 1:00pm

## Mansfield Family Reunion

The Mansfield reunion will be held Saturday, September served at 1:00 p.m. 2, 2017, at Sand Hill Christian Church Fellowship Hall.

A potluck lunch will be Hope to see you there!

### Sunday, Sept. 3rd @ 12:00 Noon **Crowe & Carroll Reunion**

The Reunion of the family Lunch will be potluck so please bring food and drinks. be furnished.

welcome.

### Tuesday, Sept. 4th @ 6:30pm **Estill County Lions Club**

The Estill County Lions al, with 1.35 million members Club will meet Tuesday, Sep- in 205 countries around the tember 4th and on the first and world. third Tuesday of every monthat Rader's River Restaurant. The call to make our community a better place through service to meal is at 6:30 p.m. and business meeting begins at 7 p.m. attend and learn about how Li-Estill County Lions Club is ons around the world earn our

part of Lions Club Internation- motto, "We Serve ...."

# Saturday, September 16th - 1-4pm

## ECHS Class of 1956 Reunion

The Estill County High Restaurant in Ravenna. Cost is School "Class of 1956" will \$15.00 per person. be having its 60th Reunion on Saturday, September 16, Julia Robinson at (606) 723-2017, 1-4 p.m. at Michael's 2534.

For more information, call

### Saturday, Sept. 9th - 8am-1pm **Remembrance Blood Drive**

The "United We Give" Re- at 270 Main Street in Irvine. membrance Blood Drive will be held for the Estill County years-old (16 with parental Community on Saturday, Sep- consent), weigh at least 110 tember. 9, 2017, from 8 a.m. pounds, be in general good - 1 p.m. at the First Christian health, show a photo I.D. and Church in the Fellowship Hall meet additional requirements.

Blood donors must be 17-

### **PIZZA PASTA SALAD**

- 1 (16-ounce) bag plain or colored whole-wheat or regular penne or spiral noodles, cooked according to package directions
- 3/4 cup pepperoni cut into wedges or mini-pepperoni slices
- 3/4 cup Monterey Jack or mozzarella cheese, cut into small cubes
- 3/4 cup fresh tomatoes, diced
- 1/2 cup olives, sliced (optional)
- 1/2 cup roasted red bell peppers (in a jar), sliced
- 1/4 cup fresh Parmesan cheese
- 1 (16-ounce) bottle lite, zesty Italian dressing
- 1 tablespoon Italian seasoning
- 1 teaspoon garlic salt
- 1 teaspoon ground black pepper
- 1/8 teaspoon crushed red pepper flakes

Mix together the cooled, cooked pasta with all the other ingredients and place the salad in an airtight container with a tight-fitting lid. Chill the pasta salad in the refrigerator for at least 3 hours before serving, stirring once per hour while chilling to distribute dressing into the pasta, and again before serving.

### **CHOCOLATE SURPRISE PUDDING**

This nutritious pudding contains avocados, which add a power boost and creaminess to this simple, delicious dessert.

3 ripe bananas

- 2 large avocados, peeled and pitted
- 6 tablespoons unsweetened dark cocoa powder
- 3 tablespoons honey or agave syrup, to taste
- 1 teaspoon vanilla
- 1/4 teaspoon cinnamon

Place bananas and avocados into a food processor or blender; blend until smooth and creamy. Add cocoa powder, honey or agave syrup, vanilla and cinnamon; blend until thoroughly combined and smooth. Divide into four singleserve cups with tight-fitting lids. Refrigerate at least 2 hours before serving. \*\*\*

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 howto 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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Plates; cups and cutlery will All family and friends are

We invite those who feel a

#### of William and Nelly Carroll Crowe will be held on Sunday; September 3, 2017 at the family shelter on Stacy Lane. All branches of the Crowe and

Carroll families are welcome.