

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, September 7th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, September 7, 2017, at 5:30 p.m. at Steam Engine Deli's session room. *Kiwanis members work together to achieve what one person cannot accomplish alone. When a child is given the chance to learn, experience, dream, grow, succeed and thrive, great things happen.*

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, Sept. 9th - 8am-1pm

Remembrance Blood Drive

The "United We Give" Remembrance Blood Drive honors those lost, those who give. When the plans hit on September 11, Americans felt helpless but knew donating blood was something they could do to support their country. Thousands lined up across the nation, including at Kentucky Blood Center locations. As a way to remember those who lost their lives or those whose lives were forever changed and to support Kentucky patients who need help today, Kentucky blood donors can roll up their sleeves at the upcoming blood drive. Donors will receive a special United We Give remembrance shirt at the Estill County Community Blood Drive on Saturday, September 9, 2017, from 8 a.m. - 1 p.m. at the First Christian Church in the Fellowship Hall at 270 Main Street in Irvine. Blood donors must be 17-years-old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org. To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

Saturday, September 9th @ 9:00am

Hargett VFD Yard & Bake Sales

The Hargett Volunteer Fire Department Auxiliary will be having a yard sale & bake sale on Saturday, September 9th. 9 a.m. - ? at 6932 Winchester Road. Rain or shine, sale is inside. We will be accepting donations on Friday Sept. 8th from 2 p.m. - ?. Please come out and support your local volunteer firefighters. Questions call 723-8040.

Tuesday, September 12th @ 11:30am

Winchester GTE/Sylvania/Osram

Winchester GTE/Sylvania/Osram/UAW retirees will gather for lunch, Tuesday, Sept 12, 11:30 a.m. at the Lodge in Natural Bridge State Park. All Winchester Sylvania retirees and former employees are welcome to join us for lunch.

Tuesday, September 12th @ 6:30pm

Nick Jamerson at Pickin' in the Park

Nick Jamerson will be performing at the Pickin' in the Park at Rising Park in Irvine. All shows begin at 6:30 and admission is free. Jamerson is part of the duo Sundry Best. When you look at the recent output of Sundry Best, the Lexington, Ky.-bred duo comprising Kris Bentley and Nick Jamerson, you certainly see they have the "quantity" side taken care of. Since signing with eOne Music in 2013, the band has released three separate studio projects — a deluxe version of their independently produced album Door Without A Screen, early 2014's Bring Up The Sun, and now, a brand new collection of songs titled Salvation City, their second effort working with veteran producer RS Field (Justin Townes Earle, Allison Moorer, Todd Snider, Webb Wilder, Sonny Landreth.). The Summer Concert Series is sponsored by the Estill County Public Library and the City of Irvine. Rising Park is located on North Court Street, directly behind the library.

Friday, September 15th @ 6:30pm

Madison Civil War Roundtable

The bi-monthly meeting of the Madison County Civil War Roundtable will be on Friday, September 15, 2017, at 6:30 p.m. at Smokehouse Grill, just off I-75 exit 77 in Berea. Noted Civil War author and historian Bryan Bush will give a presentation entitled, "Confederate Lt. General William Hardee." Contact Phillip Seyfrid at (859) 623-8979 with questions.

Saturday, September 16th - 1-4pm

ECHS Class of 1956 Reunion

The Estill County High School "Class of 1956" will be having its 61st Annual Reunion on Saturday, September 16, 2017, 1-4 p.m. at Michael's Restaurant in Ravenna. Cost is \$15.00 per person. For more information, call Julia Robinson at (606) 723-2534.

Tuesday, September 19th @ 4pm

West Irvine Intermediate SBDM

The West Irvine site-based, decision-making council will be meeting Tuesday, September 19th and the 3rd Tuesday of each month at 4:00 p.m. The public is welcome.

Tuesday, September 19th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, September 19th 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, September 23, 2017 @ 9am

Ravenna Railroaders Festival

The Ravenna Railroad Festival Committee is gearing up for the best Festival ever! Set for Saturday, September 23, 2017, activities will begin held at the Veterans Memorial Park, Main Street in Ravenna. Plan now to attend this special one-day event! The hours are 9:00 a.m. until dark. Booths of all designs and venues will be a part of the day with something for everyone, including special activities for the children and 'teens. Children's Parade will begin at 10:00 a.m., followed by a pumpkin painting contest on the basketball court open to all children age 12 and under. Judging and awarding of prizes will follow. Food booths will offer several options for your pleasure. Bring your own lawn chair and enjoy visiting with friends. Hay rides and small train rides will also be available for the young and the young at heart! A "Railroaders Gathering" will be held for those wanting to spend time together. Special music will be featured throughout the day by talented musicians. See you there! At the Ravenna Railroad Festival on Saturday, September 23, 2017.

Saturday, Sept. 23rd - 9am-2pm

Drug March/Resource Fair

Helping Hands Outreach and Westcare will be presenting their annual drug march and resource fair on Saturday, September 23, 2017, 9:00 a.m. until 2:00 p.m. at the Estill County Fairgrounds, 38 South Irvine Road. HHO has been reaching out to the community for more than seven years to provide services in our community. Primarily, Helping Hands has focused on needs of families pertaining to food, shelter, and clothing. For our annual event this year, Helping Hands Outreach and Westcare have partnered together to present the Estill County Drug March and Community Resource Fair. Our partnership will allow us to help address additional issues related to substance abuse and recovery. We want to thank the Agency for Substance Abuse Prevention (ASAP) and Kentucky River Foothills Head Start for their compassion and generosity in sponsoring this event. They, along with Westcare and other local community organizations are assisting Helping Hands in bridging gaps to build stronger families and communities. This event is ENTIRELY FREE to the community and includes free food, kids inflatables, many local organizations presenting the resources they provide to the community, and special guest speaker former football player Jared Thomas as he shares his story of addiction, recovery, and career as a substance abuse counselor. Drug March is at 10 am, Jared will speak at 11 and the event will close at 2 pm. We welcome you to join us to find a resource, or share the services your group provides to the community. If you are interested in sharing your services, please visit Helping Hands Outreach FB page for vendor registration. You may also call 606-975-3775. The event is sponsored by Kentucky River Foothills Head Start and the Agency for Substance Abuse Prevention.

Saturday, September 23rd @ 11:00am

Rader/Raider Family Reunion

The Rader/Raider reunion will be held on Saturday, September 23, 2017 at Catalpa Park, large pavilion, in Richmond, Kentucky. There will be activities starting at 11:00 a.m., with covered dish lunch at 1:00 p.m. Please bring a covered dish and soft drinks enough for your attendees. All family and friends are invited to attend.

Saturday, September 23rd @ 12:00 Noon

G.C. & Oma Dixon Reunion

The annual reunion of the family of G. C. and Oma Dixon will be held Saturday, September 23rd, 12:00 p.m. at Franklin and Marie Dixon's farm, Station Camp, Red Lick Road. Tell all of your family members, please. Bring lots of food, drinks, and chairs along with Bingo items and games! Hope to see you there!

Kitchen Diva Meatless Mondays

by ANGELA SHELF MEDEARIS

I enjoy creating and preparing meatless meals. We started adding a meatless menu to our regular meal plans years ago when we were trying to save money. We didn't realize it then, but we were also saving our lives.

Going meatless once a week may reduce your risk of preventable chronic conditions like cancer, cardiovascular disease, diabetes and obesity. A meatless meal also can help reduce our carbon footprint and save precious resources like fossil fuels and fresh water.

Though it can be challenging to serve healthy meals on a budget, going meatless can help conserve money for more fruits, vegetables and grains. Meat tends to be more expensive, in part because producing meat requires extra expenses like feed and transportation.

With the average American eating as much as 75 more pounds of meat each year, "one day a week, cut out meat" is a way for us to do something good both for ourselves and for our planet.

During World War I, the U.S. Food Administration urged families to reduce consumption of key staples to aid the war effort. "Meatless Monday" and "Wheatless Wednesday" were introduced to encourage Americans to do their part. The effect was overwhelming: More than 13 million families signed a pledge to observe the national meatless and wheatless conservation days.

The campaign returned during World War II, when President Franklin D. Roosevelt re-launched it to help that war's efforts on the home front. In the immediate post-war years, President Harry S. Truman continued the campaign to help feed war-ravaged Europe.

Meatless Monday was revived in 2003 by former ad man turned health advocate Sid Lerner, in association with the Johns Hopkins Bloomberg School of Public Health's Center for a Livable Future. Reintroduced as a public health awareness campaign, Meatless Monday addresses the prevalence of preventable illnesses associated with excessive meat consumption.

Meatless Monday has grown into a global movement. Research shows that Monday is the day people commit to all kinds of healthy behaviors. It's the perfect day to make small, positive changes, like going meatless. For more information and meatless recipes, go to www.meatlessmonday.com/favorite-recipes/.

This week, put a Mexican twist on your Meatless Monday menu with this delicious, family-friendly recipe for Black Bean Wraps With Jicama Grilled Salsa.

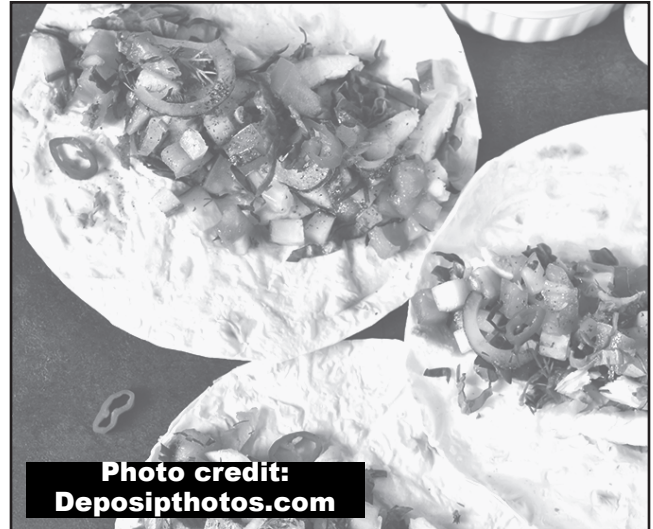


Photo credit: Deposiphotos.com

BLACK BEAN WRAPS WITH JICAMA GRILLED SALSA

- 1 cup dried black beans
- 1/2 medium onion, diced
- 1/8 cup diced celery
- 3 cups water
- 1 1/2 teaspoons salt
- 2 teaspoons freshly ground black pepper
- 1/4 teaspoon cayenne pepper
- 1 tablespoon olive oil
- 1 medium carrot, diced
- 3 cloves garlic
- 1/2 cup cooked quinoa

For the Jicama-Grilled Salsa:

- 1 cup diced jicama
- 1 green bell pepper, seeded and diced
- 1 red bell pepper, seeded and diced
- 1 jalapeno, seeded and minced
- 1 cup grilled or boiled corn kernels
- 1/2 medium red onion, diced, optional
- 1/4 cup red wine vinegar
- 2 tablespoons freshly squeezed lime juice
- 2 cloves garlic, minced
- 1 tablespoon Dijon mustard
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup olive oil
- 1/8 teaspoon cayenne pepper
- 16 (8-inch) whole-wheat tortillas
- 1 1/2 cups baby spinach
- 2 large Haas avocados
- 1/4 cup fresh, minced cilantro

Toppings, optional:

- 1 cup shredded, Monterey Jack cheese
- 1/2 cup plain, Greek yogurt

1. Soak the black beans overnight in cold water in the refrigerator. Drain and rinse the soaked beans.

2. In a medium saucepan over moderate heat, warm the olive oil. Add the onion, carrot, celery and garlic; saute, stirring occasionally, until soft and translucent, about 3 minutes. Add the beans and 3 cups water and bring to a boil. Lower the heat and simmer, stirring occasionally, for 30 minutes. Remove beans from the heat and cool.

3. Transfer the beans to a food processor and puree until smooth. Transfer to a large bowl, add the cooked quinoa, and stir to combine. Season with salt, pepper and cayenne.

To make the jicama-grilled corn salsa:

1. In a medium bowl, toss together the jicama, green and red bell peppers, jalapeno, corn and red onion, if using. In a blender, combine the vinegar, lime juice, garlic, mustard, salt and pepper. Blend well, then slowly add olive oil. Drizzle the vinaigrette over the salsa and stir to combine.

2. Wrap tortillas in aluminum foil and warm in 350 F oven, or wrap in damp food-safe paper towels and microwave on HIGH for 30 to 45 seconds until warmed through.

3. Spread 1 tablespoon of the black-bean puree down the middle of each tortilla, then top with spinach, avocado, salsa and cilantro, and a sprinkle of cheese and a dollop of yogurt, if desired. Roll up and serve. Serves 8 (2 tortillas each).

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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