

# 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>

## Through March 3rd

### Girl Scout Cookies Going On Sale

Girl Scout cookies are here and you will be seeing three of our troops out there selling.

Here are some of the places you can come visit the girls and get your girl scout cookies fix: Estill County Courthouse Wed., Feb. 7th, 8-11; Saturday, Feb. 10th, D&J Hardware, 9-2; Sunday, Feb. 11th Hardees, 1:30 to 5, Saturday, Feb. 17th

at Pickers Paradise, 10-2; and Saturday, March 3rd 10-1:30 to name a few. These are the ones that will be inside the businesses and of course if we have nice weather you may find a troop outside a favorite business or store.

Thank you for supporting our local Girl Scout Troops #661, #7182 and #337.

## Wednesday, Friday and Monday

### Storytime - Preschool & Starrytime

Our regular preschool Storytime meet each Wednesday and Friday mornings from 10:30 to 11:30 a.m. Our letter of the week is U. We read, sing and do activities to help with socialization and school readiness for our younger children.

Starry Time Storytime meets each Monday from 5:00 to 6:00 p.m. This storytime is

designed for children that are already attending school and their families. It is a variation of our traditional storytime with activities for both the small and the tall. Ages 4 to 10 years is our usual group.

For more information contact Amy Hughes, Children's Librarian, at 723-3030 at the Estill County Public Library.

## 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, February 8th @ 12:00 Noon

### Basics: Memory Loss, Dementia & Alzheimer's

If you have a loved one who is newly diagnosed, or if you just want to learn more about Alzheimer's disease, this program is for you.

This presentation will explore what everyone should know about memory loss issues and what they mean for all of us.

The program will be held

on Thursday, February 8, from 12:00 p.m.-1:00 p.m. at the Estill County Extension Office located at 76 Golden Court, Irvine. To register for this program, please call 606-723-4557. Registration is required. Program sponsored through a generous grant from the Margaret T. Stoeckinger Foundation.

## Thursday, February 8th @ 1pm

### Estill Homeschool Enrichment

The Homeschool Enrichment group will meet at the Estill County Public Library on Thursday, February 8th at 1:00 p.m. Our guest will be Selisa Adams, math specialist. She is planning games and activities to help with math skills

for all ages. Come learn with us! Both new and experienced homeschool families are welcome.

For more information contact Amy Hughes, Children's Librarian, at 723-3030 at the Estill County Public Library.

## Thursdays, 4-5pm at the Estill Library

### Estill County Library's Lego Club

The Estill County Public Library hosts Lego Club each Thursday from 4 p.m to 5 p.m. The suggested ages for this group is 6 to 12. Come build

with us!

For more information contact Amy Hughes, Children's Librarian, at 723-3030 at the Estill County Public Library.

## Thursday, February 8th @ 5:30pm

### Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine - Ravenna will meet Thursday, February, 8 5:30 p.m., at Steam Engine Pizza.

New members are needed and welcomed. Anyone interested can contact any Kiwanis member.

## Friday, February 9th @ 5:30pm

### Family Game Night at the Library

Looking for something inexpensive to do with the family? Family Game Night is held at the Estill County Public Library every Friday night at

5:30 p.m. Games are provided by the Library or you are welcome to bring a game to play. Children under 10 must be accompanied by an adult.

## BODY FITNESS EXERCISE CLASSES

HELPFUL FOR PERSONS WITH ARTHRITIS, ASTHMA, DIFFICULTY MOVING

Gentle Exercise and Movement Builds Strength and Flexibility

INSTRUCTOR: SISTER LORETTA SPOTILA, RN  
TIMES: MONDAY AND WEDNESDAY MORNING, 10AM-11AM

PLACE: Estill County UK Extension Office, Golden Court off Stacey Lane  
DONATION: \$3.00 PER CLASS

## 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, February 12th @ 9am

### New Hospice Volunteer Training

New Volunteer Training for Hospice Care Plus will be held on Saturday, February 12, 9 a.m., at the Compassionate Care Center in Richmond.

Open to teens and adults age 14 and up. Positions open in pet therapy, Center hospitality,

hospice home care companionship and respite (in your community), Breakfast Club, and much more.

Register by calling Stefanie at 859-626-9292 or 888-334-0009. More details at hospicecareplus.org.

## Monday, February 12th @ 7pm

### SEKY Gem, Mineral & Fossil Club

The Southeast KY Gem, Mineral & Fossil Club will meet Monday, February 12 at 7 p.m. at the Estill County Public Library. The program will be a "Show, Tell, & Trade".

Plans will be made for the

KY Agate, Gem, & Mineral Show which will be April 27, 28, and 29 during the Mountain Mushroom Festival.

Visitors are welcome to attend. Membership forms will be available for anyone interested in joining the group.

## Tuesday, February 13th @ 11:30am

### GTE/Sylvania/Osram UAW Retirees Lunch

All Winchester GTE/Sylvania/Osram/UAW retirees will gather for lunch Tuesday, February 13, 11:30 a.m., at the Blue Isle on Shopper's Drive

in Winchester.

All Winchester Sylvania former employees and retirees are welcome to join us for lunch

## Tuesday, February 13th @ 6:30pm

### Estill County Relay for Life

Please join us in the FIGHT against cancer. Estill County Relay for Life will meet on Tuesday, February 13th at 6:30 p.m. in the Fellowship Hall of

Ravenna Nazarene Church. This year's event will be held June 15, 2018. If you are interested in forming a Team or volunteering, please attend.

## Wednesday, February 14th @ 1:30pm

### Estill Library Crafternoon

Crafternoon meets on the 2nd and 4th Wednesday of each month at 1:30 p.m. at the Estill County Public Library, 246 Main Street in Irvine.

Come out on February 14th at 1:30 p.m. to make a Sugar Scrub for your hands or for

that special someone for Valentine's Day! All supplies will be provided, but we do ask that you call Lesa at 606-723-3030 or by calling or stopping by the Estill County Public Library to reserve your seat or if you have questions.

## Saturday, February 17th @ 11:00am

### Relax 'N Color at Estill Library

Saturday, February 17th we will be kids day again during Relax 'N Color at the Library. If you have nothing to do and would just like to get out of the house for a while, stop by the Estill County Public Library to color and enjoy music and

conversation.

The meeting room will be open at 11:00 a.m. for those who want to color.

For more information please contact Lesa at 606-723-3030. This is open to all ages!

## Tuesday, February 20th @ 7:00pm

### Estill Republican Planning

Help plan the Estill County Republican Party's Pass to the Primary. The next planned

meeting will be held at Rader's River Grill on Tuesday, February 20th at 7:00 p.m.

## Thursday, February 22nd @ 6:00pm

### Estill Democrat Committee

The Estill County Democrat Executive Committee will be meeting on Thursday, February 22nd at 6:00 p.m. and every third Thursday of

the month at the Estill County Public Library, 246 Main Street in Irvine.

All Democrats are invited. Hope to see you there!

## Wednesday, February 28th @ 1:30pm

### Perspectives of Art at Library

On Wednesday, February 28, Sandy Savage will be at the Estill County Public Library at 1:30 p.m., teaching Perspectives of Art.

If you would like more information please contact Lesa Ledford, Adult Services at the Estill County Public Library by calling 606-723-3030.

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

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

## Tuesday, March 6th @ 6:30pm

### Estill County Lions Club

The Estill County Lions Club will meet Tuesday, February 6th and on the first and third Tuesday of every month at Rader's River Restaurant. The meal is at 6:30 p.m. and busi-

ness 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.

## Kitchen Diva Chocolate Rules on Valentine's Day

by ANGELA SHELF MEDEARIS

Valentine's Day and chocolate are the perfect pair (although I don't need a special holiday to celebrate the joys of eating chocolate). Women make 75 percent of all chocolate purchases throughout the year, but in the days before and on Valentine's Day, 75 percent of chocolate purchases are made by men for the women in their lives. They must love us a lot, because more than a billion dollars is spent each year on chocolate for Valentine's Day. Recent health research supports the benefits of eating dark chocolate in moderation, including helping to lower high blood pressure. Plant phenols -- and in the case of dark chocolate, cocoa phenols -- are compounds known to lower blood pressure. Chocolates made in Europe are generally richer in cocoa phenols than those made in the U.S.

Dark chocolate also contains beneficial antioxidants, which rid the body of free radicals. Free radicals are destructive molecules that are implicated in heart disease and other ailments. The antioxidants in about 1 1/2 ounces of dark chocolate exceed those found in walnuts, grapes and cranberries.

This recipe for Chocolate Lover's Chocolate Cake should be made with high-quality, premium dark cocoa powder for the best results. Think of it as a delicious way to improve your health while celebrating love on Valentine's Day.



Photo credit: Depositphotos.com

### CHOCOLATE LOVER'S CHOCOLATE CAKE

2 cups sugar  
1 3/4 cups all-purpose flour  
3/4 cup premium dark chocolate cocoa powder  
1 1/2 teaspoons baking powder  
1 1/2 teaspoons baking soda  
1 teaspoon salt  
2 eggs  
1 cup milk  
1/2 cup vegetable oil  
2 teaspoons vanilla extract  
1 cup boiling water  
Chocolate frosting (recipe follows)

1. Heat oven to 350 F. Grease and flour two (9-inch) round baking pans (or see variations below).

2. Using a large bowl, stir together the sugar, flour, cocoa, baking powder, baking soda and salt. Add the eggs, milk, oil and vanilla. Beat mixture on medium speed for 2 minutes; DO NOT OVERBEAT. Stir in boiling water. The batter will be thin. Pour the batter into the prepared pans.

3. Bake 30 to 35 minutes or until wooden pick inserted in the center comes out clean. Cool 10 minutes. Remove from pans to wire racks. Cool completely. Frost with the Chocolate Lovers Chocolate Frosting recipe below. Makes 10 to 12 servings.

### VARIATIONS:

**ONE-PAN CAKE** -- Grease and flour 13-by-9-by-2-inch baking pan. Heat oven to 350 F. Pour batter into prepared pan. Bake 35 to 40 minutes. Cool completely. Frost with the chocolate frosting recipe below.

**THREE-LAYER CAKE** -- Grease and flour three 8-inch round baking pans. Heat oven to 350 F. Pour batter into prepared pans. Bake 30 to 35 minutes. Cool 10 minutes; remove from pans to wire racks. Cool completely. Frost with the chocolate frosting recipe below.

**BUNDT CAKE** -- Grease and flour 12-cup Bundt pan. Heat oven to 350 F. Pour batter into prepared pan. Bake 50 to 55 minutes. Cool 15 minutes; remove from pan to wire rack. Cool completely. Frost with the chocolate frosting recipe below.

**CUPCAKES** -- Line muffin cups (2-1/2 inches in diameter) with paper bake cups. Heat oven to 350 F. Fill cups 2/3 full with batter. Bake 22 to 25 minutes. Cool completely. Frost with chocolate frosting recipe below. Makes about 30 cupcakes.

### CHOCOLATE LOVER'S FROSTING

1/2 cup (1 stick) butter or margarine  
2/3 cup premium dark chocolate baking cocoa  
3 cups powdered sugar  
1/3 cup milk  
1 teaspoon vanilla extract

Using a small, microwave-safe bowl, melt butter in the microwave, about 30 to 40 seconds or until melted. Stir in cocoa. Alternately add powdered sugar and milk, beating until the mixture is smooth. Add a small amount of additional milk, if needed, to make the frosting easier to spread. Stir in vanilla extract. Makes about 2 cups frosting.

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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](http://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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