



Two more bicycles drawn for and awarded for perfect attendance at West Irvine Intermediate School. The bicycles were donated by O. D. Henderson Masonic Lodge Brothers Terry Kirby and Anthony Rose. Two more will be drawn for at Spring Break. Students will need to be present from Jan. 3rd—Spring break to be eligible to win. The most recent recipients of the bicycles are pictured left to right, Jaydn Johnson and Natalie Abney. (Photo courtesy of Greg Horn)

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.

Thursday, December 27th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, December 27 at 5:30 p.m. at Steam Engine Pizza.

Estill County Ministerial Association, Estill County Food Bank, children's Christmas gifts, and Kiwanis International gift.

A "Meditation for the New Year" will be given and plans made for the New Year during the Board of Directors meeting.

Service is at the heart of every Kiwanis Club, no matter where in the 80 nations where Kiwanis Clubs are located. Members focus on changing the world by serving children, one child and one community at a time.

Recent donations from Kiwanis have been for the Horizon Daycare's Thanksgiving,

Tuesday, January 1st @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, January 1st, and on the first and third Tuesday of every month at the Irvine First Christian Church meeting room on Main

Street at 6:30 p.m. Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world.

Thursday, January 3rd @ 7:00pm

Estill Historical & Genealogical

The Estill County Historical and Genealogical Society will meet Thursday, January 3, 2019, at 7:00 p.m. at the

museum at 133 Broadway. Potluck will be served and business for the upcoming year will be discussed.

Friday, January 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 Rich-

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

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

Tuesday, January 9th @ 5:30pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet Tuesday, January 8, 2019, and the second Tuesday of each

month at the Estill County Golf Club from 5:30-7 p.m.

Come, join us. Together we can make a difference.

Tuesday, February 5th - 2-3pm

Alzheimer's is Not Normal Aging

A program about Alzheimer's Disease will be held on Tuesday, February 5th from 2:00 p.m. - 3:00 p.m. at the Madison County Cooperative Extension Office in Richmond. To register for this pro-

gram, please call 1-800-272-3900. Registration is required.

Alzheimer's is not normal aging! It's a disease of the brain that causes problems with memory, thinking and behavior.

Saturday, January 12th - 8am-1pm

Saving Local Lives Warms Hearts During Cold Winter Months

Lexington – The need for blood and blood donors doesn't slow down during the winter. Cancer treatments, premature births, car accidents, diseases and surgeries continue. Blood donations, however, frequently decrease due to school cancellations, weather-related travel issues and the cold and flu season.

Kentucky Blood Center (KBC) is inviting generous donors to help local patients by giving at the blood drive in the Estill County Community on Saturday, January 12, 2019, from 8 a.m. - 1 p.m. in the fellowship hall at the First

Christian Church, at 270 Main Street in Irvine.

As a thank you, donors will receive a KBC hoodie to keep them warm this winter.

Blood donors must be at least 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.

Walk-ins are welcome. To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

Begins Monday, January 14, 2019

"Fit for Life" in the New Year

To promote fitness in the new year, beginning January 14, 2019 the Estill County Diabetes Coalition will be sponsoring a "Fit for Life" program. The program will be designed to introduce healthy living habits and fitness for all participants.

The program will run for 12 weeks, beginning January 14th with registration at the Estill County Health Department, 2-6 p.m.

Participants will sign a "Fitness Contract," have their height, weight, and blood pressure recorded at the initial visit and weekly thereafter for 12 weeks.

The participant's name will be entered into a drawing after they have their weight and blood pressure checked each week. We will be giving away

a "FITBIT" to the lucky winner at the conclusion of the fitness program!

Participants will receive free motivational information and healthy lifestyle tips at each visit.

There will be prizes and drawings throughout the program with the grand prize being the "Fitbit."

Anyone 18 years of age and older is eligible to register.

For more information, call the Estill County Health Department at (606) 723-5181.

The Estill County Diabetes Coalition is made up of the following members: Estill County Health Department, Estill Extension Office, Marcum & Wallace Memorial Hospital, Interfaith Wellness and the Family Resource Centers.

Thursday, January 17th - 12 Noon-1pm

Healthy Living for Brain & Body

For centuries we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy

aging.

The program will take place at the Powell County Cooperative Extension Office located at 169 Maple Street in Stanton on Thursday, January 17th from 12 p.m. - 1 p.m. A light lunch will be provided.

Registration is required; please call 800-272-3900. This program is provided by a generous grant from the Margaret T. Stoekinger Foundation and the Alzheimer's Association.

Monday, January 28th @ 6:30pm

Democrat Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, January 28 at 6:30 p.m., and the 4th Monday of every month at the Es-

till County Public Library, 246 Main Street.

For additional information you can email Estillcountydemocrats@gmail.com.

Kitchen Diva

A Healthy New Year to You

by ANGELA SHELF MEDEARIS

Most Americans typically start each New Year determined to make changes in their lives for the better. For many of us, it means taking charge of our health and creating a healthy eating plan. By the end of January, those good intentions have melted away and a flood of bad habits have returned. This New Year, you may want to make small changes in your eating plan, and then persevere until those choices become a healthy habit. The basis for a healthy eating plan should be fruits and vegetables; whole grains; low-fat or fat-free milk products; lean meats, poultry, fish; and beans, lentils and other legumes. Some foods stand out as superstars with many nutrients to enhance health and prevent disease. Here are some smart food choices to make every day:

Yogurt -- Low-fat or fat-free yogurt can serve as a snack or even as part of dessert. Yogurt has live cultures and good bacteria that may promote health, boost immunity and increase bone health. Some of the nutrients in yogurt include calcium and potassium, which are important for good bone health. Plus, yogurt contains protein, which helps you stay full longer. Top yogurt with blueberries and walnuts for a nutritious snack or breakfast. Yogurt can also serve as the base for creamy dips, toppings or dressings.

Tomatoes -- Fresh tomatoes may not be available year-round, but processed tomato products such as stewed tomatoes, tomato sauce and tomato juice can be found any time of year. The red color of tomatoes comes from lycopene, a phytochemical the body absorbs better from processed tomato products. Lycopene can help prevent prostate cancer and may improve bone health. Tomatoes also contain vitamins A and C, both of which are antioxidants. Add cherry tomatoes to a salad or eat them as a snack, or add a can of stewed tomatoes to chili.

Carrots -- Bugs Bunny probably has great eyesight, thanks to the beta carotene that gives carrots their orange color. Beta carotene helps protect against some cancers and cardiovascular (heart) disease. In addition, carrots contain vitamin C, vitamin K, fiber and potassium. Add carrots to soups and salads or enjoy as a side dish.

Black beans -- All beans can promote health, but black beans contain anthocyanidins, the same antioxidant in blueberries. Black beans contain soluble fiber, which can help lower cholesterol. Beans contain protein as well, making them a good substitution for other protein foods that may be high in fat. Beans are also low in calories, low in fat and inexpensive. Mix black beans with corn and salsa for an easy side dish that is delicious and nutritious.

Sweet potatoes -- Sweet potatoes are a rich source of fiber as well as containing a good array of vitamins and minerals including iron, calcium and selenium, and they're a good source of most of our B vitamins and vitamin C. One of the key nutritional benefits of sweet potato is that they're high in the antioxidant known as beta-carotene, which converts to vitamin A once consumed.

This recipe for Spicy Sweet Potato and Black Bean Chili is an easy and delicious way to add several of these foods to your healthy-eating meal plan and enjoy the many health benefits from these nutritional all-stars!



SPICY SWEET POTATO AND BLACK BEAN CHILI

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 1 medium carrot, diced
- 1 tablespoon tomato paste
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- 1 teaspoon ground chipotle chili
- 1 teaspoon salt
- 1 1/2 teaspoon light brown sugar
- 2 1/2 cups water
- 2 (15-ounce) cans black beans, rinsed
- 1 (14-ounce) can diced tomatoes with juice
- 4 teaspoons lime juice
- 3/4 cup chopped fresh cilantro
- 1/2 cup non-fat Greek yogurt
- 3/4 cup shredded Cheddar or Colby Jack cheese

1. Heat oil in a Dutch oven over medium-high heat. Add the sweet potato, onion and carrot; cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add tomato paste and cook for 1 minute. Add the garlic, chili powder, cumin, chipotle, salt and brown sugar; cook, stirring constantly, for 30 seconds.

2. Add water and bring to a simmer. Cover, reduce heat to low to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes, stirring occasionally.

3. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in half of the cilantro. In a small bowl, mix the yogurt and remaining cilantro together. Sprinkle each serving with the cheese and a dollop of the cilantro yogurt. Serves 4.

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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