

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.

Wednesdays and Fridays @ 10:30am

Regular Preschool Storytimes

Estill Library's regular preschool Storytime meet each Wednesday and Friday mornings from 10:30 to 11:30 a.m. We are trying out a Baby and Me Storytime for children birth to three years of age with our current Friday story-time kids.

Come and try us out. We read, sing and do activities to help with socialization and school readiness for our younger children.

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

Thursday, May 24th at 10:30am

Estill Homeschool Enrichment

Estill County's Homeschool Enrichment group will meet on Thursday, May 24th at 10:30 a.m. at the Estill County Public Library.

sack lunch and extra water.

If you need details for this event just 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 pm to 5 pm. 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, May 24th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, May 24 at 5:30 p.m. at Steam Engine Pizza. Jeff Saylor, Estill County School Superintendent, will present the program.

Kiwanis clubs focus on changing the world by serving children, one child and one community at a time. Service is at the heart of every Kiwanis club, no matter where in the world it's located.

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.

Sunday, May 27th @ 1:00pm

Warner-Richardson Reunion

We the family of Zack and Ruby Richardson Warner, would like to invite you to our annual family reunion on Sunday, May 27, 2018 at 1:00 p.m. at the Bethel Christian Church

picnic area on the New Fox Road.

Please bring a covered dish and join us for lots of good food, family and friends. All are welcome.

Friday, June 1st @ 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, June 1st and on the first Friday of each month at 9 a.m.

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

Visit Our Website At <EstillTribune.Com> For Up-To-Date Obituaries

Tuesday, June 5th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, June 5th and on the first and third Tuesday of every month at Irvine First Christian Church 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.

Tuesday, June 5th @ 6:00pm

Annual ECH&GS Cookout/Auction

The Estill County Historical & Genealogical Society will have their annual cookout at Gene and Eva Watson's on Tuesday, June 5, 2018 at 6:00 p.m.

Take KY 52E from Ravena to Pitt's Road, then to

McIntosh Hollow Road and watch for the crowd.

Please bring a potluck dish and an item for the auction! The auction is one of our fundraising events, so please bring your treasures and checkbooks!

Thursday, June 7th

Youth Day Camp at Aldersgate

Make plans to attend the 4th annual Day Camp at Aldersgate Camp for incoming 2nd thru 12th grade students. The United Methodist Churches of Estill County have teamed up with Aldersgate Camp to provide a free one day camp on Thursday, June 7. Donations may be given but are not required to attend.

Activities for the day will include Bible study, field games, a craft project, swimming in the pool, visiting the farm animals, creek walk to the clay wall, and visiting and learning about the Fitchburg Furnace. The Day Camp staff will be the trained summer staff at Aldersgate Camp. Lunch, and a morning

and afternoon snack will be provided.

Limited transportation will be available at Irvine and Wisemantown United Methodist Churches. Pick-up will be at 9 a.m. and drop-off will be at 5 p.m.

Registration forms are available at the Estill County Public Library, the local United Methodist Churches, or at the Aldersgate Camp web site: www.aldersgatecamp.org.

It will be a great way to begin summer vacation. Enrollment will be limited to the first 75 young people who turn in their forms, so hurry and get registered. The registration deadline will be Friday, June 1 at 5 p.m.

Saturday, June 9th - all day

Hargett VFD Auxiliary Yard Sale

The Hargett Fire Dept. Auxiliary will be holding yard sale & bake sale and hosting a community yard sale on Saturday, June 9, 2018 at the Fire Station at 6932 Winchester Road. Donations for the fire dept. can be dropped off on Fri., June 8 from 2 - 4 p.m. Anyone can reserve a table to sell their yard sale items.

Tables are \$20 for 1 or \$30 for 2 tables. Each additional table will be \$5.00. Table must be reserved by June 7th. For donation pick-up, call the station and leave a message @ 606-723-0365 or call Rob Forehand @ 859-248-8249 or Teddy Stamper @ 859-644-9698. Event will be held rain or shine.

Tuesday, June 12th @ 5:30 pm

Estill Democrat Women's Club

Estill County Democrat Women's Club will meet Tuesday, June 12th 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.

Friday, June 15th @ 6:30 pm

Backyard Beekeeping at the Museum

Tammy Horn Potter, Kentucky State Apiarist, will give a presentation on "Backyard Beekeeping" on Friday, June

15, 2018, 6:30 - 8:00 p.m., at the Estill County Historical Museum, 133/135 Broadway in Irvine, Kentucky.

Saturday, June 30th - 2pm

Estill High School Class of 1970

Estill County High School Class of 1970 will be eating at Michael's Restaurant in Ravenna at 2 p.m. on Saturday, June 30.

All teachers and students from the classes of 1969 and

1971 are also welcome.

For more information, please call Linda McIntosh Howell at (859) 588-2904 or email linda233@rocketmail.com. Please RSVP the number you have attending.

Saturday, June 30th - 4-7pm

Estill High School Class of 1968

The Estill County High School Class of 1968 will hold their 50th reunion on: Saturday, June 30, 2018 from 4:00 to 7:00 p.m. at Michael's Restaurant, 100 3rd Street, Ravenna, Ky. A buffet style dinner will be available for \$15.00 including gratuity.

For additional information Contact: Facebook-Dennis and Marie Pasley under Events and check interested. Also you may contact Betty Arvin Young, at byoung505@outlook.com, or 606-723-7516 or Betty Allen Brooks at 723-9443.

Kitchen Diva

I'll Drink to That

by ANGELA SHELF MEDEARIS

I try to drink the recommended amount of water each day, but sometimes I want a healthy alternative. What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips from myplate.gov to help you make better beverage choices.

Drink water

Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.

How much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

A thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

Manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages -- drinking water can help you manage your calories.

Kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100 percent juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Put them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink 1/2 to 1 cup, and adults can drink up to 1 cup of 100 percent fruit or vegetable juice each day.

Don't forget your dairy

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D and potassium, but the number of calories are very different. Older children, teens and adults need 3 cups of milk per day, while children ages 4 to 8 need 2 1/2 cups and children 2 to 3 years old need 2 cups.

Enjoy your beverage

When water just won't do: Enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle or container to stay within calorie needs. Select smaller cans, cups or glasses instead of large or supersized options.

Water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles also are easy on the environment.

Check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium and calories to help you make better choices.

Compare what you drink

Food-A-Pedia, an online feature available on the SuperTracker website, can help you compare calories, added sugars and fats in your favorite beverages.

Try this healthy recipe for a Citrus Coconut Water Refresher. It's a delicious way to incorporate fresh fruit juices and the nutritious benefits of coconut water into your daily diet.

Coconut water is the juice found naturally in the center of a young, green coconut. It contains 94 percent water and very little fat.

The water is freshest when it comes directly from the coconut. Simply press a straw into the soft part of a green coconut and start drinking. Store the coconut in the refrigerator and consume it within two to three weeks of purchase.

You also can buy bottled coconut water at most grocery stores. Be sure to read the ingredient list to make sure you're getting 100 percent coconut water. Some bottled brands contain added sugar or flavoring.

Research has shown that coconut water can lower blood sugar levels and improve other health markers in diabetic animals, guard against the development of kidney stones, reduce cholesterol levels and liver fat, reduce blood pressure levels and blood clots. It also restores hydration and replenishes electrolytes lost during exercise.



CITRUS COCONUT-WATER REFRESHER

- 2 cups coconut water
- 1/4 cup lemon juice -- freshly squeezed
- 1/2 cup orange juice -- freshly squeezed
- 2 tablespoons lime juice -- freshly squeezed
- 2 teaspoons stevia or agave syrup
- 1 cup ice
- 1/2 orange, lime or lemon, sliced

Place all of the ingredients except the sliced fruit into a blender and blend until well-incorporated. Serve with citrus slices. Makes 2 to 4 servings.

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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Century 21
Advantage Realty,
 a Robinson Company

MLS REALTOR

WILLIS ESTES
 Associate Broker
 Cell: 859-582-3731
westes@century21advantage.com
 Serving Estill County over 18 Years

The highest compliment my clients can give me is the referral of their friends, family and business partners.

Thank you!

