

# 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**

## Storytime is also "Snacktime"

Summer is what is happening at Storytime.

We will continue our Summer Feeding program this Friday. A free sack lunch will be available for children 0-18 years of age on Wednesdays and Fridays after Storytime, through July 27th.

Come to Storytime at 10:30 a.m. on Wednesdays and Fridays and join us for lunch after our stories and fun. This year, adults are allowed to bring a sack lunch from home to enjoy some quality time with their child.

### Summer Reading

Remember to Sign-up for

our Summer Reading and Activity Tracker--Beanstack the web address <http://estillcolibrary.beanstack.org>

### Summer Feeding Site

We are a Summer Feeding site this summer. E are feeding each Wednesday and Friday at 11:15 a.m. directly after Storytime.

Thursday, June 14th at 1 p.m. we will be hosting our local Dulcimer Group. They will show us aboutt he dulcimer and sing some familiar songs with us.

For more information about Summer Reading, call 723-3030 or stop by the 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, June 14th @ 5:30pm**

## Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, June 14 at 5:30 p.m. at Steam Engine Pizza. B. Williams will present the program on the Irvine Municipal Utilities. 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.

**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.

**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, June 16th @ 6:30pm**

## Estill Arts Council Annual Meeting

On Saturday, June 16th, The Estill Arts Council will be holding its annual meeting at the Wisemantown Methodist Church pavilion at 6:30 p.m. The meal will begin at 6:30 p.m.

The meat and drinks will be provided by the Estill Arts Council. Please bring a side dish or dessert.

At 7:30 p.m. we will begin our Show and Tell.

If you are a current Estill Arts Council member or just a

resident artist that would like to show us your artist talent. Please share your talent with us! We will be voting for our new board members and accepting applications for membership too.

If you are interested in becoming part of the Estill Arts Council or want more information about this event, please contact Amy Hughes at [anoland44@hotmail.com](mailto:anoland44@hotmail.com). We hope to see everybody there!

**Tuesday, June 19th @ 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, June 19th and on the first and third Tuesday of every month at Hardee's of Irvine on Richmond Road. The meeting begins at 6:30 p.m. Come earlier

is want to eat.

Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world.

**Wednesday, June 20th @ 12:00 Noon**

## Estill County Board of Health

The Estill County Taxing District Board of Health meeting will be held on Wednesday, June 20, 2018 at Michael

Restaurant in Ravenna at 12 Noon.

The public is welcome to attend.

**Thursday, June 21st @ 12:00 Noon**

## Four Seasons Garden Club Tea

The Four Seasons Garden Club will host a "First Day of Summer Tea" on Thursday, June 21 at noon. It will be in the pavilion at the Wisemantown United Methodist Church to celebrate the beginning of summer. The linens, silverware, and china will set the mood to be treated for an elegant ladies' tea set in a garden atmosphere. The menu will include Hummus and Veggies,

Queen Scones with Cranberries & Madison Cream, Bacon Souffle', Tea Sandwiches - Orange Cranberry with Turkey on Pumpnickel, Strawberry-Cucumber on

White and Wheat, Lemon-Geranium Pound Cake, Blueberry Sorbet & Shortbread Tea Cookies, and Elmwood Inn Teas - Monarch Garden with Turmeric, Tangy Turmeric, Farmer's Market – iced.

Proceeds will go toward the Garden Club's "Monarch Butterfly Garden/Outdoor Classroom" at West Irvine Intermediate School.

Tickets will be \$10. Contact Francine Bonny, Club President, if interested in joining the club or attending the tea. The Four Seasons Garden Club is a member of the National Council of State Garden Clubs, Inc.

**Saturday, June 23rd @ 11:00am**

## Annual Crowe-Bryant Reunion

The Crowe Bryant Family Reunion (families of Ernest B. Crowe and Ethel Bryant Crowe) will be held Saturday, June 23, 2018 - 11:00-? at River Drive Christian Church,

363 River Drive in Irvine.

Friends and anyone interested in the family are welcome!

For more information call or text 606-454-1602 or 859-745-4535

**Sunday, June 24th @ 12:00 Noon**

## Edmonson Family Reunion

The family of Rachael and Bill Edmonson are having a reunion on Sunday, June 24, 2018, at the Shelter at Crowe Cemetery on Stacy Lane

Road.

Lunch will be at 12:00 Noon. Bring a covered dish and drinks. Family and friends are welcome.

**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](mailto:byoung505@outlook.com), or 606-723-7516 or Betty Allen Brooks at 723-9443.

**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](mailto:linda233@rocketmail.com). Please RSVP the number you have attending.

**Friday, July 6th @ 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, July 6th and on the first Friday of each month at 9 a.m.

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

**Tuesday, July 10th @ 5:30 pm**

## Estill Democrat Women's Club

Estill County Democrat Women's Club will meet Tuesday, July 10th 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.

**Monday, July 23rd @ 2:00pm**

## 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 Monday, July 23rd from 2:00pm-3:00pm at the Madison County Cooperative Extension Office located at 230 Duncannon Lane in Richmond. To register for this program, please call 1-800-272-3900. Registration is required. Program provided by the Alzheimer's Association.

**Saturday, August 4th @ 6:00pm**

## ECHS Class of 1978 Reunion

SAVE THE DATE! The ECHS Class of 1978 will be having their 40-year reunion on Saturday, August 4, 2018, 7-11 p.m. at Gillams in Richmond.

A group picture will be made at 9:00 p.m. There will be a \$10.00 per person cover

charge for room and appetizers. Additional food and drinks will be available.

For more information, contact Cindy Arvin Robinson at (606) 975-5870, Charles Royalty at (859) 948-9288 or visit the ECHS 1978 Facebook page.

## Kitchen Diva

# Drink Up! June is Dairy Month

by ANGELA SHELF MEDEARIS

Whether it's in coffee, cereal, smoothies or dairy-based dressings, adding one more serving of milk to your family's day can help ensure they get the nutrients they need to build strong bones and teeth. Dairy farm families pride themselves on producing wholesome dairy foods that help their families grow up strong and healthy. There is no "moo-staking" the facts about dairy!

June was officially declared "Dairy Month" in 1939. Originally, it was a way to distribute extra milk during the warm months of summer by grocer organizations.

Dairy provides three of the four nutrients that are typically lacking in American diets: calcium, potassium and vitamin D. It's unique combination of nutrients plays key roles in preventing heart disease, obesity, high blood pressure, diabetes and osteoporosis. Dairy also is important for building strong bones and teeth.

When planning meals, choose milk, cheese and yogurt, all of which are excellent sources of calcium, vitamin D and potassium to help fuel your body. Cow's milk offers a superior nutrient package over alternative beverages such as soy, almond, rice or coconut. Despite rising fuel and feed costs, milk continues to be a great value at about 25 cents per 8-ounce glass.

Fat-free cow's milk contains 15 fewer calories per glass, 70 percent more potassium and almost twice as much protein as many calcium-fortified soy beverages. Most milk-alternative drinks have only half the nutrients of real milk and cost nearly twice as much.

Both organic and regular dairy foods contain the same essential nutrients that are key to a healthy and balanced diet. People who are sensitive to lactose can consume dairy foods that are lactose-reduced or lactose-free products.

Dairy farming is a family tradition, one that has been a way of life for many generations. Ninety-eight percent of dairy farms are family owned and operated. Dairy farmers are dedicated and take pride in caring for their cows by working closely with veterinarians to keep them healthy and comfortable. Dairy cows receive regular checkups, vaccinations and prompt medical treatment. Dairy farmers work hard to provide your family with the same safe and wholesome dairy foods they give to their children.

People sometimes decrease milk products in their diet because they think it's fattening. Low-fat and fat-free milk products are the best choice for the fat- and calorie-conscious. An 8-ounce glass of whole milk has 150 calories and 8 grams of fat (4.5 grams saturated). If you choose an 8-ounce glass of fat-free milk, you'll consume 85 calories and less than 1 gram of fat.

The weight conscious may want to think twice before decreasing dairy products in their diet. The National Dairy Council reported that a study showed that women who consumed the most calcium and ate at least three servings of dairy foods per day were less likely to be obese than those who had low dairy intake. There have been similar results in other studies with children and women of all ages.

If you just drink milk at each meal, it isn't hard to get your three cups of milk every day. If milk isn't your favorite, add cheese to casseroles or your favorite sandwich, choose yogurt as a snack, create your own favorite smoothie or try this "dairylicious" recipe for buttermilk blue-cheese dressing. Use it on everything as a dip, dressing or as a topping for my chicken pita pizza.

Drink and eat more dairy -- your teeth and bones will thank you.



Photo Credit: DepositPhotos

### BUTTERMILK BLUE CHEESE DRESSING

- 1 cup plain Greek yogurt
- 1/2 cup cottage cheese
- 1/3 cup mayonnaise
- 1/3 cup buttermilk
- 2 teaspoons hot sauce
- 2 garlic cloves minced or pressed
- 1 tablespoon poultry seasoning
- 1/2 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 1/3 cup crumbled blue cheese
- 3 tablespoons chopped green onions, both white and green parts

Pulse the yogurt, cottage cheese, mayonnaise, buttermilk, hot sauce, garlic, poultry seasoning, salt and pepper into a food processor and pulse several times until blended and smooth. Transfer to a small bowl; fold in the blue cheese and green onions. Cover and refrigerate. Makes about 2 1/3 cups.

### Buttermilk Blue Cheese Chicken Pita Pizzas

- 4 (6 inch) whole wheat or white pita breads
- 2 cups chopped cooked chicken breast
- 1/4 cup buttermilk blue cheese dressing
- 2 plum tomatoes, thinly sliced
- 1 cup shredded part-skim mozzarella cheese
- 4 bacon strips, cooked and crumbled
- 1 teaspoon poultry seasoning

1. Heat oven to 400 F. Place pita breads on a large baking sheet; bake 10-12 minutes or until lightly browned. Meanwhile, in a bowl, toss chicken with dressing.

2. Top pitas with tomatoes and chicken mixture; sprinkle with cheese, bacon and poultry seasoning. Bake 8-10 minutes or until cheese is melted. Makes 4 servings.

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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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