

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.

Mondays and Wednesdays - 10-11am

Body Fitness Exercise Classes

Body Fitness Exercise Classes by Sister Loretta Spotila, RN, hare held Monday and Wednesday mornings, 10-11 a.m. at the Estill County-UK Extension Office on Golden Court, off Stacy Lane Road in Irvine. These exercises are helpful for persons with arthritis, asthma and difficulty moving and involve gentle exercise and movement which builds flexibility. Donation is \$3.00 per class. For more information, call Sister Loretta at 723-8505.

Wednesday, October 30th at 12:00 Noon

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Wednesday, October 30 at Noon at Steam Engine Pizza. Recent donations given by Kiwanis have been to the Elizabeth Witt Christmas Party and a mowing of the Old Irvine Cemetery on River Drive. 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. Becky Werner is the current club president. We invite you to join Kiwanis!

Thursday, October 31st at 7:00pm

Community Chorus Practices

The Estill County Community Chorus meets Thursday, October 31st and each Thursday at 7:00 p.m. at the Irvine United Methodist Church on Main Street. Everyone is welcome and there are no auditions. We come together to promote choral music and stimulate musical appreciation in and around our community. Dues will remain the same. For more information contact Robin 606 723 4678 on email <appcraft@windstream.net>

Friday, November 1st at 9:00am

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 Richmond, on Friday, Nov. 1st, and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

Saturday, November 2nd - 7-11:30am

Lions Club Pancake Breakfast

The Estill County Lions Club will be holding their Fall Pancake Breakfast in the Fellowship Hall of First Christian Church at 270 Main Street on Saturday, November 2, from 7 till 11:30 a.m. Tickets are still \$5.00, with age 3 and under being free. The menu is scrambled eggs, pancakes, bacon, sausage, milk, orange juice and coffee. Watch for the big yellow sign on the street outside the church and we'll see you there. Thanks for supporting your Estill County Lions Club.

Saturday, November 2nd - 9am-1:30pm

St. Elizabeth Christmas Bazaar

Saint Elizabeth Catholic Church's Annual Christmas Bazaar will be held Saturday, November 2nd, 9:00 a.m. - 1:30 p.m. Shop the Church Hall for decorations, gifts, toys, and food. There will also be a Basement Sale in the Church basement. Something for everyone.

Sunday, November 3rd at 12:00 Noon

Annual Barnes Family Reunion

The annual Barnes Reunion for the family of Sam and Stanley Reed Barnes will be held Sunday, November 3, 2019, 12:00 Noon until ???, at the Estill County Fair Barn. A potluck lunch will begin at 1:00 p.m. All friends and family are invited to come and bring a dish or two to share.

Register by Sunday, November 3rd

Christmas Arts & Crafts Show

The 16th annual "Christmas Arts & Crafts Show" will be Sat., Dec. 7, 10 a.m. - 4 p.m., at the Central Office Gymnasium, 253 Main Street in Irvine. The Estill Arts Council will offer unique items for sale from local artists and craftsmen, live performances by local musicians, a silent auction of arts and crafts items, food concessions, and 50/50 pot. Only original artwork, handmade crafts, baked goods, and products following the homebased processing rules are eligible for entry. Demonstrations are encouraged. Application forms are available from the Estill County Public Library's bulletin board or EAC's Facebook. The cost of a 10' x 10' space will be \$25 for Estill Arts Council members and \$35 for non-Estill Arts Council members before Nov. 3. Entries postmarked after Nov. 1 will be assessed an additional \$10. Payment may be made by cash, check, or PayPal. For more information call 606 723-5694 or 606 723-4678. Proceeds from the event will be used to support the activities and programs of the Estill Arts Council.

Sunday, November 3rd at 2:00pm

Amvets Post 67 in Clay City

Amvets Post 67, located at 99 Veterans Lane, Clay City holds its meeting monthly, 1st Sunday of each month at 2:00 p.m. Also, everyone is invited to Post 67 Clay City for Bingo every Monday. Doors open at 5:00 p.m. Bingo starts at 6:30 p.m. For more information, call 606-663-0071.

Monday, November 4th @ 7:00pm

Estill County Memorial Service

A Memorial Service honoring and remembering those from Estill County who died during the past year will be held at the Irvine First Christian Church on Main Street in Irvine on Monday, November 4th at 7 p.m. This service is sponsored by Mercy Health - Marcum and Wallace Hospital, in conjunction with the Estill County Ministerial Association and Interfaith Wellness Ministry. This Memorial Service will include scripture readings, reflections by Ministers from our local churches, and the reading of the name of each loved one who has died. The memorial will be held in the context of an inter-faith, Christian worship service. Family members of the deceased, as well as the public, are invited. You do not need to call and sign up to attend. Please join us as we remember those who have so recently been a part of our lives and whose death we recall in the light of the Resurrection.

Tuesday, November 5th at 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Nov. 5th 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.

Tuesday, November 5th at 7:00pm

Freemasonry & the Underground Railroad

Richmond Lodge #25, F&AM, will be presenting Bro. Moises Gomez in "Freemasonry and the Underground Railroad," on Tuesday, November 5, 2019 at 7:00 p.m. at the Richmond Masonic Temple, 217 Porter Drive in Richmond. This is a public event. There will be light refreshments afterwards.

Wednesday, November 6th at 10:30am

Legal Planning for Alzheimer's

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. A program will be held on Wednesday, November 6th from 10:30 a.m.-12 p.m. at the Madison County Cooperative Extension Office located at 230 Duncannon Lane in Richmond. This workshop is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place. Learn what legal decisions must be made, and how to use those decisions to protect and provide the best care possible for the person with dementia. Explore the options available to pay for care, where to find additional resources, and how to make the best financial choices for both the person with dementia and the caregiver. Guest presenter will be elder law attorney Scott Collins. Registration is required. Please contact 1-800-272-3900.

Saturday, November 9th - 8am-1pm

Blood Donors Save Local Lives

Kentucky Blood Donors Save Local Lives! Every day, Kentucky Blood Center needs more than 400 donors to give the gift of life so that local patients' lives can be saved. Patients need blood for a variety of reasons - cancer treatments, premature births, car accidents, diseases, surgeries and more. Local blood donors are the reason why Kentucky Blood Center can provide the life-saving gifts needed to more than 70 hospitals. Kentucky Blood Center is inviting generous donors to join our efforts by giving at the Estill County Community Blood Drive, Saturday, November 9, 2019, 8 a.m. - 1 p.m. at the First Christian Church Fellowship Hall, 270 Main Street, Irvine. As a thank you, donors will receive a "Kentucky Blood Donor" shirt. 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.

Tuesday, November 12th, 5:30pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet on Tuesday, November 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.

Tuesday, November 12th at 7:00pm

DAV Chapter 94, Estill County

DAV Chapter 94 will be meeting at 7 p.m., November 12th and the second Tuesday of each month at Estill County Senior Citizens Center, off Stacy Lane. If you are a veteran with 10 percent or more service connection, you are welcome. Call 1-606-663-2504 for more information. We are veterans and we would appreciate your attendance. Veterans from surrounding counties are also welcome.

Monday, November 25th - 6:30pm

Democratic Executive Committee

The Estill County Democratic Executive Committee will be meeting Monday, November 25 at 6:30 p.m. and the 4th Monday of every month at the Estill County Public Library, 246 Main Street. For additional information you can email Estillcountydemocrats@gmail.

Kitchen Diva

Boost Your System the Natural Way

I'm already bracing for cold and flu season. I've taken all the preventive steps that my doctor recommended. I've also decided to work on natural ways to boost my immune system.

I'm starting by getting plenty of liquids to help prevent viruses and bacteria from taking up residence in my body. According to Dr. Riva Rahl of the Cooper Clinic in Dallas, "The mucus in your nose is actually one of the key physical barriers that keep germs out of your body. When you're not well hydrated, it dries up and doesn't provide that barrier."

The following health and wellness tips include a variety of ways to help your immune system work at peak performance:

* Protein is a building block for a healthy immune system. Choose lean red meats, poultry and fish, dried beans and soy. You also can choose protein-rich plant sources with heart-healthy fat, like peanut butter and nuts.

* Choose foods rich in vitamins C and E. These antioxidant-rich vitamins protect cells -- including those of your immune system -- from damage by toxins in the environment. Choose citrus fruits/juices, melons, mangoes, kiwi, peppers, tomatoes, berries, broccoli, cabbage, sweet/white potatoes, winter squash, leafy greens, almonds, hazelnuts, peanut butter, sunflower seeds, safflower oil, whole grains and fortified cereals several times a day.

* Add a zinc-rich food to your daily diet to increase your body's production of white blood cells. Research shows that this effect can reduce the number of days you'll suffer from a cold. Among the foods rich in zinc are yogurt, lean red meat, poultry and fish, almonds, pumpkin seeds and fortified cereals.

* Eat probiotic foods to help build up good bacteria in the intestines. These bacteria play a role in helping to fend off illnesses. Any fermented food is rich in this type of good bacteria, so choose yogurt, sauerkraut, tofu, brine-treated pickles and aged cheese at least daily.

* Add a turmeric extract, with dosages exceeding 1 gram per day, to your daily immunity-boosting regimen. Turmeric contains powerful anti-inflammatory and antioxidant properties. It also contains compounds called curcuminoids, the most important of which is curcumin. The best turmeric extract supplements contain piperine, a substance found in black pepper, which increases the effectiveness and adsorption of the turmeric extract into the bloodstream. Curcumin also is fat soluble, so it may be a good idea take the extract with a fatty meal.



Turmeric-Spiced Lentil, Kale and Chickpea Stew

If you've never used turmeric to spice up your cooking, start with half of the suggested amount in this recipe. It has a very distinct flavor that may be an acquired taste for some.

- 2 tablespoons olive oil or coconut oil
- 1 large onion, peeled and diced
- 1 tablespoon fresh ginger, grated or finely minced
- 4-5 garlic cloves, grated or finely minced
- 1-2 teaspoons turmeric powder or 2-3 teaspoons fresh turmeric, finely grated
- 1 tablespoon cumin
- 1 pound kale, tough stems removed, leaves well-washed and chopped
- 1 can (15-ounces) diced fire-roasted tomatoes (or use 1-2 cups fresh, diced tomatoes)
- 1 teaspoon salt
- 2 teaspoons ground black pepper
- 1/8 teaspoon ground cloves
- 2 cups vegetable or chicken stock
- 1 1/2 cups cooked lentils
- 1 1/2 cups cooked quinoa
- 1 1/2 cups cooked chickpeas or garbanzo beans, or 1 (15-ounce) can, rinsed and drained
- 2 cups coconut milk
- 3 tablespoons olive oil for drizzling
- Garnishes: fresh cilantro or dill, chopped green onions or scallions, and lemon or lime wedges, optional

1. In a large, heavy-bottomed stew pot, add the olive oil and heat over medium. Sauté the onion in the olive oil for 3-5 minutes until golden. Add ginger, garlic, turmeric and cumin, and sauté 2-3 minutes until the garlic is golden. Add the kale and sauté 2-3 minutes.

2. Add the tomatoes, salt, black pepper and cloves, and sauté for 3 to 5 minutes. Add the vegetable or chicken stock. Cover and turn heat to high and bring to a boil.

3. Turn heat to medium and add the lentils, quinoa, chickpeas and coconut milk. Cook for 10-15 minutes, stirring occasionally. Place stew in serving bowls and drizzle with olive oil. Garnish with fresh cilantro or dill, chopped green onions or scallions, and a wedge of lemon or lime, if desired. Makes 6 to 8 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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