

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.

Wednesdays & Fridays

Storytime at Estill Public Library

Come join us as the Estill County Public Library on Wednesdays at 10:30 for Storytime!
If you have a baby or infant, come to Storytime on Fridays

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. Stoeckinger Foundation and the Alzheimer's Association.

Thursday, January 17th @ 11:30am

Grandparents Raising Grandchildren

The Estill County Grandparent's United Support Program will be meeting Thursday, January 17, 2019 at 11:30 a.m. The meeting will be held at Wisemantown Methodist Church.
When parents are absent or unable to raise their children, grandparents are often the ones who step in. Raising a second generation brings many rewards, including the fulfillment of giving your grandkids a sense of security, develop-

ing a deeper relationship, and keeping the family together.

It also comes with many challenges. No matter how much you love your grandkids, taking them into your home requires major adjustments. But with the right guidelines and support, you can roll back the years and make a real difference in the lives of your grandchildren.

For more information contact Teresa Dawes at (606)723-2181. Hope to see you there.

Thursday, January 17th @ 3:00pm

Four Seasons Garden Club "Growing a Healthy Lawn"

The Four Seasons Garden Club will meet Thursday, January 17, at 3 p.m. at the Extension Office. "Growing Native Plants" will be presented by Michelle Philpot Snowden. The program is open to the public and free of charge.

The object of the club is to stimulate the knowledge and love of gardening among amateurs; to aid in the protection of native trees, plants, and

birds; and to promote cleanliness, beauty, and improvement of property in Estill County. New members are welcome to join the club which meets on the 3rd Thursday of each month. Francine Bonny is the club president.

The Four Seasons Garden Club is a member of the National Council of State Garden Club, Inc.

Thursdays @ 4:15pm

Weekly Elementary LEGO Club

Remember the Estill County Public Library's LEGO Club is now from 4:15-5:00. If you are six to twelve years old, come build with us at Lego Club on Thursdays! We will display your creation in the middle of the library for all of our patrons to see. We will also be having our first Saturday LEGO Club on January 26th from 10:00-11:30.

Visit Our Website At
<EstillTribune.Com>

Sheila Collins
has moved to



Reflections

211 River Drive, Irvine
723-6374

Thursday, January 17th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, January 17, 5:30 p.m. at Steam Engine Pizza.
Dave Cohn, Aldersgate Camp Director, will speak about the Green Tree Plastics program.
If you are interested in becoming a member of a service organization that has a sense of community, a source of fulfillment and a history of impact, join us.

Thursdays @ 6pm

Estill Celebrate Recovery

Every Thursday at 6:00 p.m., Celebrate Recovery meets at Providence Baptist Church Fellowship Hall,
Everyone is welcome to attend. It is a Christ centered, 12 step recovery program for anyone struggling with hurt.

Sunday, January 20th at 1:30pm

Estill Action Group Sunday Hike

The Estill County Action Group's 2019 Sunday afternoon hikes will take place at the site of the old iron ore Cottage Furnace ruins in Daniel Boone National Forest in Ravenna.
We will again convene at the Charles VanHuss kiosk opposite the Ravenna Veterans Memorial Park (formerly Choo-Choo Part) at 1:30 p.m. on Sunday, January 20th, leaving promptly at 1:45 p.m. We will carpool to the Cottage Furnace ruins. The trail to the furnace is easy; other optional trails at the site are moderate to challenging. The hike will end late afternoon, around 4:00 p.m.

The hike is free for all. As we will hike in the woods, we recommend sturdy footwear and warm clothing.
If it rains that afternoon, the hike will be rescheduled for the following Sunday.

Check the Estill Action Group Facebook page for more information. You do not have to enroll in Facebook to see our hiking events; merely google Estill Action Group hikes and follow the prompts to our information.

Tuesday, January 22nd @ 7:00pm

Estill County Republican Party

The Estill County Republican Party will be meeting on Tuesday, January 22, 2019, at 7:00 at the Steam Engine Restaurant. Everyone is welcome to attend.

Monday, January 28th @ 10:00am

Body Fitness Exercise Classes

The Body Fitness Exercise Classes will resume on Monday, January 28, 2019.

The classes are helpful for persons with arthritis, asthma, and difficult moving. They involve gentle exercises and movement and build strength and flexibility.
Classes are instructed by Sister Loretta Spotila, RN, and are held on Monday and Wednesday mornings, 10-11 a.m. at the Estill County UK Extension Office on Golden Court, off Stacy Lane.
Donation is \$3.00 per class.
For more information, call Sister Loretta at 723-8505.

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 Estill County Public Library, 246 Main Street.
For additional information you can email Estillcountydemocrats@gmail.com.

Thursday, January 31st is deadline

Mushroom Festival Food Court

Food Court applications for the 2019 Mountain Mushroom Festival are available at Irvine City Hall located at 101 Chestnut Street and the festival website: www.mountainmushroomfestival.org.
Food vendors must carry a minimum \$500,000 commercial vendor liability insurance. Application, fees and proof of liability insurance must be submitted by the deadline date of Thursday, January 31 at 4 p.m. Mailed applications must be postmarked by the deadline date. No late entries will be accepted.

The application fee is \$175 per food booth space plus a \$75 Early Departure/Closing fee, if applicable.
For more information, you may call Kim Williams at 723-4235 or Irvine City Hall.

The 2018 festival dates are Saturday, April 27 and Sunday, April 28.

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

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 program, 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.
Join us to learn about: the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

Tuesday, February 12th @ 5:30pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet Tuesday, Feb. 12, 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.

Kitchen Diva

An Easy Way to Get 5 to 10 a Day

by ANGELA SHELF MEDEARIS

How's your health? If you're in need of incentives to eat better and add more fruits and vegetables to your diet this year, here's some motivation for you! A new medical analysis finds that eating five to 10 servings of fruits and veggies every day can reduce the risk of heart attack, stroke, cancer and early death.

Vegetables and fruit are not only loaded with vitamins and minerals, but are also high in antioxidant-rich phytonutrients, such as flavonoids, lycopene and beta-carotene. Research shows that they help prevent, and may even reverse, a wide variety of chronic diseases, such as cancer, heart disease and Alzheimer's disease. In addition, eating lots of vegetables and fruit reduces your risk of catching seasonal colds and flu.

If you're concerned about your weight, a diet rich in vegetables and fruit is associated with better weight control and can even aid in your weight-loss efforts. To get started, try to eat a minimum of five servings of fruits and vegetables per day, and then slowly work toward more.

If this seems overwhelming, start the day with 100 percent fruit or vegetable juice. Slice bananas or strawberries on top of your cereal. Have a salad with lunch, and an apple for an afternoon snack. Include a vegetable with dinner, and you'll already have five a day. To reach a goal of 10 servings per day, try adding a piece of fruit for a snack or an extra vegetable (like carrots or green beans) at dinner.

There are so many choices when selecting fruits and vegetables. Have you ever tried kiwi fruit? How about asparagus? Try something new that helps you reach your five to 10 a day goal. Keep things fresh and interesting by combining fruits and vegetables of different flavors and colors, like red grapes with pineapple chunks, or cucumbers and red peppers. You can get your 5 to 10 a day in many ways because fruits and vegetables come fresh, frozen, canned, dried and as 100 percent fruit or vegetable juice.

Here's an easy guide to determining a serving:
-- a medium-size piece of fruit
-- 3/4 cup (6 fluid ounces) of 100 percent fruit or vegetable juice
-- 1/2 cup cooked or canned vegetables or fruit
-- 1 cup of raw leafy vegetables
-- 1/2 cup cooked dry peas or beans
-- 1/4 cup dried fruit

When you keep fruits and vegetables visible and easily accessible, you tend to eat them more; for instance, store cut-and-cleaned produce at eye-level in the refrigerator, or keep a big bowl of fruit on the table.

Try this delicious recipe for Power-Packed Breakfast Muffins, and you'll be on your way to five to 10 a day in no time!



POWER-PACKED BREAKFAST MUFFINS

These muffins contain healthy servings of fruits and vegetables to start your morning the 5 to 10 a day way! They also make a wonderful snack or dessert. Or put the muffins in a freezer-safe bag and freeze for up to three-months.

- 1 cup flour, whole wheat
- 1 cup flour, all-purpose
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1/2 cup sugar or stevia
- 1 tablespoon brown sugar
- 4 tablespoon butter, unsalted, softened
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup broccoli florets, steamed
- 1 small zucchini
- 1 medium carrot
- 1/2 medium apple
- 1 medium banana
- 2 tablespoons apple juice
- 1/4 cup applesauce, unsweetened
- 1/4 cup nonfat yogurt, plain

1. Heat oven to 350 F. In a medium-size bowl, mix together flour, baking soda, salt, nutmeg and cinnamon. Set aside.

2. In a mixer or another large bowl, mix the sugars, butter, eggs and vanilla. Beat well.

3. In a food processor, combine the steamed broccoli, zucchini, carrot, apple, banana, apple juice and applesauce. Pulse until thoroughly mixed.

Combine the fruit and veggie puree, and the yogurt, into the wet ingredient mixture (sugar/butter/eggs) and beat until mixed.

4. Add the dry ingredients and mix just until well-combined into a batter. Line muffin cups either with paper or foil liners. If you prefer, grease the cups or liners lightly. For reduced-fat recipes, spraying the muffin cups or paper liners with nonstick cooking spray will help prevent sticking.

5. Scoop the batter into a prepared muffin cups, filling each cup about 3/4 of the way full.

6. For mini muffins: Bake in a 350 F oven for 15-20 minutes, turning the pan after 10 minutes.

For regular-size muffins: Bake in a 375 F oven for about 20-25 minutes, turning the pan after 1 -minutes.

7. Bake until the tops are slightly brown and a toothpick comes out clean, or they bounce back when you touch them in the center with your finger. Yields 36 mini muffins or 20-24 regular-size muffins.

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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