

# 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>

**Through Wednesday, January 16th**

## KY-3325 Is Closed For Repairs

KY 3325 (Opossum Run Road) in Estill County will be closed until about Wednesday, January 16, 2019. No marked detour will be posted, but drivers can use KY 52, KY 1353 (Trotting Ridge Road) and KY 1457 (Sand Hill Road) as an alternate route.

**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 a.m. for Storytime! read and play!

If you have a child that you'd like to bring to Storytime, but can't come during the day don't worry! We will no longer be having Night-time Storytime.

**Thursdays @ 4:15pm**

## Weekly Elementary LEGO Club

Remember the Estill County Public Library's LEGO Club is now on Thursday from 4:15-5:00 p.m. We will display your creation in the middle of the library for all of our patrons to see.

**Thursday, January 10th @ 5:30pm**

## Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, January 10 at 5:30 a.m. at Steam Engine Pizza. John Nutter will tell about the "Sparks" 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.

**Thursday, January 10th @ 6:00pm**

## The Lion, the Witch, and the Wardrobe

Follow me through a forgotten wardrobe—dusting off moth balls along the way—and into the enchanted land of Narnia. River City Players presents The Lion, the Witch, and the Wardrobe adapted by Don Quinn. The play will be presented in March and will run about 40 minutes.

This will be an all youth play; target cast is 3rd grade through 12th. Auditions will be held at the ECHS Auditorium on the 10th of January at 6:00 p.m. We'd love for you to come out and add to the magic.

**Thursdays @ 6pm**

## Estill Celebrate Recovery

Every Thursday at 6:00 p.m., Celebrate Recovery meets at Providence Baptist Church Fellowship Hall, anyone struggling with hurt, pain or addiction of any kind. Providence Baptist Church is located at 1115 Winston Rd, Irvine, KY 40336. Everyone is welcome to attend. It is a Christ centered, 12 step recovery program for

**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.

**Monday, January 14th @ 7:00pm**

## SEKY Gem, Mineral & Fossil

The Southeast KY Gem, Mineral & Fossil Club will meet Monday, January 14, 2019 at 7 p.m. at the Estill County Public Library, 246 Main Street in Irvine. The program will be "Crystals". It will be presented by Chase Canady. This will be an opportunity to get your questions answered. Samples will

# UK COOPERATIVE EXTENSION SERVICE

University of Kentucky – College of Agriculture

## Extension Notes

### Family & Consumer Sciences

Estill County Extension Office

**Monday, January 14th @ 6:00pm**

#### Insta Pot: A Hands-On Workshop

Did you get an electric pressure cooker as a gift and have no idea how to use it? Bring along your new Insta Pot to learn the basics of how it works on Monday, January 14 at 6 p.m. at the Estill County Extension Office. There will be a hands-on demonstration of meal prep and using the appliance. During this workshop you will be able to sample an entrée prepared by Shonda Johnson, FCS agent in Clark County. Before you leave, you will be preparing a dessert in your Insta Pot to take home. Call 606-723-4557 to register. This workshop cost\* \$5.00 supply fee (\*Free for current Estill County Homemaker Members). For more information contact the Estill County Extension Office, 76 Golden Court, Irvine.

Equal Opportunity Provider

**Tuesday, January 15th @ 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, January 15th, 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 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.

**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 @ 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](mailto: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](http://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

### Fight Flu, Colds with Healthy Foods

by ANGELA SHELF MEDEARIS

Cold and flu season is upon us, but you can cook your way to better health and lessen your chances of getting the flu or a cold by eating certain healthy foods. One thing to remember is that smart diet choices can boost our immune system. The following list includes simple things that can help your immune system to work at peak performance:

1) Get plenty of liquids to help prevent viruses and bacteria from taking up residence in your 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."

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

3) Choose foods rich in vitamins C and E. These two 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, garlic, 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.

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

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

Try these flu- and cold-fighting recipes for Chicken With 40 Cloves of Garlic and Crispy Kale and Quinoa Salad With Yogurt Dressing, and be well this winter!



Photo by DepositPhotos.com

#### CHICKEN WITH 40 CLOVES OF GARLIC

6 whole chicken legs or thighs, or a mixture of each  
2 tablespoons olive oil  
2 teaspoons kosher salt  
2 tablespoons poultry seasoning  
1 1/2 teaspoons freshly ground black pepper  
40 cloves garlic (about 3 bulbs), peeled  
4 stalks celery, thinly sliced  
4 sprigs Italian parsley  
1 cup (homemade or low-sodium) chicken stock  
1 teaspoon lemon juice  
Crusty bread or toast for serving

1. Heat oven to 375 F. Season chicken legs with the olive oil, salt, poultry seasoning and black pepper and toss to combine. Arrange the pieces, skin-side up, in a single layer in an oven-proof baking dish with a tight-fitting lid.

2. Scatter the garlic and celery into the gaps between the chicken pieces and arrange parsley on top.

3. Pour in the chicken stock. Cover the dish tightly with aluminum foil and put on the lid. Bake for an hour without removing the lid. Check to see if the chicken is tender, and the garlic is soft. If not, cover and bake for another 15 minutes, and then remove the dish from the oven. Stir in the lemon juice.

4. Serve the chicken with the sauce. Spread the softened garlic on the bread. Serve with Crispy Kale and Quinoa Salad with Yogurt Dressing on the side.

#### CRISPY KALE AND QUINOA SALAD

4 tablespoons olive oil, divided  
1 1/4 cup dried quinoa  
2 1/2 cups low-sodium chicken or vegetable stock  
2 garlic cloves, minced  
1 bunch kale, stems removed  
1 tablespoon sesame seeds  
1/4 teaspoon garlic powder  
1/2 teaspoon sea salt  
1/4 teaspoon cayenne pepper

1. Heat oven to 400 F. Place 1 tablespoon olive oil in a medium sauce pot and set over medium heat. Once oil is hot, add the quinoa and toast for 2-3 minutes, stirring regularly.

2. Pour in the stock and stir in the garlic. Cover and reduce heat. Simmer for 18-20 minutes. Once the stock has absorbed and the rings around each seed have separated, remove from heat and keep covered to steam.

3. Tear the kale into small 1-2 inch pieces. Place on a baking sheet and drizzle with the remaining oil. Sprinkle with sesame seeds, garlic powder, cayenne and 1/2 teaspoon sea salt. Toss the kale with your hands to coat well. Then spread the kale pieces out on 2 baking sheets in a single layer and bake for about 10 minutes until crisp.

4. Once the quinoa is tender and fluffy, toss with a fork and taste. Season lightly with salt and pepper, if needed. Toss in the crispy kale pieces. They soften over time, so do this at the last minute. Serve warm. Makes 6-8 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](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.

(c) 2018 King Features Synd., Inc., and Angela Shelf Medearis

Visit Our Website At  
**<EstillTribune.Com>**