

# 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.

**Wednesday, June 19th at 12:00 Noon**

## Estill Board of Health Meeting

The Estill County Board of Health taxing district will be meeting at Michael's Restaurant in Ravenna on Wednesday, June 19, 2019 at 12:00 Noon. The public is welcome to come.

**Thursday, June 20th @ 5:30pm**

## Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, June 20, 5:30 p.m. at Steam Engine Pizza on Main Street in Irvine. Melissa Riddell with the Estill County CCEP will present the 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.

**Saturday, June 22nd at 12:30pm**

## Bill & Rachael Edmonson Family

The family and friends of Bill and Rachael Edmonson will be gathering Saturday, June 22, 2019 on Stacy Lane Road at the Crowe's Shelter. Bring a covered dish and drinks. Lunch will be at 12:30 p.m.

**Saturday, June 22nd at 6:30pm**

## Estill Arts Council Will Be Holding Annual Meeting

The Estill Arts Council will be holding its annual meeting on Saturday, June 22, 2019 at the Wisemantown Methodist Church pavilion. 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 or visit our website at www.estillartsCouncil.org. Membership is now available online. We hope to see everyone there.

**Monday, June 24th - 6:30pm**

## Democrat Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, June 24th 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 [Estill-countydemocrats@gmail.com](mailto:Estill-countydemocrats@gmail.com).

**Wednesday, June 26th**

### Making Soap from Goat's Milk

On Wednesday, June 26th at 1:30, Diane Johnson will be at the Estill County Public Library to demonstrate how to make soap using goats milk. For more information please contact Lesa at 606-723-3030.

**Friday, June 28th at Irvine Lodge**

## Irvine Lodge Pantomime Show

A Pantomime Show and Dinner will be presented at the Irvine Masonic Lodge on Friday, June 28, 2019, starting at 6:00 p.m. Show is at 7:00 p.m. Cost is \$10.00 per person. See member for tickets or Call Bobby Noland 606-723-2254.

**Saturday, June 29th at 1:00pm**

## ECHS Class of '70 reunion

Estill County High School Class of 1970 will have their 49th annual reunion on Saturday, June 29, 2019 at 1:00 p.m. at Michael's Restaurant in Ravenna. All class members and teachers are welcome to attend.

**Tuesday, July 2nd @ 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, July 2nd 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.

**Friday, July 5th @ 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, July 5th, and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

**Saturday, July 6th at 1:00pm**

## ECHS 50th Year Reunion

Estill County High School Class of 1969 will have their 50th year class reunion on Saturday, July 6, 2019 at 6:00 p.m. at Steam Engine Pizza meeting room. All class members and teachers are welcome to attend. Class members from other class years are also invited to stop by. For more information on the reunion, please call 1 (859) 519-0563.

**Sunday, July 7th 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.

**Tuesday, July 9th, 5:30 pm**

## Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet on Tuesday, July 9th 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. Future meetings will be August 13th, September 10th and October 8th.

**Tuesday, July 9th @ 7pm**

## DAV Chapter 94, Estill County

DAV Chapter 94 will be meeting at 7 p.m., July 9th 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.

**Tuesday, July 23rd at 6:00pm**

## Understanding and Responding to Dementia-Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn how to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. The program will take place at the Clark County Public Library located at 270 South Burns Avenue in Winchester on Tuesday, July 23rd from 6 p.m. - 7:30 p.m. Registration is required; please call 1-800-272-3900. Program provided by the Alzheimer's Association.

**Saturday, July 27th at 2:00pm**

## ECHS Class of 1964 55th Reunion

The Estill County High School Class of 1964 will be having its 55th Reunion on Saturday, July 27, 2019, starting at 2:00 p.m. at Michael's Restaurant in Ravenna. Please, spread the word!

## Kitchen Diva

### Berries Highlight Perfect Summer Salad

June is the season for berries. Sweet, juicy summer berries are like the healthy "candy" of the food world. Not only are berries nutritious, new research indicates that eating berries also may help stave off the cognitive decline and memory loss that come with aging.

Data from the long-running Nurse's Health Study shows that women who ate blueberries and/or strawberries delayed memory decline (from aging) up to 2 1/2 years compared with those who did not eat berries. The women gained this benefit from consuming just two or more servings of blueberries and strawberries per week.

Even if you're not worried about memory loss, berries still pack a healthy punch for just a few calories.

Strawberries and blueberries are rich in anthocyanins, the pigment in plants that give them their dark red or blue coloring. Anthocyanins help move blood into the brain and have been linked to a broad range of health benefits, such as vision and heart health.

Strawberries have only 22 calories and 5 grams of carbohydrates, and they provide 2 grams of fiber per half-cup serving. To enjoy them at their best, strawberries must be handled with care.

To wash strawberries, hold them under gently running cool water just long enough to remove the dirt. Don't soak strawberries as they will absorb water and lose flavor. For the best flavor, wash strawberries just before you plan to use them. Strawberries can be stored in the refrigerator for two to three days.

Blackberries have 37 calories, 9 grams of carbohydrates and 4 grams of fiber in a half cup. Blueberries spoil quickly, so be sure to use or freeze them soon after picking.

Blueberries have 41 calories, 10 grams of carbohydrates and 2 grams of fiber per half cup. Like other berries, blueberries are a good source of vitamin C.

Raspberries have 30 calories, 7 grams of carbohydrates and 4 grams of fiber for every half cup. Raspberries are very fragile and easily damaged. If bought fresh, eat them within one to two days. Wash raspberries just before you eat them because they can absorb the water, which will dilute the taste.

If you want to enjoy fresh fruit year-round, berries can be frozen for later use. Here are a few freezing tips:

\* Add 3/4 cup sugar to one quart of whole strawberries and mix thoroughly. Let stand 15 minutes and then pack into containers, leaving headspace for expansion. Seal and freeze.

\* Blueberries, raspberries and blackberries can be frozen whole.

\* Don't wash blueberries before freezing, as it will make for a tougher skin. Wash just before you're going to use them.

You can enjoy sweet, delicious summer berries on their own, or try some of the many ways to add berries to a healthful diet. Sprinkle them on cereal, add them to yogurt, enjoy berry toppings on pancakes or use them in salads, like this recipe for Summer Berry, Pecan and Goat Cheese Salad. This dish showcases the sweetness of the berries while providing the crunch and smoothness of the pecans and goat cheese. It's the perfect summer salad!

### Summer Berries, Pecan and Goat Cheese Salad

This salad beautifully showcases the best berries of the season. It's also a refreshing accompaniment to grilled or spicy barbeque dishes.



Photo Credit: DepositPhotos

- 4 large fresh strawberries, leaves removed, quartered, rinsed and drained
- 2 ounces fresh blueberries, rinsed and drained
- 2 ounces fresh raspberries, rinsed and drained
- 1/4 cup pecan pieces
- 1 1/2 tablespoons honey, divided use
- 2 tablespoons virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 small garlic clove, finely chopped
- 1/2 teaspoon Dijon-style mustard
- 1 teaspoon salt
- 1/2 teaspoon fresh ground black pepper
- 1/8 teaspoon cayenne pepper
- 1 package (8 ounces) mixed salad greens with spinach
- 3 tablespoons crumbled goat cheese
- 1 large avocado, diced
- 2 tablespoons fresh lemon or lime juice

1. In a small, nonstick skillet, add the pecans and toast, stirring occasionally, until the nuts are lightly browned and fragrant, about 3 minutes. Drizzle with 1/2 tablespoon of the honey, and toast, stirring occasionally for 1 minute. Cool and set aside.

2. In small bowl, whisk together the oil, vinegar, the remaining 1 tablespoon honey, the garlic, mustard, salt and black and cayenne pepper. Set dressing aside.

3. In a salad bowl, toss together the salad greens, berries and pecans. Top with goat cheese and avocado. Sprinkle with the lemon or lime juice. Pour dressing around the edges of the salad and gently toss the ingredients together. Serve immediately. Serves 4.

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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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## SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Swift

GAILITY

Sparse

EARGEM

Bowl

ABINS

Vocalist

ROCNROE

TODAY'S WORD



"I never get jealous about having such a \_\_\_\_\_ wife — it's the bills that will be coming that worry me."