

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, July 17th - 11am-2pm

Eat With the Stars at the Lodge

Eat Lunch with the Stars today, Wednesday July 17, 2019 11:00 a.m. until 2:00 p.m. at the Irvine Lodge Hall Cafeteria, Broadway in Irvine, dine in or carry out. Menu: Pulled Pork sandwiches. Chips, Dessert and Drink. Cost \$5.00. Call for delivery 859-200 1921 or 723-2188.

Thursday, July 18th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, July 18, 5:30 p.m. at Steam Engine Pizza.

Saturday, July 20th at 4:00pm

ECHS Class of 1962 Reunion

The Estill County High School Class of 1962 Reunion will be held Saturday, July 20, 2019, at 4:00 p.m. at Michael's Restaurant in Ravenna. meet & greet from 4:00 p.m. until 5:00 p.m. followed by dinner at 5:00 p.m. Please come and visit with old friends and classmates. If you have moved, changed phone numbers or email, please make sure you update your information by contacting J.I. Abney at <JAbney44@gmail.com> or calling (859) 687-0611.

Monday, July 22nd - 6:30pm

Democrat Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, July 22nd 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.

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.

Wednesday, July 24th at 1:30pm

Making Goats Milk Lotion

Diane Johnson will be at the Estill County Public Library on Wednesday, July 24, 2019, at 1:30 p.m., demonstrating how to make lotion using goats milk. For more information please contact Lesa at 606-723-3030.

Saturday, July 27th - 9am-3pm

Northern Kentucky Fly Fishers

Mike Arnold from Northern Kentucky Fly Fishers will be at the Estill County Public Library on July 27 from 9 a.m. until 3 p.m. teaching the techniques of fly fishing. There is a limit of 15 seats so register by calling the Estill County Public Library at 606-723-3030.

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!

Americanisms



"A diplomat is a man who always remembers a woman's birthday but never remembers her age."
—Robert Frost

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Saturday, July 27th at 10:00am

Annual McKinney Family Reunion

The Annual McKinney Reunion will be held on Saturday, July 27, 2019, from 10:00- 4:00 at Jackson's Chapel United Methodist Church, 3010 Spout Springs Road (Highway 82 between Clay City and Hargett), Irvine, Estill County, Kentucky. Matthew (Elizabeth Lyle), Mariam (Wm. J. Clark), Mary "Polly" Jane (John M. Highley), James Franklin (Ann McKinney and children: Elizabeth, George, and Richard), Thomas Shelton (Mary "Polly" Harris), and Joel (Eadah Vaughn).

The theme for this year's reunion is FOOD. Potluck dinner will be served at 12:00 noon. Everyone is asked to bring a dish (especially McKinney favorite recipes from any generation) and to bring a copy of the recipe with a separate list of ingredients, so that we can combine them into a family recipe book.

This reunion is a gathering of the descendants of Wildy McKinney (b. 1784 in Virginia; d. 1852 in Spout Springs, Kentucky). Children of Wildy McKinney are: David Russell (Luanna Sharp), Lucy (James Tiley), John Franklin (Cindrella Sharp), William (Nancy McPherson),

Tuesday, July 30th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, July 30th 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, August 2nd @ 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, August 2nd, and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

Sunday, August 4th 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.

Saturday, August 10th at 12:00 Noon

Dickerson-Patrick Reunion

The descendants of Sanford and Dora Ann Dickerson Patrick will be having their annual reunion on Saturday, August 10, 2019, at the Estill County National Guard Armory, 335 Cow Creek Road (KY-52), just outside of Ravenna. Please bring food and soft drinks for your family and come visit with us. We'd love to see everyone. All relatives and friends are invited. The reunion will start at 12:00 Noon with a buffet style lunch and run until whenever. Hope to see you there!

Saturday, August 10th at 6pm

Murder Mystery at Mardi Gras

Murder Mystery Dinner at Mardi Gras, Saturday, August 10, 6 p.m., at the Estill County Fair Barn. Features the River City Players Community Theater Group and includes seated, served dinner; silent auction; and the murder mystery. Reservations requested by August 1 online at hospicecareplus.org or at 859-986-1500. More information available at hospicecareplus.org. All proceeds go to Hospice Care Plus.

Tuesday, August 13th, 5:30 pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet on Tuesday, August 13th 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, August 13th @ 7pm

DAV Chapter 94, Estill County

DAV Chapter 94 will be meeting at 7 p.m., August 13th 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, August 27th -- 11am-12:30pm

Effective Communication Strategies

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. The program will take place at the Madison County Cooperative Extension Office located at 230 Duncan Lane in Richmond on Tuesday, August 27th from 11am-12:30pm. Registration is required; please call 1-800-272-3900. Program provided by the Alzheimer's Association.

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Kitchen Diva

Black-Eyed Peas, Please

Black-eyed peas have had a tremendous influence on both my writing and culinary career. My first book for children was entitled "Picking Peas for a Penny." It was a rhyming story about my mother and my Uncle John picking black-eyed peas for a penny a bushel basket on my grandparents' farm in Oklahoma during the 1940s.

Black-eyed peas also figure prominently in my career as a cookbook author and chef. Black-eyed peas, okra, peanuts and sesame seeds, and the oil they produce, are documented contributions from Africa via the slave trade to our American cuisine. I prepared black-eyed peas any number of ways while doing research for my first cookbook "The African-American Kitchen."

Originally from Africa, black-eyed peas are one of the most widely dispersed beans in the world. It was a nutritious staple in Africa long before it was brought to the American South. Black-eyed peas are often called black-eyed beans, or China peas (their bushy vines grew wild in Asia). Another name for the black-eyed pea is "cowpea," as it was used in animal food.

Although called a pea, the black-eyed pea is actually an edible "bean." Both peas and beans are legumes, and both have edible seeds and pods. The most common commercial black-eyed pea is called the California Blackeye. It is pale-colored with a prominent black spot. Black-eyed peas are extremely nourishing, both to people and to the soil.

If you're looking for a delicious way to lose weight and improve your health, here are some reasons to eat more black-eyed peas:

-- Black-eyed peas are a low-fat and low-calorie food. One-half cup of black-eyed peas is generally less than 100 calories and contains about 1 gram of fat. Their protein helps cells grow and repair and provides energy to your body.

-- If you need more potassium and usually eat bananas and avocados, try adding more black-eyed peas to your diet! A 1/2-cup serving of cooked from dry black-eyed peas contains 239 mg of potassium, and the same amount from a can has 206 mg. Potassium is a nutrient that helps keep your blood pressure at healthy levels, which lowers your risk of heart disease. It also supports the health of your muscles and bones.

-- Protein also supports most parts of your body, including muscles, skin, hair and nails. One-half cup of dry and cooked black-eyed peas contains 6.7 grams of protein, and a 1/2 cup of canned black-eyed peas contains 5.7 grams.

-- Black-eyed peas are rich in iron, helping to prevent anemia, which produces fatigue and weakness. Iron helps carry oxygen throughout your body to your organs, cells and muscles. A 1/2 cup serving of canned black-eyed peas has 1.2 mg of iron, while 1/2 cup cooked from dry black-eyed peas contains 2.2 mg.

-- Black-eyed peas are high in vitamin B9 and rich in folate. Studies show that folate sourced from food can cut your risk of pancreatic cancer by up to 60 percent. Folate also helps with cell formation and is especially important during pregnancy. Black-eyed peas also contain thiamine, one of the B vitamins.

If you can, get fresh black-eyed peas; they cook up in no time. But if you can't get them fresh, then use the frozen or canned variety. Whichever you choose, they'll be delicious in this recipe for Texas Caviar. It's a flavorful and nutritious dip that keeps for up to two weeks in the refrigerator.

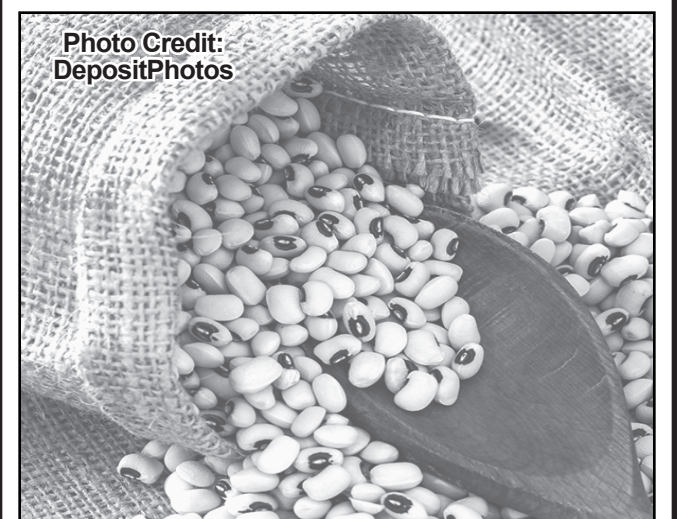


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TEXAS CAVIAR

- 2 (15-ounce) cans black-eyed peas, rinsed and drained
 - 1 (15-ounce) can black beans, rinsed and drained
 - 1 red bell pepper, cored, seeded and finely chopped
 - 1/2 green bell pepper, cored, seeded and finely chopped
 - 1 small red onion, finely chopped
 - 2 stalks celery, finely chopped
 - 2 Roma tomatoes, finely chopped
 - 1/3 cup chopped parsley or cilantro leaves
 - 1/2 cup red wine vinegar
 - 2 teaspoons stevia, honey or agave syrup
 - 1 teaspoon garlic powder
 - 1/2 teaspoon salt
 - 1/4 teaspoon ground black pepper
 - 1/4 cup vegetable oil
 - 1/2 teaspoon hot sauce, or more to taste
1. Combine black-eyed peas, black beans, bell peppers, red onion, celery, tomatoes and parsley or cilantro in a large bowl.
 2. In a small bowl, whisk together vinegar, stevia, honey or agave syrup, garlic powder, salt, pepper, vegetable oil and hot sauce.
 3. Pour dressing over black-eyed pea mixture and toss to coat. Refrigerate for 4 hours or overnight. Stir before serving. Makes 12 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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