

# 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>

**Immediately**

## Arts Council Seeks Chorus Director

The Estill Arts Council is seeking a Director for the Community Chorus. The purpose of the chorus is to promote choral music and stimulate musical growth in and around the community of Irvine, Ravenna and Estill County and for the enrichment of its residents through participation and appreciation

of the musical arts.

A candidate should be passionate about music and have a background in vocal music. The Chorus holds two concerts a year, one in the spring and one at Christmas.

If interested and for more information contact: Robin Reed, 723-4678 or [aprcraft@gmail.com](mailto:aprcraft@gmail.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.

**Thursday, September 12th at 5:30pm**

## Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, September 12, 5:30 p.m., at Steam Engine Pizza. Estine Tipton, Mayor of Ravenna, will give an update about the Railroad Festival.

and two mowings of the Old Irvine Cemetery on River Drive beside Citizens Guaranty Bank.

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. Jeff Hix is the current club president. We invite

Recent donations given by Kiwanis have been to the Estill County Marching Engineers, Estill County Ministerial Association, Scholarship to Kiely Flynn,

**Saturday, September 14th, 7:30-11:30**

## Henderson Lodge Annual Breakfast

The O.D. Henderson Masonic Lodge will be having its annual pancake breakfast on Saturday, September 14, 2019, from 7:30 until 11:30 a.m. at Ravenna Christian Church, corner of 7th and

Elm streets in Ravenna.

Menu will be pancakes, bacon, sausage, eggs, and your drink choice of coffee, milk, juice or water.

Cost is \$6.00 per person. Everyone is welcome.

**Saturday, September 14th - 8am-1pm**

## Annual September Blood Drive

The Kentucky Blood Center will be having their annual September blood drive for the Estill County Community on Saturday, September 14, 2019 from 8:00 a.m. until 1:00 p.m. at the Irvine First Christian Church Fellowship Hall, 270 Main Street in Irvine. Call (800) 775-2522 to schedule.

tients!

Blood donors today assure that blood is on the shelf and available for those in their communities who need it tomorrow, next week or next month.

Blood donors must be 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](http://kybloodcenter.org).

To schedule a donation, visit [kybloodcenter.org](http://kybloodcenter.org) or call 800.775.2522.

Donors at this upcoming Kentucky Blood Center blood drive will receive a limited edition T-shirt.

Estill County had one of its best blood drives in June, collecting 35 donations, which was a record! These donations saved the lives of 105 very grateful Kentucky pa-

**Saturday, September 14th - 9am-4pm**

## Pumpkin & Spice Vendor Event

The Annual Pumpkin and Spice Fall Vendor Event will be held Saturday, September 14, 2019 at Best Western Bypass in Richmond from 9:00

a.m. until 4:00 p.m.

There will be many vendors there to shop with and samples to try. Get ready for the Holidays!

**UK COOPERATIVE EXTENSION SERVICE**

University of Kentucky – College of Agriculture

## Estill County

### Extension Notes

#### Family and Consumer Sciences

#### The Buzz About Honey

Honey is one of our most ancient food sources, but what do you really know about it? The Buzz about Honey is designed to inform you about Kentucky honey production, its benefits, and ways to use honey in cooking. Additional activities might include a honey tasting, a honey recipe tasting, or a plant and seed swap for plants that attract pollinators. Everyone is welcomed to join this lesson presented by Kay Deniston, Bourbon County Family and Consumer Sciences Agent, on September 16, 2019 at 12:00 noon at the Estill County Cooperative Extension Service. The program is free and open to the public. Please register by calling 606-723-4557 so we will have plenty of handouts available

(Equal Opportunity Provider)

**Tuesday, September 17th at 6:30pm**

## Estill Arts Council To Meet

The monthly meeting of the Estill Arts Council will be held at the Estill County Public Library meeting room at 6:30 p.m. on Tuesday, September 17th. We will be plan-

ning for our Fall and Yuletide Events. All current and prospective members are invited to attend. For more information contact Amy Hughes at [anoland44@hotmail.com](mailto:anoland44@hotmail.com).

**Tuesday, September 17th at 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Sept. 17th 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.

**Monday, September 23rd - 6:30pm**

## Democratic Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, September 23 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).

**Saturday, September 28th**

## MSM Craft & Vendor Fair

The 5th Annual Main Street Market Craft & Vendor Fair will be held on Saturday, September 28th at the

Estill County Fair Grounds. Anyone wanting to host a booth please contact Brittany Sparks @ (606)975-0764.

**Saturday, September 28th at 1:00pm**

## Annual Rader/Raider Reunion

The Rader/Raider Reunion will be held on Saturday, September 28, 2019 at 1:00 p.m. in Richmond, Kentucky at

Catalpa Park at the large pavilion.

Please bring a covered dish and soft drinks.

**Friday & Saturday, October 3rd & 4th**

## Lady Veterans Huge Yard Sale

Huge yard sale at Trapp School/Lady Veterans Connect 11400 Irvine Road, Winchester, Kentucky, on Friday and Saturday, October 4 & 5 from 8:00-3:00. Lots of new

and used; linens, housewares, tools, clothing, Christmas items and much more.

All proceeds support our Lady Veterans! More info: 606-723-4889.

**Friday, October 4th 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, Oct. 4th, and on the first Friday of each month at 9 a.m.

All are invited and welcome. Hope to see you there!

**Saturday, October 5th at ECMS**

## Kiwanis Announces Annual Auction

The Kiwanis Club of Irvine-Ravenna has released the date for its 17th annual Radio and TV Auction. It will be held Saturday, October 5th 2019 at the Estill County Middle School.

As we approach this year's auction, the club wishes to extend a sincere "thank you" to the people of Estill County for the manner in which you have so generously supported our

auction. The funds from last year's auction have allowed the club, in its current fiscal year, to invest almost \$17,000 in a variety of programs that serve the people of Estill County.

To continue this level of support we need your continued help, so please circle October 5th, 2019 on your calendar and look for more information about the auction in the coming weeks.

**Sunday, October 6th 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, October 8th, 5:30pm**

## Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet on Tuesday, October 8th 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, October 8th at 7:00pm**

## DAV Chapter 94, Estill County

DAV Chapter 94 will be meeting at 7 p.m., October 8th and the second Tuesday of each month at Estill County Senior Citizens Center, off Stacy Lane.

nection, 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.

**Sunday, October 13th**

## Reunion of Murphy descendants

The descendants of Hubert and Myrtle Murphy will be meeting at Sandhill Christian Church fellowship hall for their annual Murphy reunion on Sunday, October

13 at 1 p.m.

Meat and paper products will be provided. Bring a dish or two and drinks.

Come, join us for good food and fellowship.

## Kitchen Diva

### Add More Seafood to Your Menu

At our house, we're always searching for ways to eat healthier ... on a budget. One way to do just that is to add healthy seafood to your menu at least twice a week. This includes both fish and shellfish as the main protein on your plate. Seafood is available in a variety of price points, so it doesn't have to be expensive.

Seafood contains an abundance of nutrients, including healthy omega-3 fats. According to Dietary Guidelines for Americans, eating about 8 ounces per week (less for young children) of a variety of seafood can help prevent heart disease. Here are some tips:

Choose wisely: Include the types of seafood that are higher in omega-3s and lower in mercury, such as salmon, trout, oysters, Atlantic and Pacific mackerel, herring and sardines.

Keep it lean and flavorful: Try grilling, broiling, roasting or baking -- methods that don't add extra fat. Spices or herbs such as dill, chili powder, paprika or cumin, and lemon or lime juice, can add flavor without adding salt.

Shellfish counts, too!: Oysters, mussels, clams and calamari (squid) all supply healthy omega-3s. Try mussels marinara, oyster stew, steamed clams or pasta with calamari.

Get creative with seafood: Think beyond fish fillets. Try salmon patties, a shrimp stir-fry, grilled fish tacos, or clams with whole-wheat pasta. Add variety by trying a new fish such as grilled Atlantic or Pacific mackerel, herring on a salad or oven-baked pollock.

Use in a salad or sandwich: Top a salad with grilled scallops, shrimp or crab in place of steak or chicken.

Shop smart: Whiting, tilapia, sardines, canned tuna and some frozen seafood are usually lower-cost options. Check the local newspaper, online and at the store for sales, coupons and specials on seafood.

Grow up healthy with seafood: Omega-3 fats from seafood can help improve nervous-system development in infants and children. Serve seafood to children twice a week in portions appropriate for their age and appetite. A variety of seafood lower in mercury also should also be part of a healthy diet for women who are pregnant or breastfeeding.

Know your portions: To get 8 ounces of seafood a week, use these as guides: A drained can of tuna is about 3 to 4 ounces, a salmon steak ranges from 4 to 6 ounces and a small trout is about 3 ounces.

Keep seafood handy: Canned seafood (think canned salmon, tuna or sardines) is quick and easy to use. Canned white tuna is higher in omega-3s, but canned "light" tuna is lower in mercury.

My delicious recipe for Pasta Puttanesca With Sardines uses inexpensive jarred sardines packed in olive oil. Sardines are sustainable and are full of healthy omega-3 fatty acids. They are a nutritious replacement for anchovies in most recipes.



Photo Credit: DepositPhotos

#### PASTA PUTTANESCA WITH SARDINES

- 1 pound linguine
- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 1 (4.25 ounce) canned or jarred sardines packed in oil, reserve the oil
- 3 cloves garlic, finely minced
- 2 tablespoons Italian seasoning blend
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1/4 teaspoon stevia, honey or sugar
- 1/8 teaspoon ground cloves
- 1/8 teaspoon red pepper flakes or cayenne pepper
- 1 medium tomato (approximately 1/2 pound), seeded and chopped into 1/2-inch pieces, or 4.5-ounce can diced tomatoes
- 1 (6-ounce) can pitted black olives, olives halved crosswise; or sliced, canned pitted black olives, drained
- 1 tablespoon capers, drained, rinsed and finely chopped
- 1/4 cup shredded or shaved Pecorino Romano or Parmesan cheese

1. In a large pot of boiling, salted water (approximately 6 quarts boiling water and 3 tablespoons kosher salt), cook the linguine according to label directions until it is al dente. Reserve 1 1/2 cups of the pasta cooking water for adding to the Pasta Puttanesca at the end of the cooking time.

2. In a large saute pan or skillet, heat the olive oil over medium heat, then add the onion and cook until translucent, about 3 minutes. Add sardines and their oil, then the garlic and Italian seasoning, 1/2 teaspoon each salt and pepper, the honey, stevia or sugar, cloves, the red pepper flakes or cayenne pepper, tomatoes, olives, and capers.

3. Turn heat to low and cook until the tomatoes are softened and the sardines are breaking apart, about 15 minutes, stirring occasionally.

4. Add the linguine to the pan, then pour in 1 cup of the reserved pasta cooking water, stirring well to combine all the ingredients. If the pasta still looks dry, add the remaining pasta cooking water, 1/2 cup at a time. Season with the remaining 1/2 teaspoon of salt and pepper, and the Pecorino Romano or Parmesan.

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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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