

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.

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.

Friday, September 5th 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 Bar-

rel, in Richmond, on Friday, Sept. 5th, and on the first Friday of each month at 9 a.m.

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

Thursday, September 5th at 4:00pm

Madison Caregiver Support Group

The Madison County Caregiver Support Group will take place at Active Day located at 928 Commercial Drive in Richmond on Thursday, September 5th at 4pm. For more information, please call Jeannice Ledford at 859-625-9977. Program provided by the Alzheimer's Association.

A support group provides a safe, supportive environment to allow family members, friends, caregivers, and other interested individuals to meet regularly for mutual support and to exchange coping skills with one another in matters relating to Alzheimer's disease and related dementias.

Thursday, Sept. 5th at 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, September 5,

5:30 p.m. at the Steam Engine Pizza Session Room.

Friday, September 6th - 6-10pm

117th Engineers at Moonlight Mkt.

Join us at the Estill County Historical & Genealogical Museum on Friday, September 6th from 6 - 10 pm, during the Moonlight Market event. The 117th Engineers, (Living History) attached

to the 42nd division, also known as the Rainbow division, will have artifacts on display and discuss the jobs these men did and the conditions they operated under.

Tuesday, Sept. 11th, 5:30pm

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, Sept. 11th @ 7:00pm

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.

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.

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.

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-

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.

To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

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!

Tuesday, Sept. 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, Sept. 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.

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.

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.

LAFF - A - DAY



"I was going to borrow a little piece of a mustache."

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!

Notice

GRADER

Hover

ALOFT

Clout

WAYS

Hunt

ECRASH

TODAY'S WORD

Kitchen Diva

Open in Case of Emergency

The past few years have produced some unusual weather. Whether you live in an area that has been hit with storm-related power outages or you just want to stock up for the times you're unable to shop, creating an emergency pantry using canned goods as staples is a wise choice.

First, start with a good quality product. Choose cans that aren't rusted, dented, scratched or bulging. Home-canned foods should only be made using research-tested procedures, equipment and recipes from sources such as the U.S. Department of Agriculture website.

Here are some tips for creating, stocking and using an emergency pantry:

Photo Credit: DepositPhotos



Canned Goods and Water:

-- Choose foods your family enjoys. Good options include canned beans, vegetables, fruit, breakfast cereal, peanut butter, pouches of fully cooked whole grains, nuts, whole-wheat crackers and shelf-stable milk or plant milk (the kind sold in aseptic boxes in the grocery aisle).

-- When buying canned foods, choose low-sodium or no-salt-added products, and choose fruits packed in water or their own juice instead of syrup.

-- Store canned goods in a cool, dark, dry area away from furnaces, pipes and other places where temperature changes occur. Keep metal cans off the floor, because moisture may lead to rust.

-- Always use the FIFO (first-in, first-out) method when using foods from storage so that you use your oldest cans first. If you see that a can or jar has a broken seal or is rusting, bulging or denting, it should be discarded. If any food does not look or smell right, throw it out.

-- Keep at least 6 gallons of water per family member to be prepared for one week. Store water in airtight, food-grade storage containers. Replace water every six months.

Refrigerated and Frozen Foods:

If electrical power is off, eat foods from the refrigerator first. These foods are not safe to eat if they've been at room temperature for more than two hours. Foods in the freezer will stay cold depending on the size of the freezer and the amount and kind of food in it. A large freezer full of meat will stay the coldest, longest. Keeping frozen jugs of water in the freezer will help maintain the cold temperature.

Alternative Cooking Methods:

Many foods can be skewered, grilled or wrapped in foil and cooked. Disposable covered catering pans with Sterno holders, wood-burning fireplaces, candle warmers or fondue pots may be used to heat foods. Outdoor grills, camp stoves or charcoal burners should only be used outside -- the fumes can be deadly.

Here are a few recipes using ingredients that should be in every emergency pantry -- grains and beans! They are nutrient dense, packed with protein, versatile and are very filling. These No-Cook Emergency Pantry Recipes (courtesy of Trisha Calvo, a writer for Consumer Reports) are simple and easy to prepare no matter what the weather may be.

NO-COOK EMERGENCY PANTRY RECIPES

Overnight Oats: Mix rolled oats with water and let sit overnight on a counter. In the morning, add peanut butter, raisins or other dried fruit, and a little cinnamon.

Chunky Gazpacho: To a can of diced tomatoes with juice, add chopped onion, chopped cucumber, a little Tabasco sauce or cayenne pepper, and a dash of salt and pepper. You also can add chopped red or green peppers if you have them. Drizzle with olive oil and top with fresh parsley or cilantro if you have it. To make this a heartier dish, add a can of chickpeas (drained).

Corn Salad: Combine drained canned corn with vegetables you have on hand (tomatoes, peppers and onions, for example), chopped. Add drained canned black beans if you like. Toss with a dressing made of one part apple-cider vinegar and one part olive oil, with fresh or dried basil and a little salt and pepper.

Power Bean-and-Grain Salad: Combine drained canned beans with a pouch of precooked grains, olive oil and any herbs and spices you like. You also can add chopped veggies and nuts, if available.

Salmon or Tuna Stuffed Avocados: Combine chunks of canned salmon, tuna or smoked trout with chopped tomato and cucumber. Toss with a dressing of lemon juice or white vinegar, olive oil, paprika, and salt and pepper. Stuff into avocado halves; use to top lettuce greens or as a sandwich filling.

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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"Some YOU turned out to be!"