

# 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.

**Thursday, September 19th at 5:30pm**

## Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, September 19, 2019, at 5:30 p.m., at Steam Engine Pizza.

**Thursday, September 19th at 3pm**

## Birds and Birdhouse Workshop by Four Seasons Garden Club

“Why Birds and Birdhouses Matter” workshop sponsored by the Four Seasons Garden Club will be Thursday, September 19, 3 p.m. at Wisemantown United Methodist Church’s pavilion, 1358 Wisemantown Road, Irvine. Participants of all ages are welcome to attend and make a birdhouse box. Children should have an adult with them. Kits available include a Bluebird box kits (\$10 each), Screech Owl box kits (\$15 each), and Bat box kits (\$15 each). Please bring a cordless drill with a charged battery, a 1/8” or 3/32” drill bit, and a Phillips head driver bit. If participants don’t have one or never used one before a few drills will be available to share. The instructor is Bill Gordon. New members are always welcome to join the club which meets on the 3rd Thursday of each month. Contact Francine Bonny, club president, at 606 723-5694 for more information and to reserve a box. The Four Seasons Garden Club is a member of the National Council of State Garden Clubs, Inc.



**Saturday, September 21st at 11:00am**

## Annual McKinney-Harris Reunion

The annual McKinney and Harris Reunion will be held at 11:00 a.m., Saturday, September 21, 2019, at the Irvin-McDowell Park in Richmond. Contact Patty McKinney Turpin for more information at (859) 624-0879.

**Saturday, September 21st - 4-7pm**

## Ruritan All-You-Can-Eat Fish Fry

Deep fried fish, hush-puppies, coleslaw, chicken strips, potato wedges and more will be on the menu Saturday, September 21 at the Ruritan Club of Cartersville monthly ALL-YOU-CAN-EAT fish fry, held from 4 - 7 p.m. in the Ruritan Club’s covered shelter off of Harmons Lick Road, Paint Lick. Gather with friends and family for an evening of great food and fellowship. Plates of endless goodness awaits your appetite on Saturday, Aug. 10. Cost: \$9 per adult, \$5 per child. First dessert complimentary, additional desserts \$0.50 each. Carry-out available.

**Monday, September 23rd at 7:00pm**

## Myths of the Green New Deal

The community is invited to attend a discussion, “Myths of the Green New Deal?”. This event will be held at St Elizabeth Church, 322 5th Street in Ravenna, on Monday, September 23, 2019, starting at 7:00 p.m. in the parish hall behind the church. This is a non-partisan and controversial issue at this time and we look forward to everyone’s input.

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

## Democratic Executive Committee

The Estill County Democratic 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).

**Thursday, September 26th at 7:00pm**

## Community Chorus Hires New Director

The Estill County Community Chorus has a new director. Come and meet Chris at our first practice on Thursday, September 26, at 7:00 p.m. at the Irvine United Methodist Church on Main Street. Everyone is welcome and there are no auditions. We come together to promote choral music and stimulate musical appreciation in and around our community. Dues will remain the same. For more information contact Robin 606 723 4678 on email <[apcraft@windstream.net](mailto:apcraft@windstream.net)>

**Saturday, September 28th**

## Rosses Creek Annual Picnic

The Rosses Creek Annual Picnic will be held Saturday, September 28, 2019, at the old school building. Everyone is invited to attend. Bring a covered dish or more, a soft drink, and a lawn chair. We will have plenty of Gospel Singing and plenty of fun. If you have any questions, call Bill at (606) 723-2653.

**Saturday, September 28th**

## Marion & Betsy Tipton Reunion

The family reunion of Marion and Elizabeth “Betsy” Moreland Tipton will be held on Saturday, September 28, 2019 at Carl and Teddie McIntosh’s “Shelter Valley,” just off the Watson Ridge Road in Ravenna, southeast of Furnace, for the descendants of Marion and Elizabeth “Betsy” Moreland Tipton. All friends and family are invited to come. Bring a covered dish and spend the day. Everyone is welcome to attend! For more information or directions call (859) 200-4233.

**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.

**Tuesday, October 1st at 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Oct. 1st 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 & 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. 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.

**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

### One Meal, Two Ways

I’ve prepared lunches for my family for several years, and one thing I know for sure, you’ve got to have a plan! Eating out every day is not only too expensive, the meal choices are typically unhealthy. And if your child is a picky eater like mine, buying school lunches are a waste of money.

A nutritious lunch prepared at home does not have to be boring or cost you a fortune. Making small changes can save you money, like planning a lunch with ingredients that also work well for dinner meals. Remember that well-nourished adults and children have a greater chance of success at work or at school.

Proper nutrition also is a key ingredient for back-to-school success because it fuels brain cells and gives your child the energy and nutrients needed for optimal learning. Packing your child’s lunch lets you know exactly what he or she is eating.

Follow these tips, and not only will you save money, you’ll also pack a nutritious lunch that your child will enjoy!

-- Practice good nutrition yourself. Children learn by association -- you need to be a role model. Discuss with them the benefits of healthy eating.

-- Plan ahead and have a list when you go to the store. The more time you spend in a store, the more money you spend.

-- Use foods from each of the five food groups: Carbohydrates, protein, dairy, fruits and vegetables. Choose whole-grain products like bread, tortillas, pita bread, bagels or whole-grain crackers. These are more nutritious, have more fiber, vitamins and minerals, and keep blood sugar steady for optimal learning.

-- Include the kids in the preparation process and give them choices. Take them along when grocery shopping. Let them pick a new fruit or vegetable to try each week.

-- Buy what’s on sale each week, then work it into a menu. Use fruits and vegetables that are in season.

-- Make your own ingredients. Look beyond lunch meat. Slice your own meat or grill a chicken breast and cut it into strips or cubes. Avoid prepackaged lunches, since they are high priced.

-- Let your children help prepare dinner and use the leftovers to pack their lunch. Invest in a good insulated food container to keep food warm.

You can use my recipe for Mediterranean Chicken Two Ways as a delicious dinner and a nutritious lunch. It makes eight servings (four for lunch and four for dinner). One meal with two ways to save money!



Photo Credit: DepositPhotos

### Mediterranean Chicken Two Ways

- 2 cups plain fat-free Greek yogurt
- 1 tablespoon packed fresh mint or basil
- 1 tablespoon fresh dill, chopped, or 1/2 tablespoon dried dill
- 1 1/2 teaspoons ground cumin
- 3 cloves garlic, finely minced
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground black pepper
- 4 tablespoons fresh lemon juice
- 1/2 cup olive oil
- 2 tablespoons poultry seasoning
- 1 teaspoon dried oregano
- 2 pounds chicken breast tenders
- 1 English (seedless) cucumber
- 2 large ripe tomatoes
- 4 whole-wheat pitas

1. In small bowl, combine yogurt, mint, dill, 1/2 teaspoon cumin, 1/3 of the garlic and 1/2 teaspoon each salt and pepper. Let stand for 15 minutes. Place half of mixture in a covered container and refrigerate to use for lunch.

2. Using a shallow container or pie plate, combine 2 tablespoons of the lemon juice, 1 1/2 tablespoons oil, poultry seasoning, oregano, 1/2 teaspoon each salt and pepper, 1 teaspoon cumin and 1/3 of the garlic. Add chicken, turning to coat. Let stand.

3. Heat a grill pan or heavy skillet on medium-high. Grill chicken 10 to 12 minutes or until no longer pink in center, turning once.

4. Meanwhile, cut cucumber and tomato into chunks; toss, in large bowl, with the remaining 1/2 teaspoon salt and pepper, and remaining lemon juice, oil and garlic.

For Dinner: Divide the chicken, yogurt sauce and the cucumber and tomato mixture evenly. Place half of the ingredients in sealed containers. Transfer remaining chicken to serving plates and serve with the remaining cucumber mixture and yogurt sauce. Prepare a side of orzo or couscous to serve, if desired.

For Lunch: Toast pitas in a large dry pan over medium-high heat on the stovetop, or on the top rack of an oven, or in a toaster oven until lightly browned, about 1 minute on each side, turning once. Fill the pitas with the remaining chicken, and top with yogurt sauce and the cucumber mixture. Place in a reusable container in a lunchbox along with fruit.

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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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