

Community News

Thursdays, 7-8:30pm

Estill Chorus Practice

Estill Chorus rehearsals have begun! Join us now and be a part of the fun as we prepare for the annual Christmas Concert. The Estill Chorus meets Thursdays, 7:00 - 8:30 p.m. in the fellowship hall of the First Christian Church on Main Street in Irvine. There is no audition. Everyone welcome!

Fridays, 6:00 to 8:00pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine. Anyone who plays an Appalachian Dulcimer or anyone who is interested in playing one is welcome to attend.

Wednesday, September 25th, 10:30am

Early Stage Alzheimer's Support

An early stage support group for those in the early stages of Alzheimer's Disease or related dementia will begin on September 25th and continue through November 13th from 10:30 a.m. - 12:00 Noon at the Alzheimer's Association, located at 465 East High Street, Suite 200, Lexington. This eight week program will provide information, support, and encouragement to persons in the early stages of Alzheimer's disease or a related dementia and their caregivers and will provide an opportunity to discuss issues and changes related to memory loss and a gathering to share experiences and feelings.

Registration is required. Call April at 1-859-266-5283, Ext. 1308 for more information.

Thursday, September 26th, 6-8pm

2nd Community Baby Shower

The Estill County Diabetes Coalition is sponsoring our 2nd Annual Community Baby Shower for parents who are expecting or have a child under two years old. Court (off Stacy lane Road) in Irvine. This is a FREE event!! Dinner provided!! Many local agencies will be there with giveaways and program information!! Door prizes!! Guest speakers!!

The shower will be held Thursday, September 26th, 6-8 p.m. at the Estill County Extension Office, 76 Golden contact Courtney Barnes at 723-5181.

Saturday, September 28th

Rosses Creek Annual Reunion

The Rosses Creek annual picnic will be held Saturday, September 28, 2013 at the old school building. We will have plenty of Gospel Singing and plenty of fun.

Bring a covered dish or more, soft drinks, and a lawn chair. We will have plenty of fun. If you have any questions, contact Bill at (606) 723-2653.

The Cain and Abel Syndrome

by BOB CASEY, Preacher, Church of Christ

In **Genesis 4** we read that after the Lord had driven Adam and Eve from the garden, He did so because they had disobeyed God because of pride; and now found themselves alienated from the daily pressure of God Himself. So in the process of time two sons were born unto them, Cain the first, and then Abel also. The two men had chosen different occupations in life. Cain became a farmer, and his brother became a shepherd. So as they grew older they began to offer sacrifices unto God. It was at this time of sacrifice that Cain chose to offer his sacrifice, fruit, that he grew in his field. On the other hand, Abel offered unto God, one of his best lambs. With Abel's offering, God was pleased, but with Cain's offering, it was rejected. Now a question that must have arisen many times in our minds: did Cain offer a poor product of his field? Perhaps, not. But what he tried to do was to offer something less than what was required. We know that Moses wrote down the first five books of the Old Testament. Again we find that when men began to sacrifice, it is not said, but other scriptures tell us that God only accepted the sacrifices of blood.

In **Numbers 18**, **Leviticus 3**, along with **Hebrews 11:4**, we can find these stories, "By faith Abel offered unto God a more excellent sacrifice than Cain, which he obtained witness that he was righteous, God testifying of his gifts." So we can see by these stories that man in order to be pleasing unto God must offer, or render that which is authorized. When we consider the world's religions, we see that most of mankind are still committing the action of Cain. He arose up out of envy, jealousy, hatred, slew his brother, all because he did not take the time to offer that which God has said. In **Exodus 12** the order of God unto Israel was to take a lamb, a male without blemish and kill it and roast it with fire, but the blood was to be caught in a container and brushed on all the door posts and lentils, and God said in **verse 13**, "When I see the blood, I will pass over you." So all in Egypt who were not protected by the blood suffered the loss of every firstborn that very night. So blood has always been a part of the redemption of mankind. Then Jesus came and offered Himself under the will of God to redeem all who will believe, and be baptized for the remission of their sins. **Mark 16:15-16**, **Acts 2:34**, and **Romans 5:5-9** tells us that God commendeth His love, and while we were sinners, still Christ died for us." The next verse says, "being now justified by his blood." Friends, the blood of Jesus, in order to be effective, must be applied to our hearts. **Romans 6:3-4** "We are baptized into his death, buried with him by baptism unto death." Sadly today, most are trying to offer unto God something less than what is required. Don't be like Cain. He tried to do this, but was rejected. Obey all that the Lord says and you will be accepted. If not, why not?

Sincerely, Bob Casey, Waco 1-859-369-4165

Saturday, September 28th, 11am-5pm

Rader/Raider Family Reunion

The Annual Rader/Raider Reunion will take place on Saturday, September 28, 2013 at Catalpa Park near Lake Reba, in Richmond. Festivities will take place between 11 a.m. and 5 p.m., with food on the tables by 12:30 p.m.

Family and friends are encouraged to bring enough food & drinks to feed your family who will be attending. Don't forget to also bring a gift for the Family Auction. Hope to see you there.

Sunday, September 29th @ 1pm

Stone Reunion At Clay City

The annual Stone Reunion will be held on Sunday, September 29, 2013 at the Clay City Community Center in Clay City, Kentucky. Bring a basket lunch and join us for great food and fellowship. Table service (plates, forks, etc.) will be provided. Friends and relatives are invited. Lunch will be served at 1:00 p.m. Please mark your calendars. Everyone is welcome to attend.

Sunday, September 29th @ 1pm

Annual Dunaway Reunion

The annual Dunaway Reunion will be held Sunday, September 29, 2013, at 1:00 p.m. at the Irvine Masonic Lodge on Broadway. Meal will be potluck. Bring a covered dish and enjoy the day with friends and family.

Tuesday, October 1st @ 6pm

Estill Historical Society Meeting

The Estill County Historical and Genealogical Society will be meeting at 6 p.m. on October 1, 2013, at the Estill Springs. This meeting will be held with the Red River Historical Society. A presentation by Nelle Williams will be at the Springs.

Old Time Day will be held on Saturday, October 12, 2013. Again this year, there will be music and various craft demonstrations. If anyone would like to demonstrate an early American craft, please contact Diane Arthur at 723-2636. Soup beans, corn bread and dessert will be served for a small charge. If anyone has pictures that they would like to have considered for the 2014 calendar, please bring them to the Historical Museum on Broadway on any Saturday between 10 a.m. and 4 p.m. If anyone out of town would like to send a copy of a picture, please send it to The Estill County Research Library and Museum, 133 Broadway, Irvine, KY, 40336. The picture needs to be a copy, which is non-returnable. Pictures need to be submitted by the end of October.



A Veterans Benefits Field Representative will be at the National Guard Armory, 335 Cow Creek Road, Ravenna, on Thursday, October 3, 2013 and the first Thursday of each month. The hours are 1:30 p.m. until 3:30 p.m. Veterans and their dependants will receive assistance filing for Federal and state veterans benefits. This service is provided free of charge by the Kentucky Department of Veterans Affairs. To apply, veterans need to furnish copies of pertinent documentation to verify eligibility. For further information, please call toll free within Kentucky, 1-866-376-0308, to speak with a Veterans Benefits Field Representative.

Sunday, October 6th @ 9am

R.B. McKinney Family Reunion

The R.B. McKinney Annual Family Reunion will be held at the Estill County Fair Barn on Sunday, October 6, 2013, starting at 9:00 a.m. Everyone is welcome! Bring a covered dish and join us.

Saturday, October 12th

Extension Homemaker Trip

The Estill County Extension Homemakers has planned a fall day trip to Nashville, Indiana (Brown County) on Saturday, October 12th. We will leave from Irvine around 7:00 a.m. Upon arrival we will browse the many shops that this town has to offer and enjoy the fall foliage. Lunch is included at the Brown County Inn. The cost of the trip will be \$71.00. We will depart around 3:00 p.m. and arrive back in Irvine around 7:00 p.m. Call the Estill County Extension Office (723-4557) to reserve your seat today.

Saturday, October 12th @ 12:30 p.m.

Old Landing Community Reunion

The Old Landing Reunion will be held Saturday, October 12, 2013 at the Shriners' Club on Fairground Ridge Road in Beattyville, Ky. Please bring a dish or two for the potluck meal, and drinks and desserts. Lunch will be served between 12:30 and 1 p.m. All friends and family are welcome. For more information, please call Dextral Horn at (606) 726-9163.

Friday, October 18th @ 6:30pm

CKY World War II Roundtable

The bi-monthly meeting of the Central Kentucky World War II Roundtable will be Friday, October 18, 2013 at 6:30 p.m. at Ryan's Restaurant in Richmond. Eastern Kentucky University ROTC administrator and professor Lt. Col. Ralph Huddall will give a presentation entitled, "The Battle of Kassarine Pass in North Africa." If you have questions, please call Phillip Seyfrit at 859-623-8979.

Wednesday, October 23rd @ 11am

IHS Class of '47, '48 Reunion

The annual reunion of Irvine High School Classes of 1947 and 1948 will be held at 11:00 a.m. on Wednesday, October 23, 2012 at Michael's Restaurant in Ravenna. Members and/or friends interested in attending, please contact Wanda Wilson (723-2418), Juelma Blackwell (723-3416) or Eugene Bush (723-3662).

Kitchen Diva

Hooray for Veggie Day

by ANGELA SHELF MEDEARIS

World Vegetarian Day is celebrated each year on Oct. 1. It is the first day of Vegetarian Awareness Month, which ends on Nov. 1 with World Vegan Day. The month-long celebration was established by the North American Vegetarian Society in 1977.

Vegetarians are people who abstain from eating all animal flesh, including meat, poultry, fish and other sea animals. An ovo-vegetarian includes eggs, a lacto-vegetarian includes dairy products, and an ovo-lacto vegetarian includes both eggs and dairy products. A total vegetarian (vegan) consumes no animal products at all.

Vegetarians have existed throughout history and come from a wide range of cultures and backgrounds. People adopt a vegetarian diet for a variety of reasons, including concerns about personal health, animals and the environment. Some people also may be drawn to vegetarianism because of religious and spiritual beliefs or economic considerations.

Getting enough protein on a vegetarian diet is easy as long as you eat a varied diet of unrefined foods that include enough calories to meet your energy needs. When caloric intake is adequate, protein deficiency is virtually nonexistent. This is because protein is so abundant in the food supply. The foundation of a vegetarian diet -- beans, grains, vegetables, nuts and seeds -- are all rich in protein.

Amino acids, the building blocks of protein, are found in all plant foods, including the nine essential amino acids humans must obtain from food. Concentrated sources of plant protein include peas, beans, lentils, soy products (tofu, tempeh and meat analogs) and nuts. Contrary to what many people believe, vegetarians do not need to carefully combine foods to meet their protein needs, and no particular meal-planning approach is required. Just consume enough calories to maintain your ideal weight and include a variety of plant foods in your diet.

In general, it costs less to buy plant protein than the equivalent amount of animal protein. Beans and grains are among the least-expensive foods available and form the basis of most traditional diets around the world.

If you want to ease your way into a vegetarian lifestyle, try my recipe for Spicy Kale with Parmesan Pasta. Kale consumption is at an all-time high these days because it creates a hardy and healthy dish. Soyrizo is a soy-based meat alternative similar in taste to Mexican soft chorizo sausage. The soyrizo and spices transform this simple pasta dish into a palate-pleaser for vegetarians and non-vegetarians alike.

(Additional information provided by the North American Vegetarian Society.)



SPICY KALE AND PARMESAN PASTA

- 1 pound kale, well-washed, tough stems removed, leaves thinly sliced
- 1 pound spaghetti
- 8-ounces vegetarian soyrizo sausage, casing removed
- 2 tablespoons Italian seasoning
- 1 teaspoon red pepper flakes
- 3/4 cup extra-virgin olive oil
- 6 cloves garlic, finely chopped
- 1 (14.5 ounce) can diced, Italian-style tomatoes with juice
- 1/2 teaspoon nutmeg or cloves
- 2 tablespoons grated lemon zest (from about 4 lemons)
- 1 teaspoon salt
- 1 teaspoon coarsely ground black pepper
- 2 tablespoons fresh lemon juice
- 3 ounces Parmesan cheese, shaved or freshly grated

1. Bring a large pot of water to a boil over high heat. Heavily salt the water to flavor the kale and the pasta, using about 1/4 cup salt. Add the kale to the boiling, salted water and cook for about 5 minutes, stirring occasionally, or until tender. Using a mesh spoon or sieve, scoop the kale out of the water, but reserve the hot water to cook the pasta in. Drain the kale in a colander and transfer it to a bowl.

2. Return the water to a boil. Add the spaghetti and cook, stirring often to ensure it doesn't stick together, for about 8 minutes, or until tender but still firm to the bite. Drain the spaghetti.

3. Heat a skillet over medium heat, then add the soyrizo sausage, casings removed, 1 tablespoon Italian seasoning and the red pepper flakes, and cook, breaking up the sausage with the side of a spoon, for about 3 to 5 minutes, or until warm. Using a slotted spoon, transfer the sausage to a plate.

4. Add 1/2 cup of the olive oil and the garlic to the skillet, scraping up the browned bits in the pan, and cook for about 30 seconds. Add in the tomatoes and the juice, and the nutmeg or cloves. Cook for 5 minutes. Stir in the kale, add the remaining tablespoon of Italian Seasoning, the lemon zest, and the salt and pepper, and cook for 3 minutes. Add the spaghetti and the remaining 1/4 cup olive oil and toss to coat. Stir in the lemon juice, followed by half of the Parmesan cheese. Divide the pasta among four pasta bowls, top with the remaining Parmesan cheese, and serve. Makes 4 servings.

Angela Shelf Medearis is an award-winning children's author, culinary historian and 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 and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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