

# 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.

Saturday, October 5th @ 9am-???

## Hargett VFD Yard & Bake Sales

The Hargett Volunteer Fire Department Auxiliary will be having a yard sale & bake sale, Saturday, October 5th, 9:00 am - ? at the station. Yard sale donations may be dropped off on Friday, October 4th from 2:00 - 4:00 p.m.

Saturday, October 5th

## Will Wise Toy Drive

The Estill County Community Queens will be having a road block on Saturday, October 5, for the Will Wise Toy Drive. Each year the toy drive provides toys to sick children who are patients at Marcum & Wallace Memorial Hospital in Irvine, during the Christmas Season. Thank you in advance for all who donate and once again fill up Wills truck and bring a smile to a sick child.

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.

Sunday, October 6th @ 9am

## Winchester Sylvania Retirees

The Winchester GTE/Sylvania/Osram/UAW retirees will meet 10:30 a.m., Tuesday, Oct. 8th at the Union Hall on Bloomfield Road in Winchester. Following the meeting, members and guests will travel to Windy Corners restaurant in Lexington for lunch. All Winchester Sylvania retirees and former employees are welcome for lunch.

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.

Saturday, October 19th @ 12:00 Noon

## Shifflet/Cox Family Reunion

The Shifflet/Cox Reunion will be Saturday, October 19, 2013 at the Estill County Citizens Center, 100 Golden Court, just off Stacy Lane Road. Wade and Flora Cox Shifflet, come and let's all have a great time of fellowship. The meal will be pot luck and begin at noon. For further information call 606-723-3010.

Saturday, October 19th @ 12:00 Noon

## Ed. Talent Search Reunion

The EKU Alumni Reunion of the Educational Talent Search invites you to attend Open House on Saturday, October 19, 2013 12 Noon - 3 p.m. at the Telford House, EKU, 252 Summit Street, (Please park in the commuter lot on the corner of Summit St. & Madison Dr.). If you were a participant of the ETS program, please plan to join us on Saturday, October 19, 2013. You are asked to RSVP (but not required) to ets@eku.edu or call (859) 622-5425. In 1985, the Educational Talent Search TRIO Program at EKU began impacting the lives of many youth and families. The program has served middle & high schools in the following counties: Clay, Estill, Fayette, Garrard, Jackson, Lee, Lincoln, and Madison.

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 Hudnall will give a presentation entitled, "The Battle of Kasarine 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), Juella Blackwell (723-3416) or Eugene Bush (723-3662).

## Estill Development Alliance Names Four Community Leaders for its 18th Annual Estill County Hall of Honor

The Estill Development Alliance is pleased to announce the honorees for the 18th annual Estill County Hall of Honor, designed to recognize both those individuals who have made significant contributions to Estill County and its people as well as those who are Estill County natives and have accomplished great things around the world. The 2013 honorees are Virginia Owens, Joan Richardson, Lee Rose and Sam Tuttle.

The Hall of Honor dinner will be at 6 o'clock in the evening on Saturday October 19, 2013 at the Estill Cooperative Extension office, located at 76 Golden Court in Irvine. Tickets including your dinner are available for \$20 per person and \$15 for previous Hall of Honor honorees. Please call the Estill County Development Alliance for tickets, 606-723-2450, dinner tickets must be purchased before October 15 2013. If you'd prefer to buy a ticket without dinner you may purchase one at the door for \$10.

For more information, please contact Katie Mooers or Joe Crawford at 606-723-2450.

## What Is Your Life?

by BOB CASEY, Preacher, Church of Christ

In James, chapter 4, verses 13-16, we find James making a statement that is universal among men. He states that no man knows what shall be on the morrow. This is perhaps from a quote made by Solomon in Proverbs 27:1 where it says, "Boast not thyself of tomorrow." Then after saying this, he goes on to say, "For what is your life?" He describes man's life as a fog in the morning. It is appearing for a short time and as the sun rises it soon vanishes away. Our Lord also states in Matthew 6 that our lives are likened unto flowers and grasses of the field. They come up, grow or bloom unto maturity and soon vanish away. So there is no doubt that the total points of these are "to remind all of us that life at its longest is still very short." So what is your life? Someone once said, that life is what you make of it. To this I agree. We are given the freedom of choice or a freedom of will. So whatever choices we make display what and who we really are. Did you know that the rewards of life are based upon what kind of fruit (produce) we may display? Our Lord encourages all of us to bear good fruit in John 15 and in Matthew 25:31-46 is a picture of the judgment that will reveal what we have done with our lives, and the rewards thereof. We are told numerous times in the New Testament about the uncertainty of deaths and the judgment, but sadly, to me it seems that most are paying little heed unto its reality.

So what is your life at this present time. Again, it is what you are making of it. You may be a sinner by choice, never having obeyed the Lord. It may be that you intend to make a change, but remember you do not know what tomorrow may bring. It may be that you are a person that once was faithful to the Lord, but you have slowly drifted away. So again, in the fact of Revelation 2:10, "Be thou faithful unto death, and I will give thee a crown of life." So if you are not faithful, the fact is (no crown). Nearly every time I pick up a newspaper, I look at the obituary column first. Many times I wonder if they were prepared to meet the Lord in judgment, but this one thing I know, if they were not, they intended to do so. So what happened? Life became so involved with worldly living that the day of opportunity just slipped by and they left here never to have obeyed the gospel that would have saved them if they have taken the time to hear, believe, repent, confess his name before men and to conclude obedience, baptism for the remission of sins. And living faithful unto death. This is so simple, yet most will not comply. So how is your life? Again, it is what you make it. Think about it!

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

## Kitchen Diva

### Have A Healthy Fall

by ANGELA SHELF MEDEARIS

Some fruits and vegetables are easier to come by in the summer months, but there is still a good variety available in the fall and winter. It's important to include fruits and vegetables in your diet year-round to stay healthy and ward off diseases. Here are some of the superstar fruits and vegetables of the fall and winter months.

**Sweet potatoes:** They're loaded with beta-carotene (which the body makes into vitamin A), vitamin C, potassium, fiber, iron and vitamin B6. Sweet potatoes have more nutrients than regular white potatoes and can replace white potatoes in some recipes. Try them mashed, baked or as a dessert.

**Apples:** Apples are a traditional fall favorite and are easy to find in the supermarket, or you can pick your own at a nearby orchard. They are a quick, easy snack and can be paired with peanut butter or cheese for protein. Apples contain antioxidants, which may help protect against certain cancers and reduce levels of LDL, or bad cholesterol. Apples have vitamin C, vitamin K and fiber. Remember the old saying, "an apple a day keeps the doctor away."

**Broccoli:** This is one vegetable that can be eaten raw or cooked, hot or cold, by itself or with other foods. Broccoli can help prevent cancer and heart disease, and boost the immune system. Nutrients in broccoli include vitamin C, vitamin A, vitamin B-6, iron, calcium, magnesium and vitamin E.

**Pumpkin:** Pumpkin is a great source of potassium and beta carotene, a powerful antioxidant that is good for the eyes. Canned or prepared fresh, pumpkin can be made into a variety of soups, baked goods and desserts.

**Kiwi:** This fruit can be eaten alone (after peeling) or can be added to many different dishes, including soups, salads and desserts. Kiwi contains antioxidants, which can help protect the eyes, heart and colon. Kiwi has vitamin C, fiber, potassium, magnesium and vitamin E.

**Avocado:** Avocados contain healthy monounsaturated fat. Even healthy fat is a dense source of energy, so it's important to eat avocados in moderation. They also contain vitamin E, fiber, potassium, folate and vitamin C. Avocados can be used on sandwiches or salads, or made into guacamole.

**Spinach:** Dark-green veggies contain a variety of nutrients a healthy body needs. Spinach is packed with vitamin A, vitamin K, iron, folate, magnesium, vitamin C, calcium, potassium, fiber and vitamin E. Spinach also has antioxidants and anti-cancer agents. Frozen or fresh spinach can be added to just about any meal. Try using it on pizza or lasagna or use it instead of lettuce in a salad.

**Pears:** They are a good source of fiber, antioxidants and vitamin C. Research suggests that regularly eating pears and other fruits may guard against macular degeneration. Pears seldom cause allergies and are usually safe for infants and small children.

**Green beans:** Green beans are high in vitamin K, which protects red blood cells and helps reduce the severity of asthma, osteoarthritis and rheumatoid arthritis. They also contain vitamin C, potassium, folate, iron and magnesium. Green beans can be served as a side dish or used in salads, soups or casseroles.

My recipe for Lebanese-Style Green Beans uses this superstar fall vegetable in an interesting and delicious new way! (Additional information courtesy of Melissa Bess, Nutrition and Health Education Specialist, Camden County, University of Missouri Extension.)



#### LEBANESE-STYLE GREEN BEANS

There's a wonderful, thick Lebanese strained yogurt called Labenah that is used in everything from pasta to vegetables. I've substituted Greek yogurt and spices to create a creamy, rich dressing that's perfect for green beans or as a sauce with cooked pasta. Frozen or canned green beans also will work just fine. Just strain off any liquids after cooking before tossing with the dressing.

- 1 pound green beans, trimmed and cut diagonally into 1-inch pieces
- 1 clove garlic, minced, or 1/2 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 cup nonfat plain Greek yogurt
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon chopped fresh mint or parsley (optional)
- 1/4 teaspoon nutmeg
- 1 teaspoon freshly ground pepper

1. Place a medium bowl of ice water near the stove. Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover, and cook until tender, 6 to 8 minutes. Transfer the beans to the ice water to cool. Remove from the ice water with a slotted spoon and let drain on a kitchen towel; blot dry with another towel.

2. If using fresh garlic, mash with salt using the back of a spoon until a paste forms. Whisk the garlic paste (or garlic powder and salt) with yogurt, oil, mint or parsley (if using), nutmeg and pepper in a large bowl. Add the green beans and toss to coat. Serve warm or cold. Serves 4.

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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](http://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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## New Location

Estill Co. Soil Conservation District Lot  
Wednesday 5-6:30 PM & Friday 5-7 PM

## BROWN FARM MEATS

(606) 643-5107 or (606) 643-5758

Kentucky Proud Certified

• Home-Grown • Corn Fed • USDA Inspected  
Call for pickup or delivery. We sell any size quantities

Products	
Boston Butt Pork Roast	\$3 <sup>00</sup> Lb.
<i>(Great for Pulled Pork)</i>	
Sausage	\$3 <sup>00</sup> Lb.
<i>(Hot, Medium or Mild)</i>	
Cured Ham	\$3 <sup>50</sup> Lb.
<i>(Whole or Sliced)</i>	
Ham Steak	\$3 <sup>50</sup> Lb.
Ham Cutlets	\$3 <sup>50</sup> Lb.
<i>(Similar to cube steak, only ham)</i>	
Bacon	\$4 <sup>00</sup> Lb.
Jowl Bacon	\$3 <sup>50</sup> Lb.
Pork Tenderloin	\$4 <sup>00</sup> Lb.
Pork Chops	\$3 <sup>50</sup> Lb.
Spare Ribs	\$3 <sup>50</sup> Lb.
Country Style Ribs	\$3 <sup>50</sup> Lb.
Baby Back Pork Ribs	\$3 <sup>00</sup> Lb.
Pork Burgers	\$3 <sup>50</sup> Lb.
<i>(Ground, pattied pork with no seasoning)</i>	
Bratwursts	\$3 <sup>50</sup> Lb.

#### Bundle packages

1/4 processed hog	\$115.
1/2 processed hog	\$210.
Whole processed hog	\$400.