

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>

Reunion is cancelled!

Old Landing Community Reunion

The Old Landing Reunion set has been cancelled.

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 12th

Old Time Days at Museum

Old Time Day will be held on Saturday, October 12, 2013 at the Estill County Historical and Genealogical Society Museum on Broadway in Irvine. 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.

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

Tuesday, October 14th @ 1:30pm

Important Retired Teachers Meeting

The Estill County Retired Teachers will be meeting on Monday, October 14, 2013, at 1:30 p.m. at the Estill County Public Library, 246 Main Street in Irvine. Sarah Lawson from the State Department will explain changes to retirees' insurance. This is an important meeting. All retirees are encouraged to attend.

Tuesday, October 15th @ 7pm

Estill Arts Council Program

Make plans to attend the Estill Arts Council program Tuesday, October 15, 2013 at 7:00 p.m. in the Estill County Library community room, 246 Main Street in Irvine. by radio announcers Arles and Thurston as they interview the idiosyncratic characters of "A Tuna Christmas." EAC members invite everyone to join us for an evening filled with laughter and fellowship. A mix of savory and sweet refreshments will be served following the performance.

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. 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. Eastern Kentucky University ROTC administrator and

Thursday, October 17th @ 6 pm

"Herbal Gifts" to be presented

The Garden Thyme Herb Club will have their monthly meeting on Thursday, October 17 at 6 p.m. in the New Beginning Fellowship Hall. "Herbal Gifts" is the program for this meeting. Members and visitors can bring in items suitable for gifts which are made using herbs or are related to herbs for a Show and Tell. These gift items may include soaps, candles, herb mixes, baths, potpourri, perfumes, etc. Al Fritsch, S.J., priest at St Elizabeth Parish, will present the lesson on herbs. He will talk about herbs named in the Bible. Everyone is invited to attend. For more information, please call (606) 723-3096.

Saturday, October 19th @ 12:00 Noon

Ed. Talent Search Reunion

The ECU 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, ECU, 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, Octo-

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.

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.

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).

Wednesday, October 23rd @ 11am

Back by Demand: Library Offers Acting Workshop

Estill County Public Library once again hosts Stage Right Acting as they lead a free acting workshop on Tuesday, October 29, 2013, 6-8 p.m.

The October workshop, called "Making a Scene," focuses on how to act in a scene with others. The workshop is open to any adult or teenager that wants to try acting but never had the opportunity. No prior experience is necessary. The library first offered an acting workshop in September and, due to high demand and numerous requests, decided to offer a second workshop that would be different than the first, yet still accessible to those who have never acted before. The course is taught by theater professionals that have many years of experience at the local, regional and professional level.

Space is limited to allow the instructors time to focus on and work with each participant significantly. Those interested in attending should contact the library before October 25th at (606) 723-3030 to sign up. Stage Right Acting, based out of Lexington, Kentucky, is an acting company designed to teach actors of all ages, shapes, sizes and experience levels. Founder and instructor Miles Meehan has been performing professionally in film, television and theatre for 17 years, including the 3rd National Tour of Disney's Beauty and the Beast.

Saturday, October 26th @ 6:00pm

ECHS Class of 1998 Reunion

The ECHS Class of 1998 will be having a 15-year reunion on Saturday, October 26, 2013 at 6:00 p.m. at Gilmers in Richmond. If you would like to send "then and now" pictures or have any questions, please submit to <ech1998@hotmail.com>. Hope to see everyone there.

Thursday, November 7th, 9am-4pm

Estill Co. Center For Pregnancy & Parenting Volunteer Training

The Estill County Center for Pregnancy & Parenting has scheduled volunteer training for Thursday, November 7, 2013, 9am-4pm at Central Bank Building in downtown Richmond. Pre-registration is required by Email to <EstillCCPP@Windstream.Net> or by calling (606) 723-0184. If all goes as planned Estill CCP&P should be able to open the doors to serve clients within a couple of weeks following the training!!!! Prayer, volunteer and financial support are the most critical needs right now. Organizers are excited that God

is already preparing hearts to help bring a culture of life, help and hope to a community that has faced so much death, despair and hopelessness. We can turn hearts and minds away from abortion and toward life with the loving support of like-minded Christians in Irvine, Ravenna and Estill County. If you would like to make a monetary donation or plan a baby shower or other event through your church or other organization, please let us know. We are ready, willing and must be able to meet the needs of young parents in Estill County.

Kitchen Diva Pick an Apple a Day

by ANGELA SHELF MEDEARIS

An apple a day really is good for you! Apples pack a nutritional punch. They contain antioxidants, which may help reduce the risk for cancer, as well as helping to lower bad (LDL) cholesterol. They also have vitamins C and K, potassium and fiber. At only about 100 calories per medium apple (about the size of a baseball), they make a wonderful, inexpensive snack.

A Tufts University Health and Nutrition Letter (October 2010) mentions two significant studies that show the value of eating apples. A study in Italy found that "consumption of one or more apples a day significantly reduced the risks of many types of cancer compared to consuming less than one apple a day." A large U.S.-based study indicated that "the number of servings of apples and pears eaten were correlated with a reduced risk of lung cancer."

Apples are one of the more common fruits, and there are lots of varieties to choose from. Here are some suggestions from The Visual Food Encyclopedia.

For eating out of hand, select a firm, juicy, tasty, crisp apple such as Cameo, Cortland, Golden Delicious, Jonagold, Pink Lady and Red Delicious. Some apples retain their color better than others. These are the preferred varieties for eating fresh and for making into applesauce. Varieties that work well for sauce include Braeburn, Cortland, Fuji, Gala and Jonagold. Golden Delicious apples also make a tasty applesauce, but because they tend to hold their shape when heated, they would work better for stewed apples.

Pies do best with a drier, slightly acid apple, and one that does not disintegrate when heated. Braeburn, Cameo, Cortland, Fuji, Golden Delicious and Jonagold are good pie varieties. Granny Smith apples are sometimes called for by name in recipes because of their tartness, perfect for a culinary delight.

For oven baking, choose a sweet apple, but one that retains its shape. Cameo, Cortland, Golden Delicious, Jonagold, and Pink Lady apples work well. Notably missing in these lists is the Red Delicious. Though just right for eating raw --by themselves, with cheese or peanut butter, or cut in a salad -- they do not hold up to heat well.

Apple cider or apple juice are another delicious way to enjoy this fall fruit. Just be sure to choose pasteurized apple juice to avoid illness, especially for children and the elderly. The pasteurization process kills dangerous bacteria that may be found in fresh apple juice. When making juice or cider, a mix of varieties is recommended. The blend brings out the sweetness of some and the tartness of others, making for a rich flavor.

Try your favorite baking apple in this recipe for Apple Crisp with Cardamom and Caramel Cream.

Betty Crocker photo



Apple Crisp with Cardamom and Caramel Cream

For a burst of exotic, spicy flavor, purchase fresh whole cardamom and grind the seeds with a mortar and pestle or in a spice grinder.

4 medium (about 4 cups) tart baking apples (Braeburn, Cameo, Cortland, Fuji, Golden Delicious or Jonagold), peeled, sliced

- 1/3 cup plus 2/3 cup packed brown sugar
- 1/2 cup all-purpose flour
- 1/2 cup quick-cooking oats
- 1/2 to 3/4 teaspoon ground cardamom
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/3 cup cold butter or margarine
- 1/4 cup chopped pecans, if desired
- 1 cup heavy whipping cream
- 1/4 cup caramel topping

1. Heat oven to 375 F. Grease bottom and sides of 8-inch-square baking dish with shortening or cooking spray. Chill the mixing bowl and beaters in the refrigerator or freezer for 10 to 20 minutes or until cold to the touch so the cream will whip faster.

2. In medium bowl, toss apples with 1/3 cup of brown sugar. Spread apples in dish. In another bowl, stir remaining 2/3 cup brown sugar, flour, oats, cardamom and cinnamon until well-mixed. Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like coarse crumbs. Stir in pecans. Sprinkle over apples.

3. Bake 30 to 40 minutes or until topping is golden brown and apples are tender when pierced with fork. Cool 45 minutes before serving.

4. In chilled large deep bowl, beat whipping cream and caramel topping with electric mixer on high speed until stiff peaks form. Serve caramel cream with warm crisp. Drizzle with additional caramel topping, if desired.

(Recipe and photo courtesy of Betty Crocker. Additional information, Brenda Bell, Human Development Specialist, Howell County; and Janet Hackert, Nutrition and Health Education Specialist, Harrison County, University of Missouri Extension.)

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. Angela Shelf Medearis without permission from Angela Shelf Medearis.

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