

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>

Available Now

Flu Shots Are Now Available

Flu shots are now available at the Estill County Health Department. Insurances accepted include Medicaid, Medicare and Humana (state employees). Cost for self-pay is \$25.00. Call 606-723-5181 for more information.

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.

Thursday, October 17th @ 6pm

"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.

Thursday, October 17th @ 5:30pm

Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, October 17, 2013, at 5:30 p.m. The program will be "History of Ravenna" by Jerry Rose. The meeting will be at Michael's Restaurant. Kiwanis's mission is "to change the world one community and one child at a time."

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

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, 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 ECU 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.

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.

Tuesday, October 22nd @ 5:30pm

Irvine-Ravenna Woman's Club

The Irvine-Ravenna Woman's Club will meet Tuesday, October 22, 2013 at 5:30 p.m. at Citizens Guaranty Bank. The club was organized in 1954 and has been "Committed To Service" since its founding. New members are always welcome. Come be a part of the fun and fellowship while serving our community.

Books will be wrapped for the Elizabeth Witt Christmas Party.

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.

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 Gil-lums in Richmond.

There will also be an information booth set up at the high school football game on Friday, October 25th at the Hoover Niece field.

Thursday, October 31st, 6-8 p.m.

Halloween Trick or Treat Trot

With Halloween just around the corner, keep in mind that the annual Trick or Treat Trot will be held on Thursday, October 31 from 6-8 p.m. Just as last year, the event will be held on Broadway beginning on Court Street and ending at Estill Avenue. Trick or Treaters are asked not to enter the area until 6 p.m. to allow for booths to be properly set up; we also ask that attendees line up and enter the area from Court Street only.

The theme for this year's Trick or Treat Trot will be Candyland. While many booths will be decorated in this theme, children are encouraged to dress in the costume of their choice. Those interested in having a booth at this year's event may contact Connie Witt for registration information by E-mailing <connie.witt@estill.kyschools.us> or calling (606) 723-3537.

Setup for the booths may begin at 5 p.m. We hope to see you 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.

Saturday, December 7th, 10am-4pm

Estill Arts Council's Annual Christmas Arts & Crafts Show

The 10th annual "Christmas Arts & Crafts Show" will be Saturday, December 7, 10 a.m. - 4 p.m. at the Central Office Gymnasium, 253 Main Street in Irvine.

The Estill Arts Council will offer unique gifts for sale from local artists and craftsmen, live entertainment, free children arts activities, visit from Santa, a silent auction of arts and crafts items, concession stand with chili and hot dogs, and 50/50 pot. Only original artwork, handmade crafts, and baked goods (individually wrapped) are eligible for entry. No canned goods can be sold unless home based processing has been ap-

proved. Demonstrations are encouraged.

Area artists and craftsmen can get an application form from the Citizens Guaranty Bank (River Drive), Estill County Public Library, or Ravenna Greenhouse. The cost of a 10' x 10' space will be \$15 for Estill Arts Council members and \$20 for non-Estill Arts Council members before Nov. 8. Entries postmarked after Nov. 8 will be an additional \$10. For more information call 606 723-4678 or 606 723-5694.

Proceeds from the event will be used to support the activities and programs of the Estill Arts Council.

Jimmie L. Johnson, DMD, PSC
Family Dentistry
87 Wildwood Place (off Court St.)
Irvine, Kentucky
(606) 723-3213

Kitchen Diva Pumpkin Lovers Unite

by ANGELA SHELF MEDEARIS

Although we often think of pumpkins in terms of pie or Halloween decorations, pumpkins and pumpkin plants are more versatile than most people think. Pumpkin greens can be cooked and eaten like spinach or collard greens. Seeds can be roasted plain, salted or with flavorings added. Pumpkin flowers also are edible. The flesh of the pumpkin can be used in a variety of cooked dishes as a good source of vitamins K and A, magnesium, fiber and potassium. Vitamin A helps maintain eye health, potassium helps maintain healthy blood pressure, and vitamin K and magnesium work together with calcium and vitamin D to build and maintain strong bones. Pumpkins also provide vitamin C, folic acid, pantothenic acid and copper.

When choosing a pumpkin for eating, select varieties bred for flavor, known as pie or sweet pumpkins. These usually are smaller, sweeter and have more pulp than the types used for jack-o-lanterns. However, the larger, more watery decorative pumpkins also can be eaten. When using a pumpkin for both decoration and food, keep it safe to eat by drawing on it with non-toxic paint or markers instead of carving it.

Pumpkin can be canned, frozen or dried for later use. Can pumpkin in chunks -- pureed pumpkin is too thick to can safely, and no research-based recipe or procedure has been developed.

To freeze, select full-colored mature pumpkins with fine texture. Wash, cut into cooking-size sections and remove seeds. Cook until soft in boiling water, steam, pressure cooker, oven or microwave. Small pumpkins can be pierced and baked whole on a tray in an oven or microwaved until soft. To cool, place pan containing the pumpkin in cold water and stir occasionally. Then remove the pulp from the rind and mash. Package the pumpkin in sealable containers or bags, label and freeze until you're ready to use it.

Baby Bear pumpkins grow to a smaller size. The flesh is good to eat and the shell is convenient to use as a soup bowl. The seeds are partially hulled and are good to use as a snack when roasted. Hooligan pumpkins are quite small but make excellent soup bowls with their flesh carved out. Jack-be-Little pumpkins are palm-size and can last for months out of the sunlight before cooking them into your soup. Sugar pumpkins are generally smaller and have a higher flesh-to-seed-cavity ratio. They are less stringy and more flavorful than most carving pumpkins.

For a festive fall touch, serve my recipe for Pumpkin Chowder in a hollowed-out pumpkin shell "soup bowl" or a hollowed-out Artesian bread bowl. Keep the pumpkin top or bread bowl top as a "lid" to keep the soup warm.



PUMPKIN CHOWDER

- 3 tablespoons extra-virgin olive oil
- 2 leeks, trimmed of tough green tops and chopped, or 1 large yellow onion, chopped
- 3 large garlic cloves, finely chopped
- 2 medium bell peppers, chopped
- 2 1/4 pounds pumpkin, peeled, seeded and cut into 1/2- by 1-inch-thick pieces
- 1 1/2 teaspoons chopped fresh majoram or oregano
- 1/4 teaspoons crushed red pepper
- 1/4 teaspoon ground nutmeg
- 2 bay leaves
- 1/4 teaspoons salt
- 1/4 teaspoons freshly ground black pepper
- 1 1/4 cups frozen corn
- 6 cups chicken or vegetable broth
- 1 1/2 cups chopped, cooked ham pieces (optional)
- 1/2 cup grated Parmesan or Cheddar cheese or sour cream (optional)

1. Heat olive oil in a large pot or Dutch oven over medium heat. Add leeks or onions and cook until very soft, about 5 minutes. Add garlic and cook for about 2 minutes.

2. Stir in green peppers, reduce heat to medium-low, and cook until peppers soften, about 8 more minutes. Add the remaining ingredients and cook until pumpkin is tender, about 30 minutes.

3. Top the soup with the ham pieces, a sprinkle of Parmesan or Cheddar cheese or a dollop of sour cream. A hardy, crisp French baguette or artisan rounds like Tuscan loaves are the perfect accompaniment. Serves 6.

(Additional information provided by Janet Hackert, regional 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. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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