

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.

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).

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.

Thursday, October 24th @ 5:30pm

Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, October 24, 2013 at 5:30 p.m. at Michael's Restaurant. The program will be The River City Players. You're invited to come and join us. "To encourage the daily living of the Golden Rule in all human relationships" is one of the objects of the Kiwanis organization.

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. 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, 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!

Saturday, November 2nd

Old Time Arts and Crafts

Take a step backwards in time and see how things were done in the old days. Learn primitive and modern survival skills on the first Saturday of November at Fitchburg, Ky. Demonstrations and crafts will be presented in the following area: Flint Knapping/Arrowhead Making, Survival Shelters, Primitive and Modern Fire Starting, Blacksmithing, Wooden Crafts, Basket Making, Wild Edible Plants, Corn Grinding, Emergency Water Purification, Survival Kits, and Cooking over an Open Fire, etc. (Artisans may have items for sale.) Tipi Dave will be there with his tipi. Flint Knapping and Arrowhead Making will be demonstrated by Herb Rose. Survival Skills will be demonstrated by instructors from the Wilderness Survival School. Edible Plants will be demonstrated by James Crowe, Brian Brooks, and others. Admission is free, so bring the family and come on out. There will be refreshments, snacks, and plenty of parking space. (No drugs or alcoholic beverages are permitted.)

Sunday, November 3rd, 1-4pm

Richardsons To Celebrate 50th

The family of Donald and Janet Harris Richardson invite everyone to please join them in celebrating 50 years of marriage. You are cordially invited to attend a celebration in their honor on Sunday, November 3, 2013 at the Horizon Adult Daycare Center, located at 178 Broadway in Irvine. Please plan to drop in from 1:00 to 4 p.m. The couple requests no gifts.

Tuesday, November 5th @ 7:00pm

Estill Historical Society Meets

The Estill County Historical and Genealogical Society will meet at 7 p.m. on November 5, 2013, at the Estill County Library. The speaker will be Nelle Williams. The Red River Historical Society has invited us to their museum on November 9, 2013 for Textile and Crafts Day from 9 a.m. to 5 p.m.

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.

Monday, November 11th @ 7:00pm

The Affordable Care Act

Join us for a brief presentation and Q&A session focused on what the new healthcare laws will mean for you and your family. Join us for a brief presentation and Q&A session focused on what the new healthcare laws will mean for you and your family. Did you know that all Kentuckians will have access to affordable healthcare beginning January 1st? Did you know that you can now shop for affordable health coverage through an online marketplace (kynect.ky.gov), over the phone (1-855-459-6328), or in person? Our presentation will focus strictly on the facts in order to educate you - the community - about how the new laws might benefit you and your family. We look forward to seeing you on Monday, November 11th, 7:00 pm EST, at the Estill County Cooperative Extension Office! Did you know that you can now shop for affordable health coverage through an online marketplace (kynect.ky.gov), over the phone (1-855-459-6328), or in person?

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 approved.

Kitchen Diva Living Well with Diabetes

by ANGELA SHELF MEDEARIS

Because so many Americans -- including my husband, mother, father, youngest sister and many other family members and friends -- are diabetics, I decided to collect 150 of my favorite, healthy recipes and create "The Kitchen Diva's Diabetic Cookbook: 150 Healthy, Delicious Recipes for Diabetics and Those Who Dine with Them."

This is an easy-to-use cookbook that addresses the health and dietary needs of pre-diabetics, juvenile diabetes, Type 1 and Type 2 diabetics, women with gestational diabetes related to pregnancy, those with diabetic-related complications or anyone seeking to embrace a healthier diet and lifestyle. The recipes also are satisfying for non-diabetics, and I use them when entertaining family and friends.

Holiday dining and celebrations are a culinary challenge for most Americans, especially those with diet-related illnesses. While I'm not a diabetic, my family medical history provides a cautionary tale. The American Diabetes Association estimates that while almost 24 million people in the U.S. have diabetes, only 18 million actually have been diagnosed. This means almost 6 million people have diabetes and don't know it.

Some of the signs and symptoms of Type 1 and Type 2 diabetes are: increased thirst; frequent urination; extreme hunger, unexplained weight loss; ketones in the urine (ketones are a byproduct of the breakdown of muscle and fat that happens when there's not enough insulin); fatigue; blurred vision; slow-healing sores; mild high blood pressure; and frequent infections, such as gum or skin infections and vaginal or bladder infections.

This recipe for Roasted Tomatoes Stuffed with Lemon and Herb Cauliflower Couscous is from "The Kitchen Diva's Diabetic Cookbook." It's easy and delicious, and provides a healthy side dish for diabetics and those who dine with them during the holidays, and every day!

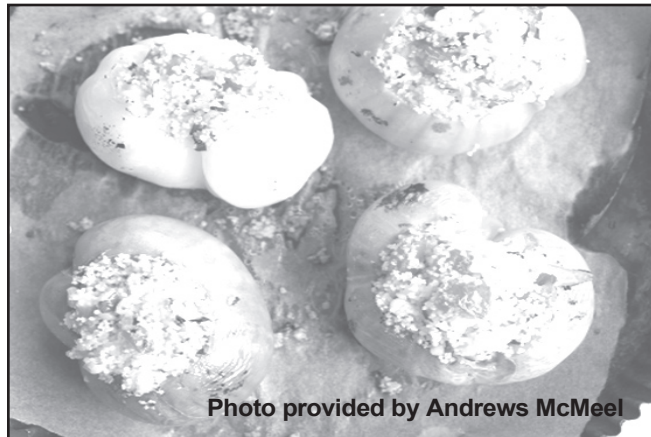


Photo provided by Andrews McMeel

STUFFED ROASTED TOMATOES

This is the perfect way to showcase large, multi-colored seasonal tomatoes. Roasting them brings out their sweetness, and stuffing them with the Lemon and Herb Cauliflower Couscous adds another dimension of flavor and creates a unique and visually beautiful side dish, or a lovely light lunch dish on a bed of salad greens.

- 8 large, ripe tomatoes (red, green, yellow or color of choice)
- 8 garlic cloves, peeled and smashed
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 1 1/2 tablespoons fresh, chopped basil or flat-leaf, Italian parsley
- 2 tablespoons olive oil
- Lemon and Herb Cauliflower Couscous (recipe follows)

1. Cut a 3/4-inch slice off the bottom of each tomato, reserving them for lids. Scoop out the seeds and the center pulpy flesh and set it aside. Place a clove of garlic inside each tomato. Mix together 1 teaspoon salt, 1 teaspoon pepper and the basil or parsley. Then sprinkle a pinch of the mixture inside each tomato. Drizzle some of the oil inside each tomato. Put the sliced tomato lids on and roast at 325 F for 10 to 12 minutes or until the tomatoes just begin to soften, but not so long that they lose their shape.

2. Meanwhile, prepare the Lemon and Herb Cauliflower Couscous (recipe follows). Combine the couscous with the reserved tomato pulp until they are thoroughly incorporated. Spoon the warm cauliflower mixture into the hot tomatoes, and top with the lids. Serve immediately. Makes 8 servings.

Lemon and Herb Cauliflower "Couscous"

I enjoy turning a familiar vegetable like cauliflower into a new and exciting "look-alike dish." You'll be surprised by how pulsing it finely in a food processor and flavoring it with lemon and herbs makes it resemble couscous. The lemon and herbal flavors pair well with chicken, pork or fish, or as a stuffing for tomatoes.

- 4 cups bite-sized cauliflower florets (about 1 small head)
- 1 cup water or reduced-sodium chicken broth
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 teaspoon poultry seasoning
- 1/2 cup fresh or frozen corn
- 1 teaspoon finely grated lemon zest
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons minced basil or Italian flat leaf parsley
- 1/4 cup finely diced, peeled cucumber

1. Working in batches, process the cauliflower in a food processor until minced into small pieces resembling couscous or rice.

2. Place the water or broth, olive oil, garlic and poultry seasoning in a medium saucepan. Bring to a boil over high heat, and then decrease the heat to low. Add the cauliflower and corn, simmer, stirring occasionally, until tender and most of the water has evaporated, about 5 minutes. Remove the "couscous" with a slotted spoon and toss it with the lemon zest and juice, 1/2 teaspoon of salt and 1/2 teaspoon pepper, basil or parsley, and the cucumber. Makes 6 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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