

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 31st at 12 Noon

Kiwanis Meets At Michael's

The Kiwanis Club of Irvine-Ravenna will be meeting Thursday, October 31, 2013 at 12 Noon at Michael's Restaurant in Ravenna. The club will have a devo-

tional and monthly business meeting. New members are always welcome.

The Kiwanis Club has over 90 years of service to our community.

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!

Friday, November 1st, 6:30pm

Dixon Family Benefit Auction

There will be a benefit auction and singing on Friday, November 1, 2013, starting at 6:30 p.m. at the Farm Bureau Insurance Building, 216 Pauline Drive, in Berea (off I-75 Exit 77, turn right, then turn right) to help pay for the funeral expenses for Franklin Dixon (late husband of Frances Dixon).

There will be good music, nice items up for auction, and food and drinks at a reasonable price! So, wait to have supper! Proceeds go to Frances Dixon

to help with Franklin Dixon's funeral expenses.

This is for a good cause, and we would all like to see you there! All groups are welcome to sing! This auction is being sponsored by Frank & Frances' Holiness Church.

You can also make donations for the auction; If you would like to do so, please contact one of the following: Frances Dixon, (606) 723-5239; Brittany Dixon, (859) 779-8571; or Agnes Dixon, (606) 643-5911.

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 Gridning, 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 @ 9:00am

Volunteers Needed For Wrapping

Volunteers are needed to wrap the 1,100 gifts and books for the Elizabeth Witt Christmas Party which will be held Sat., Dec. 7 at the First Christian Church in Irvine.

The gift wrapping sessions will be held at Citizens Guaranty Bank, River Drive on the following dates: Tues., Nov. 5 and Fri. Nov. 8. Wrapping will begin at 9 a.m.

More dates will be scheduled for wrapping until all the gifts are wrapped. The party is being planned for children in Estill County that are 12 years of age and younger.

Donations for the 33rd annual party can be given at Citizens Guaranty Bank. Contact Francine Bonny, Sharon Niece, or Regina Robertson for more information.

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.

Thursday, November 7th, 9am-3pm

Medicare Open Enrollment Assistance

The Estill County Senior Center has trained benefit counselors to assist Medicare beneficiaries in reviewing coverage options and plan enrollment. Our annual Medicare Open Enrollment Event is scheduled for Thursday, November 7, 2013, 9-3, at the Center.

In order to receive enrollment assistance, provide the following information:

- Name as it appears on your Medicare card
- Medicare Claim Number

- Effective date for Part A and/or Part B
- Mailing Address
- Telephone Number
- Current list of medications, including milligram and dosage
- Name of your pharmacy

There is no charge for assistance and it will be available through November 25, 2013. After that date, requests for help will be referred to Medicare. For more information, please call the Estill County Senior Center at (606) 723-4787.

Saturday, November 9th @ 6:30 p.m.

Concert For Charity To Collect Food

The Estill County Gospel Music Ministry will be presenting a "Concert for Charity" for the Estill County Food Bank on Saturday, November 9, 2013, starting at 6:30

p.m. at South Irvine Christian Church.

Please bring with you, non-perishable food item(s) for donation.

Thanks & God Bless!

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.

5 S. Irvine Road
Irvine, Kentucky

Rader's River Grill

Under the Irvine Bridge Chris Rader, Owner



"The Only Floating Restaurant in Ky."
Now Open 6am For Breakfast!
(606) 723-6439
Try Our Sunday Buffet!

Kitchen Diva Small Bites Before The Big Meal

by ANGELA SHELF MEDEARIS

The Thanksgiving holidays are upon us! There's no time like the present to plan your holiday menu for Thanksgiving Day. Make sure to include appetizers, nibbles and small bites beforehand as part of your big meal.

When deciding how many appetizers to serve your guests, plan on about six per person for a dinner party. Keep in mind that during a get-together, guests generally will consume about two drinks during the first hour, and about one drink per hour after that.

When planning your menu, think "variety" -- serve foods with an assortment of colors, flavors and textures. If serving cold dips, make them one or two days ahead. Not only will this reduce your kitchen prep on the day of the party, but the flavors of the dips actually improve with the overnight refrigeration.

Don't forget food safety. Keep hot foods hot and cold foods cold when serving them at the party.

A common catering trick is to place a used napkin or plate on a tray so guests know where to place their dirty dishes. Keep a few trays or other receptacles spaced around the room to make cleanup easier.

Clearly label all dishes so guests with allergies or other dietary concerns will know what's safe for them to eat.

Line serving bowls with fall-colored napkins or linens for a festive touch. Or line serving platters with pressed leaves covered with waxed paper for a stained-glass effect.

Make sure you cut or slice appetizers into small pieces, or serve bite-size portions of crackers or bread for dips. Bite-size portions are best for easy eating.

Keep the appetizers simple, so your guests will still be hungry for the main meal. These make-ahead and refrigerate appetizers are full of flavor, yet not too filling. Happy Thanksgiving!



Citrus-Ricotta Spread with Figs and Basil

Made with figs, honey and fresh basil, this spread is a real crowd-pleaser.

- 1 cup Polly-O Original Ricotta Cheese
- 1/4 cup finely chopped dried figs, divided
- 2 tablespoons thin fresh basil strips, divided
- 1 teaspoon lemon zest
- 1/2 teaspoon salt
- 1/4 teaspoon (red) cayenne pepper
- 1/8 teaspoon freshly ground black pepper, divided
- 1 teaspoon honey
- Triscuit Thin Crisps

1. Combine cheese, 2 tablespoons figs, 1 tablespoon basil, lemon zest, salt, cayenne and 1/4 teaspoon black pepper. Spread into 6- to 7-inch circle on serving plate.

2. Top with remaining figs, basil and pepper, and drizzle with the honey.

3. Serve with crackers. Makes 10 servings, 2 tablespoons spread each.

PHILLY SHRIMP COCKTAIL DIP

Take the cream cheese out a few hours ahead to soften it. You can substitute 1 package (8 ounces) imitation crabmeat, coarsely chopped, for the shrimp, or use 4 ounces of shrimp and 4 ounces of crabmeat in this delicious dip.

- 1 package (8 ounces) Philadelphia Cream Cheese, softened
- 3/4 pound cooked, cleaned shrimp, chopped (about 2 cups)
- 1 teaspoon poultry seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3/4 cup Kraft Cocktail Sauce
- 1/4 cup Kraft Shredded Parmesan Cheese
- 2 green onions, sliced

1. Spread cream cheese onto bottom of shallow bowl.

2. Toss shrimp or crabmeat (or a combination of both) with the poultry seasoning, salt, pepper and cocktail sauce; spoon over cream cheese.

3. Top with the Parmesan cheese and green onions. Serve with Wheat Thins Original Snacks. Makes 24 servings, 2 tablespoons each.

SPICED CRANBERRY DIP

Take the cream cheese out a few hours ahead to soften it.

- 1 package (8 ounces) Philadelphia Cream Cheese, softened
- 1/2 cup canned whole berry cranberry sauce
- 1/4 cup orange marmalade or hot pepper jelly
- 1/2 teaspoon salt
- 1/4 teaspoon ground (red) cayenne pepper
- 1/4 teaspoon pumpkin pie spice or nutmeg
- 1/4 cup Planters Slivered Almonds, toasted

1. Spread cream cheese onto bottom of 9-inch pie plate.

2. Mix the cranberry sauce, marmalade or hot pepper jelly, cayenne pepper and pumpkin pie spice or nutmeg together; spoon over cream cheese. Top with nuts.

3. Serve with Ritz Crackers. Makes 14 servings, 2 tablespoons each.

(Recipes courtesy of Kraft Foods)

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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