

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 County Chorus Rehearsals

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, 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.

Thursday, November 7th, 7pm

"Economic Forecast" Is Kiwanis Topic

The Kiwanis Club of Irvine-Ravenna will be meeting Thursday, November 7, 2013 at 5:30 p.m. The program will be "Economic Forecast" by Kris Arnold of VanLeeuwen & Associates. The meeting will be at Michael's Restaurant, Ravenna. Kiwanis' mission is "to change the world one community and one child at a time."

Thursday, November 7th, 7pm

Mt. Mushroom Fest Meeting

Plans are being made for the 24th annual Mountain Mushroom Festival to be held April 26-27, 2014. A committee meeting will be Thursday, November 7, 2013 at 7:00 p.m. in Irvine City Hall, 101 Chestnut Street. Anyone interested in assisting with the festival is welcome to attend. For further information contact City Hall at 723-2554.

Fridays, Nov. 8th, 15th & Tues., Nov. 19th

Volunteers Needed To Wrap Gifts For Elizabeth Witt Christmas Party

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: Friday, Nov. 8, Friday, Nov. 15, and Tuesday, Nov. 19. 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.

Saturday, November 9th, 8:00am-1pm

Blood Drive Scheduled In Irvine

Estill County area residents are invited to be life-savers at the upcoming Kentucky Blood Center blood drive on Saturday, November 9, 2013, from 8 a.m. - 1 p.m. at First Christian Church in the Fellowship Hall at 270 Main Street in Irvine. To schedule a donation or for more details, visit kybloodcenter.org or call 800.775.2522. Blood donors must have a photo I.D., be 17-years-old (16 with parental permission slip), weigh at least 110 pounds, be in general good health and meet additional requirements.

Saturday, November 9th @ 11:00 a.m.

Veterans Day Ceremony At Ravenna

American Legion Post #79 will be having a Veterans Day Ceremony at 11:00 a.m. on Saturday, November 9, 2013 at the Veterans Memorial Park in Ravenna. Veterans, families of veterans, local officials and the general public are urged to attend this important ceremony.

Saturday, November 9th @ 5:00 p.m.

American Legion Post #79 Annual Oyster Supper & Dance

American Legion Post #79 will be its annual oyster supper on Saturday, November 9, 2013 for members and their guests. The supper will begin at 5:00 p.m. followed by the dance at 8:00 p.m. Boots Scouts will be providing the entertainment.

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: What Does It Mean For You And Your Family

Presented by: UK Estill County Cooperative Extension Office & AppalReD Legal Aid
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 p.m., at the Estill County Cooperative Extension Office!

Monday, November 11th @ 7:00pm

Retired Teachers Meeting Features ATC's Pam & Clayton Hedges

The Estill County Retired Teachers will be meeting on Monday, November 11, 2013 at 1:30 p.m. in the Estill County Public Library meeting room, 246 Main Street in Irvine. Pam & Clayton Hedge will be telling about publishing their magazine, "All Things Country" and their Alpaca-Berry Farm located at Palmer.

Tuesday, November 12th @ 10:30am

Winchester GTE/Sylvania Meeting

Winchester GTE/Sylvania/Osram/UAW retirees will be meeting Tuesday, November 12, 2013 at 10:30 a.m. at the Union Hall on Bloomfield Road in Winchester and then travel to Mount Sterling for lunch at Cattleman's. All Winchester Sylvania retirees and former employees are welcome to join us for lunch.

Saturday, November 23rd @ 5:30 p.m.

Eastern Star Dinner & Pantomime

Irvine Chapter #357, Order of The Eastern Star, will present a dinner-pantomime show on Saturday, November 23, 2013, at the lodge hall, located on Broadway in Irvine. Dinner will be served at 5:30 p.m. in the lodge hall dining room, and the pantomime show will begin at 6:30 p.m. Cost of both the dinner and the show is \$10.00. The public is invited to come and join us for a night of good food, fun and lots of laughter. For tickets and to make reservations, call Phyllis Noland at (606) 723-6310.

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.

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Irvine, Kentucky**

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Kitchen Diva The Holiday Side Dishes Play a Starring Role

by ANGELA SHELF MEDEARIS

Traditionally, the centerpiece of the Thanksgiving holiday table is the presentation and carving of the bird. While I enjoy the beautiful distribution of the crispy skin and white or dark meat, why can't the side dishes play a starring role, too?

If your family or invited guests are vegetarians, these sensational side dishes serve a dual purpose. They're tasty, unusual and hearty, and showcase the bounty of fall vegetables beautifully.

Here are the recipes for some creative dishes that you can enjoy all year long or serve as a holiday dish or as an entree for vegetarian guests.



Butternut Squash and Rice Pilaf

This is a variation of a traditional Greek rice pilaf dish that uses pumpkin and a short-grained, polished rice that's grown in the Macedonia region of northern Greece. It's often difficult to find in the U.S. My variation uses Butternut squash and instant brown rice to add color and nutrients to this festive fall pilaf.

- 2 pounds butternut squash, peeled, halved and seeded
- 3 tablespoons extra-virgin olive oil
- 1 large red onion, finely chopped
- 1 clove garlic, minced
- 2 tablespoons water
- 1 tablespoon tomato paste
- 1 cup instant or parboiled brown rice
- 2 cups water, or 1 (14-ounce) can vegetable broth plus 1/2 cup water
- 1/2 cup chopped dill or basil
- 3 teaspoons chopped fresh oregano or 1 teaspoon dried oregano
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/4 teaspoon cinnamon

1. Grate the squash through the large holes of a box grater. Heat oil in a large cast-iron or nonstick skillet over medium-low heat. Add onion and garlic, and cook, stirring, until soft and lightly colored, 10 to 12 minutes. Combine 2 tablespoons water and tomato paste in a small bowl and stir it into the pan. Add rice and stir to coat. Add the squash, in batches if necessary, and stir until it has reduced in volume enough so that you can cover the pan.

2. Increase the heat to medium-high, pour in 2 cups water (or if using broth, 1 3/4 cups plus 1/4 cup water), cover and bring to a boil. Reduce the heat to medium-low and cook, covered, stirring once or twice, until the rice has absorbed most of the liquid and squash is tender, 25 to 30 minutes.

3. Add basil or parsley, oregano, salt, pepper and cinnamon; gently stir to combine. Remove from heat and let stand, covered, for 5 minutes. Serve hot or at room temperature. Makes 8 servings, about 3/4 cup each.

Custom Baked Sweet Potatoes

I've listed a variety of flavorful additions that you and your guests can stir-in or use as toppings for your sweet potatoes. Select sweet potatoes that are a uniform size so that they cook evenly. You can set up your stir-in/toppings in small bowls surrounding a tray of baked sweet potatoes. All the flavors work together if you like to pile it on, or any one can be used alone. You also can add chopped, cooked vegetables to the toppers list to turn the sweet potato into an entree for vegetarian guests.

- 8 to 12 medium-sized sweet potatoes
- Stir-ins and/or Toppers (see below)
- 1. Preheat oven to 400 F.
- 2. Scrub the potatoes under water and dry them off. Spray or rub them with oil.
- 3. Use a metal fork to poke a few holes in each potato. (This keeps them from exploding when they cook. Don't do this too far ahead of baking or the fork holes will oxidize and turn dark.)
- 4. Put the potatoes on a rimmed baking sheet, and bake for 50-60 minutes, until soft.
- 5. To serve, cut potatoes length-wise across the top of each potato and squeeze the ends together to open the potato. Serve the potatoes with bowls of the stir-ins or toppers (see below). Makes 8 to 12 servings.

TIP: If you're baking sweet potatoes ahead of time for your holiday dinner, keep them warm in a cooler. Preheat the cooler with hot water beforehand; empty and dry it right before adding the hot potatoes. The baked potatoes will stay hot for up to 4 hours.

Stir-ins and/or Toppers:

- PEANUT BUTTER: For creaminess, add 1/2 cup.
- ORANGE PEEL: For tart flavor, add 2 tablespoons.
- RED CURRY PASTE: Add Indian spice and heat with 2 to 4 teaspoons.
- PUMPKIN OR APPLE PIE SPICE: For harvest flavor, add 4 teaspoons spice plus 1 teaspoon ground black pepper.
- Toppers:**
- PEANUTS AND COCONUT: Impart Far-Eastern flair with shredded coconut and chopped peanuts.
- BACON AND ROSEMARY: Add smoky depth with crumbled cooked bacon tossed with snipped fresh rosemary.
- ONION AND GARLIC: For earthy flavor, top with sauteed thinly sliced onion and garlic.
- ALMONDS: Give a salty crunch with chopped smoked almonds.
- PINEAPPLE AND BLUE CHEESE: Top with 1 cup pineapple chunks and 1/2 cup blue cheese crumbles.

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.