



Chelsea K. Bicknell
Estill County Extension
Agent for Family and
Consumer Sciences

2nd Sunday is an annual event in most Kentucky counties. It began in 2008 when county agents with the University of Kentucky Cooperative Extension Service

Build Your Community: Join 2nd Sunday

petitioned their local governments to close one road in the county on the second Sunday of October to promote physical activity.

Researchers from the National Institutes of Health found several advantages to being able to engage in physical activity in a community setting. Physical activity in a community setting helps citizens develop problem-solving skills to tackle community issues, take responsibility for their health and take advantage of their built environment.

Not only does physical activity decrease your chance of developing a chronic disease due to being overweight or obese, it can

improve your mental health. Physical activity in a community setting lessens depression and anxiety in some people, because it promotes opportunities to develop friendships and gain a support network. Other mental benefits include attitude improvement, increased energy and increased vitality. These lead to a healthier workforce with lower health care costs, fewer workers' compensation claims, less absenteeism and less turnover. All of these things make a more productive workforce and improve the economic health of the community.

This year's 2nd Sunday event in Estill County will be on Sunday, October 12th,

2014 from 2:00pm-4:00pm at the Veteran's Memorial Park (aka Choo-Choo Park) in Ravenna. There will be inflatables, games, Zumba demonstrations and Clogging demonstrations, a performance by the Estill Elite Jumpers, and live entertainment by Irvine's very own Kevin Shearer! We will also be giving away two bicycles! For more information, contact the Estill County Cooperative Extension Service at 723-4557. I hope to see you all there!

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.

Kitchen Diva

Irreplaceable Pumpkin

by ANGELA SHELF MEDEARIS and GINA HARLOW

It's that time of the year when certain foods take the stage in a grand fashion. Fall ushers in a long season of iconic ingredients and homey, familiar dishes. Much has been said and written about and created with pumpkin. Maybe it's because this famous gourd is the very color of the changing landscape. It makes you wonder: Is there anything new under the brilliant orange skin of the pumpkin?

When it comes to our taste buds, fads seem to come and go. One minute we are gushing and gorging on a new sensation, and the next we're discarding it like an old pair of leg warmers. But pumpkins are like diamonds; they will forever be loved and treasured. Maybe it's because we don't feast on them all year long, so when their season returns, they bring to the table that wonderful combination of something new, yet remembered.

The pumpkin plant originated in Central America, but it has become tied to the history of our United States. We have a reverence for pumpkins that almost no other fruit or vegetable can claim. Most of us learned in school that pumpkins were introduced to early pilgrims by Native American Indians. They roasted long strips of pumpkin flesh over an open fire. Pumpkin, prepared as we know it now, came about much later.

The very first incarnation of the pie loved by a whole nation was a hollowed-out pumpkin filled with milk, honey and spices, then roasted. From there the pumpkin went viral, and the myriad ways we've found to slip it into a dish boggles the imagination.

Pumpkin does seem to make everything better. It's good for you, and so versatile that it can be used in both savory and sweet dishes, including soups, pastas, breads and desserts. Pumpkins provide a hefty source of vitamin A, as well as being one of the tastiest forms of fiber. The beauty of the golden orange pumpkin is not only skin deep. That gorgeous color is an indicator of significant amounts of beta carotene, comparable to carrots, beets and sweet potatoes. Pumpkin seeds are rich in protein, minerals and fiber.

The seeds possess a rich buttery taste that lends itself well to pestos or salads, as a delicious candy brittle or as a crunchy snack when toasted and spiced.

So, ready, set, go -- get your pumpkin and start cooking!

Stones Have Annual Reunion At Clay City

The annual Stone Reunion was held at Clay City, Kentucky on Sunday, September 28, 2014 with the following in attendance from out of state:

Lewis & Kathy Richardson, Franklin, IN; Edward & Megan Richardson, Rushville, IN; Dick Richardson, Indianapolis, IN; Glen Richardson, Franklin, IN; Jeff & Helen McDonald, Dayton, OH; Bob & Betty Ruth, Indianapolis, IN; Nora &

Walter Horn, Franklin, OH; Diane Rhinhart, Greendale, IN; Linda Breden, Franklin, OH; Doretta Sexton, Brookville, OH.

Attending from around Kentucky were Wanda & Earl Stone, Kathy Puckett, Cynthia Townsend, Billy & Christine Cooper, Raymond & Shurla Cooper, Larry Dale & Skyler Stone, Lindsey Rogers, Ann Tipton, Larry & Pauline Muncie, Jimmie Richardson, Bill Jones,

Marvin & Linda Cooper, Earl & Ann Blackwell, Jerry Arnold, all from Irvine.

Jessica Crawford, Cassie Crawford, Madison Mullins, Andre Fox, Bertha Wiseman, Mary Pole, Mike & Kandy Allen, Gene & Betty Allen, from Winchester; Jean Stone, Margaret Banks, Michael Stone, Lexington; James & Sue Rogers, Clay City; Allen & Calvetta Stamper, Cynthia; Matt, Kristie, Ried & Marie Turn-

er, Richmond.

Great food and wonderful fellowship were enjoyed by all.

We missed those that were not in attendance for various reasons. Everyone is encouraged to invite friends and relatives to attend next year, at the same place and time, the last Sunday of September.

Remember to mark your calendars, and have a blessed year.

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>

For a limited time . . .

Spay & Neuter Funding

The Humane Society's Angels of Estill County has acquired funds for spay/neuter. Please contact Ellen Freder-

ick at ellenfrederick@windstream.net for details. Funds are limited so please put your request in promptly.

BODY FITNESS CLASSES

The FALL 2014 SESSIONS of the BODY FITNESS EXERCISES CLASSES led by Sister Loretta Spotila, RN, have begun. These classes use gentle exercise and movement and are designed to build strength and flexibility.

Classes are held in the Gym of the Central Office Building on Main Street. Parking available in the rear of the building. Class times are Wednesday & Monday from 9:30 a.m. to 10:30 a.m. For more information, call 723-8505.

Thursdays @ 6pm, 6:45pm & 7:30pm

Beginner & Intermediate Clogging

New Clogging lessons just starting on Thursday nights at Infinity Fitness and Spa on Bond Street in West Irvine. Beginners starts at 6 and beginners plus is at 6:45. Inter-

mediate starts at 7:30. Five dollars a night. Richard McHargue is giving lessons. Clogging is great exercise for all ages little kids on up. Hope to see you there.

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, for anyone who plays an Appalachian Dulcimer or anyone

who is interested in playing one is welcome to attend.

The Appalachian Dulcimer was designated as the official state instrument of Kentucky in 2001.

Monday, October 13th at 1:30pm

Estill Retired Teachers To Meet

The Estill County Retired Teachers will be meeting Monday, October 13, 2014, at 1:30 p.m. at the Estill County Public Library, 246 Main

Street in Irvine.

Darrell Calmes will be telling about the community at Rosses Creek. It will be an interesting talk.

Tuesday, October 14th at Natural Bridge

GTE/Sylvania/Osram Retirees

The Winchester GTE/Sylvania/Osram retirees will be meeting at 10:30 a.m., Tuesday, October 14, 2014, at the Union Hall for a short meeting.

bers and guests will travel to the Lodge at Natural Bridge State Park for lunch.

All Winchester Sylvania retirees and former employees are welcome at lunch.

After the meeting, mem-

Tuesday, October 14th @ 6:30pm

Relay For Life Kickoff Celebration

The American Cancer Society's Relay For Life Estill County, will be having a Kickoff Celebration on Tuesday, October 14, 2014, at 6:30 p.m. at South Irvine Baptist Church's fellowship hall,

1215 South Irvine Road.

For more information contact Rebecca Wolfinger <mxwolf@irvineonline.com> or (606) 723-5871.

Visit us online at <www.RelayForLife.org/EstillKy>

Friday, October 30th, 6-8 pm

Coats are being accepted now

The Body of Christ Ministries, 58 River Drive, Irvine, is now conducting their 5th annual Coat Drive.

The coats will be given away Thursday, Oct. 30, 6-8 p.m. at Body of Christ Minis-

try, 58 River Drive.

Coats can be dropped off at Body of Christ Ministries on Thursdays at 6:30 p.m. or Sundays at 10 a.m.

All donations will be appreciated.

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Pumpkin Bread Pudding with Vanilla Sauce

My Pumpkin Bread Pudding is the perfect way to celebrate fall!

- 8 ounces day-old or dried French bread*, cut into small pieces, about 5 cups
- 2 cups half-and-half, or half milk and half cream
- 3 large eggs
- 2/3 cup granulated sugar or agave syrup
- 2/3 cup brown sugar plus more for sprinkling
- 2 cups of fresh, pumpkin puree or 1 can (15-ounces) pumpkin puree
- 1 cup dried fruit or chopped walnuts or pecans, or a combination of the two
- 3 tablespoons melted butter plus more to butter pan
- 1 teaspoon ground cinnamon plus more for sprinkling
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1 teaspoon vanilla

1. Butter an 11-by-7-inch baking dish. Heat oven to 350 F.

2. In a large bowl, cover the French bread with the half-and-half. Press the bread into the milk with the back of a large spoon to make sure it soaks evenly. Set aside.

3. In another bowl, combine eggs, sugar or agave syrup, and brown sugar, pumpkin, dried fruit and/or nuts, melted butter, cinnamon, nutmeg, ginger and vanilla; blend well. Pour pumpkin mixture over soaked bread and stir to blend.

4. Pour mixture into prepared baking dish. Sprinkle top with 2 heaping tablespoons of cinnamon and brown sugar mixed together, if desired. Bake for 45 to 60 minutes, or until set. Serve with whipped cream or an ice cream sauce, if desired. Serves 8.

*If your French bread is fresh, cut it into cubes and place it on metal baking pan in a 200 F oven for 10 minutes to dry out any moisture. Stir and bake for another 5 to 10 minutes until crunchy and slightly golden brown. Allow to cool, and proceed with the recipe.

TIP: A good quality vanilla, black walnut or caramel ice cream can be melted at room temperature and then served over the bread pudding as a sauce.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. Read Gina Harlow's blog about food, gardening and horses at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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