

# 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>

**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.

**First and Third Tuesdays at Raders'**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, November 18th and on the first and third Tuesday of every month at Rader's River Restaurant. The meal is at 6:30 p.m. and business meeting begins at 7 p.m.

Estill County Lions Club is part of Lions Club Inter-

national, with 1.35 million members in 205 countries around the world. We invite those who feel a call to make our community a better place through service to attend and learn about how Lions around the world earn our motto, "We Serve..."

**Thursday, November 20th @ 9am**

## Volunteers Needed to Wrap Gifts for Elizabeth Witt Christmas Party

Volunteers are needed to finish wrapping the gifts for the Elizabeth Witt Christmas Party which will be held Saturday, December 6, 2014 at the First Christian Church in Irvine. The gift wrapping will be held at Citizens Guaranty Bank on River Drive. Wrapping will begin at 9 a.m. on

Thursday, November 20.

The party is being planned for children in Estill County that are 12 years of age and younger. Donations for the 34th annual party can be given at Citizens Guaranty Bank. Contact Francine Bonny, Sharon Niece, or Regina Robertson for more information.

**Thursday, November 20th @ 11:30am**

## Grandparents United Meeting

Come join us the third Thursday of each month. Estill County Grandparents United meets at 11:30 a.m. at Wisemantown United

Methodist Church, 1358 Wisemantown Road, Irvine.

For information, please call 723-3337.

**Thursday, November 20th @ 4pm**

## Four Seasons Garden Club

The Four Seasons Garden Club will meet at the Ravenna Florist & Greenhouse, Thursday, November 20, 2014, at 4 p.m. "Christmas Decorating" will be the program and

workshop.

The club welcomes new members. For further information contact Patti Reese, Club President, or other members of the club.

**Thursday, November 20th @ 6pm**

## Kiwanis Club Farm-City Banquet

The Kiwanis Club of Irvine-Ravenna will host the Farm-City Banquet, Thursday, November 20, 2014 at Michael's Restaurant in Ravenna at 6:00 p.m.

Jessa Turner, the Office and Farm Marketing Manager at

Berea College Farm and Farm Store, will be the speaker.

The banquet, which is held annually, honors the farmers and farm related businesses in Estill County. Heritage Farmer and Heritage Business awards will be presented.

**Thursday, November 20th @ 6pm**

## Garden Thyme Herb Club

The Garden Thyme Herb Club will be meeting on Thursday, November 20, at 6 p.m. in the fellowship hall of New Beginning Church.

A potluck Thanksgiving meal will follow a devotion by Father Al Fritz and the

blessing

White pine will be presented as the herb of the month.

Please bring white elephant gifts for Bingo afterward.

All members and guests are invited to attend.

**Monday-Friday, November 24-28**

## Library Is Closed Thanksgiving Week

The Estill County Public Library will be closed Monday the 24th through Friday the 28th for installation of a

new HVAC unit and for the Thanksgiving holiday.

The library will re-open on Saturday the 29th.

**Saturday, November 29th, 7-10:30am**

## Eastern Star Ham Breakfast

Irvine Chapter #357, Order of the Eastern Star, will be having a country ham breakfast on Saturday, November 29, 2014, 7-10:30 a.m. at the Irvine Masonic Lodge Hall, located on Broadway in Irvine. The cost of the breakfast

is \$8.00 for country ham and \$7.00 for bacon or sausage.

Tickets can be purchased in advance or at the door. For tickets or more information, call Bobby Noland at (606) 723-2254 or Phyllis Noland at (606) 723-6310.

**Thursday, November 27th, 11-1:30**

## Stone Soup Community Dinner

The Stone Soup Community Outreach Turkey Dinner will be Thursday, November 27th. We offer pick-up or delivery at the Right Place Restaurant from 11:00 a.m. until 1:30 p.m. on Thanksgiving Day.

Our community is gener-

ously providing these meals through donations of prayer, time, money, and soft drinks. The last day for lunch requests is 3:00 p.m. on Monday, November 24th.

Donations will be "thankfully" accepted anytime. Thanks, and God Bless.

**Saturday, December 6th, 10am**

## Kiwanis Christmas Parade And Elizabeth Witt Christmas Party

The Kiwanis Christmas Parade and the 34th annual Elizabeth Witt Christmas Party will be held Saturday, December 6, 2014.

The parade will begin in Ravenna at 10 a.m. and proceed on Broadway to the Irvine First Christian Church, 270 Main Street, where the Elizabeth Witt Christmas Party will be held.

All groups, churches, fire departments, businesses, and organizations are invited to participate in the parade by entering a float, band, marching group, antique car, or other related parade unit.

The theme for the floats

will be "Love in a Manger". Prizes from the Kiwanis Club of Irvine-Ravenna will be awarded for the floats in the amount of \$100, \$50, and \$25 for first, second and third place respectively for the most attractive floats. The float with the best children's theme will receive \$50.

The Kiwanis Club and Mrs. Witt's party committee hope to make this a special day for children, age 12 and under, of Estill County. To register entries in the parade contact Tom/ Francine Bonny at 723-5694 or Richard Snowden at 723-2135.

**Saturday, December 6th, 10am-4pm**

## EAC's 11th Arts & Crafts Show

Looking for a place to offer your original, handmade items for sale? The Estill Arts Council invites you to participate in the 11th annual Arts & Crafts Show on Saturday, December 6th from 10 a.m. - 4 p.m. at Central Office gym.

The show offers an opportunity for people to meet their shopping needs with the perfect, unique gift such as home décor, holiday decorations, wreaths, jewelry, clothing, products for the home, and baked goods.

Area artists and craftsmen can get an application form from the Citizens Guaranty Bank (River Drive), Estill County Public Library, Ravenna Greenhouse or on EAC's Facebook page.

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. 7 will be an additional \$10.

For more information call 606 723-4678 or 723-5694.

**Sunday, December 7th @ 3pm**

## Community Chorus Christmas Concert

Sunday December 7th is the date for the Christmas concert by the Estill County Community Chorus. This year the concert will be performed at 3 p.m. at First Baptist Church, 351 Broadway, Irvine.

The Irvine United Methodist Church Handbell Choir as well as the Estill County Dulcimer Club will also be on the program.

Debbie Carlyle, Phyllis Dawson, Peggy Garrett and Dr. J.D. Hill will be singing solos as well as Faye Reece and Edsel Daniel singing with the chorus in "Rudolph the Red-Nosed Reindeer"

Rehearsals are held Thursdays at 7 p.m. at First Christian Church, Main Street, Irvine. Everyone is welcome! Auditions are not required. Rehearsals will be every Thursday night, except Thanksgiving

November 27th. Please come out and join us. We still have a few binders for new members.

The Estill Arts Council has once again partnered with the Community Chorus for this endeavor. Donations will be accepted at the concert. These donations help to provide honorariums, when needed, as well as the purchase of music.

Carol Anne Wilson is the Director with Nancy Farmer as the accompanist. Ann Siudmak will be assisting with rehearsals as needed.

If you have sung with the chorus before we are asking that you come back and sing with us for this very special Christmas Concert.

Scholarships are still available. Please see Carol Anne Thursday night or call her at 859-556-0163 for more information.

**Saturday & Sunday, Dec. 13th & 14th**

## "The Best Christmas Pageant Ever"

River City Players presents "The Best Christmas Pageant Ever". This family-friendly play will be performed in the Estill County High School auditorium on Saturday, Decem-

ber 13th at 7 p.m. and Sunday, December 14th at 3 p.m.

Admission: 12 and under - \$5, 13 and over - \$10. Tickets will be available from RCP members and at the door.

**Tuesday, December 16th @ 1:30pm**

## Ky. Chem. Demil. Advisory Board

Mark your calendar for the Kentucky Chemical Demilitarization Citizens' Advisory Commission and Chemical Destruction Community Advisory Board Meeting on Tuesday, December 16, 2014 at 1:30 p.m. at E-K-U's Carl

D. Perkins Building, Rooms A and B. This meeting is a good opportunity to learn more about the Blue Grass Chemical Agent-Destruction Pilot Plant at the Blue Grass Army Depot. For more information, call (859) 626-8944.

## Kitchen Diva

### Citrus Is Part of Holiday Tradition

by ANGELA SHELF MEDEARIS and GINA HARLOW

When most people think of fall, lemonade does not come to mind -- or key lime pie, or even orange juice or fresh grapefruits. But the truth of nature is that, although all citrus plants fruit at slightly different times, late fall is the beginning of citrus season. Many varieties of citrus, having traveled hundreds or even thousands of miles from their snowbird homes, are showing up in grocery stores across the country.

Citrus flavors appear in many traditional foods of the season. The candied citrus in fruit cakes, orange juice in glazed carrots and the lemon zest and peel in baked goods have become the ubiquitous flavors of fall and winter. Because the flavor of citrus is so refreshing, it's no surprise that we also adore it when times are hot. If you want to taste the very best citrus of the season, find the heaviest, sweetest orange imaginable, or the sweet peel and lip-puckering center of a kumquat, or the surprisingly nectar-like fruit of a beautiful pink grapefruit.

Citrus trees of every kind are a subtropical plant, and prone to freezing in the winter months. Many home gardeners in every state try their luck at growing citrus, usually dwarf varieties that they can protect from frost. However, commercially, citrus in the United States is grown mainly in California and Florida, where the weather is to its liking.

In both states, citrus farming began in the 1800s. In California, during the Gold Rush of 1849 there was a huge demand for oranges that were used to combat scurvy, which is a vitamin C deficiency. In Florida, the citrus industry is worth billions of dollars to the state, where it produces more oranges than anyplace else in the world. But long before commercial farming of oranges, lemons and the almost countless other varieties of citrus, citrus trees were growing in the Americas in the 1500s, brought in by the Spaniards.

Citrus of all kinds is high in vitamin C, and it is also a good source of other essential nutrients such as potassium, folate, calcium and phosphorus. Citrus is considered a nutrient-dense food and often is prescribed by doctors and dietitians for the prevention and treatment of many illnesses and disorders.

Even though most of us have a favorite lemon- or orange-infused dish, citrus season is the time to try a new variety in a new way. The wonderful juice of almost any citrus fruit can replace the vinegar in a salad dressing, while the plump, juicy flesh itself can be the focal point of a salad or dessert. Surprise your family during this holiday season and put citrus on the menu. It will become a tradition.



### Spiced Turkey Cutlets with Grapefruit Relish Honey-Grapefruit Relish

- 3 large seedless grapefruit
- 1 avocado, peeled, pitted and diced
- 1/4 cup thinly sliced red onion
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon honey or agave syrup
- 1 teaspoon salt
- 1 teaspoon black pepper

### Spice Rub for Turkey or Chicken

- 1/4 cup mild chili powder
- 2 tablespoons ground cumin
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 1/2 pounds turkey cutlets (about 1/4 inch thick) or 4 thin, boneless, skinless chicken breasts
- Cooking oil spray
- 3 tablespoons canola oil

1. Preheat oven to 400 F.  
2. Using a sharp knife, remove skin and white pith from grapefruit and discard. Cut grapefruit segments from the surrounding membrane, letting them drop into a medium-size bowl. Squeeze juice of the remaining flesh of grapefruit membrane into the bowl. Add avocados, onions, cilantro, honey, salt and black pepper. Toss well to combine; set aside.

3. Stir together chili powder, cumin, cloves, ginger, cinnamon, salt and cayenne in a shallow dish. Lightly spray both sides of the meat with cooking oil spray. Dredge the cutlets or breasts in spice mixture, shaking off excess.

4. Heat oil in a large ovenproof skillet over medium-high heat. Add cutlets or breasts and cook, shaking the pan, until they begin to brown on the outside, about 1 to 2 minutes. Turn the meat over and transfer skillet to the oven. Bake until no longer pink in the center, 6 to 8 minutes.

5. Arrange meat on a platter or individual plates and spoon avocado-grapefruit relish on top. Makes 6 servings.

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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](http://www.divapro.com). Read Gina Harlow's blog about food, gardening and horses at [www.peachesandprosciutto.com](http://www.peachesandprosciutto.com). Recipes may not be reprinted without permission from Angela Shelf Medearis.

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