

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>

Thursday, January 29th @ 5:30pm

Mountain Mushroom Festival

The Kiwanis Club of Irvine-Ravenna will meet Thursday, January 29, 5:30 p.m., at Michael's Restaurant. There will be a devotional and a board meeting to make plans for the

club's activities. The Kiwanis Club has over 90 years of service to our community. New members are welcome.

Anyone interested can contact club president, Paula White.

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.

Tuesday, February 3rd @ 7pm

Historical Society Show & Tell

The Estill County Historical and Genealogical Society will meet at 7 p.m. on Tuesday, February 3, 2015 at the Estill County Library for "Show and Tell" of interesting family heritage items or interesting items from history.

The 2015 Calendar is now available at the Museum on Saturdays between 10 a.m. and 4 p.m. The Estill County Pictorial History, the World War II Book, the School Book, and the two volumes of the Cemetery Books are still available.

First and Third Tuesdays at Raders'

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, February 3rd and on the first and third Tuesday of every month at Raders' 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, February 5th @ 7pm

Mountain Mushroom Festival

The 25th annual Mountain Mushroom Festival will be April 25-26, 2015.

You're invited to come and be a part of the planning on Thursday, February 5 at 7 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 or 723-1233.

BIBLE TRIVIA

by Wilson Casey

1. Is the book of 3 Corinthians in the Old or New Testament or neither?
2. What camp saw 185,000 of its soldiers slaughtered by an angel of the Lord? Assyrian, Midianite, Philistine, Persian
3. Who was praised for his beauty "from the

sole of his foot even to the crown of his head"? Absalom, Elisha, Pekah, Tola

4. From Genesis 1:30, what is the first color mentioned in the Bible? Purple, Red, Green, Yellow

5. Which city's wall fell down flat at the shout of Joshua's army? Tarsus, Jericho, Corinth, Sardis
6. From 2 Kings, who became king of Judah at age 8? Abijam, Rehoboam, Marcus, Josiah

Bible Trivia Answers are at the bottom of Page 9

seeds of Hope

Life's journey is never simple, straight, certain or serene. It is like a complicated maze that has sharp turns and sudden stops. Getting from the beginning to the end is no easy task. It is much like life.

How blest we are to have the Lord who is personally interested in each of us and is willing to guide us, guard us and give us detailed instructions. But we must be willing to surrender to Him and trust in Him. Not only will God rescue us when we need Him, but He will guide us if we ask Him.

"Show me your ways, O Lord, teach me your paths," said David. He did not approach God asking for directions and say, "Lord, if You prom-

ise me an easy path I will cooperate with You." He went to God before he started his journey and said, "Show me - teach me," then I will make my next move. By voluntarily asking God for help before he started his journey, he could expect God to be with him and protect him on his journey. But he did not stop there.

He asked God to "teach him His path."

When he asked God to show him his way he wanted more than directions. He wanted God to be his teacher - his guide through life - explaining His world and His ways to him. It is easy to want God to show us where to go but it is often difficult for us to open our hearts and allow Him to teach us His ways!

What a beautiful picture of surrender! Show me where to go, God, and teach me what I need to learn..

PS049 - January 28, 2015
Visit us at SowerMinistries.Org

Thursday, February 26th @ 7pm

Estill Community Chorus Meet & Greet Reception

Thursday February 26th at 7 p.m., the Estill County Community Chorus will hold a "meet and greet" for returning members and those interested in joining the chorus. The reception will be held in the basement of the First United Methodist Church, Main Street, Irvine.

This will be a time to rekindle old friendships and make new ones. Music folders will be ready to pick up and take home with you. Membership fees are \$25.00. There is a Couple's fee of \$35. Scholarships are available; please talk with Carol Anne during the reception.

Auditions are not required and new members are always welcome.

The Spring Concert will be held at the First United Methodist Church, Irvine on Sun-

day, June 7th, 2015 at 3pm. This year's program will include some new music as well as familiar tunes. Carol Anne Wilson will be directing and Nancy Farmer will be the pianist/accompanist with Ann Siudmak assisting as needed.

We will meet in the Sanctuary of the First United Methodist Church for rehearsals every Thursday night at 7pm beginning March 4th. NO rehearsal Maundy Thursday, April 2, 2015.

All rehearsals as well as the performance will be held this spring at the First United Methodist Church, Irvine.

For more information contact Director, Carol Anne Wilson at 859-556-0163 or by email at cawilson44@gmail.com .

CHURCH NEWS

Trent Sparks Is Named New Crooked Creek Youth Coach

Crooked Creek Christian Church would like to announce Trent Sparks as new Youth Coach! Trent is a recent graduate of Estill County High School and currently studying at EKU. Trent's responsibilities as Youth Coach will include planning and running Youth Group and Junior Church on Sundays as well as leading retreats and serving as a spiritual leader and mentor to the youth of Crooked Creek. He has been a faithful servant while attending Rice Station Christian



Trent Sparks

Church and is the son of Kim and Jeff Sparks!

Sunday, February 1st @ 6pm

Trent Sparks Welcoming Pizza Party

There will be a pizza party at Crooked Creek Christian Church for the youth group on Sunday, February 1, 2015,

at 6 p.m., to welcome Trent Sparks at the new Youth Coach.

Everyone is welcome!

Wednesday, February 4, 7:30am-2:30p

St. Elizabeth Basement Sale

The St. Elizabeth Church basement sale will be held on Wednesday, February 4, 2015, from 7:30 a.m. until 2:30 p.m.

There will be clothing for all the family, shoes, household items, books and many other items. All are welcome!

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Kitchen Diva One Bowl Wonder

by ANGELA SHELF MEDEARIS and GINA HARLOW

Every day, somewhere in the world, an anthropologist is studying old pottery and other ancient remnants of our society, giving us new insights into our culinary past. Soup, the simple unapologetic dish that is as classic as a black dress, has always been considered a primitive meal. But recent discoveries show that soup may be even older than originally believed.

Scientists at Harvard University have found 20,000-year-old pottery that shows evidence of being exposed to fire. No one knows for sure what was heated, but there are many reasons to believe it was a broth cooked up by our ancient ancestors.

Fast-forward thousands of years, and there is more information available about the one-pot meal called "sop," which referred to a piece of bread eaten in broth. By the 17th century, the word "soup" was being used to describe a pottage, or broth. What we know today is that soup, in all its flavors, has humble beginnings. But plain or fancy, complicated or straightforward, it is an ingenious way to have a complete meal in one bowl.

Soup, in its many international versions, is an edible ambassador of its origin. From rich, spicy Mexican soups to light Asian broths, soup is as distinct as the people and the countries from which it comes. If most Americans were asked to say the first word that comes to mind when they hear the word "soup," it would be "chicken" or "beef." This reflects our distinct history and what was available to our ancestors.

The early origins of soup consisted of the boiled carcass of an animal. As the early settlers began to have success agriculturally, vegetables were added to the pot. The slaves of the American south, who had little in the way of meat, harkened back to their African roots and were inventive in making soups and stews with vegetables of all kinds. Gumbo, a word from West African dialects meaning okra, originated this way. The soup consisted of a variety of meats, and thickened with okra or "file," a powder made from ground sassafras leaves.

Although some soups are cold, most are hot, and when frost, snow or chilly air prevail, soup is a wonderful way to create a one-bowl meal. The beauty of soup is that it can reflect whatever you have on hand. It's a great way to use leftovers or make the most of half bags of rice or macaroni, a random carrot or potato, or a mixture of greens. It's also an incomparable way to get the most of meat trimmings or to just be luxurious and cook a chicken for no other reason than to make the best chicken soup ever.

My recipe for Creamy Chicken Soup is truly a meal in a bowl, and a bright, spicy and flavorful remedy for a cold and dreary day.



CREAMY CHICKEN SOUP

- 8 slices bacon, chopped
1 pound skinless, boneless chicken breast, cut into bite-size pieces
1 1/2 tablespoons poultry seasoning
1 1/2 teaspoons salt
1 1/2 teaspoons ground black pepper
1 1/2 cups chopped red bell peppers
1 cup chopped purple onions
1 jalapeno pepper, finely chopped
4 cloves garlic, minced
1/3 cup all-purpose flour
6 cups reduced-sodium chicken broth
2 large Yukon gold potatoes, chopped
2 cups fresh sweet corn kernels or 2 cups frozen corn kernels
1 1/2 cups whipping cream
1/2 teaspoon cayenne pepper
2 bay leaves
2 green onions, roots removed, white and green parts chopped, optional
1. In a 5- to 6-quart Dutch oven, cook bacon until crisp. Remove bacon pieces with a spoon; set aside. Reserve 1 tablespoon of drippings in pan.
 2. Add chicken to pan. Sprinkle with poultry seasoning and a teaspoon of salt and black pepper. Cook and stir over medium-high heat until chicken is no longer pink; remove from pan.
 3. Add sweet pepper and onion to pan. Cook and stir until tender. Add chopped jalapeno and garlic; cook and stir for 3 minutes.
 4. Stir in flour and remaining salt and pepper. Cook and stir for 1 minute. Add broth and potatoes. Bring to boiling; reduce heat. Cook, uncovered, for 10 minutes or just until potatoes are tender when pierced with a fork, stirring occasionally.
 5. Stir in chicken, corn, cream, cayenne pepper and bay leaves. Simmer, uncovered, for 15 minutes, stirring occasionally. Discard bay leaves. Top with green onion, if desired. Makes 6 to 8 servings.

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. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Read Gina Harlow's blog about food and gardening at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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