

# 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>

## Mondays & Wednesdays at 10:00am

### Body Fitness Exercise Classes

Body Fitness Exercise Classes instructed by Sister Loretta Spotila, RN, are being held on Monday and Wednesday mornings, 10-11 a.m. at the Estill County UK Cooperative Extension Service on Golden Court, off Stacy Lane in Irvine. These classes involve gentle exercise and movement and build strength and flexibility. They are helpful for persons with arthritis, asthma, and difficulty moving. Donation is \$3.00 per class. For more information, contact Sister Loretta at 723-8505.

## Wednesdays, now at 5:30pm

### Beginner Yoga at Marcum-Wallace

Beginner Yoga class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30 to 6:30 p.m. with instructor Laritza Gomez. The cost is one non-perishable food item for Helping Hands Outreach Ministry.

## Thursday, January 30th at 5:30pm

### Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, January 30, 5:30 p.m. at the Steam Engine Pizza. Kiwanis members work together to achieve what one person cannot accomplish alone. When a child is given the chance to learn, experience, dream, grow, succeed and thrive, great things happen. New members are welcome to join!

A devotional will be given and the Board of Directors will meet and make plans for future activities.

## Friday, January 31st - 11-1 & 6-8

### Eastern Star Fish Lunch & Dinner

Eastern Star will be having a fish lunch on Friday, January 31, 2019, followed by a fish dinner on the same day that evening; all at the Irvine Masonic Lodge on Broadway in Irvine.. The fish lunch will be served 11:00 a.m. until 1:00 p.m., eat-in, or carry outs and delivery will be available by calling 723-2188. Cost is \$5.00 per meal. The fish dinner will be held 6-8 p.m. that evening. Cost is \$10.00 per meal with eat-in or carry-out but no delivery.

## Friday, January 31, 2020 is deadline

### MMF Food Court Applications

Food Court applications for the 2020 Mountain Mushroom Festival are available at Irvine City Hall located at 101 Chestnut Street and the festival website: [www.mountainmushroomfestival.org](http://www.mountainmushroomfestival.org). Food vendors must carry a minimum \$500,000 commercial vendor liability insurance. Application, fees and proof of liability insurance must be submitted by the deadline date of Friday, January 31 at 4 p.m. Mailed applications must be postmarked by the deadline date. No late entries will be accepted. The application fee is \$200 per food booth space plus a \$75 Early Departure/Closing fee, if applicable. For more information, you may call Kim Williams at 723-4235 or Irvine City Hall. The 2020 festival dates are Saturday, April 25 and Sunday, April 26.

## Saturday, February 1st 7:30am to 1:30pm

### St. Elizabeth Basement Sale

There will be a Basement Sale at St. Elizabeth Catholic Church, 322 5th Street in Ravenna on Saturday, February 1, 2020, from 7:30 a.m. to 1:30 p.m. There will be lots of nice clothes, (including children's clothes), winter wear, scarves, gloves, jackets and coats; books and so much more.

## Sunday, February 2nd at 2:00pm

### Amvets Post 67 in Clay City

Amvets Post 67, located at 99 Veterans Lane, Clay City holds its meeting monthly, 1st Sunday of each month at 2:00 p.m. Also, everyone is invited to Post 67 Clay City for Bingo every Monday. Doors open at 5:00 p.m. Bingo starts at 6:30 p.m. For more information, call 606-663-0071.

## Thursday, February 3rd at 6:00pm

### Mountain Mushroom Festival

The 30th annual Mountain Mushroom Festival will be April 25-26. "30 Years of Spore Lore" will be the theme. The festival committee has been making plans and working behind the scenes with the goal of this year's festival being the best ever. They invite anyone interested to attend the committee meeting on Thursday, February 3 at 6 p.m. in Irvine City Hall, 101 Chestnut Street. More volunteers are needed and welcome to assist in the events and activities. For further information contact Francine Bonny, chairman, at 606 723-1233.

## Tuesday, February 4th at 6:00am

### Estill Historical & Genealogical

The Estill County Historical & Genealogical Society will have their next meeting on Tuesday, February 4, 2020, 6:00 p.m. at the Museum located at 133 Broadway in Irvine. Our guest speaker, Roger Richardson, will inform us about Estill County and Eastern Kentucky's participation in the Great War. Potluck will be served. Please bring a dish and a friend.

## Tuesday, February 4th at 6:30pm

### Estill County Lions Club

The Estill County Lions Club will meet Tuesday, February 4th and on the first and third Tuesday of every month at the Irvine First Christian Church meeting room on Main Street at 6:30 p.m. Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world.

## Friday, February 7th at 9:00am

### Retired Co. C Guard Breakfast

Attention: All retired and former National Guard members of Charlie Company 1/149th, there will be a breakfast at Cracker Barrel in Richmond, on Friday, Feb. 7th, and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

## Friday, February 7th at 6:00pm

### Class Making Thank You Cards

Join instructor Yvonne Harrison on Thursday, January 30th at 6:00 p.m. as she teaches us how to make Thank-You cards. Class fee is \$7 and all supplies will be provided to make 6 cards. This class is open to anyone ages 10 and up. The class will be held at the Estill County Extension Office, 76 Golden Court, Irvine. Please sign up and pre-pay by January 28th.

If you have any questions, call the Estill County Extension Office at 606-723-4557.

## Saturday, February 8th at 12:00 Noon

### Relay for Life "Rock-A-Thon"

The next Estill County Relay for Life activity will be a Rock-A-Thon to be held on Saturday, February 8, 2020, from 12:00 Noon until 5 p.m. at the Rice Station Christian Church. The event will be used to raise money for the annual Relay. Participants will be rocking in rocking chairs to raise money. Rebecca Wolfinger has stepped down as county chair so Patty Barnes, Amanda Muncie and Patricia Bringer are now co-chairing the Estill County Relay for Life event this year which will happen on June 12, 2020 at the ECHS track.

For more information, contact the co-chairs or follow Estill County Relay for Life on Facebook.

## Tuesday, February 11th at 5:30pm

### Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet on Tuesday, February 11th and the second Tuesday of each month at the Estill County Golf Club from 5:30-7 p.m. Come, join us. Together we can make a difference.

## Tuesday, February 11th at 7:00pm

### Estill DAV Chapter 94 to Meet

DAV Chapter 94 will be meeting at 7:00 p.m., Tuesday, February 11th and the second Tuesday of each month at Estill County Senior Citizens Center, off Stacy Lane. If you are a veteran with 10 percent or more service connection, you are welcome. Call 1-606-663-2504 for more information. We are veterans and we would appreciate your attendance. Veterans from surrounding counties are also

## Thursday, February 14th - 10am-1pm

### Alzheimers Training Program

A program, "Living with Alzheimer's: For Caregivers - Early Stage" will take place Thursday, February 14th at the Madison County Cooperative Extension Office located at 230 Duncannon Lane in Richmond from 10am-1pm.

## Saturday, February 15th

### Free GED! Make It Happen Now!

Kentucky Skills U is offering FREE GED® tests! FREE GED Ready® Test. SAVE \$24.00! FREE Schedule and take the GED® test. SAVE \$120.00! Receive the diploma packet within a week of passing the test. This offer is temporary. Call 606-464-5021 or 606-723-7323 Lee County or Estill County Adult Education Skills U Centers. The next GED test in Estill County is Saturday, February 15, 2020.

## Saturday, February 15th at 8:00pm

### American Legion Valentine's Dance

American Legion Post 79 will be hosting a Valentine's Dance on Saturday, February 15, 2020, starting at 8:00 p.m. with DJ Kenny Chenault. Door charge is \$10.00. All proceeds go to the American Legion.

## Monday, February 24th - 6:30pm

### Democratic Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, January 24th at 6:30 p.m. and the 4th Monday of every month at the Estill County Public Library, 246 Main Street. For additional information you can email [estillcountydemocrats@gmail.com](mailto:estillcountydemocrats@gmail.com).

## BODY FITNESS EXERCISE CLASS

HELPFUL FOR PERSON WITH ARTHRITIS, ASTHMA, DIFFICULTY MOVING  
**Gentle Exercise and Movement Builds Strength and Flexibility**  
**INSTRUCTOR: Sister Loretta Spotila, RN**  
**TIMES:** Monday and Wednesday mornings 10:00am - 11:00am  
**PLACE:** Estill County-UK Extension Office Golden Court off Stacy Lane Road  
**DONATION:** \$3.00 per class  
**FOR MORE INFORMATION: Call Sister Loretta at 723-8505**

## Kitchen Diva

### The Super Bowl of Appetizers

For the past few years, we've gone to our friends' home to watch the Super Bowl. Since they live an hour away, I like to take along snacks that are simple to make, travel well, and best of all, are easy for guests to serve themselves. The cheering, jeering and excitement can create a hearty appetite, and no one wants to miss a minute of the game while grabbing something to eat. These easy appetizers will satisfy the biggest football fans without taking the host or hostess away from the game.

My game day goodies can be prepared ahead of time. The Mexican Shredded Beef can be prepared and kept warm in a slow cooker set on low.

Complete your football buffet table with a platter of raw veggies and bottles of salad dressing that can also serve as a dip. You'll be voted MVC (Most Valuable Chef) at your Super Bowl party with these delicious dishes!



Photo Credit: DepositPhotos

#### SLOW-COOKER MEXICAN SHREDDED BEEF

This flavorful shredded beef can be used for sliders, nachos or taco filling and is an easy way to provide an appetizer that guests can customize to their taste and serve themselves! Prepare this roast in a slow cooker the day before, refrigerate it in its juices and then reheat it before the big game!

- 1 (3-pound) boneless beef chuck or rump roast
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons black pepper
- 2 tablespoons cumin
- 2 tablespoons chili powder
- 1/4 teaspoon cayenne pepper
- 1 cup all-purpose flour
- 2 tablespoons vegetable oil
- 2 tablespoons steak sauce
- 2 tablespoons Worcestershire sauce
- 1 large yellow onion, sliced
- 1 (12-ounce) jar mild banana pepper rings
- 1 (15-ounce) can beef broth
- 3 garlic cloves, chopped

1. Season roast with the salt, pepper, cumin, chili powder and cayenne pepper. Rub the spices on both sides of the roast. Sprinkle both sides of the roast with the flour.

2. Add oil to a large skillet and heat on high. Brown all sides of the roast, leaving the meat in the pan untouched for 2 to 3 minutes on each side to form a crust.

3. Place the roast in a 6-quart slow cooker. Add in the steak sauce, Worcestershire sauce, onion, banana pepper rings, beef broth and garlic.

4. Cover and cook on LOW 6 to 8 hours or until meat shreds easily. Transfer to a cutting board, reserving liquid in slow cooker. Shred roast using a sharp knife to dice into pieces or by placing small chunks of the roast into a food processor and pulsing until the meat is shredded. Return the meat to the slow cooker and stir it into the liquid. Keep warm on LOW.

#### For Beef Nachos:

Keep the shredded beef in the slow cooker to keep warm. The heat from the beef will melt the cheese slightly.

- 1 (20-ounce) bag tortilla chips
- 1 (15-ounce) can pinto beans with jalapeño, drained and rinsed
- 3 large tomatoes, chopped
- 1 large onion, finely chopped
- 2 cups shredded Pepper Jack, Cheddar, Munster or Monterey Jack cheese
- 4 sliced avocados (sprinkled with lemon juice)
- 1 (15-ounce) bottle medium or hot salsa
- 1/2 cup chopped cilantro
- 2 cups shredded coleslaw

Layer the chips, onion, beans and the warm beef. Sprinkle with the cheese and desired toppings.

#### For Beef Sliders:

- 1 1/2 cups shredded beef
- 1 cup shredded Cheddar cheese
- Shredded coleslaw, if desired
- 12 slider or dinner rolls, sliced lengthwise
- Warm rolls, if desired. Place shredded beef, cheese and desired toppings on each slider.

#### For Beef Tacos:

Wrap the tortillas in a damp, food-safe paper towel or damp dish cloth and warm them in the microwave for 30 seconds. Set out the taco ingredients and let your guests serve themselves!

- 10 flour tortillas (warm)
- 1 1/2 cups shredded beef
- 2 cups shredded coleslaw
- 1 cup diced tomatoes
- 1 cup Cheddar cheese (shredded)
- 1 cup corn salsa (see recipe below)
- 1 cup sour cream

Layer the ingredients on the warm tortilla, fold and eat!

#### To Make Corn Salsa:

- Save time by using a mini-chopper or food processor to mince the purple onion, jalapeño, cilantro and oregano
- 2 cups frozen corn, thawed and drained
- 1/2 purple onion, chopped finely
- 1 jalapeño chili pepper, seeds and ribs removed to lessen heat, if desired, and chopped
- 1/3 cup chopped cilantro, including tender stems
- 2 teaspoons fresh oregano, chopped (or 1 teaspoon dry)
- 1 teaspoon salt
- 1/2 teaspoon ground cumin
- 2 tablespoons lime juice

Using a large bowl, combine all the ingredients together. Cover and chill. Stir before serving. Makes 2 cups.

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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). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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