

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>

Tuesdays, 4-5 pm

Library Seeks Teen Advisors

The Estill County Public Library is now accepting applications for the volunteer Teen Advisory Group (TAG). Consisting of no more than 12 voting members, TAG is a 10-month commitment from teens who wish to help make the library more welcoming to younger patrons. If you are or know a teen who would like to join the library's Teen Advisory Group, stop by the library for an application. We meet every first Tuesday from 4-5 p.m. For more information, contact the library at (606) 723-3030.

Wednesday, October 14th @ 12:30pm

Public Retirees To Meet At Natural Bridge

The Kentucky Public Retirees (KPR) Bluegrass East Chapter will meet on Wednesday, October 14, 2015 at Natural Bridge State Resort Park. The meeting will start at 12:30 p.m. in the Lobby Meeting Room. Lunch will be on your own in the main dining area. The speaker will be Representative David Hale who represents Menifee, Montgomery and Powell County. Chapter members, State Government/County Retirees and interested parties of all area counties are invited to attend. Space is limited.

Thursday, October 15th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, October 15 at 5:30 p.m. at Michael's Restaurant. The program will be a speaker from Marcum-Wallace Hospital. Donations given by the club in September went to Ravenna Railroad Festival, First Responder Picnic, Picnic in the Park, mowing of Old Irvine Cemetery, Youth Soccer League, and River City Players. Persons dedicated to "improving the world one child and one community at a time" are welcome to become members.

Thursday, October 15th, 6pm

Garden Thyme Herb Club

The Garden Thyme Herb Club will be meeting Thursday, Oct. 15 at 6 p.m. at St. Elizabeth Church fellowship hall in Ravenna. The program will be on berries, and plants will be available to purchase. Everyone is welcome.

Thursday, October 15th @ 6:30pm

Pregnancy Center Banquet

Pregnancy Center Banquet Family Life Resources, Inc. presents "White for Harvest", a night to benefit the Center for Pregnancy & Parenting. Dinner, followed by the program, will be at Rice Station Christian Church fellowship hall, on Thursday, October 15 from 6:30 - 8:30 p.m. Chris Jolly-Harned, former director of Pregnancy Help Center in Richmond will be the guest speaker. An opportunity to support the Center will be given. There is no admission charge, however reservations are required by October 10th. RSVP with the number in your party to 723-0184 or email <info@estillccpp.org>. To donate online: <familyliferesource.wix.com/donate-to-ecpp>. Churches, businesses and others are invited to sponsor a table. Contact the Center for details.

Friday, October 16th, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets Friday, October 16th and 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.

Friday October 16th @ 5:30pm

ECHS Class of 1985 Reunion

The Estill County High School Class of 1985 will be celebrating the second and last part of their 30 year class reunion on Friday, October 16th at the Estill County High School homecoming game. If you are a classmate of the class of 1985 and you and your family want to take a tour of your old high school please be at the front doors of the high school at 5:30 p.m. for the tour. After the tour we will go down to the football game and socialize and watch the game. All classmates and family members will pay to get into the game. Please bring soccer chairs if you want to put them under the tent we will put up. We will have a banner welcoming our class, so look for the banner that says "Welcome ECHS Class of 1985" and has a train on it; it will be hanging beside our tent. If you don't want to sit and watch the game, of course you can stand on the sidelines and watch it. Feel free to buy food at the concession stand. Hope to see you there. Any questions text or call Rebecca Click 606-643-5569 or Facebook message her.

Saturday, October 17th

Annual Will Wise Toy Drive

Classmates and friends will be having a road block on Saturday, October 17, for the Will Wise Toy Drive. Each year the toy drive provides toys to sick children who are patients at Marcum & Wallace Memorial Hospital in Irvine, Ky. during the Christmas Season. Thank you in advance for all who donate and once again fill up Will's truck and bring a smile to a sick child.

Friday & Saturday, October 16th & 17th

ECHS Class of 1975 Reunion

Calling all 1975 Classmates for our 40th Reunion! We will be meeting between 7-7:30 p.m. on Friday, October 16th for the ECHS football game. Later that evening, classmate my gather at Gilllums in Richmond for more fellowship if they desire. Classmates are responsible for their game entry and meals. The registration fee is \$15 per person and can be mailed to Donna Elliott: 205b Clay Street, Mt. Sterling, KY 40353 by October 14th. The following day on Saturday, October 17th we will be meeting at Michael's Restaurant from 12 Noon until 1:00 p.m. for lunch.

October 18-24

Retired Teachers Appreciation Week

The 2014 Kentucky General Assembly has honored Kentucky's retired teachers by recognizing the week of October 18-24th as Kentucky Retired Teachers' Appreciation Week. Kentucky's retired teachers have devoted their careers to the education and training of literally thousands upon thousands of Kentucky's youth. Kentucky's retired teachers represent the profession, which is given the basic responsibility for laying the foundation for the welfare of all members of our society. Thank a retired teacher today.

UK COOPERATIVE EXTENSION SERVICE
University of Kentucky - College of Agriculture

Estill County Family & Consumer Sciences
Chelsea K. Bicknell
Estill County Extension Office

Monday, October 19th @ 12:00 Noon

Lightbulb Shopping Made Simple

Standing in the store's lighting aisle can be confusing if not overwhelming. Armed with less than an electrical engineer background, the simple light bulb decision has quickly evolved into a shelf-side research project ending in a startling price analysis. Once you crack the code, only then can you focus on what really matters - how much you're willing to spend and how bright a bulb you need. Would you like to learn the truthful facts amidst misleading advertisements and company profit motives? If you are looking for direction when replacing that burned out 60 watt incandescent, join UK Extension Associate for Residential Energy, Gerald Hash, and Family and Consumer Sciences Extension Agent, Diana Doggett, at The Best and Brightest Home Lighting workshop on October 19 at 12:00 Noon at the Estill County Cooperative Office, 76 Golden Court, Irvine, KY. This program is free of charge and will help consumers become better informed but not overwhelmed regarding the battle of the bulbs. Contact 606-723-4557 for additional information.

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

Tuesday, October 20th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, October 20 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 International, 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..."

Tuesday, October 20th @ 7pm

Estill County Arts Council

Please join the Estill Arts Council in the Estill County Public Library community room at 7 p.m. on Tuesday, October 20th. Our featured speaker is Lindsey Rogers, a member of Estill County's Trail Town Task Force. She will be sharing information on how you can help Estill County become a Certified Kentucky Trail Town. The Kentucky Trail Town certification process provides economic growth, instills community pride, promotes tourism, invests in local beautification, and creates a focus for local businesses and citizens to work together for the betterment of Estill County. Q & A will follow the program. Light refreshments will be provided. For more information call Susan Hawkins at (606) 723-5755.

Saturday, December 5th, 10am-4pm

Christmas Arts & Crafts Show

The 12th annual "Christmas Arts & Crafts Show" will be Sat., Dec. 5 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, 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. Demonstrations are encouraged. Area artists and craftsmen can get an application form from the Citizens Guaranty Bank (River Drive), Estill County Public Library, or Ravenna Greenhouse. 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. 7. Entries postmarked after Nov. 7 will be an additional \$10. For more information call 606 723-4678 or 606 723-5694. Proceeds from the event will be used to support the activities and programs of the Estill Arts Council.

Kitchen Diva Slow Cooked Comfort

by ANGELA SHELF MEDEARIS

I live in Texas, and I've had a long love affair with tortillas. It's the perfect foundation for any number of dishes from spicy enchiladas and crunchy tacos to my personal guilty pleasure, veggie-stuffed burritos. A "burro" is a donkey, and "burrito" means "little donkey."

The Diccionario de Mexicanismos has an entry for the burrito as early as 1895. There are many folklore stories about how burritos got their name. Some stories compare the shape of a burrito to a donkey's ears or the packs and bedrolls donkeys carried. It's a proven fact that burritos are the perfect way to meld together flavorful ingredients in a hand-held package.

There are a few tricks to making the classic burrito:

* Heat the tortilla before making your burrito. You can heat it on the stove, directly on the heating element; you can wrap them in foil and place in the oven; or steam them in damp, food-safe paper towels in the microwave. Heat is necessary to make tortillas pliable enough for folding.

* Make sure the tortilla is at least twice as big as the contents you'll put into it. When you fold the tortilla in half, with the contents inside, both ends should be able to touch with room to spare.

* Join the front and back flap and quickly lift the tortilla into the air to compress the contents. Make sure to keep the contents of the burrito in the tortilla. Set it back down again, open faced.

* Pull the left flap of the tortilla over the burrito contents, toward the center. Pull the right flap over the burrito contents, toward the center. Your tortilla flaps probably won't overlap at this point. Don't pull too hard on the ends of the flaps as you fold them over to the center or you'll rip the tortilla.

* Pull the tortilla flap nearest you over the contents and tuck the end underneath the burrito contents, pulling all of the filling toward your body, into the center of the burrito.

* Starting from your body and moving outward, roll the burrito forward into a cylindrical shape. Let the burrito rest on top of the last little flap for a minute to stick the ends of the tortilla together. Wrap the burrito in foil to help keep the burrito together and warm.

My recipe for Slow-Cooked Burrito Filling is an easy way to prepare burritos for a weeknight meal or a weekend crowd.



Depositphotos.com

SLOW-COOKED BURRITO FILLING

You can put this filling into a bowl instead of a tortilla and finish it with your favorite toppings.

- 1 to 1 1/2 lbs boneless skinless chicken breasts, chicken thighs, or a mix, cut into 2-inch pieces
- 1 1/2 tablespoons chili powder
- 1/2 tablespoon cumin
- 2 teaspoons salt
- 1 (14.5-ounce) can hot or medium diced tomatoes with jalapeno peppers, plus juice
- 1 cup chicken stock, divided, plus more if needed
- 1 cup brown rice
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup frozen corn
- 8 large burrito-style tortillas
- Optional toppings: shredded cheese, chopped cilantro, sour cream, diced avocado, salsa, hot sauce, diced green onions, shredded lettuce

1. Combine the chicken pieces, chili powder, cumin, salt and diced tomatoes together in the bowl of a 2 1/2- to 3 1/2-quart slow cooker until all of the pieces are coated. Add 1/2 cup of chicken stock or more as needed to ensure the chicken is covered. Cover with the lid and cook on low for 3 to 4 hours.

2. Remove the lid and add the rice, black beans, frozen corn and the remaining chicken broth. Replace the lid and continue cooking on low for another 3 to 4 hours. Check the rice periodically in the last hour of cooking, stirring once or twice to make sure rice cooks evenly and adding more chicken broth if the mixture seems dry. Cooking is done when the rice is tender. (If the rice is done while there still is liquid left in the slow cooker, remove the lid and cook on high to let the liquid evaporate.)

3. Roll the chicken filling and your choice of optional ingredients into a warm tortilla and form a burrito, or put the filling into a bowl and add your choice of toppings. Serves 6 to 8.

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.

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