

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.

Thursday, October 29th, 5:30pm

Kiwanis of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, October 29, 5:30 p.m., at Michael's Restaurant. A devotional will be given and plans made for upcoming activities at the monthly business meeting. Make a difference in the community by getting involved with the Kiwanis Club that has 93 years of service to our community. New members are welcome. Anyone interested can contact any Kiwanis member.

Friday, October 30th, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets Friday, October 30th 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.

Saturday, October 31st, 7-11:30pm

Lions Club Pancake Breakfast

The Estill County Lions Club will hold their Fall Pancake Breakfast on Saturday, October 31, from 7:00 - 11:30 a.m. at the First Christian Church on Main Street in Irvine. The menu includes pancakes, scrambled eggs, sausage, bacon, milk, orange juice and coffee. Adult tickets are still \$5, children under age 10 are \$3, and under age 3 are free. Come have a good breakfast and help Estill Countians with the gift of sight!

Saturday, October 31st - 8pm - Midnight

AM Vets Halloween Dance

AM VETS Post # 67 in Clay City will be hosting a Halloween Dance this coming Saturday, October 31, 2015 from 8 p.m. until 12:00 Midnight at 710 Lakeview Drive, off Hardwicks Creek Road in Clay City. Costumes or regular dress. This is open to members, family and friends. There is a \$5.00 cover charge. Music will be provided by: DJ - Wes Thomas (Bootscootin Entertainment). For more information call: 606-663-0071 Commander: Jeff Townsend

Tuesday, November 3rd @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, November 3 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, November 3rd @ 7pm

Estill County Historical Society

The Estill County Historical and Genealogical Society will meet on Tuesday, November 3, 2015, at the Estill County Public Library at 7 P.M. The Teen and Adult Program Librarian, Jillene McCommons will be the speaker. If anyone has pictures that they would like to have considered for the 2016 calendar, please bring them to the Historical Museum on Broadway on any Saturday OR please send a copy of the picture to the The Estill County Research Library and Museum, 113 Broadway, Irvine, KY 40336. (Picture/pictures need to be a copy. These will not be returned to sender.) Pictures need to be submitted by the end of October.

November 4th & 10th @ 9am

Volunteers needed to wrap gifts

Volunteers are needed to wrap the 1,100 toys and books for the 35th annual Elizabeth Witt Christmas Party which will be held Sat., Dec. 5 at the First Christian Church in Irvine. The gifts will be wrapped at Citizens Guaranty Bank on River Drive on Wednesday, November 4 and Tuesday, November 10 at 9 a.m. The party is being planned for children in Estill County that are 12 years of age and younger. Further dates for wrapping gifts will be announced later as needed. The party has been able to continue through the years due to the generosity of the community. Donations for the party can be given at Citizens Guaranty Bank. Contact Francine Bonny or Regina Robertson for more information.

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Tuesdays & Thursdays, Nov. 5-17

Paraeducator (Teacher's Aid) Classes

The Estill County Adult Learning Center will offer paraeducator (teacher's aide) classes during the month of November. This certification will allow you to work as a teacher's aide not only in Estill County but also in school systems across Kentucky. These classes will be offered on Tuesdays and Thursdays from 4:00 to 7:00 p.m.; they will begin on November 5th and continue through November 17th. However, if you know that you cannot attend all the classes, do not allow this fact to prevent you from signing up for the training. Our staff understands that everyone is very busy; therefore, we will attempt to work around your other obligations.

Note: If you have 48 college credits, you do not need this certification to work as a teacher's aide.

Saturday, November 7th, 9am - 2pm

Bazaar & Basement Sale

St. Elizabeth Catholic Church will hold their 5th Annual Holiday Bazaar and Basement Sale, Saturday, November 7, 2015, 9 A.M. until 2:00 P.M. St. Elizabeth is located at 5th Street, Ravenna, Ky.

Saturday, November 7th, 9am - 4pm

Hospice Volunteer Training

New Hospice Volunteer Training. Saturday, November 7, 2015, 9 a.m. - 4 p.m., at the Compassionate Care Center in Richmond. Please pre-register by contacting Tina at 859-626-9292 or hospice@hospicecp.org. Volunteers to help support patients and families in their homes and at the Compassionate Care Center are especially needed.

Saturday, November 7th, 10am-5pm

Hands to Heart Craft Bazaar

A Hands to Heart Craft Bazaar will be held Saturday, November 7, 2015, 10 a.m. until 5 p.m. at the Irvine Masonic Lodge dining hall, 221 Broadway in Irvine. Items include salt dough ornaments, resin ornaments, spoon art, peg dolls, glass ornaments, stain glass chimes, wooden furniture, jewelry, wooden crafts, crochet, gourd art, porcelain wreaths, paintings, art tiles, decorative tags & fobs, holiday aprons, birds painted on cabinet doors, coasters and much more. Hot dogs, chips, drinks, and homemade desserts will be available for lunch! The event is sponsored by the 1st Local Craft Artist & Order of the Eastern Star.

Tuesday, November 10th, 6-7pm

Holiday Grief Workshop I

Holiday Grief Workshop. Tuesday, November 10, 2015 6-7 p.m., at the Compassionate Care Center in Richmond. Hospice Care Plus bereavement and social work staff will provide tips & tools to help the bereaved get through the holiday season. The workshop is free and registration is not required. For questions, contact Hospice Care Plus at 859-986-1500 or hospice@hospicecp.org.

Wednesday, November 11th, 10am

ECHS Veterans' Day Ceremony

The 2015 Estill County High School Veterans' Day Ceremony will held on November 11th, 2015 at 10:00 a.m. at Estill County High School in the auditorium. All Veterans are cordially invited to attend. Congressman Andy Barr will be here to bring greetings and have a meet and greet with Veterans at the luncheon following the ceremony. This year's key-note speaker is Retired United States Army Sergeant Major, Paul Muncie, from Irvine, Kentucky. There will be special music and a Power Point Presentation featuring Veterans from Irvine. For more information, contact Debbie Anders at debbie.anders@estill.kyschools.us or at (606) 723-3537.

Thursday, November 12th, 1-2pm

Holiday Grief Workshop II

Holiday Grief Workshop. Thursday, November 12, 2015, 1-2 p.m., at the Compassionate Care Center in Richmond. Hospice Care Plus bereavement and social work staff will provide tips & tools to help the bereaved get through the holiday season. The workshop is free and registration is not required. For questions, contact Hospice Care Plus at 859-986-1500 or hospice@hospicecp.org.

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 post-marked 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 Don't Toss Those Pumpkin Seeds

by ANGELA SHELF MEDEARIS

Pumpkins are one of the highlights of the fall harvest. Pumpkins -- like cantaloupes, watermelon, cucumbers and squash -- belong to the Cucurbitaceae or gourd family. The fruit originated in Central America. Most of the pumpkins grown in the United States are from Illinois. Whole pumpkins and the carved pumpkin shell often are used as decorative items. The interior pulp is a nutritious addition to savory and sweet dishes, but don't throw out the seeds! Pumpkin seeds make a tasty snack that's low in calories, high in protein and rich in fiber, as well as vitamins B, E and K, and zinc, iron and magnesium. Pumpkin seeds also contain many beneficial fatty acids and amino acids.

The flat, dark-green pumpkin seeds, or "pepitas" as they are often called, are covered with a yellow-white husk. Pepitas are a key ingredient in Mexican recipes and often are used in the cuisines of many other cultures. Toasted pumpkin seeds add a nutritious crunch when used as a topping for sauteed vegetables or salads. Grinding pumpkin seeds with garlic, parsley or cilantro and adding olive oil and lemon juice to the mixture makes a wonderful salad dressing. Pumpkin seeds also are delicious in oatmeal-raisin cookies or granola recipes.

Pumpkin seeds are a power-packed addition to sauces, soups and salads, and they're a healthy snack. Roasting and adding spices enhances their flavor. This recipe provides a few suggestions for preparing pumpkin seeds.

1 pumpkin (field or sugar), about 2 cups
2 tablespoons vegetable oil
2 tablespoons salt, plus more for sprinkling
Cooking oil spray

1. Cut a fresh, ripe pumpkin in half. Remove the membrane and seeds and as much pulp as possible. Separate out seeds (leaving some of the pulp on adds to the flavor). Do not rinse the seeds, as they will steam instead of toasting.

2. Pick through the seeds and remove any that are split. Do not place the seeds on a paper towel, as seeds will stick to the paper. Instead, place seeds on a sheet of waxed or parchment paper, or on lightly oiled aluminum foil.

3. Heat oven to 300 F. For **Spicy Pumpkin Seeds:** mix 1/2 teaspoon each of garlic powder, onion powder, salt, cumin, sugar and coriander and 1/4 teaspoon of cayenne pepper with the seeds before toasting.

For **Sweet Pumpkin Seeds:** mix 3 tablespoons of dark brown sugar and 1/4 teaspoon of salt with the seeds before toasting.

4. Spread vegetable oil on a shallow pan. Sprinkle seeds over oil in single layer. Bake 10 minutes, stir, and spray with cooking oil spray. Bake for another 10-15 minutes, stir, and spray with cooking oil spray. Bake for an additional 10-15 minutes as needed or until lightly browned, being careful not to burn them. Remove from the oven and sprinkle with salt. The seeds will become crisper as they cool.

5. Shell the seeds, or for more fiber, eat them whole. Store in an airtight container.

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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TOASTED PUMPKIN SEEDS

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