

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 & 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.

Thursday, November 12th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, November 12 at 5:30 p.m. at Michael's Restaurant. Activities will include a program and making plans for the Farm-City Banquet on November 19.

Donations given by the

club in October went to Ravenna Railroad Festival, Jackie Miller fund, and Old Irvine Cemetery mowing.

Persons dedicated to improving the world one child and one community at a time are welcome to become members.

CHURCH NEWS

Church News is published as a free service of The Estill County Tribune. Call your announcement to (606) 723-5012; fax it to (606) 723-2743; or E-mail it to <News@EstillTribune.Com> or mail to 6135 Winchester Road, Irvine, KY 40336

Sunday, November 15th @ 5pm

Community Thanksgiving Meal

There will be a "Community Thanksgiving Meal" at Calvary Baptist Church, 21 Glory Street, Irvine, on Sunday November 15, 2015 from

5 p.m. 'till 6:30 p.m. (or until food runs out)

Please come join us for a free Thanksgiving Meal

Tuesday, November 24th @ 7pm

Community Thanksgiving Service

The Estill County Ministerial Association will be sponsoring the annual Community Thanksgiving Service on Tuesday, November 24, 2015, at 7 p.m.

The service will be held at the Irvine First Church of the Nazarene, 280 Broadway, Irvine.

Everyone in the community is invited to attend, as together we celebrate God's many blessings that He has

given each of us throughout the year.

A Thanksgiving-type meal will follow the service. Bro. Greg and Sherri Humpert will be providing the special music and Bro. Humpert will be preaching that evening.

All area churches and their congregations are encouraged to attend this special event.

For any more information, contact Pastor Curt Napier at (517) 719-2238.

Sundays, 10, 11 & 6 and Wed. @ 7pm

High Street Full Gospel Church

High Street Full Gospel Church is having services on Sundays at 10 a.m., 11 a.m. and 6 p.m., and on Wednes-

days at 7 p.m.

The pastor is David Woosley.

Everyone is welcome!

Sundays @ 10am and Wed. @ 6 & 7

Ivory Hill Baptist Church

Evangelist Mike Hetrick and the congregation of Ivory Hill Baptist Church would like to invite you to our services on Sunday mornings and Wednesday evenings.

Sunday school begins at

10:00 a.m. followed by morning worship at 11:00 a.m.

Youth worship runs from 6 to 8 p.m. on Wednesdays and Wednesday night adult prayer meeting begins at 7 p.m.

Everyone is welcome.

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.

Friday, November 13th, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets Friday, November 6th and every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine, for anyone who plays an Appala-

chian 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, November 17th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, November 17 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..."

Monday, November 30th, 8:30-4:30

Christmas At The Outlet Shoppes

Mark your calendar for November 30th and join River City Players at the Outlet Shoppes of the Bluegrass for a day of Christmas shopping.

The Outlet Shoppes offer special deals and discounts for four groups; free coupon books for the whole group. There are restaurants and food courts at the mall.

Wombles Transportation's motor coach will depart Irvine

at 8:30 a.m., you will have 5 hours to spend at the shoppes, and arrive back at the pick-up point around 4:30 p.m.

The trip is \$30 per person, with \$10 going directly into the "Save the Mack" fund. RCP will provide snacks.

Payment and deadline to reserve your seat is November 13th. Call Bobby at 723-2254, Myra at 723-4238, Susan at 723-5755 to book your seat.

Saturday, December 5th, 10am

Christmas Parade & 35th Annual Elizabeth Witt Christmas Party

The Christmas Parade and the 35th annual Elizabeth Witt Christmas Party will be held Saturday, December 5, 2015. 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. Prizes from the Kiwanis Club of Irvine-Ravenna will be awarded for the floats in the amount

of \$75, \$50, and \$25 for first, second and third place respectively for the most attractive floats.

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 Whitaker at 723-7232, Richard Snowden at 723-2135, or Tom/ Francine Bonny at 723-5694.

Contributions from the community are necessary for the party to continue. Donations can be made to the "Elizabeth Witt Christmas Party" at Citizen's Guaranty Bank.

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.

Card of Thanks

The family of Ona Mae (Osborne) Clair would like to thank family and friends and all the kind people who have been with us at this sad time in our lives.

We would personally like to thank the following: the first responders at Estill County EMS; Marcum & Wallace Hospital ER staff; attending staff at Central Baptist Hospital, Lexington; the wonder people at Hospice Compassionate Care Center in Richmond; the Warren F. Toler Funeral Home and staff, Pastor Willie Gordon of Ravenna Church of God for conducting a wonderful celebration of life service, Watts Funeral Home of Jackson, Kentucky, for providing burial services, and a special thanks to Vada Combs of Irvine.

Kitchen Diva Pumpkin, Spice, and Everything Nice

by ANGELA SHELF MEDEARIS

I know that harvest time is here when the colors in the produce section are dominated by dark vibrant greens, warm yellows and rich orange pumpkin colors. Pumpkins are the ambassadors of fall, ushering in the holiday season with its cooler days and longer nights.

The pumpkin plant originated in Central America and was introduced to the Pilgrims by Native American Indians. Pumpkins provide a hefty source of vitamin A, as well as being one of the tastiest forms of good-for-you fiber. The gorgeous orange color indicates significant amounts of beta carotene, also found in carrots, beets and sweet potatoes. Pumpkin seeds are rich in protein, minerals and fiber. They also possess a rich buttery taste that lends itself well to pestos, salad toppings or as a healthy snack.

I like using pumpkin to update traditional recipes like this modern version of Shepherd's Pie. You can make this crowd-pleaser in a baking dish or ramekins ahead of time and reheat it. Time in the refrigerator allows the spices to infuse the dish and the flavors to deepen. Harvest Shepherd's Pie is a wonderful way to celebrate fall!

Depositphotos.com



HARVEST SHEPHERD'S PIE

- 1 1/2 pounds peeled cubed baking pumpkin, butternut or kabocha squash
- 1 pound peeled, cubed Yukon Gold or Russet potatoes

For the meat filling:

- 2 tablespoons vegetable oil
- 1 cup chopped onion
- 2 carrots, peeled and diced small
- 2 cloves garlic, minced
- 1 1/2 pounds ground lamb or ground beef
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon ground poultry seasoning
- 2 tablespoons all-purpose flour
- 2 teaspoons tomato paste
- 1/8 teaspoon ground nutmeg or cloves
- 1/8 teaspoon cayenne pepper
- 1 cup chicken broth
- 1 teaspoon Worcestershire sauce
- 1 cup frozen peas
- 1/4 cup half-and-half
- 2 ounces unsalted butter
- 3/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 egg yolk
- 1/2 cup shredded Parmesan or Cheddar Cheese, optional

1. Heat oven to 400 F with a rack in the top third of oven. Put pumpkin and potatoes on a greased rimmed baking sheet. Roast pumpkin and potatoes, covered with aluminum foil, until tender when pierced with a fork, 20-25 minutes.

2. While pumpkin and potatoes are cooking, prepare filling. Place the oil into a 12-inch saute pan and set over medium-high heat. Once the oil shimmers, add the onion and carrots, and saute just until they begin to take on color, about 3-4 minutes. Add garlic and stir to combine. Add the ground lamb or ground beef, salt, pepper and poultry seasoning, and cook until browned, approximately 3-5 minutes.

3. Sprinkle the meat with flour and toss to coat, continuing to cook for another minute. Add the tomato paste, nutmeg or cloves, cayenne pepper, chicken broth and Worcestershire, and stir to combine. Bring to boil, reduce heat to low, cover and simmer slowly 10-12 minutes, stirring once or twice until the sauce is slightly thickened. Add frozen peas to meat mixture and spread evenly into an 11 by 7-inch glass baking dish, or divide evenly into ramekins.

4. Place the cooked pumpkin and the potatoes into a large bowl, and mash together until well-combined. Put half-and-half and butter into a microwave-safe container, and heat in microwave until warmed through, about 35 seconds. Add the warm half-and-half mixture, salt and pepper, and continue to mash until smooth. Stir in egg yolk until well-combined.

5. Top the baking dish or the ramekins containing the meat and vegetable mixture with the mashed pumpkin and potatoes. Start around the edges of the dish to create a seal to prevent the mixture from bubbling up, and smooth with a rubber spatula. Sprinkle with shredded cheese, if desired.

6. Place the baking dish or ramekins on a parchment or foil-lined half sheet pan on the middle oven rack and bake for 25 minutes, or just until the topping begins to brown and bubble around the edges. Remove to a cooling rack for at least 15 minutes before serving.

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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