

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>

Friday, November 27th, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets Friday, November 20th 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.

Saturdays, December 5th, 12th & 19th

Salvation Army Bell Ringers

Again this year, the Salvation Army Red Kettles will be in place at Price Less Foods, Save-A-Lot, and Stop & Shop on the first three Saturdays in December, starting this coming Saturday, December 5th. Club and other community volunteers will attend the kettles and accept donations each Saturday from 10:00 a.m. to 4:00 p.m. Volunteers to ring the bells are still needed. If you would like to volunteer for 2 hours of bell-ringing on a Saturday in December, please all Steve Garrett at 723-3049.

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 tour 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.

Tuesday, December 1st – All Day

Food Bank Fund Raiser

The Estill County Food Bank will have a fund raising event on Tuesday, December 1, 2015 at the Irvine Pizza Hut. All pizzas purchased that day will benefit the Food Bank. Vouchers may be picked up at Picker's Paradise.

The food bank will also be accepting donations. Checks can be made out to Estill County Food Bank and mailed to PO Box 415, Irvine, Ky 40336

Tuesday, December 1st @ 6pm

Estill Historical Christmas "Pot Luck"

The Estill County Historical and Genealogical Society will have their annual Christmas "Pot Luck" on Tuesday, December 1, 2015 at 6 p.m. at the Historical Museum on Broadway. There will be a silent auction.

Tuesday, December 1st @ 4pm

Lighting The Tree At Irvine Rehab

The Irvine-Ravenna Woman's Club annual project of decorating the Christmas tree in the dining room at the Irvine Health & Rehabilitation home will be Tuesday, December 1 at 4 p.m. organized in 1954 and has served the needs of the community through a broad range of projects and programs throughout the years.

Membership is open to all women who are interested in community service in an atmosphere of fellowship. Become a volunteer and make new friends.

Tuesday, December 1st @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, December 1st 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..."

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 appreciated.

Saturday, December 5th, 10am-4pm

Christmas Arts & Crafts Show

Unique, handmade items will be available to purchase at the 12th annual "Christmas Arts & Crafts Show". It is sponsored by the Estill Arts Council and will be Sat., Dec. 5 from 10 a.m. to 4 p.m. at the Central Office gymnasium, 253 Main Street, Irvine. Other features of the event will include silent auction of arts and crafts items, 50/50 pot, concession booth with chili/hot dogs, and live entertainment.

Over 30 booths will feature a wide range of quality made items such as home décor, holiday decorations, jewelry, burlap purses, embroidered textile items, wooden toys, embellished gourds, original artwork, handmade cloth dolls/clothing, aprons, baby blankets, wooden bowls, handmade greeting cards, KY agates, leather items, body products made of organic/natural ingredients, and baked goods. A silent auction will include items donated by artists and craftsmen and a 50/50 pot winner will win half of the proceeds.

Local entertainment will include the Joyful Ringers handbell choir, Debbie Carlyle, Sheila Niece, and David/Donna Witt. Donations of \$1 for adults or a can of food for the Food Bank will be accepted at the door. Proceeds from the event will be used to support the activities and programs of the Estill Arts Council.

Come celebrate and spend the day! Enjoy the sights, sounds and tastes of the holidays.

Proceeds from the event will be used to support the activities and programs of the Estill Arts Council.

Sunday, December 6th @ 3pm

Estill Chorus Christmas Concert

The 9th Annual Estill County Community Chorus Christmas Concert will be held on Sunday, December 6, 2015 at 3:00 p.m. at the Irvine United Methodist Church, 243 Main Street, Irvine. Admission is free, with donations accepted. Please come out and support the chorus and hear some songs of the season!

Donations to Estill County Community Chorus are tax deductible and accepted at the door. Make checks payable to Estill Arts Council.

Call 859-556-0163 or Email: cawilson44@gmail.com for more information.

Dec. 11th @ 7pm & Dec. 13th @ 3pm

Irvine-Ravenna Kiwanis To Hold A Christmas Lighting Contest

The Irvine-Ravenna Kiwanis Club will be "rekindling the Christmas spirit" with a Christmas lighting contest to be held for the cities of Irvine and Ravenna with judging to take place on December 11 & 12, 2015.

Sections are:
1.) City of Ravenna homes
2.) Irvine homes south of Broadway to Ravenna city line
3.) Irvine homes north of Broadway to city line on Winchester Road
4.) Apartments and multiple-unit buildings in Irvine and Ravenna
5.) Businesses in Irvine and Ravenna.

So, untangle those lights, pull out the inflatables and start decorating! Whether you're a Clark Griswold or a Norman Rockwell, dazzle us with your creation. Be creative and festive to make the Twin Cities into a magical wonderland that people will come to see from near and far, every homeowner's efforts to make the message of hope, peace, love, joy and Spirit of Christmas come alive with your lighting displays.

Judging will take place based on 1) Creativeness, 2) Overall appearance, 3) Originality, and 4) Lights and appearance. There will be one overall winner and a Griswold Award.

Dec. 11th @ 7pm & Dec. 13th @ 3pm

River City Players To Perform "Best Christmas Pageant Ever"

River City Players will perform "The Best Christmas Pageant Ever" at the Estill County High School auditorium on Friday, December 11th at 7:00 p.m. and Sunday, December 13th at 3:00 p.m. General admission tickets can be bought at River View Place, from RCP members, or at the door; Children 6 to 12 - \$8, 5 & under free; Adults - \$10. Each performance will have 90 Premium Seating Tickets available for \$12 each; call Jo Ann Smith at (606) 723-3528 for information.

Monday, December 14th @ 12 Noon

Healthier Habits Alzheimer's

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

The program will take place at the Madison County Cooperative Extension Office located at 230 Duncannon Lane, Richmond, on Monday, December 14th from 12-1pm. To register for this program, please call 1-800-272-3900. Registration is required.

Kitchen Diva

Omelets are the ticket for Holiday Brunches

by ANGELA SHELF MEDEARIS

Christmas brunch is a holiday tradition at our house, and eggs are always the star of the show. Year after year, eggs have been my choice for a healthy and inexpensive way to feed a crowd. My Oven-Baked Omelet recipe is quick and easy to make, and is a crowd-pleaser for breakfast, brunch or a light supper.

I love providing my guests with their choice of different types of pre-cooked meats, diced vegetables and a variety of cheeses to personalize their omelets. The savory tomato topping and the ingredient selections can be cooked the day before, refrigerated and re-heated to save time. It's an easy, creative way serve breakfast or brunch for a crowd.



Photo by Phil Curry

OVEN-BAKED OMELETS

The pre-cooked toppings can be set up buffet style and quickly reheated in the microwave, with an electric skillet or on the stovetop in a saute pan.

Cooking oil spray, butter or vegetable oil for saute and baking pans

- 6 large eggs, separated
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon grated onion
- 3 tablespoons flour
- 2 tablespoons Italian Seasoning
- 1/2 cup each, pre-cooked meat and vegetable toppings*

Cheese for sprinkling or topping: Parmesan, Cheddar, American, Gouda, Goat cheese, etc.
*andouille sausage, salmon, Canadian bacon, ham, pork sausage, pork or turkey bacon, black beans, mushrooms, baby spinach leaves, chopped green onions, diced zucchini, diced squash, chopped onions or bell peppers, sliced black olives, etc.

1. Heat oven to 350 F. Grease two 8-inch round cake pans with cooking oil spray, butter or vegetable oil. Place the pans in the oven to heat. In a large bowl, beat together egg whites and 3/4 teaspoons of the salt with an electric hand mixer until soft peaks form. Do not overbeat.

2. In another bowl, mix the egg yolks, remaining 1/4 teaspoon salt, pepper, grated onion, flour and Italian seasoning. Beat until the mixture is thick and thoroughly blended. Gently fold in the egg whites. Spread mixture in the hot cake pans. Bake for 15 minutes, or until a knife inserted in the center comes out clean.

3. Use a knife to loosen the omelets from the sides of the pans. Invert the layers, bottom-side down, onto serving plates. Cut the omelets into wedges. Cover the pieces with foil to keep them warm.

4. Have your guests select the pre-cooked meats and vegetables of their choice. Add 1/2 teaspoon oil to medium saute pan and heat over medium-high heat. Add 2 to 3 tablespoons of the pre-made tomato topping per serving to the pan, and heat for 2 minutes over low heat. Add your guest's topping selections to the hot tomato topping and stir until warm, about 2 minutes.

5. Spoon the topping mixture over the omelet slice. Sprinkle with cheese, if desired. Serve immediately with sliced fruit and hot biscuits or rolls. Serves 12.

NOTE: If using a microwave, mix 2 to 3 tablespoons of the tomato topping and your guest's pre-cooked topping choices together in a bowl. Micro-cook on high for 1 minute.

Tomato Topping:

- 2 tablespoons of olive oil
- 8 ounces cherry tomatoes, diced
- 1 tablespoon Italian seasoning
- 1 clove garlic, finely minced
- 1 teaspoon salt
- 1 teaspoon pepper

Using a medium pan over medium-high heat, heat the oil. Add cherry tomatoes, Italian seasoning, garlic, salt and pepper. Saute for 5 to 8 minutes, until the tomatoes begin to soften.

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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THE ILLUSTRATED BIBLE

He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes, I will grant to eat of the tree of life which is in the Paradise of God. REVELATION 2:7

Celtic symbol for the Tree of Life

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Attention Veterans

A Veterans Benefits Field Representative will be at the National Guard Armory, 335 Cow Creek Road, Ravenna, on Thursday, December 3rd and normally the first Thursday of each month. The hours are 1:30 p.m. until 3:30 p.m.

Veterans and their dependants will receive assistance filing for Federal and state veterans benefits. This service is provided free of charge by the Kentucky Department of Veterans Affairs. To apply, veterans need to furnish copies of pertinent documentation to verify eligibility. For further information, please call toll free within Kentucky, 1-866-376-0308, to speak with a Veterans Benefits Field Representative.