

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>

Thursday, November 19th, 6:30pm

Kiwanis Farm-City Banquet

The Kiwanis Club of Irvine-Ravenna will host the Farm-City Banquet Thursday, November 19th at Michael's Restaurant in Ravenna. The banquet will begin at 6:30 p.m.
John Bell, from Elmwood Farm, will speak on how he changed his farm operation

from livestock to organic vegetable production. The banquet, which is held annually, honors the farmers and farm related businesses in Estill County. Heritage Farmers (Donnie Arvin and Danny Click) and Heritage Business (Honchell's Clothing Store) awards will be presented.

Thursday, November 19th, 6:00pm

Garden Thyme Herb Club

The Garden Thyme Herb Club will meet at 6 pm. on Thursday, November 19 in the fellowship hall of St. Elizabeth Church in Ravenna. The meeting includes a devotional and presentation on herb of the month. A potluck

Thanksgiving meal will be served. Guests and members are welcome to attend. For more information, visit the Garden Thyme Facebook page or call (606) 723-3096 and leave a message.

Friday, November 20th, 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 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 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.

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.

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

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

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

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

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 @ 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 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.

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.

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

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.

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.

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,

Local entertainment will include the Joyful Ringers handbell choir, Debbie Caryle, Sheila Niece, and David/Donna Witt.

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

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.

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.

Kitchen Diva Sweet Finishes Even Diabetics Can Love

by ANGELA SHELF MEDEARIS

When I ask most folks what they love about holiday dinners, the most common response is indulging in their favorite desserts. I love making holiday desserts, but several of my family members have diabetes. Here are a few tricks I've learned to create low-sugar and low-fat desserts like my recipe for pumpkin cheesecake that is both delicious and healthy.

* Swap out sweeteners: If you substitute a sugar substitute like stevia for sugar or agave syrup for honey, you can reduce the calories in your desserts without impacting the recipe. When a recipe calls for brown sugar, substitute half of the amount for stevia or a sugar substitute.

* Use less fat: The trick here is knowing what the magical minimum of fat is for the particular recipe you're using. Keep in mind that when you take fat out, you often have to replace it with another moist ingredient (like fat-free sour cream, applesauce, light cream cheese or orange juice). Using a combination of whole eggs and egg whites is another simple way to reduce fat.

* Downsize servings: Practice portion control when serving desserts, and use plating to trick the eye. Serve smaller pieces on a smaller plate, or serve desserts in small, clear parfait glasses with layers of low-fat whipping cream and fresh fruit.

* Use flavorful substitutions: If a cake recipe calls for 1 cup of butter or margarine, you can usually use 1 cup of whipped butter (50 percent less calories) or 1/2 cup of butter and 1/2 cup of an ingredient that complements the flavors of your recipe, such as fat-free sour cream, low-fat buttermilk, orange juice, low-fat yogurt, applesauce or other fruit purees, strong coffee and light cream cheese.

Depositphotos.com



LOW-FAT PUMPKIN CHEESECAKE

- Nonstick cooking spray
- 8 sheets low-fat honey graham crackers
- 2/3 cup plus 1 tablespoon sugar substitute or stevia
- 1 tablespoon unsalted butter, melted
- 12 ounces one-third-less-fat cream cheese, at room temperature
- 1/4 cup light brown sugar, packed
- 1/2 teaspoon kosher salt
- 2/3 cup low-fat 2 percent Greek-style plain yogurt
- 2 large eggs, at room temperature
- 2 large egg whites, at room temperature
- 1 (15-ounce) can pumpkin puree
- 2 tablespoons all-purpose flour
- 1 tablespoon pumpkin pie spice
- 1 tablespoon vanilla extract
- Low-fat whipped topping, optional

1. Position oven racks in the center and lower third of the oven. Fill a roasting pan about half full with water and place on the lower rack to help prevent cheesecake from cracking. Heat oven to 325 F. Coat a 9-inch springform pan with nonstick cooking spray.

2. Put the graham crackers and 1 tablespoon of the sugar substitute in bowl of a food processor and grind until fine. Add butter and 2 tablespoons water, and pulse until moistened. Press into the bottom of prepared pan. Bake until set and golden brown, 10 to 12 minutes. Cool completely.


3. Combine the cream cheese, brown sugar, the remaining 1/3 cup sugar substitute and salt in a large bowl. Beat with an electric mixer on medium speed until smooth and fluffy. Add yogurt, eggs and egg whites, reduce the mixer speed to low and continue to beat until blended. Add the pumpkin, flour, pumpkin pie spice and vanilla. Reduce mixer speed to low and beat until just combined. Stir with a spatula a few times to make sure all the ingredients are incorporated and to release any air bubbles in the batter that could cause the cheesecake to crack.

4. Pour the batter over the crust and rap the pan against the countertop a few times to bring any trapped air bubbles to the surface. Place the cheesecake on the center rack in the oven. Bake until just set and the center wiggles slightly, 50 to 60 minutes. Turn the oven off and crack the door open. Let sit in the oven for 15 minutes, and then transfer to a wire rack to cool. Run a thin sharp knife between the cheesecake and the pan to release the sides. Cool completely, and then chill until cold, at least 4 hours or overnight.

5. Before serving, remove the cheesecake from the refrigerator and release the sides of the pan. Allow the cheesecake to come to room temperature, 30 to 60 minutes. If the top of the cake appears wet, blot with a paper towel to dry. Top each serving with a tablespoon of low-fat whipped topping, if desired.

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. (c) 2015 King Features Synd., Inc., and Angela Shelf Medearis

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- Ham Steak \$3⁵⁰/Lb.
- Ham Cutlets \$3⁵⁰/Lb. (Similar to cube steak, only ham)
- Bacon \$4²⁵/Lb.
- Jowl Bacon \$3⁵⁰/Lb.
- Pork Tenderloin \$4⁵⁰/Lb.
- Pork Chops \$4⁰⁰/Lb.
- Spare Ribs \$3⁵⁰/Lb.
- Country Style Ribs \$3⁵⁰/Lb.
- Baby Back Pork Ribs \$3⁵⁰/Lb.
- Pork Burgers \$4⁰⁰/Lb. (Ground, pattied pork with no seasoning)
- Bratwursts \$4⁰⁰/Lb.

Bundle Packages

- 1/4 Processed Hog \$115⁰⁰
- 1/2 Processed Hog \$210⁰⁰
- Whole Processed Hog \$440⁰⁰