

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>

Throughout the Month of September

Teacher's Aide Classes

The Estill County Adult Learning Center will offer paraeducator (teacher's aide) classes during September. Call 606-723-7323 to schedule your classes.

Thursday, September 17th @ 6 p.m.

Garden Thyme Herb Club

The Garden Thyme Herb Club will meet on Thursday, Sept. 17, at 6 p.m. at St. Elizabeth Fellowship Hall in Ravenna. The program on fall gardening will be presented by Al Fritsch. All members and guests are welcome. For more information, please call (606) 723-3096.

Friday, September 18th @ 6:30pm

Madison Civil War Roundtable

The next monthly meeting of the Madison County Civil War Roundtable will be on Friday, September 18, 2015 at 6:30 p.m. at Ryan's Restaurant, just off I-75 in Richmond. Jefferson Davis State Historic Site superintendent Ron Rydnor will give a presentation entitled, "Jefferson Davis: The Man." Please call Phillip Seyfrit at (859) 623-8979 for info.

Friday, September 18, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets Friday, September 18th 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.

Sunday, September 20th @ 1pm

Annual McIntosh Reunion

The annual McIntosh Reunion of the family of James and Rosa Puckett McIntosh will be held Sunday, September 20, 2015, at the Veterans Memorial Park in Ravenna. Lunch will be potluck and served around 1 p.m. There will be hat contests for both adults and children and door prizes for nearly everyone attending. All family and friends are welcome.

Saturday, September 20th @ 2 pm

Post 79 district meeting

American Legion Post 79 will have their district meeting Saturday, Sept. 20. The meal will be served at 1 p.m. Flu shots will be given to veterans and American Legion members from 10 a.m. until meeting time at 2 p.m.

Tuesday, September 22nd @ 5:30pm

Diabetes Academy At Mercy Primary Care

Mercy Primary Care-Irvine, a service of Marcum & Wallace Hospital, will host a free Diabetes Academy on Tuesday, September 22 from 5:30-7 p.m. This is a free class given by Novo Nordisk Diabetes Educator (Angie Conley RN, BSN, CDE, MLDE). She will cover basic Diabetes information and then focus on meal planning basics, meal planning tools, and understanding carbohydrates. This class is ideal for diabetes patients and caregivers. It is not necessary to call and sign up, but if you have questions, contact Meloni Franz, Care Coordinator, 606-643-7700.

Tuesday, September 22nd @ 5:30pm

ECHS Class of 1990 Cele-

The Estill County High School Class of 1990 will be celebrating 25 years. We will first meet on Friday, September 25th in the high school cafeteria for a meet and greet and to tour the new additions to the school. Following that, we will move to the football game where we will have a tent set up to gather and talk.

On Saturday, September 26th, we will meet from 6 to 11 p.m. at Gillum's Restaurant in Richmond for a meal and reunion. We hope to see everyone there!

Saturday, Sept. 26th

Helping Hands Outreach's 1st Community Resource Event

Helping Hands Outreach will be hosting the First Annual Community Resource Event on Saturday, September 26th at the Estill County Fairgrounds. Share this with everyone and if you or your group wants to get involved send a private message to the Estill County Connect FB site with contact information and a representative will get back to you. Or you can email us at connect@helpinghandsirvineky.com

Saturday, September 26th @ 9am

Color of Hope - 5K Run/Walk

Join the fun again this year with the Hospice 5K Color Run/Walk on Saturday, September 26, 2015, starting at 9 a.m. Sponsorships are available for this event also. Early registration is \$25 through Sept. 18 and is non-refundable. Registration fee the day of the race is \$30. Registration forms can be picked up and returned at any Citizens Guaranty Bank location. For more information, call (859) 986-1500.

Saturday, September 26th @ 11am

Rader/Raider Family Reunion

The Rader/Raider reunion will be held on Saturday September 26, 2015 at Catalpa Park in Richmond. Activities will begin at 11:00 a.m., with covered dish lunch at 1:00 p.m. Please bring a covered dish and soft drinks enough for your attendees.

Saturday, September 26th

Rosses Creek Annual Picnic

The Rosses Creek Annual Picnic will be held Saturday, September 26, 2015 at the old school building. Everyone is invited to attend. Bring a covered dish or more, a soft drink, and a lawn chair. We will have plenty of Gospel Singing and plenty of fun. If you have questions, call Bill at (606) 723-2653.

Sunday, September 27th @ 11am

Murphy Family Reunion

The descendants of Hubert & Myrtle Murphy will hold their annual reunion at the Ravenna National Guard Armory on Sunday, September 27, 2015, between 11:00 a.m. and 4:00 p.m. All family and friends are invited to attend. Bring a dish or two, some drinks; and plan to join us.

Sunday, September 27th @ 11am

Dunaway Family Reunion

The Dunaway reunion will be held the last Saturday of this month, September 27 at the Irvine Masonic Lodge on Broadway. A potluck lunch will be served at 1 p.m. All family and friends are invited to attend.

Sunday, September 27th @ 1pm

Annual Stone Family Reunion

The annual Stone Reunion will be held on Sunday, September 27, 2015 at the Clay City Community Center in Clay City. Bring a basket lunch and join us for great food and fellowship. Table service (plates, forks, etc.) will be provided. Friends and relatives are invited. Lunch will be served at 1:00 p.m. Please mark your calendars.

Saturday, October 3rd @ 2 pm

Annual Walters Reunion

The annual Walters reunion will be held Saturday, October 3, 2 p.m. - dark at Veterans Memorial Park on Main Street in Ravenna. Please bring a covered dish and enjoy the day. All family and friends are invited to attend.

Saturday, October 3rd at ECMS

Kiwanis Radio & TV Auction

The Kiwanis Club of Irvine-Ravenna will be holding its 3th annual radio and TV auction on Saturday, October 3, 2015, at the Estill County Middle School. They were joined last year by Michael's Restaurant and Marcum Wallace Memorial Hospital/Dr. William Witt. We thank them all for their support.

As we begin to make plans for this event, the Club wishes to extend a sincere "thank you" to the people of Estill County and applaud you for the manner in which you have so generously supported our auction. We have a sincere appreciation for Bunt Gross Auto Sales, Citizens Guaranty Bank, and Davis Law Office, PSC because they have served as corporate sponsors since the first auction in 2002. The funds generated by last year's auction have allowed the Club, in its current fiscal year, to invest over \$15,000 in a variety of programs that served the young people of Estill County. To continue this level of support, we need your help. So, circle October 3, 2015 on your calendar and look for more announcements about the auction in the coming weeks.

Tuesday, October 6th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, October 6 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..."

Normally 1st Wednesday in October

IHS Class of 1947-48 Cancelled

The Irvine High School Class Reunion for 1947-48 normally held the first Wednesday in October, has been cancelled in order that members can attend the all-class reunion on Saturday, October 10th. See you there!

Saturday, October 10th @ 1pm

Irvine High School Reunion

Attention: All Irvine High School Students, there will be an all inclusive Irvine High School reunion on Saturday, October 10, 2015 at the old IHS gym/Estill Springs Elementary School from 1:00-5:00 pm. Please plan to attend and bring any memorabilia you have. Light refreshments will be served. The cost is \$10.00 per person at the door. It will be a wonderful time to catch up with old classmates. Also, there will be a golf scramble on Friday, October 9 beginning at 9:30 at the Estill County Golf Club. We hope to see you there.

Kitchen Diva

A Conscious Eater

by ANGELA SHELF MEDEARIS

Judy Wicks has been a leader in the "slow food" movement on the East Coast for more than 30 years. She describes herself as "a conscious eater." When she opened The White Dog in Philadelphia in 1983, it was a tiny muffin shop on the first floor of her historic Victorian brownstone. As her business grew, Wicks turned the muffin shop into a restaurant. She hired a chef who specialized in showcasing fresh, local meats and produce. Wicks convinced her to expand her menu to include even more local farmers and food artisans.

Wicks and her new chef also sought inspiration and guidance from famed West Coast restaurateur and locally grown-food pioneer Alice Waters. The White Dog's locally sourced menu was considered revolutionary during a time when restaurants focused on French recipes and imported ingredients. The small muffin shop grew into a 200-seat restaurant, and Wicks became one of the forerunners of the fresh, local, farm-to-table movement on the East Coast.

Wicks began using The White Dog as a meeting place and training center for other local business owners who shared her vision of a global economy comprised of a network of self-reliant and sustainable local economies connected by small-to-small fair-trade relationships.

Her advocacy on behalf of local businesses and creating self-reliant communities began to consume most of Wicks' time, and she decided to sell The White Dog restaurant to Marty Grimms in 2009. She also created a unique social contract, as she describes it, for the new owner that ensured he maintained the restaurant's long-standing practice of buying fair-trade products, locally sourced produce from its list of farmers and vendors, and only serving meat from ethically treated animals from local producers.

Today, Wicks spends most of her time mentoring entrepreneurs via the Sustainable Business Network of Greater Philadelphia, www.sbnPhiladelphia.org, and the international Business Alliance for Local Living Economies, www.bealocalist.org.

Wicks also is a popular speaker and author. Her award-winning book "Good Morning Beautiful Business: The Unexpected Journey of an Activist Entrepreneur and Local Economy Pioneer" was published by Chelsea Green in 2013. Her book won the 2014 Gold Metal in the Business Leadership category from Nautilus Book Awards.

The White Dog remains a popular restaurant in Philadelphia and has opened three other locations in the area. The menu is a tribute to a visionary woman's desire to support the community she loves and share her knowledge with others.

Depositphotos.com



STRAWBERRY PARFAIT

This delicious recipe for Strawberry Parfait with Homemade Drop Biscuits and Lemon-Scented Chantilly is a featured item at The White Dog restaurant.

Homemade Drop Biscuits

- 2 cups all-purpose flour
- 2 tablespoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1/2 cup cold unsalted butter
- 1 cup whole milk

1. Combine the flour, baking powder, baking soda, salt and sugar in a bowl. Cut the cold butter into small pieces; add to flour mixture. Using your hands, work the butter into the flour until pea-sized chunks of butter remain.

2. Add the milk all at once, and carefully fold in using a spatula. Scoop even spoonfuls of batter onto a lined sheet pan, and bake at 350 F for 10 minutes, or until golden. Set aside to cool completely. Makes 6 biscuits.

Lemon Chantilly Cream

- 2 cups heavy cream
- 2 tablespoons granulated sugar
- Lemon zest from 1 lemon

In a stand mixer or by hand, whip cream and sugar to firm peaks. Zest lemon over whipped cream and fold in. Set aside. Makes 1 cup.

To assemble:

- 2 pints of local sliced berries

Cut each biscuit in half lengthwise. Using a mason jar or bowl, layer the Lemon Chantilly Cream first, then half of a biscuit, followed by berries. Repeat until jars are full. Enjoy immediately or prepare ahead and refrigerate. Serves 4-6.

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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