

# 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>

**Now Available**

## Buy "A Piece of the Mack"

You can buy a piece of the Mack. Theater seats are being sold "as is" for \$10 each. They can be bought in sets or as a single. Call (606) 723-5755 for more information.

**Wednesdays @ 5:30pm**

## Beginner Yoga at Marcum & Wallace

Beginner Yoga class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30-6:30 p.m. with instructor Laritza Gomez. The cost in one non-perishable food item for Helping Hands Outreach Ministry. Bring your own yoga mat. The instructor will guide the class through basic poses focused on relaxation, building core strength and flexibility.

**Fridays, 6-8pm**

## Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club will meet every Friday from 6 to 8 p.m. at the Estill County Library, 246 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.

**Friday, October 7th @ 9am**

## Retired Co. C Guard Breakfast

Attention: All retired and old National Guard members of Charlie Company 1/149th. There will be a breakfast at Cracker Barrel, in Richmond, on Friday, October 7th and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

## Wishing Well®

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D	S	N	B	E	B	X	U	I	P	O	E	G
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HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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# Sammy's Furniture & Appliances

722 Main St., Ravenna • 723-6562

Open Mon. -Fri., 9-6, and Sat., 9-5

- Dutch Craft Amish-Made Bedding
- New Bedroom Suites
- New Living Room Suites
- New Recliners & Lift Chairs
- We do Special Orders
- Tables & Chairs

Now Accepting



Free Delivery & Set Up  
12 Months Same As Cash\*  
\*With Approved Credit

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We offer 16 colors of our #1 grade metal roofing tin cut to the inch. Now with a 40-year warranty, this ensures a roof that will last for years. Higher Gauge -- Same Low Prices!! We carry all metal roofing accessories!

Phone in or Fax orders welcome  
Call 606-593-7080

We now accept Credit & Debit Cards!

## Wolf Creek Metal

Open five days for your convenience

Mon. -Fri. 8am-5

LOCATED

1.5 miles south of Booneville, KY on Hwy. 11 in the Lone Oak Industrial Park



**Tuesdays, Oct. 11-Nov. 15 @ 10:00am**

## Free Memoir Writing Workshop

The Estill County Public Library, 246 Main Street in Irvine, is pleased to sponsor a free workshop, "Memoir Writing for Adults."

Local writer Donna Crow will be teaching a free six week memoir writing workshop in the library's community room. Please call the library at 723-3030 for more information, or to sign up for the workshop.

**Thursday, October 13th - 9am-4pm**

## Pregnancy & Parenting Training

The Estill County Center for Pregnancy & Parenting will host a one day Volunteer Training on October 13, from 9-4.

This training is for those interested in giving of their time to work with us as we "help to build strong families for a better Estill County". A few of the positions to be filled in this pro-life and family ministry are Client and Parenting Coach; Client Services and Administrative Volunteers; Boutique Coordinator; Facility Coordinator; Social Media Manager.

Please contact the Center by phone - 606-723-0184 or email - info@estillccpp.org to receive more information.

**Sign up by Friday, October 14th**

## Paraeducator (Teacher's Aide) Classes

The Estill County Adult Learning Center will offer classes during the month of October. This certification will allow you to work as a teacher's aide not only in Estill County but also in school systems across Kentucky.

We invite you to pre-register for these classes. Please sign-up by calling 723-7323 by October 14, 2016. Note: If you have 48 college credits, you do not need this certification to work as a teacher's aide.

**Saturday, October 15th**

## Will Wise Toy Drive Road Block

Classmates and friends will be having a road block on Saturday, October 15, for the Will Wise Toy Drive. Each year the toy drive provides toys to sick children who are patients at Marcum & Wallace Memorial Hospital in Irvine, Ky. during the Christmas Season.

Thank you in advance for all who donate and once again fill up Wills truck and bring a smile to a sick child.

**Monday, October 17th - 5-6pm**

## Diabetes Prevention Program

Have you recently been diagnosed with pre-diabetes, or think you are at risk of developing diabetes? We may be able to help! Call the health department today for more information about our upcoming Diabetes Prevention Program class series.

Beginning: Monday, October 17th, 5-6 p.m. at the Estill County Health Department. Class is FREE to attend, but you must be pre-registered by October 10th. Call today to register! 723-5181.

**Tuesday, October 18th - 6-8pm**

## RCPRising Plan Meeting

RCPRising 1-3-5 year Strategic Plan meeting will be held on Tuesday, October 18th at the EDA Conference Room, 6 to 8 p.m.

This is the first meeting following EstillRising. We will provide pizza, cookies, and drinks. So, please RSVP if you can attend. We will work hard for 90 minutes and adjourn at 8 pm. We will work with those of you that want to stay after 8 p.m. for clarification of questions. We look forward to having input from the RCP membership and the community.

Remember to RSVP to my <susan.hawkins81@yahoo.com> or call 606-723-5755.

**Tuesday, October 18th @ 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Oct. 18 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, October 22nd**

## Benefit for Senior Citizens

There will be a benefit for the Estill County Senior Citizens Center on Saturday, Oct. 22.

The benefit will be held at the Estill County Fair Barn which opens at 11:30 a.m.

There will be eight hours of local music as well as concessions, games, raffles, a silent auction and door prizes.

Admission is \$5. Children 12 and under are admitted free. The musical entertainment includes Senora Childers, Geno Seales, Yolo Mountain, Stanley Niece, Kevin Shearer, the Jenkins Twins, Manatobo Rock 'n Rolla, Buck Winburn, and Cody Centers. If you have questions, please call B.J. McGee at (606) 723-4787.

The Estill County Senior Center is on Facebook. It is open Monday through Friday, 8 a.m. to 4 p.m.

**Saturday, October 29th - 7-11pm**

## ECHS "Class of 1976" Reunion

The Estill County High School "Class of 1976" will be having its "40th" high school class reunion on Saturday, October 29th from 7-11 p.m. at Gillum's Restaurant in Richmond. If you have any questions, please feel free to call Glenna Powell at (606) 723-5567, Gail Freeman at (606) 723-4014, Cheryl Carlton at (859) 893-2130, or Jeff or Terri Tate at (606) 723-2547.

## Kitchen Diva

### Red Cabbage A Staple during Oktoberfest

by ANGELA SHELF MEDEARIS

Certain foods remind me of fall. A tray of beautiful red cabbages with a hint of purple and blue on their ruffled leaves resembles a bouquet of flowers. Raw red cabbage is a flavorful addition to salads, or it can be slow-cooked to sweet perfection as a side dish.

One of my favorite recipes for red cabbage comes from award-winning cooking instructor Rick Rodgers's cookbook "Autumn Gatherings: Casual Food to Enjoy With Family and Friends" (Morrow Cookbooks). Featuring red cabbage, sausages and apples, it's a classic example of German cooking and celebrates the bounty of the season. Rodgers says that he "learned early in my cooking life not to try and rush the cabbage, as it needs plenty of time to soften into the melting mass of sweet and sour ingredients that makes it so unique, and becomes the perfect place to cook your favorite sausages."

The apples and apple juice enhance the sweetness of the cabbage, and the vinegar preserves its color. The flavors of the dish intensify the next day, so if possible, prepare the cabbage ahead of time. Nestle the sausages in the pot, let them cook while the cabbage is re-heating, and enjoy the flavors of fall!

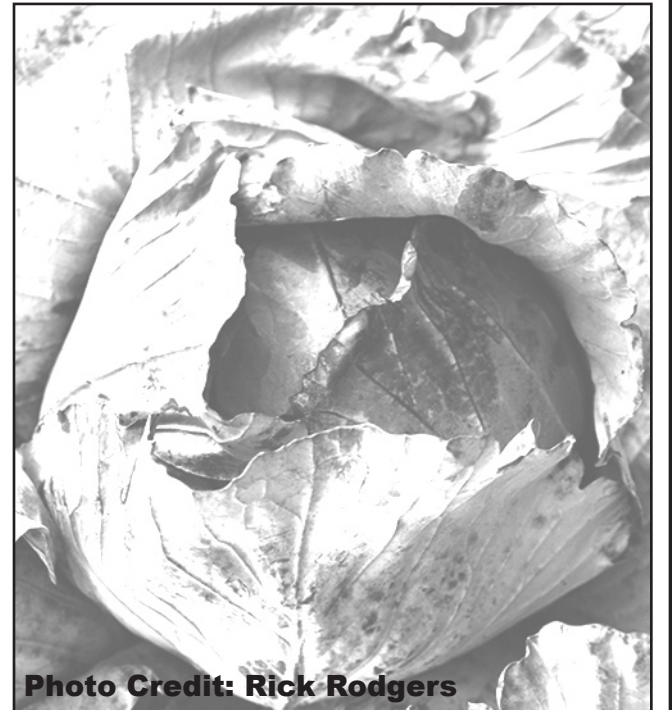


Photo Credit: Rick Rodgers

### Oktoberfest Sausages with Red Cabbage

- 3 tablespoons vegetable oil, divided
- 6 slices thick-sliced bacon, coarsely chopped
- 1 large onion, thinly sliced
- 2 Golden Delicious apples, peeled, cored and cut into 1/4 inch-thick wedges
- 1 (2 1/2-pound) head red cabbage, cut into wedges, core removed and thinly sliced
- 1 1/2 cups apple juice
- 1/3 cup cider vinegar
- 1/2 cup packed light brown sugar
- 1/2 teaspoon dried thyme
- 1 bay leaf
- Salt and freshly ground black pepper
- 12 assorted sausages, such as bratwurst, Weiss wurst, hot links and knockwurst, pricked with a fork

1. To make the red cabbage and apples, heat 1 tablespoon of the oil in a very large Dutch oven or flame-proof casserole over medium heat. Add the bacon and cook, stirring occasionally, until crisp and browned, about 8 minutes. Using a slotted spoon, transfer to paper towels to drain, leaving the fat in the pan.

2. Add the onion and cook, stirring often, until golden, about 10 minutes. Transfer to a bowl.

3. Add remaining 2 tablespoons oil to the Dutch oven and heat until hot but not smoking. Add the apples and cook, stirring often, until lightly browned, about 3 minutes. Add the cabbage, apple juice, vinegar, brown sugar, thyme and bay leaf, and stir well to coat the cabbage. (The vinegar helps the cabbage hold its color.) Bring to a boil over high heat. Reduce heat to medium-low and cover. Simmer, stirring occasionally, until the cabbage is tender, about 1 1/2 hours. Season with salt and pepper to taste.

4. Bury the sausages in the cabbage and cover. Cook until they are heated through, about 12 minutes. Using a slotted spoon, transfer the cabbage and sausages to a large serving bowl, removing the bay leaf, and tent with aluminum foil. Bring the cooking liquid in the pot to a boil over high heat and cook, stirring often, until reduced to about 1/2 cup, about 5 minutes. Pour over the cabbage and sausages and serve hot. Makes 6 servings.

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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. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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## BODY FITNESS EXERCISE CLASSES

Helpful for persons with arthritis, asthma, difficulty moving. Gentle Exercise and Movement - Builds Strength & Flexibility

**Mondays & Wednesdays**

INSTRUCTOR: SISTER LORETTA SPOTILA, RN

TIMES: MONDAY & WEDNESDAY MORNING 10:00 AM - 11:00 AM

PLACE: Estill County UK Extension Office 76 Golden Drive (off Stacy Lane Road)

DONATION: \$3.00 per class

FOR MORE INFORMATION:

Call Sister Loretta at 723-8505