

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 is 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!

Friday, October 7th - Noon-5pm

Retired Teachers Food Drive

Estill County Retired Teachers will be having a Food Drive to benefit the Estill County Food Bank on Friday, October 7 from Noon until 5 p.m. at the Save-A-Lot Store on Richmond Road. Teachers, if you can help please call 723-3728, Robert; or 723-4479, Floretta.

Saturday, October 8th @ 9am

Main Street Market Vendor Fair

The 2nd Annual Main Street Market Craft & Vendor Fair will be held at the Estill County Courthouse on Saturday, October 8th starting at 9 a.m. The event is open to the public to help get an early start to Christmas shopping. There will be lots of local vendors and crafters, including the Estill County farmers market. Call 859-314-7483 or 606-975-3084 for information on vendor space availability.

Saturday, October 8th

Estill Historical Society

The Estill County Historical and Genealogical Society is preparing for Old Time Day, which has been scheduled for Saturday, October 8. Again, this year at "Old Time Day", there will be the 'hit and miss engines', various craft demonstrations and soup beans and cornbread at the Estill County Research Museum on Broadway. The 2016 calendar is still available at the Museum on Saturday. Various books are still available.

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

MAJOR IN YOU.

Join us for Open House
Oct. 29 or Nov. 12 at 9 a.m.
Button Auditorium

MSU's commitment to your success starts at enrollment and continues throughout your life. Find out for yourself by joining us for Open House.

AT OPEN HOUSE YOU CAN:

- Speak with engaging faculty from our academic programs.
- Get guidance from financial aid representatives.
- Learn about our Center for Student Academic Success.
- Eat lunch with students, faculty and staff.
- Take a tour of MSU's beautiful campus and learn why students say they feel at home as soon as they arrive.



www.moreheadstate.edu/openhouse

MSU is an affirmative action, equal opportunity, educational institution.

Saturday, October 8th @ 5pm

Stafford's Annual Family Night

Stafford Lodge #562 at Fitchburg, Kentucky, will be having its annual family night dinner (potluck) on Saturday, October 8, 2016 at 5:00 p.m. All Masons (member or not), their families and friends, are invited. Please bring a covered dish and join us.

Saturday, October 8th @ 5pm

Sneak a Peak of the Mack

Visit the Mack and SNEAK A PEEK on Saturday, October 8th at 5 p.m. There will be free hot dogs, chips, and drinks to enjoy while you recall your Mack adventures! Donations to "Save the Mack" are appreciated.

Monday, October 10th @ 1:30pm

Estill County Retired Teachers

The next meeting for Estill County Retired Teachers will be Monday, October 10, at 1:30 p.m. at the Estill County Public Library, 246 Main Street in Irvine. Finance & Investors) will be the speaker. His topic will be; Retirement: How to make your money last. Recent retirees this may be of interest to you. Mr. Hank Hensley (KRTA

Monday, October 10th @ 7pm

SE KY Gem, Mineral & Fossil

The Southeast KY Gem, Mineral, & Fossil Club will meet Monday, October 10 at 7 p.m. at the Estill County Public Library. The program will be a "Show, Tell, and Trade" about any gem, mineral or fossil. Anyone interested in joining is welcome to attend. Rachel Savane, owner of Savane Silver in Lexington has donated a KY agate ring to the club for a drawing. She enjoys combining silver and KY Agate that she describes as "vivid, captivating, and natural." Tickets for the ring will be available at the club meeting. Yearly dues are \$20 per family and \$15 per individual.

Tuesday, October 11th @ 10:15am

Winchester GTE/Sylvania/Osram

Winchester GTE / Sylvania/Osram/UAW retirees will meet for a short meeting at the Union Hall, 10:15 a.m., Tuesday, October 11, and arrange travel to Natural Bridge Park for lunch at 11:30 that day. All Winchester Sylvania retirees and former employees are always welcome to join us for lunch.

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." It will be held on Tuesday mornings from 10:00 to 11:30 a.m., beginning October 11th and ending November 15, 2016. 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.

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 p.m. 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.

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

Croustade Will Tempt Even Non-Vegetarians

by ANGELA SHELF MEDEARIS

I love to talk about food. To me, food is the universal common denominator, because everyone has to eat. I love talking with strangers about the foods they loved as a child, or recipes they like to prepare, because those stories are often some of their happiest memories and a window into their culture.

My special Roasted Vegetable Croustade recipe is a crowd-pleaser. It's a great appetizer or side dish for folks who aren't vegetarians, a lovely main course for those who are, and a delicious way to form a bond with new friends and old.



Photo Credit: Phil Curry

ROASTED VEGETABLE CROUSTADE

To Roast the Vegetables:

- 1 cup olive oil, divided
- 3 red potatoes, scrubbed and quartered
- 2 yellow squash, sliced into 1/2-inch-thick slices
- 10 Brussels sprouts, halved
- 4 green onions, root ends removed
- 1 large carrot, cut into 1/2-inch pieces
- 2 celery roots, peeled, trimmed and cut into 1/2-inch pieces
- 1 large head of garlic, separated into cloves, smashed and peeled
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons Italian seasoning
- 1/4 teaspoon sugar

1. Heat the oven to 400 F. Pour 1/2 cup of the olive oil on a large sheet pan or jelly-roll pan, 15 1/2 by 10 1/2 by 1 inch, coating pan with the oil. Place pan in oven to heat for 5 minutes, watching carefully to make sure it doesn't overheat or smoke.

2. In a large bowl, mix together the remaining 1/2 cup of oil, the potatoes, squash, Brussels sprouts, green onions, carrot, celery roots, garlic, salt, pepper, Italian seasoning and sugar until the vegetables are coated. Carefully place vegetables on the heated pan and roast for 15 to 20 minutes, stirring once after 10 minutes. Allow vegetables to cool before mixing with the tofu cream filling.

To Make the Tofu Cream Filling:

- 1 container (4 ounces) light whipped cream cheese
- 4 ounces soft, silken tofu, drained
- 1/2 cup Parmesan cheese
- 1/2 cup light mayonnaise
- 1 tablespoon Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

In a large bowl, mix together the whipped cream cheese, tofu, Parmesan, mayonnaise, Italian seasoning, salt and pepper until smooth. Refrigerate for 30 minutes to blend flavors. Mix the cooled, roasted vegetables with the tofu cream filling until well-blended.

To Make the Croustade:

- 1 sheet frozen puff pastry, thawed
- 1 egg
- 1 tablespoon water
- 1. Thaw pastry sheet at room temperature for 40 minutes. The oven should already be heated to 400 F if the vegetables were roasted in it, or preheat oven as needed.
- 2. Unfold puff pastry on lightly floured surface. Roll pastry into 16-by-12-inch rectangle. Using butter- or olive oil-flavored cooking spray, lightly spray a shallow, round casserole dish or a round baking dish. Place sheets of parchment paper or pieces of foil inside bowl with strips overlapping the edges to make the croustade easier to remove. Lightly spray the parchment or foil.
- 3. Place pastry in casserole dish or baking dish with pastry edges overlapping the sides. Mound vegetable cream-cheese mixture in center of the pastry. Leaving an opening in the center, fold the pastry edges around the filling, crimping edges under to form a bowl.
- In a small bowl, mix together egg and water to make an egg wash. Brush pastry with egg mixture. Bake the croustade 20 to 30 minutes or until the pastry is golden brown. To serve, allow to cool for 10 minutes. Using a spatula, gently loosen croustade from the baking dish or pan using the sheets of parchment or foil to help move it on to a serving dish. Serve warm or at room temperature.

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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