

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.

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!

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.

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

Thursday, October 20th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, October 20 at 5:30 p.m. at Michael's Restaurant. Steve Tipton will report on the ECHS Bass Fishing Team. *Persons dedicated to improving the world one child and one community at a time are welcome to become members.* Our community is stronger for Kiwanis' contributions in the last 95 years. As we start a new club year we welcome anyone who would like to be a part of a group who wants to make a difference. Come, be a part of it!

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. 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. The Estill County Senior Center is a place for the elderly in the community to come, be social, and keep their lives thriving. Funds raised at this event will go towards activities, crafts, field trips, bingo prizes, and more. Admission is \$5. Children 12 and under are admitted free. 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.

UK COOPERATIVE EXTENSION SERVICE

University of Kentucky - College of Agriculture

Extension Notes

Family & Consumer Sciences

Thays Flores
Estill County Extension Office

Monday, October 24th @ 12:00 Noon

Tuning into the Times with Technology

Can't teach an old dog a new trick? Many of the oldest people living today beg to differ. Staying on top of the latest gadgets, playing video games and keeping with the news, enhances brain stimulation and helps broaden social opportunities. Seniors who drive successful aging through their zest for life and life long learning, tell us that they have lived so long because they continue to gain knowledge, practice problem solving and use their decision-making skills. They keep "up-to-date" with the times and technology.

Please join us on Monday, October 24th at 12:00 noon at the Estill County Extension Office to learn more about how to keep "Tuning into the Times with Technology". Liz Kingsland, Fayette County Family & Consumer Sciences Extension Agent will present the lesson.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.

Tuesday, October 25th @ 5:30pm

Woman's Club Wrapping Party

The Irvine-Ravenna Woman's Club will meet Tuesday, October 25th at 5:30 p.m. to have a "Wrapping Party". Members will enjoy a soup/sandwich meal and wrap gifts for the Elizabeth Witt Christmas Party on December 3. Anyone interested in helping to wrap or becoming a member of the club can contact Tina Pasley at Citizen's Guaranty Bank.

Thursday, October 27th -7pm

Haunted History at the Mack

Robert "Skip" Johnson will be presenting Kentucky ghost stories in the lobby of the Mack Theater on Thursday, October 27th at 7 p.m. Doors open at 6:30 p.m. Limited seating - \$10 per person. For tickets call Bobby at 606-723-2254 or Susan at 502-810-7668. All proceeds go to the Save the Mack fund.

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.

Tuesday, November 1st @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Nov. 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..."

November 2nd thru November 23rd

Battlefield To Collect Cards & DVD's

The Richmond Civil War Battlefield Visitors Center will be collecting new, sealed, family oriented DVD's from Wednesday, November 2nd through November 23rd as part of their Operation Stars & Stripes program. The center will then forward them to Operation Stars & Stripes for distribution to our armed services personnel, primarily overseas. Now through November 23rd, the Center will also be collecting signed Christmas cards for distribution as well.

Friday, November 18th @ 6:30pm

Madison Civil War Roundtable

The next bi-monthly meeting of the Madison County Civil War Roundtable will be on Friday, November 18, 2016, at 6:30 p.m. at Dinner Bell Restaurant, just off I-75 Exit 76 in Berea. Noted Civil War historian Tom Cartwright will give a presentation entitled, "Confederate General Patrick R. Cleburne." Please call Phillip Seyfrit at 859-623-8979 with questions.

Saturday, December 3rd - 10am-4pm

Christmas Arts & Crafts Show

The 13th annual "Christmas Arts & Crafts Show" will be Sat., Dec. 3 10 a.m. - 4 p.m. at the Central Office Gymnasium, 253 Main Street in Irvine. The Estill Arts Council will offer unique items for sale from local artists and craftsmen, live entertainment, a silent auction of arts and crafts items, concession stand, and 50/50 pot. Only original artwork, handmade crafts, and baked goods (individually wrapped) are eligible for entry. No canned goods can be sold unless home based processing approved. Demonstrations are encouraged. Application forms are available from the Citizens Guaranty Bank (River Drive), Estill County Public Library, Ravenna Greenhouse or EAC's Facebook. The cost of a 10' x 10' space will be \$15 for Estill Arts Council members and \$20 for non-Estill Arts Council members before Nov. 4. Entries postmarked after Nov. 4 will be an additional \$10. For more information call 606 723-5694 or 606 723-4652. Proceeds from the event will be used to support the activities and programs of the Estill Arts Council.

Kitchen Diva

Turkey Soup "Bowls" Are One of a Kind

by ANGELA SHELF MEDEARIS

I once produced and hosted an Internet cooking show called "The Kitchen Diva!" After we finished one of the shows, I had a large amount of leftover turkey pieces, an abundance of acorn squash and several small containers of cooked vegetables. I didn't want anything to go to waste, so I decided to turn the turkey and vegetables into a soup and use the acorn squash as "bowls." No matter what leftover vegetables you use or how you decide to serve this soup, the results are spectacular.



Phil Curry Photo

Turkey Soup in Acorn Squash Tureens
6 acorn squash, each about 1 to 1 1/2 pounds
2 tablespoons olive oil, plus extra for oiling squash

- 1 cup finely chopped onion
- 2 cloves garlic, minced
- 1/2 cup diced celery
- 1/2 cup diced red bell pepper
- 1 teaspoon poultry seasoning
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1/2 pound cooked turkey meat, diced into bite-size pieces
- 1 1/2 cups cooked orzo or other small pasta, such as risotto
- 1 1/2 cups turkey or chicken broth
- 2 cups cooked vegetables (corn, peas, carrots, potatoes, etc.)
- 1/2 cup shredded Parmesan cheese

1. Heat oven to 375 F.
2. Cut a small amount off the bottom tip to allow squash to stand upright, but don't cut a hole in the bottom. Cut a lid off the top of each squash and scoop out the seeds and fibers. Scrape away some of the flesh, especially around the top, to form a large, smooth inner cavity. Make sure to leave the shell at least 1-inch thick all around, without piercing it. Oil the squash inside and out, and season the inside with salt and pepper. Replace the lid.

3. Place the squash on a baking sheet and bake until mostly cooked, but still firm enough to stand and act as the soup container, about 30 minutes. Do not over-bake. If a good deal of liquid gathers in the bottom, spoon it out and discard. Set the shells aside; they will stay warm on their own for a good while.

4. Heat 2 tablespoons of the olive oil in a large pot over medium-high heat. Add the onion and cook for 2 to 3 minutes. Add the garlic, celery, bell pepper, poultry seasoning, salt and pepper. Stir in the turkey, cooked orzo, broth and cooked vegetables.

5. Place the reserved acorn squash shells on a saucer or in a small bowl and fill them with the soup. Sprinkle with cheese and replace the lids. Serve immediately. Makes 6 servings.

Sourdough Bread Bowls

If you don't have any acorn squash on hand, a bread bowl made from a freshly baked, round loaf of sourdough bread is a wonderful substitute.

6 (about 6 inches wide) round loaves of sourdough bread

- 1/2 cup olive oil
- 1 teaspoon minced garlic or garlic powder
- 1 teaspoon minced parsley

1. Heat oven to 400 F. Using a serrated bread knife, slice off the top of the bread loaves. Using your fingers, pull the soft center of each loaf away from the shells. Leave a 1-inch thickness of soft bread dough around the inside of the crusts. Reserve the bread dough centers and freeze to use for breadcrumbs or croutons.

2. Mix together the olive oil, garlic or garlic powder and parsley. Brush the inside of the bread bowls and the dough sides of the lids with olive oil mixture. Place bread bowls and lids on a baking sheet. Bake for 5 to 10 minutes until golden brown.

3. Let bread bowls cool, and fill with the soup. Sprinkle with cheese and top with lids. Serve immediately.

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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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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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