

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.

Now Available

New Audiobooks at Library

The following audiobooks are available at the library in Playaway format: The Woman in Cabin 10, by Ruth Ware
A Great Reckoning, by Louise Penny
Rushing Waters, by Danielle Steel
Knit Your Own Murder, by Monica Ferris
Thrice the Brinded Cat Hath Mew'd, by Alan Bradley
Bullseye, James Paterson and Michael Ledwidge
Sting, by Sandra Brown Home, by Harlan Coben
Pushing up Daisies, by M.C. Beaton
Apprentice in Death, by J.D. Robb
You Will Know Me, by Megan Abbott

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 Appa-

lachian 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.

Beginning Friday, September 23rd

Mercy Primary Extends Services

Mercy Primary Care-Irvine, located at 1100 Richmond Road in Irvine, will extend their hours to Friday evenings and weekends beginning September 23.

Walk-in Care will offer fast, convenient medical care, close to home on Fridays from 4-9 p.m., Saturdays from 8 a.m. - 6 p.m. and Sundays 10 a.m. - 5 p.m. No appointment necessary.

"If you aren't feeling well, we want you to get the care you need, right when you need it," said Susan Starling, Marcum & Wallace Hospital President & CEO. "Not every situation requires a visit to the emergency room and we know people are traveling outside our community on weekends to receive urgent treatment care."

Mercy Primary Care-Irvine Walk-in care is open to the community, no matter who your family doctor is. You

don't need to be a patient of Mercy Primary Care - Irvine to utilize walk-in care.

Fast, convenient medical care (outside of normal business hours) is now available from a name you know and trust. Mercy Primary Care-Irvine Walk-in care is here to meet your busy schedule - and to help you and your family be well close to home. Mercy Primary Care - Irvine Walk-in care treats many illnesses and injuries such as:

- Colds and flu
- Ear, throat and sinus infections
- Rashes and poison ivy
- Nausea and vomiting
- Bronchitis, pneumonia and asthma
- Urinary tract infections
- Sports, school and camp physicals

For more information, contact Mercy Primary Care - Irvine at 1100 Richmond Road 606-723-7771.

Saturday, September 24th

Rosses Creek Annual Picnic

The Rosses Creek annual picnic will be held Saturday, September 24, 2016 at the old school building. Everyone is invited to attend.

Bring a covered dish or

more, soft drinks and a lawn chair. We will have plenty of Gospel Singing and plenty of fun.

If you have any questions, contact Bill at (606) 723-2653.

Saturday, September 24th @ 1:00pm

Annual Rader/Raider Reunion

The Rader/Raider reunion will be held on Saturday September 24th, 2016 at Catalpa Park large pavilion in Richmond, Kentucky. There will

be activities starting 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.

Sunday, September 25th @ 1pm

Annual Stone Family Reunion

The annual Stone Reunion will be held on Sunday, September 25, 2016, at the Community Center in Clay City.

Bring a basket lunch and join us for great food and fel-

lowship. 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.

Sunday, September 25th @ 1:30pm

Murphy Descendants Reunion

Descendants of Hubert and Myrtle Murphy will meet on Sunday, September 25, 2016 in the fellowship hall of Sandhill Christian Church for a

family reunion.

Bring a dish or two and some drinks and join us for lunch at 1:30 p.m.

Make plans to attend.

Tuesday, September 27th @ 5:30pm

Irvine-Ravenna Woman's Club

The Irvine-Ravenna Woman's Club will meet Tuesday, September 27th at 5:30 p.m. at the Center for Pregnancy and Parenting.

Members will be doing a service project switching out the children's clothing from summer clothes to winter clothes.

Woman's Club is a civic organization with the motto "Committed to Service". The local club was organized in

1954 and has served the needs of the community through a broad range of projects and programs throughout the years.

Membership is open to all women who are interested in community service in an atmosphere of fellowship. Become a volunteer and make new friends. The club meets on the 4th Tuesday evening of each month.

Saturday, October 1st - 9am-2pm

2016 Kiwanis Club Auction

The 2016 Irvine-Ravenna Kiwanis Club Auction is scheduled for Saturday, October 1st, from 9 am to 2 pm. You can join us at the Estill County Middle School to bid on items or by watching the auction on Irvine TV channel

8 or listening to WIRV 1550. If you want to bid on an item you can do so by calling 723-2187, 723-2041, 723-4436, or 723-4706. Please join us in our effort to change the world, one child and one community at a time.

Saturday, October 1st - 9am-??

Hargett VFD Yard & Bake Sale

The Hargett Volunteer Fire Dept. Auxiliary will have a yard sale and bake sale on Saturday, October 1 from 9 a.m. - ? . Will be held rain or shine.

Sale is held indoors.

We will be accepting donations for the yard sale on Friday Sept. 30 from 2 p.m. until 5 p.m.

BODY FITNESS EXERCISE CLASSES

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

BEGIN October 3, 2016

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

Tuesday, October 4th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Oct. 4 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..."

Tuesday, October 4th @ 7pm

Estill Historical Society

The Estill County Historical and Genealogical Society will meet at the Estill County Public Library on October 4, 2016 at 7 p.m. The speaker will be Lindsey Rogers, who will present a program on the Estill County Actioneers concerning Trail Town Status.

In addition, there will be preparation 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.

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!

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.

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.

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

Classic Hamburger Is All-American

by ANGELA SHELF MEDEARIS

A contest is held in California's Napa Valley every year about this time to "Build a Better Burger." Contestants creatively cook a wide variety of "burgers" containing everything from pickled saffron pears and green curry to Spanish chorizo, pork, lamb and even Spam. While I enjoy sampling all the unusual toppings, oddly shaped burger buns and mind-boggling flavor combinations, sometimes I just want a classic, all-beef hamburger.

Ground chuck is the meat of choice for most hamburger purists. The preferred combination is 80 percent lean meat to 20 percent fat. The fat makes the burgers moist and flavorful. If the fat content is too low, your hamburger patty will dry out during the cooking process.

Combining ground chuck with other ground meats adds a delicious combination of juiciness and flavor to your burger. The top choice for making the ultimate hamburger patty is to combine ground chuck with ground sirloin. Try this great recipe to make a classic American burger!



DepositPhotos

CLASSIC HAMBURGERS

- 1 pound ground chuck (80/20 blend) or a combination of chuck and sirloin
- 2 tablespoons Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder

1. Heat a large skillet to medium hot. The pan is at the proper temperature when a drop of water dances on its surface.

2. Place the Worcestershire sauce in a medium-size bowl. Gently press the ground meat into the liquid and turn and fold it over once or twice to combine. (Remember, the more you handle the meat, the softer it will become, and the more likely it will be to fall apart when you cook it.) Wet your hands to keep the meat from sticking.

3. Divide the meat into 4 equal portions. Hold one portion of the ground meat in the palm of your hand, gently turning and shaping the meat into a patty that is tightly compact and uniform in size. The patty should be a little larger or about the same size as your hamburger bun.

4. Lightly press three fingers into the center of the patty, making a slight, dimple indentation in the center and pushing the meat to the outer edges. (Making it thinner in the middle and thicker around the edges will allow the patty to cook evenly. As hamburger patties cook, they shrink in size. As they shrink, the edges tend to break apart, causing deep cracks to form. To combat this, you want the burger patty to be thinner in the middle than around the edges.) Season the patties on both sides with salt, pepper, onion and garlic powder.

5. Place the hamburger patties into the hot skillet. For a rare burger, cook 4 to 5 minutes on the first side, turn the patties and cook for an additional 4 to 5 minutes; for a medium burger, cook 7 to 8 minutes per side; for well-done burger, cook 8 to 10 minutes per side.

6. If desired, place a slice of cheese on each burger during the final minute of cooking. When the cheese has melted, remove the burgers to a plate.

7. Rub the skillet with a folded paper towel to clean it. Place the hamburger buns, cut side down, in the skillet for about 1 minute to toast them. Serve the hamburger patties in the buns with your favorite condiments and vegetables.

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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