

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>

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.

Thursday, September 15th @ 3pm

Four Seasons Garden Club

The Four Seasons Garden Club's meeting will be Thursday, September 15 at 3:00 p.m. The program will be Planting Fall Bulbs.

The club was organized in 1949 "to learn the art of living, working and gardening together as we lift our eyes unto the hills, clothed in Na-

ture's beauty".

New members are welcome to join the club which meets on the 3rd Thursday of each month. Paula White, is the club president.

The Four Seasons Garden Club is a member of the National Council of State Garden Club, Inc.

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.

Saturday, September 17th in Ravenna

Twin City Kruzers' Car Show

The Twin City Kruzers' will be having a "Cruise-In" this coming Saturday, September 17th at the Ravenna Railroad Festival car show.

Their next meeting is on Monday, October 3rd, 7-8 p.m., in Irvine City Hall.

Twin City Kruzerz Cruise-

Ins are free and open to the public. The Club is planning several cruises and cookouts for members this year.

Cruise-Ins are held at the Courthouse on the second Saturday of the month from 5 until 9 p.m. Meetings are held at Irvine City Hall.

Saturday, September 17th -- 8am-12:00

O.D. Henderson Pancake Breakfast

The O.D. Henderson Lodge #437 will be having a pancake breakfast on Saturday, September 17th, 8 a.m. until 2 Noon at Ravenna Christian Church, corner of 7th Street and Elm Street (across from the Dollar Store).

Featured will be pancakes with choice of bacon or sausage, eggs, milk, juice, cof-

fee.

Come eat and then enjoy the Ravenna Railroad Festival.

Tickets are \$6.00 per person at the door with Under 6 eating free.

Proceeds benefit the Estill County High School Masonic Scholarship Fund.

Saturday, September 17th @ 9am

McKinney & Harris Reunion

The McKinney and Harris reunion will be held Saturday, Sept. 17 at Irvine-McDowell Park in Richmond from 9 a.m. - 2. The meal will be potluck.

This year's reunion will be in honor of Ray McKinney.

For more information, please call Patty Ray McKinney Turpin at (859) 624-0879.

Saturday, September 17th @ 9:15am

Estill County Republican Party

The Estill County Republican Party will be meeting Sat-

urday, September 17th at 9:15 a.m. at Rader's River Grill.

Saturday, September 17th @ 1pm

Annual Isaacs & Flanery Reunion

Descendants of Wilburn Isaacs and Vandallie Griffey of Estill County, and Jacob and Patsy Hartsock of Jackson County, will have a reunion on Sat., Sept. 17, 2016 at 1:00 p.m. at the Loretta Lynn Ranch in Hurricane Mills.

Plans are for hamburgers, hot dogs, and a covered dish to share. Several activities are listed on their website.

For more information call or text Anola Fiessinger (Valentine) (937)312-4571 or DebbieMcCombs(937)408-3189.

Sunday, September 18th @ 1pm

Annual McIntosh Reunion

The annual McIntosh Reunion of the family of James and Rosa Puckett McIntosh will be held Sunday, September 18, 2016, 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.

Tuesday, Sept. 20th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Sept. 20 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..."

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.

Saturday, 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.

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.

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 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.

Classmates are selling tee shirts to celebrated the reunion. They are \$10 each and

size and money are needed prior to October 1st. They can be picked up at the reunion. 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.

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!

Kitchen Diva

Fall in Love with Brussels Sprouts

by ANGELA SHELF MEDEARIS

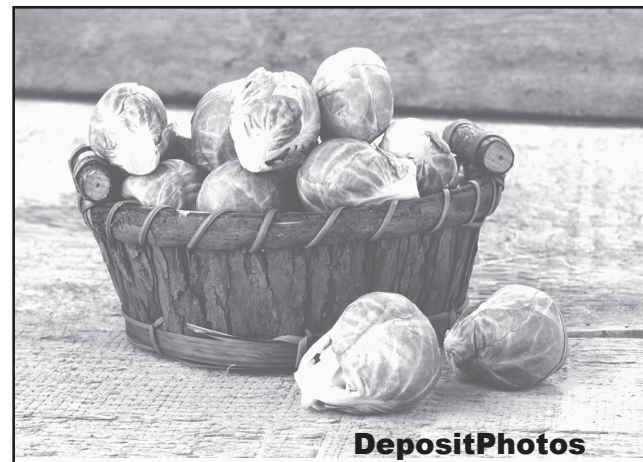
Brussels sprouts have gotten a bad name lately, but they were very popular during the 16th century in the southern Netherlands and Northern Europe. They may have been grown in Belgium as early as 1200, and are named for Brussels, the country's capital.

These tiny members of the cabbage and mustard family also have cancer-fighting phytochemicals, are high in vitamin C and are a good source of folate, vitamin A and potassium. Since Brussels sprouts are so good for you, why do so many people despise them? In a poll by the Web site Slashfood.com, more than 78,000 readers weighed in on the foods they hate. Brussels sprouts finished No. 8 on the list of most hated foods. The comments section overflowed with horror stories about being forced to eat the vegetable as a child.

Something I noticed about the readers' comments was that they ate Brussels sprouts that were muddy colored, overcooked and smelled bad. When Brussels sprouts are properly selected, stored and cooked, they have a bright color, crisp texture and delicious flavor. When selecting the vegetable, look for small, young, vibrant green, tightly compacted sprouts.

Brussels sprouts are delicious boiled or steamed until tender but still slightly crisp, or roasted to bring out their natural sugars. Use sprouts that are all about the same size to ensure they will cook quickly and evenly. As a rule, Brussels sprouts cook in about 6 to 7 minutes. Be careful not to overcook Brussels sprouts because they will release sinigrin, a natural gas with a sulfur-like smell.

This recipe for Hashed Brussels Sprouts is flavorful and delicious. The quick cooking time and the addition of garlic, onion and mustard complement the sprouts and showcase its flavors in a unique way. Try it and you're sure to become a Brussels sprouts lover, too!



DepositPhotos

HASHED BRUSSELS SPROUTS

- 1 tablespoon freshly squeezed lemon juice, plus 1
- tablespoon grated lemon zest
- 1 pound Brussels sprouts
- 1 tablespoon olive oil
- 2 tablespoons butter
- 1/2 medium purple onion, minced
- 1 garlic clove, minced
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 tablespoons vegetable broth or low-sodium chicken broth
- 1 teaspoon Dijon mustard
- 1/2 teaspoon honey or sugar

1. Using a large bowl, pour in the lemon juice. Cut bottoms off the sprouts, and discard. Halve sprouts lengthwise. Thinly slice sprouts, cutting around and discarding the firm core. Immediately toss sprout slices with lemon juice to separate leaves and retain color.

2. Heat oil and butter over high heat in a skillet large enough to hold all the sprouts. When oil mixture is hot, but not smoking, add the sprouts, onion, garlic, Italian seasoning and salt and pepper. Cook until sprouts begin to wilt, but leaves are still green and crisp, about 3 to 4 minutes. Some of the leaves might brown slightly.

3. Move the sprouts to one side of the pan and mix broth, mustard and honey or sugar together in the pan. Combine mixture with the sprouts and cook, stirring, 2 minutes more. Turn off heat, and stir in lemon zest, reserving a little to sprinkle on top of the dish. Transfer to serving bowl, sprinkle with remaining zest and serve. Serves 4.

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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