

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.

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. - 2 p.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.

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..."

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

ESTILL LIBRARY BOOKMOBILE SCHEDULE

246 Main Street Irvine, KY - Call 723-3030

OCTOBER 3-7, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mountain Crest Millers Creek Cow Creek Furnace Jct.	Winston Trotting Ridge Sandhill Opossum Run	Horizon Daycare Ravenna Drip Rock	Spout Springs Hudson Mill Rd. New/Old Fox Road Hargett	No Bookmobile Service

"Mommie & Me" and Storytime Wednesdays, 10:00 a.m. & Fridays, 10:30 a.m.

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!

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 @ 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.

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.

Mr. Hank Hensley (KRTA

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.

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.

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.

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.

Classmates are selling tee shirts to celebrated the reunion. They are \$10 each and size and money are needed prior to October 1st.

top ten

CLASSIC ROAD TRIP MOVIES

1. Easy Rider
2. The Blues Brothers
3. National Lampoon's Vacation
4. Planes, Trains, and Automobiles
5. Thelma & Louise
6. Rain Man
7. Y Tu Mamá También
8. Sideways
9. Little Miss Sunshine
10. Mad Max: Fury Road

Source: IMDB

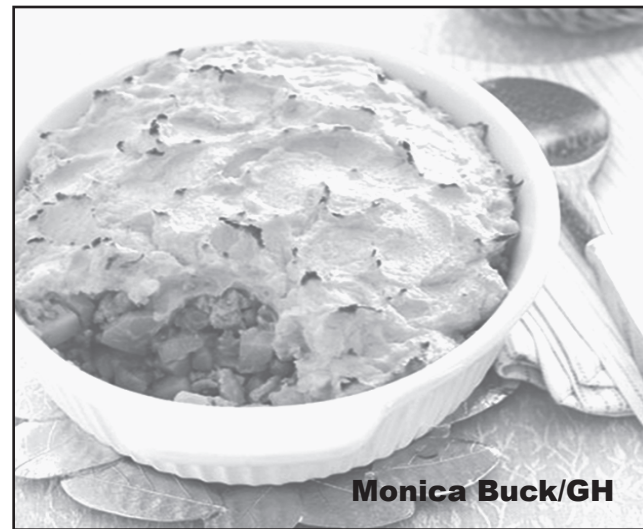
Kitchen Diva A Pumpkin Ushers in Fall

by ANGELA SHELF MEDEARIS

After a long, hot summer of trying to figure out ways to cook without turning on the oven, fall has finally arrived. I know that harvest-time is here when the colors in the produce section are dominated by dark, vibrant greens, warm yellows and rich orange pumpkin colors. Pumpkins are the ambassadors of fall, ushering in the holiday season and the promise of cooler days and nights.

The pumpkin plant originated in Central America and was introduced to the Pilgrims by the Native American Indians. Pumpkins provide a hefty source of vitamin A, as well as one of the tastiest forms of good-for-you fiber. The gorgeous orange color is an indicator of significant amounts of beta carotene, also found in carrots, beets and sweet potatoes. Pumpkin seeds are rich in protein, minerals and fiber. The seeds also possess a rich buttery taste that lends itself well to pestos, salad toppings or as a healthy snack.

I like using pumpkin to update traditional recipes like this modern version of Shepherds Pie. You can make this crowd-pleaser in a baking dish or ramekins ahead of time and re-heat it. Time in the refrigerator allows the spices to infuse the dish and the flavors to deepen. Harvest Shepherds Pie is a wonderful way to welcome fall!



Monica Buck/GH

HARVEST SHEPHERDS PIE

- 1 1/2 pounds peeled, cubed baking pumpkin, butternut or kabocha squash
- 1 pound peeled, cubed Yukon Gold or Russet potatoes

For the meat filling:

- 2 tablespoons vegetable oil
- 1 cup chopped onion
- 2 carrots, peeled and diced small
- 2 cloves garlic, minced
- 1 1/2 pounds ground lamb or ground beef
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon ground poultry seasoning
- 2 tablespoons all-purpose flour
- 2 teaspoons tomato paste
- 1/8 teaspoon ground nutmeg or cloves
- 1/8 teaspoon cayenne pepper
- 1 cup chicken broth
- 1 teaspoon Worcestershire sauce
- 1 cup frozen peas
- 1/4 cup half-and-half
- 2 ounces unsalted butter
- 3/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 egg yolk
- 1/2 cup shredded Parmesan or Cheddar Cheese, optional

1. Heat oven to 400 F with a rack in top third of oven. Put pumpkin and potatoes on a greased rimmed baking sheet. Roast pumpkin and potatoes, covered with aluminum foil, until tender when pierced with a fork, 20-25 minutes.

2. While pumpkin and potatoes are cooking, prepare filling. Place the oil into a 12-inch saute pan and set over medium-high heat. When oil shimmers, add onion and carrots and saute just until they begin to take on color, approximately 3-4 minutes. Add garlic and stir to combine. Add ground lamb or ground beef, salt, pepper and poultry seasoning, and cook until browned, approximately 3-5 minutes.

3. Sprinkle meat with flour and toss to coat, continuing to cook for another minute. Add tomato paste, nutmeg or cloves, cayenne pepper, chicken broth and Worcestershire sauce, and stir to combine. Bring to a boil, reduce heat to low, cover and simmer slowly 10-12 minutes, stirring once or twice until the sauce is thickened slightly. Add frozen peas to the meat mixture and spread evenly into an 11-by-7-inch glass baking dish, or divide evenly into ramekins.

4. Place cooked pumpkin and potatoes into a large bowl, and mash together until well-combined. Put the half-and-half and butter into a microwave-safe container, and heat in microwave until warmed through, about 35 seconds. Add the warm half and half mixture, salt and pepper, and continue to mash until smooth. Stir in the yolk until well combined.

5. Top baking dish or the ramekins containing meat and vegetable mixture with the mashed pumpkin and potatoes. Start around the edges of the dish to create a seal to prevent mixture from bubbling up, and smooth with rubber spatula. Sprinkle with the shredded cheese, if desired.

6. Place baking dish or ramekins on a parchment or foil-lined half sheet pan on middle rack of oven and bake for 25 minutes, or just until topping begins to brown and bubble around the edges. Remove to cooling rack for at least 15 minutes before serving.

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.divaapro.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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