

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, now at 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 to 6:30 p.m. with instructor Laritza Gomez. The cost is 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. For class updates, please check the Marcum & Wallace Hospital Facebook page.

Thursday, August 17th @ 6:00pm

Democratic Executive Committee

Attention all Estill County Democrats! The Estill County Democratic Executive Committee will meet at the Estill County Library, 246 Main

Street in Irvine, on Thursday, August 17 from 6 p.m. to 8 p.m. You do not have to be an elected member of the committee to attend.

Thursday, August 17th @ 3:00pm

Four Seasons Garden Club

The Four Seasons Garden Club's meeting will be Thursday, August 17 at 3:00 p.m. at the Wisemantown United Methodist Church's pavilion. Afterwards members will go to the "Monarch Butterfly Garden" at West Irvine School to work.

The club was organized in 1949 "to learn the art of liv-

ing, working and gardening together as we lift our eyes unto the hills, clothed in Nature's beauty". New members are welcome to join the club which meets on the 3rd Thursday of each month.

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

Thursday, August 17th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, August 17 at Steam Engine Pizza at 5:30 p.m. An In-

House Auction will be the activity for the evening.

Kiwanis: It does a community good!

Fridays, 6-8pm at the Estill Library

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.

Fridays, 4-7pm at the fairgrounds

Estill County Farmers' Market

The Estill County Farmers' Market is now open on Fridays in 2017. Hours are from 4 p.m. to 7 p.m. at the Estill County Fairgrounds pavilion.

Have extra produce? New vendors are always welcome.

Call market coordinator Hannah Eaton at 726-0679 with any questions.

Saturday, August 19th @ 12 noon

Annual Harrison family reunion

The annual Harrison Reunion will be held on Saturday, August 19th at 12:00 Noon at South Irvine Christian Church Fellowship Hall.

Bring food and your family's drinks; ice and utensils furnished.

Hope to see you there!

Saturday, August 19th @ 5pm

Soup Bean & Corn Bread Supper

The Estill County Ministerial Association cordially invites everyone in the community to a free old-fashion Soup Bean and Corn Bread Supper on Saturday, August 19, 2017, 5 - 7 p.m. The event will be held at the Wisemantown United Methodist Church.

Guest musicians and singers will be Jonetta Dunaway, pianist, and singers, God's Family Connection and the Praise Singers.

This is a covered dish to share event, and everyone attending is asked to bring a covered dish that would compliment soup beans and corn bread. You may also bring a pot of beans and a skillet of corn bread to share. Beverages (tea and pop) will be furnished by the Rice Station Christian Church.

For more information, contact Rev. Curt Napier at (517) 719-2238 or Rev. Paul Groves at (606) 643-5321.

Saturday, August 19th @ 7:00pm

Calvary Heirs Quartet Concert

The Calvary Heirs Quartet will be hosting a gospel music concert at Calvary Baptist Church, 21 Glory Street, Irvine, on Saturday night August 19, 2017, beginning at 7:00 p.m.

The Calvary Heirs are excited to gather with friends and family as they return to the community and church where their gospel music ministry began 35 years ago.

Singing alongside the Cal-

vary Heirs will be their long-time friends, nationally known singer/songwriter Mark Lanier from Ball, Louisiana; and local bluegrass group Glory Road.

Everyone is invited and encouraged to attend. You don't want to miss this special night of good gospel music, fun, and fellowship!

No admission will be charged, but a love offering will be taken to help with ministry expenses.

Monday, August 21st @ 6:30pm

Friends of Estill County Library

The Estill County Friends of the Public Library's August meeting will take place on Monday August 21st, 2017 at 6:30 p.m. at the Estill County Public Library, 246 Main Street in Irvine.

The mission of the organization is the promotion of the community awareness to the wide variety of the public to

use these services, and advocacy for the library in general. In this meeting we will be discussing our progress and possible future endeavors in supporting the library.

To join the Estill County Friends of the Public Library, it is \$5 for an individual and \$6 for a family. We hope to see you at the library!

Tuesday, August 22nd @ 1:30pm

Irvine-Ravenna Woman's Club Making Plans For Coming Year

The Irvine-Ravenna Woman's Club next meeting/picnic will be Tuesday, August 22, 2017 at 5:30 p.m. at the Wisemantown United Methodist Church pavilion. The club will be making plans for the coming club year.

The Irvine-Ravenna Woman's Club is a civic organization with the motto "Committed to Service". It 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.

Wednesday, August 23rd @ 1:30pm

Making a Face Mask Product

Wednesday, August 23, 2017, at 1:30 p.m., Hannah Eaton will be at the library to demonstrate and teach how to make her face mask product.

For more information, contact the Estill County Public Library at 723-3030 and ask for Lesa Ledford.

Thursday, August 24th @ 4pm

IRA & Investment Workshop

The Estill County Public Library will be offering on August 24 at 4:00 p.m., an IRA and Investment Workshop with Tyler Hamilton. He will be here to discuss and answer any questions you may have about an IRA and also will

have a special guest here to discuss the pro and cons of investing for the future.

For more information, contact the Estill County Public Library at 723-3030 and ask for Lesa Ledford.

Saturday, August 26th @ 12:00 Noon

Annual Thomas School Reunion

The annual Thomas School Reunion will be held Saturday, August 26, 2017, at 12:00 Noon at Michael's Restaurant

in Ravenna. All classmates, friends and family are welcome to attend. Each guest pays for their own meal.

Saturday, August 26th @ 12:00 Noon

J.J. & John Shelton Crowe Reunion

The descendants of Jonah Jesse Crowe and Melissa Ann Arvin Crowe, and John Shelton Crowe will have their annual family reunion Saturday, August 26, 2017, at the Estill County Senior Citizens Build-

ing, 100 Golden Court (off Stacy Lane Road) in Irvine. A pot luck meal will be served around noon.

Family and friends are all welcome. Bring some good food and enjoy the day with us.

Saturday, August 26th @ 12:00 Noon

Dickerson-Patrick Reunion

The descendants of Sanford and Dora Ann Dickerson Patrick will be having their annual reunion on Saturday, August 26, 2017, from 12:00 Noon until 4:00 p.m. at the Estill County National Guard Ar-

mory, 335 Cow Creek Road, just outside of Ravenna.

All relatives and friends are invited to bring food and soft drinks for their family and join us. Lunch will be served about 1:00 p.m.

Saturday, August 26th @ 1pm

IHS Class of 1967 Reunion

The Irvine High School graduating class of 1967 will be having their 50th anniversary on Saturday August 26, 2017. The day time activities will be at the Irvine Masonic Lodge Building on the corner of Broadway and North Lily Avenue.

The building will be open about 1:00 p.m. to receive classmates and their spouses. A visit to the high school building is planned sometime during the afternoon.

The Class will go to Michael's Restaurant about 6:00 p.m. for the evening meal.

I.H.S. Alumni from previous years are welcome to stop by to visit and renew old friendships. Soft drinks and snacks will be available at the Lodge.

This is a "once in a lifetime event" that shouldn't be missed. Any questions? Call 643-8941.

All class members are encouraged to attend.

Sunday, August 27th

Annual Jones Family Reunion

The annual Jones Family Reunion will be returning this year to our original site, Shelter #1 at Natural Bridge State Park, Slade, Kentucky. Look for signs.

Bring a covered dish and your own drinks. Spread the word to all family and friends.

Let's get over 100 this year in honor of all our loved ones.

Thursday, August 31st @ 5pm

Microsoft Publisher Workshop

August 31, 2017, there will be a Microsoft Publisher workshop at the library beginning at 5:00. The adult services librarian will be teaching the basics of using Microsoft Publisher and the many features it offers to create flyers and brochures

for your club or church.

It will be a hands-on type workshop so if you have a laptop with Publisher on it, please bring it because there is a limited number of laptops at the library.

Call Lesa at 723-3030.

Kitchen Diva

Gourmet on a Budget

by ANGELA SHELF MEDEARIS

You easily can prepare delicious meals for your family and friends without spending a lot of money. My frugal relative runs a small gourmet catering business. She manages to put on high-end events with a low-end budget by planning carefully and shopping at discount stores for ingredients and supplies. Her freezer is her friend, because she often buys items on sale and then packages and stores them for later use. Her fabulous food and events are always beautifully presented without breaking the budget.

Try these tips to save time, money and stress when making gourmet meals for your friends or family.

* Compare brands and look at the cost of food per serving. If you'll use all of it, the economy size is often (but not always) a better price per serving. Bring a calculator to compare unit prices. (Sales tags often do not compute unit prices.) Generic brands tend to be the best deal, and they often are just as good as the name-brand items.

* Where you shop may cost you money. Bulk food stores aren't always a good choice. You may be tempted to buy foods you don't need and can't store properly.

* Buy canned, packaged non-food items and personal-care items from discount stores. You'll pay more for these at the grocery store.

* Stock up on budget-friendly, often-used non-perishable or easy-to-freeze foods when they're on sale.

* Nutritious foods are a better value. Foods high in fat and sugar -- like cookies, chips, doughnuts and soft drinks -- have fewer nutrients than fruits, vegetables, whole grains, low-fat milk and lean meats. Remember, the fiber in fruits and vegetables fills you up and keeps hunger away.

* Buy spices at the dollar store. Spices are typically overpriced at supermarkets, yet you can pay \$1 and actually get more of the exact same product because their packages are bigger. You often can use dried spices in place of fresh without sacrificing flavor.

* Get more servings out of your favorite recipes by adding nutritious ingredients! Add brown rice to soups or stews, frozen vegetables to favorite pasta dishes, or rinsed and mashed black beans to burgers.

* Cook once and eat twice. Buy enough ingredients to cook more than one meal and freeze meal-sized portions so there's no need to buy frozen dinners. This also will ensure you use leftovers and don't waste food.

* Store food properly. Food that gets tossed is money lost. Air-tight re-sealable containers and bags are less expensive at discount stores and save money.

* Breakfast foods like eggs are less expensive and make a great protein for a main dish.

Try my delicious recipe for Crab, Spinach and Roasted Red Pepper Frittata using ingredients you easily can find at discount stores. It's perfect for breakfast, lunch or dinner, and provides a gourmet touch to your table without breaking your budget.



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Crab, Spinach and Roasted Red Pepper Frittata

- 8 medium to large eggs
- 1/3 cup fresh or canned evaporated milk
- 1/4 cup grated Parmesan or Romano cheese
- 1 tablespoon Italian seasoning or 1/2 teaspoon each dried basil and oregano
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1/2 teaspoon Worcestershire sauce
- 2 teaspoons olive oil
- 1/4 cup chopped onion or 1 tablespoon dried onion or onion powder
- 3 cloves garlic, minced or 1/4 teaspoon garlic powder
- 1 (13.5 ounce) can spinach, rinsed, drained and chopped, or 1 (10-ounce) package fresh or 1 (10-ounce) package frozen and thawed, drained and chopped
- 6 ounces canned lump crab meat, drained, flaked and cartilage removed
- 1/3 cup bottled roasted red sweet bell peppers, drained and chopped
- 1 tablespoon fresh or dried Italian parsley
- Bottled hot sauce (optional)

1. Heat oven to 400 F. In a bowl, whisk together eggs, milk, cheese, Italian seasoning or dried basil and oregano, pepper, salt and Worcestershire sauce. Set aside.

2. Heat oil in a large, ovenproof skillet over medium heat; add the fresh onion and garlic, if using. Cook 2 minutes. If using powdered or dried onion or garlic powder, mix them into the spinach and proceed with the recipe. Add the spinach to the pan and cook for 1-2 minutes. Evenly sprinkle the crab and roasted peppers over the spinach mixture. Pour egg mixture over vegetables and crab in skillet. Cook over medium heat.

3. As mixture sets, run a spatula around edge of skillet, lifting egg mixture and slightly tilting the pan so uncooked portion flows underneath. Continue cooking and lifting edges until egg mixture is almost set (surface will be moist).

4. Bake about 5 minutes or until top is set. Cut into wedges. Sprinkle with parsley and serve with hot sauce.

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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