

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, September 7th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, September 7, at 5:30 p.m. at Steam Engine Deli's session room.

Kiwanis members work to-

gether to achieve what one person cannot accomplish alone. When a child is given the chance to learn, experience, dream, grow, succeed and thrive, great things happen.

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.

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.

Friday, September 15th @ 6:30pm

Madison Civil War Roundtable

The bi-monthly meeting of the Madison County Civil War Roundtable will be on Friday, September 15, 2017, at 6:30 p.m. at Smokehouse Grill, just off I-75 exit 77 in Berea. Noted Civil War author and

historian Bryan Bush will give a presentation entitled, "Confederate Lt. General William Hardee."

Contact Phillip Seyfrit at (859) 623-8979 with questions.

Saturday, September 16th - 1-4pm

ECHS Class of 1956 Reunion

The Estill County High School "Class of 1956" will be having its 61st Annual Reunion on Saturday, September 16, 2017, 1-4 p.m. at Michael's

Restaurant in Ravenna. Cost is \$15.00 per person.

For more information, call Julia Robinson at (606) 723-2534.

Sunday, September 17th @ 11am

Murphy Family Annual Reunion

The Murphy Family Annual Reunion will be held on Sunday, September 17, 2017, starting at 11:00 a.m. at the Irvine McDowell Park, 345

Lancaster Road in Richmond. Lunch will be potluck.

For more information, contact Linda at 859-582-4017.

Tuesday, September 19th @ 4pm

West Irvine Intermediate SBDM

The West Irvine site-based, decision-making council will be meeting Tuesday, Septem-

ber 19th and the 3rd Tuesday of each month at 4:00 p.m. The public is welcome.

Tuesday, September 19th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, September 19th and on the first and third Tuesday of every month at Rader's 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, September 19th @ 7pm

Estill County Community Chorus

The Estill County Community Chorus will be rehearsing next Tuesday night, September 19, 2017 and each Tuesday night at 7:00 p.m. at Irvine United Methodist Church, 243 Main Street. Rose D. Daniels is chorus director.

All former members are invited to attend and new voices are welcome.

The Chorus will be performing its annual Christmas Concert on Sunday, December 3, 2017, at 3:00 p.m. at the Irvine United Methodist Church.

Saturday, September 23, 2017 @ 9am

Ravenna Railroaders Festival

The Ravenna Railroad Festival Committee is gearing up for the best Festival ever! Set for Saturday, September 23, 2017, activities will begin be held at the Veterans Memorial Park, Main Street in Ravenna.

Plan now to attend this special one-day event! The hours are 9:00 a.m. until dark. Booths of all designs and venues will be a part of the day with something for everyone, including special activities for the children and teens. Children's Parade will begin at 10:00 a.m., followed by a pumpkin painting contest on the basketball court open to all children age 12 and

under. Judging and awarding of prizes will follow. Food booths will offer several options for your pleasure.

Bring your own lawn chair and enjoy visiting with friends. Hay rides and small train rides will also be available for the young and the young at heart!

A "Railroaders Gathering" will be held for those wanting to spend time together. Special music will be featured throughout the day by talented musicians.

See you there! At the Ravenna Railroad Festival on Saturday, September 23, 2017.

Saturday, Sept. 23rd - 9am-2pm

Drug March/Resource Fair

Helping Hands Outreach and Westcare will be presenting their annual drug march and resource fair on Saturday, September 23, 2017, 9:00 a.m. until 2:00 p.m. at the Estill County Fairgrounds, 38 South Irvine Road.

HHO has been reaching out to the community for more than seven years to provide services in our community. Primarily, Helping Hands has focused on needs of families pertaining to food, shelter, and clothing. For our annual event this year, Helping Hands Outreach and Westcare have partnered together to present the Estill County Drug March and Community Resource Fair. Our partnership will allow us to help address additional issues related to substance abuse and recovery.

We want to thank the Agency for Substance Abuse Prevention (ASAP) and Kentucky River Foothills Head Start for their compassion and generosity in sponsoring this event. They, along with West-

Care and other local community organizations are assisting Helping Hands in bridging gaps to build stronger families and communities.

This event is ENTIRELY FREE to the community and includes free food, kids inflatables, many local organizations presenting the resources they provide to the community, and special guest speaker former football player Jared Thomas as he shares his story of addiction, recovery, and career as a substance abuse counselor.

Drug March is at 10 am, Jared will speak at 11 and the event will close at 2 pm. We welcome you to join us to find a resource, or share the services your group provides to the community. If you are interested in sharing your services, please visit Helping Hands Outreach FB page for vendor registration. You may also call 606-975-3775.

The event is sponsored by Kentucky River Foothills Head Start and the Agency for Substance Abuse Prevention.

Saturday, September 23rd @ 11:00am

O.D. Henderson Pancake Breakfast

The O.D. Henderson Lodge will be sponsoring a Pancake Breakfast on Saturday, September 23, 2017, 7:30 a.m.-11:30 p.m. at the Ravenna Christian Church, 106 7th Street (at the corner of Elm Street) in Ravenna.

Featured will be pancakes,

choice of bacon or sausage, eggs, milk, juice or coffee.

Come and eat, then enjoy the Ravenna Railroad Festival. Cost is \$6.00 at the door, under 6 eat free.

Proceeds will benefit multiple outreach funds.

Saturday, September 23rd @ 11:00am

Rader/Raider Family Reunion

The Rader/Raider reunion will be held on Saturday, September 23, 2017 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. All family and friends are invited to attend.

Saturday, September 23rd @ 12:00 Noon

G.C. & Oma Dixon Reunion

The annual reunion of the family of G. C. and Oma Dixon will be held Saturday, September 23rd, 12:00 p.m. at Franklin and Marie Dixon's farm, Station Camp,

Red Lick Road. Tell all of your family members, please. Bring lots of food, drinks, and chairs along with Bingo items and games! Hope to see you there!

Sunday, September 24th @ 1:00pm

Annual Stone Family Reunion

The annual Stone Reunion will be held on Sunday, September 24, 2017, at the Clay City Community Center in Clay City. Bring a basket lunch and join us for great

food and fellowship. 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!

Saturday, September 30th @ 12:00 Noon

McIntosh Family Annual Reunion

The McIntosh Family Annual Reunion for the descendants of James Richard and Rosa Puckett McIntosh will be held on Saturday, September 30, 2017 at Ravenna Veterans Memorial Park. Lunch

will begin at 12:00 Noon. There will be hat contests for adult and youth plus lots of prizes. All family and friends are welcome.

Note change in day of week to Saturday.

Friday, October 6th @ 9am

Retired Co. C Guard Breakfast

Attention: All retired and former National Guard members of Charlie Company 1/149th. There will be a breakfast at Cracker Barrel, in

Richmond, on Friday, Oct. 6th and on the first Friday of each month at 9 a.m.

All are invited and welcome. Hope to see you there!

Kitchen Diva Casseroles to the Rescue

by ANGELA SHELF MEDEARIS

Last night, while surveying my freezer and refrigerator for quick dinner ingredients, I decided to make a casserole. When I was a new bride and college student in 1975, casseroles were the remedy for my woefully limited cooking skills and lack of time. Today, I consider casseroles the perfect dish for a budget-friendly meal, and a way to stock my freezer with crowd-pleasing dishes that can be easily re-heated in the microwave. Today, with the popularity of all things retro, casserole recipes are making a comeback!

The wonderful thing about casseroles is their versatility. If a recipe calls for a particular ingredient and you don't have it on hand, you can easily substitute to suit your needs.

A casserole describes both the container and the contents. Casseroles have been prepared since the earliest times and can be a savory or sweet dish. They became popular in America during the Depression and grew in popularity into the 1940s. Then and now, in times of economic hardship, a casserole is a great way to feed a family on a budget.

Cream of mushroom soup was introduced in 1934 and became the "go-to" canned staple as a soup and sauce, especially in casseroles. Tuna Noodle Casserole was an old recipe popularized by the home economists at the Campbell Soup Company. The original recipe contained canned tuna, which had been slow to gain popularity, egg noodles, hard-cooked eggs and slices of pimento cheese topped with cereal flakes that had been tossed with butter.

In the 1950s, convenience was the main reason for the continuing popularity of casseroles. Modern cooks liked the ease of opening a few cans and packages to create a meal. In 1955, the Campbell Soup Company popularized Green Bean Casserole containing its Cream of Mushroom soup. It has continued to be a holiday favorite.

This recipe for Roasted Chicken and Macaroni Casserole is a retro classic with a few modern twists that will stand the test of time.



Photo credit: Depositphotos.com

Retro Roasted Chicken and Macaroni Casserole

Serves 6

This recipe is the perfect dish for using leftover chicken, a rotisserie chicken or leftover, diced turkey. Cooked ground chicken or turkey also works well. This dish can be prepared ahead, frozen and then reheated for a quick weeknight meal.

- 5 tablespoons butter
- 8 ounces mushrooms, sliced
- 1 cup sliced green onions
- 3 garlic cloves, minced
- 1/3 cup all-purpose flour
- 2 tablespoons poultry seasoning
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/8 teaspoon cayenne pepper
- 2 cups chicken broth
- 3 cups diced cooked chicken
- 10 ounces frozen, chopped broccoli, thawed and well-drained; or 1 1/2 cup fresh, chopped
- 1 cup milk
- 1/2 cup mild salsa
- 2 1/2 c. shredded Cheddar cheese, sharp or mild
- 8 ounces elbow macaroni, cooked according to package directions and drained
- 1 cup fresh, fine breadcrumbs
- 2 tablespoons melted butter

1. Heat oven to 350 F. Lightly oil or butter a 3-quart baking dish.

2. Heat butter in a large saucepan or Dutch oven over medium-low heat. Add the mushrooms and cook, stirring, until mushrooms are tender. Add the green onions and garlic and cook for 1 minute longer. Stir in flour, poultry seasoning, salt, pepper and cayenne until incorporated and bubbly. Continue cooking, stirring occasionally, for 2 minutes.

3. Add chicken broth to the mushroom mixture and cook, stirring, until mixture comes to a boil and thickens, stirring occasionally, about 2 minutes.

4. Stir in the cooked chicken and frozen or fresh chopped broccoli. Add milk, salsa and 2 cups of the cheese, and adjust seasoning to taste. Stir in cooked and drained macaroni, and then spoon mixture into prepared baking dish.

5. In a bowl, toss breadcrumbs with the melted butter and the remaining 1/2 cup cheese, and sprinkle it over the casserole.

6. Bake for 25 to 30 minutes, until the topping is browned and casserole is bubbly around the edges.

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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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