

# 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.

**Mondays and Wednesdays - 10-11am**

## Body Fitness Exercise Classes

Body Fitness Exercise Classes by Sister Loretta Spotila, RN, are held Monday and Wednesday mornings, 10-11 a.m. at the Estill County-UK Extension Office on Golden Court, off Stacy Lane Road in Irvine. These exercises are help-

ful for persons with arthritis, asthma and difficulty moving and involve gentle exercise and movement which builds flexibility.

Donation is \$3.00 per class. For more information, call Sister Loretta at 723-8505.

**Thursday, October 3rd at 5:30pm**

## Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, October 3 at 5:30 p.m. at Steam Engine Pizza. June McCreary, ECHS Vocational Nursing Teacher, will be the speaker.

Members will be making plans for the annual TV-Radio Auction to be held Saturday, October 5 at the Estill County Middle School. The auction will begin at 9 a.m.

Anyone wishing to attend the auction is welcome to come, get a number, and make bids on the different lots on site.

Persons dedicated to improving the world one child and one community at a time are welcome to become members. Our community is stronger for Kiwanis' contributions in the last 97 years. Come and make a difference.

**Thursday, October 3rd at 6:30pm**

## Boys & Girls Scouting BSA

Sign up night for both boys and girls, ages 11-18, for Scouting BSA will take place on Thursday, October 3rd at 6:30 p.m. at South Irvine Early Learning Center. If any boys or girls like camping, fishing, hiking,

and other outdoor activities plan to be there and get signed up for the fun times ahead. This will be the first Scouting BSA co-ed troop in Estill County. Scouting BSA first started allowing girls in earlier this year.

**Friday, October 4th at 9:00am**

## 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. 4th, and on the first Friday of each month at 9 a.m.

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

**Saturday, October 4th at 6:30pm**

## Spooky Stories at Historical Society

The Estill County Historical & Genealogical Museum on Broadway will host Spooky Stories with Skip

Johnson, Friday evening, October 4th during Moonlight Market. Stories begin around 6:30 p.m.

**Friday & Saturday, October 4th & 5th**

## Lady Veterans Huge Yard Sale

Huge yard sale at Trapp School/Lady Veterans Connect 11400 Irvine Road, Winchester, Kentucky, on Friday and Saturday, October 4 & 5 from 8:00-3:00. Lots of new

and used; linens, housewares, tools, clothing, Christmas items and much more.

All proceeds support our Lady Veterans! More info: 606-723-4889.

**Saturday, October 5th - 7:30am-1:30pm**

## St. Elizabeth's Basement Sale

There will be a Basement Sale at St. Elizabeth Catholic Church, 322 5th Street in Ravenna on Saturday, October 5 from 7:30 a.m. to

1:30 p.m. There will be lots of nice clothes, (including children's clothes) sheets, jackets and coats, books and so much more.

**Saturday, October 5th at 6:00pm**

## Stafford Lodge Family Night

Stafford Lodge #562 at Fitchburg, will be having its family night on Saturday, October 5, 2019, starting at 6:00 p.m.

Everyone is invited to bring a covered dish and join us for an evening of good food and fellowship. All are welcome!

**Saturday, October 5th at ECMS**

## Kiwanis Announces Annual Auction

The Kiwanis Club of Irvine-Ravenna has released the date for its 17th annual Radio and TV Auction. It will be held Saturday, October 5th 2019 at the Estill County Middle School.

As we approach this year's auction, the club wishes to extend a sincere "thank you" to the people of Estill County for the manner in which you have so generously supported our

auction. The funds from last year's auction have allowed the club, in its current fiscal year, to invest almost \$17,000 in a variety of programs that serve the people of Estill County.

To continue this level of support we need your continued help, so please circle October 5th, 2019 on your calendar and look for more information about the auction in the coming weeks.

**Sunday, October 6th at 2:00pm**

## Amvets Post 67 in Clay City

Amvets Post 67, located at 99 Veterans Lane, Clay City holds its meeting monthly 1st Sunday of each month at 2:00 p.m. Also, everyone is invited

to Post 67 Clay City for Bingo every Monday. Doors open at 5:00 p.m. Bingo starts at 6:30 p.m. For more information, call 606-663-0071.

**Tuesday, October 8th, 5:30pm**

## Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet on Tuesday, October 8th and the second Tuesday of each

month at the Estill County Golf Club from 5:30-7 p.m.

Come, join us. Together we can make a difference.

**Tuesday, October 8th at 7:00pm**

## DAV Chapter 94, Estill County

DAV Chapter 94 will be meeting at 7 p.m., October 8th and the second Tuesday of each month at Estill County Senior Citizens Center, off Stacy Lane.

If you are a veteran with 10 percent or more service con-

nection, you are welcome.

Call 1-606-663-2504 for more information.

We are veterans and we would appreciate your attendance. Veterans from surrounding counties are also welcome.

**Friday, October 11th at 10:30am**

## Retired Teachers Annual Food Drive

Estill County Retired Teachers will be having their Annual Food Drive for the local Food Bank on Friday, October 11, 2019 at 10:30 a.m. It will be at the

Save-A-Lot Food Store in West Irvine Plaza.

If you can help, call Robert Smith at 723-3728. Don't forget to come by with your donations.

**Saturday, October 12th 10am-4pm**

## Historical Society Old Times Day

The Estill County Historical & Genealogical Museum will have Old Times Day, October 12th from 10 am - 4 pm. Demonstra-

tions, music and a Soup Bean Supper will be some of the fun going on that day. Come for a visit or stay all day!

**Saturday, October 12th 1-4pm**

## Celebrating 100th Birthday

The family of Naomi Jenkins Rice will be having a 100th birthday celebration for her on Saturday, October 12, 2019 at the Irvine Masonic Lodge (former Irvine Grade School) on Broadway

on Saturday, October 12, 2019, 1-4 p.m. Everyone is welcome.

She was born October 23, 1919 near Jenks at Red Lick in Estill County, the daughter of Joseph and Angelina Jenkins.

**Sunday, October 13th**

## Reunion of Murphy descendants

The descendants of Hubert and Myrtle Murphy will be meeting at Sandhill Christian Church fellowship hall for their annual Murphy reunion on Sunday, October

13 at 1 p.m.

Meat and paper products will be provided. Bring a dish or two and drinks.

Come, join us for good food and fellowship.

**Tuesday, October 15th at 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Oct. 15th and on the first and third Tuesday of every month at the Irvine First Christian Church meeting room on

Main Street at 6:30 p.m.

Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world.

**Saturday, October 19th - 4-7pm**

## Estill Arts Council will be Sponsoring Watercolor Class with Bill Berryman

Estill Arts Council is sponsoring a Watercolor Class with artist Bill Berryman of Winchester, October 19 from 9-4. This workshop is designed for those that do not understand or have problems dealing with watercolors. Basic techniques will be shown and practiced for the first half of class, then a painting will be created. Materials will be provided, just come

dressed in old clothes you can get paint on! October 19 at Wisemantown United Methodist Church. Cost for the class is \$55 and registration is at <https://www.estillartscouncil.org/workshops>.

This Saturday, Sept. 28, Berryman, will demonstrate watercolor painting from 10:30 a.m. to 3:30 p.m. at the Kentucky Artisan Center in Berea.

**Saturday, October 19th - 4-7pm**

## Final Ruritan Club Fish Fry

The final Cartersville Ruritan Club "All-You-Can-Eat" Fish Fry of 2019 will be held on Saturday, October 19 from 4-7 p.m. with deep fried fish, hush-puppies, coleslaw, chicken strips, potato wedges and more on the

menu at the Club's covered shelter off of Harmons Lick Road in Berea.

Cost is \$9 per adult, \$5 per child. First dessert complimentary, additional desserts \$0.50 each. Carry-out available.

**Monday, October 28th - 6:30pm**

## Democratic Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, October 28 at 6:30 p.m. and the 4th Monday of every month

at the Estill County Public Library, 246 Main Street. For additional information you can email [Estillcountydemocrats@gmail.com](mailto:Estillcountydemocrats@gmail.com).

## Kitchen Diva

### Sweet News about Sweet Potatoes

You know that you're a grown-up when you fall in love with foods you disliked as a child. I never liked sweet potatoes, but we were raised to eat what was on our plates without complaint. My mother usually served them in the wintertime, so I had to endure them only a few months out of the year. Now that my job is researching, writing and cooking all types of foods, I've often revisited eating sweet potatoes.

I challenged myself to try sweet potatoes in a variety of ways, including baked and topped with roasted peanuts and peanut butter (a la Dr. George Washington Carver); as sweet potato fries; mashed and used as a topping for shepherd's pie, and as a flavorful addition to soups and stews. Best of all, there are a multitude of health benefits in this beautiful tuber.

The sweet potato is an excellent source of vitamin A, which supports good vision, the immune system and bone growth. Sweet potatoes are a good source of vitamin B-6, magnesium and vitamin C, along with iron, potassium and fiber. They also are great for the complexion.

Sweet potatoes are rich in beta-carotene. A high intake of beta carotene-rich vegetables like sweet potatoes can significantly reduce the risks for certain types of cancer. Those that are a pretty, bright-orange color are richest in beta-carotene.

When it comes to nutritional value, the sweet potato ranks far ahead of the baked Idaho potato, spinach or broccoli, according to the Center for Science in the Public Interest. High in fiber and low in fat and calories, this root vegetable is a healthful alternative to snack foods when prepared without added butter, sugar or salt.

Unlike other potatoes, sweet potatoes like long, hot growing seasons. This might explain why it is the state vegetable of North Carolina. There is a difference between sweet potatoes grown in northern states and those grown in Louisiana. Sweet potatoes produced in the north are mostly "firm" and tend to be drier, with a mealier texture and yellow flesh.

Folks in Louisiana enjoy the second type of sweet potato, which is "soft" and higher in natural sugar. Most often, it is the "soft" type that is referred to as a yam. Louisiana sweet potatoes are moister, and also have a bright-orange flesh color.

Sweet potatoes are stored in temperature- and humidity-controlled warehouses that extend their shelf life for the entire year. So, the "season" for fresh yams is 12 months. Canned yams also are available year-round.

Here's some great information about how to select, store and prepare sweet potatoes:

-- Select fresh sweet potatoes that are smooth, plump, dry and clean.

-- Sweet potatoes should not be refrigerated unless cooked. Store in a dark place at 55 to 65 F.

-- Use a stainless-steel knife when cutting a sweet potato. Using a carbon blade will cause them to darken.

-- One cup of canned sweet potatoes equals one medium-sized, cooked fresh sweet potato.

-- When using canned yams, add them at the end of the recipe because they are already pre-cooked.

This recipe for Three-Bean Chili showcases the flavors of the sweet potato in a spicy and healthy new way.



Photo Credit: DepositPhotos

### THREE-BEAN SWEET POTATO CHILI

- 1 1/4 pound sweet potatoes, about 2 or 3 large potatoes
- 2 tablespoons vegetable oil
- 1 medium onion, diced
- 2 chipotle chilies in adobo, diced
- 3 cloves garlic, diced
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- 1/4 teaspoon ground cloves
- 1 teaspoon salt
- 2 cans (15-ounce) diced tomatoes
- 1 can (15-ounce) pureed tomatoes
- 1/2 teaspoon brown sugar
- 2 cups frozen shelled edamame
- 1 (15-ounce) can no-salt-added pinto beans
- 1 (15-ounce) can no-salt-added black beans
- 1 cup shredded Cheddar cheese, optional
- 1/2 cup sour cream, optional

1. In microwave-safe glass baking dish, combine sweet potatoes and 2 tablespoons water. Cover with vented plastic wrap and microwave on high 12 minutes, or until tender.

2. Meanwhile, in 5-quart saucepot, heat oil on medium. Add onion, chipotles, garlic, cumin, chili powder, cloves and 1/2 teaspoon of the salt. Cook 5 minutes, stirring occasionally.

3. Add tomatoes, brown sugar and 2 cups water. Heat to simmering on high. Simmer 15 minutes, stirring occasionally.

4. Add sweet potatoes to the pot along with the edamame, pinto beans, black beans and remaining 1/2 teaspoon salt. Cook 2 to 5 minutes, or until beans are hot.

5. To serve, garnish with Cheddar cheese and sour cream, if desired. Serves 6.

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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](http://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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