

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 helpful 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 10th at 6:00pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna and the Richmond Club will meet Thursday, October 10, 2019 at 6:00 p.m. at Steam Engine Pizza on Main Street in Irvine. Officers for 2019-20 will be installed. New members are welcome. Kiwanis clubs focus on changing the world by serving children, one child and one community at a time. Service is at the heart of every Kiwanis club, no matter where in the world it's located. Thanks go to Jeff Hix, the outgoing president, for a job well done.

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. Demonstrations, 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

Henderson Lodge Friendship Day

The O. D. Henderson Masonic Lodge will be hosting their annual friendship day at Beech Grove Baptist Church located at 6527 Red Lick Rd this Saturday, October 12, 2019, at 12:00 Noon. A variety of soups and chili will be served. Bring a dish and enjoy the fellowship!

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.

Monday, October 14th at 1:30pm

Estill County Retired Teachers

Estill County Retired Teacher will meet at 1:30 p.m., Monday, October 14, 2019 in Estill County Public Library's meeting room at 246 Main Street in Irvine. Larry Wood, a member of the Legislative Committee, will update everyone on various legislative issues. Please try to attend!

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.

Thursday, October 17th at 6:00pm

Estill Republican Party Fall Rally

The Estill County Republican Party will host their annual Fall Rally on Thursday, October 17, at the Estill County Fair Barn. The event will start at 6:00 p.m., with a pot luck meal. Make plans to attend and enjoy the events that have been planned. We look forward to see everyone.

Friday, October 18th - 11am-2pm

Turkey Manhattan Sandwich Lunch

Irvine Chapter #357 will be having a Turkey Manhattan Open Faced Sandwich Lunch on Friday, October 18, 2019. Will serve 11:00 a.m. until 2:00 p.m. Cost is \$5.00 per person. This will be at the Irvine Masonic Lodge Hall, Broadway, Irvine, Ky. Dine in or carry out. Call 606-723-2188 for delivery.

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

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

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.

Friday, November 1st 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

Sunday, November 3rd 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.

Wednesday, November 6th at 10:30am

Legal & Financial Planning for Alzheimer's Households

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. This workshop is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place. Learn what legal decisions must be made, and how to use those decisions to protect and provide the best care possible for the person with dementia. Explore the options available to pay for care, where to find additional resources, and how to make the best financial choices for both the person with dementia and the caregiver. Guest presenter will be elder law attorney Scott Collins. The program will be held on Wednesday, November 6th from 10:30am-12pm at the Madison County Cooperative Extension Office located at 230 Duncannon Lane in Richmond. Registration is required. Please contact 1-800-272-3900.

Tuesday, November 12th, 5:30pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet on Tuesday, November 12th 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, November 12th at 7:00pm

DAV Chapter 94, Estill County

DAV Chapter 94 will be meeting at 7 p.m., November 12th 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 connection, 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.

Library News

from Adult Services Librarian Lesa Ledford

Wednesday, October 9th @ 1:30pm

Crafternoon

Crafternoon meets the 2nd and 4th Wednesday of each month. Sandy Savage will be here on October 9 at 1:30 p.m., teaching Oil Pastels. For more information on any of our programs check out our website at <https://estillpublib.org>, follow us on Facebook, or call us at 606-723-3030.

Saturday, October 12th @ 10:00am

Fall Craft Day

On October 12, 2019 there will be a Fall Craft Day beginning at 10:00 a.m. Please register by calling 606-723-3030 so that we have a correct number of supplies for this program.

Kitchen Diva Fall Is In The Air

Fruits and vegetables are easier to come by in the summer months than in the fall and winter. But to stay healthy and ward off diseases, it's important to include fruits and vegetables in your diet year-round. Here are some of the superstar fruits and vegetables of the fall and winter months.

Apples: A traditional fall favorite, apples are easy to find in the supermarket, or you can pick your own at a nearby orchard. They're a quick, easy snack and can be paired with peanut butter or cheese for protein. Apples contain antioxidants -- which may help protect against certain cancers and reduce levels of LDL, or bad cholesterol -- and are high in vitamin C, vitamin K and fiber.

Broccoli: This is one vegetable that can be eaten raw or cooked, hot or cold, by itself or with other foods. It can help prevent cancer and heart disease, and boost the immune system. Nutrients in broccoli include vitamins A, B-6, C and E, plus iron, calcium and magnesium.

Green Beans: High in vitamin K, which protects red blood cells and helps reduce the severity of asthma, osteoarthritis and rheumatoid arthritis, green beans also contain vitamin C, potassium, folate, iron and magnesium.

Pumpkin: A great source of beta-carotene, a powerful antioxidant that is good for the eyes. It also contains potassium. Canned or prepared fresh pumpkin can be made into a variety of soups, baked goods and desserts.

Spinach: Dark green veggies contain a variety of nutrients that a healthy body needs. Spinach is packed with vitamins A, K, C and E, iron, folate, magnesium, calcium, potassium and fiber. It also has antioxidants and anti-cancer agents. Frozen or fresh spinach can be added to just about any meal.

Sweet Potatoes: They are loaded with beta-carotene (which the body makes into vitamin A), vitamin C, potassium, fiber, iron and vitamin B-6. Sweet potatoes have more nutrients than regular white potatoes and can replace white potatoes in some recipes. Try them mashed, baked or as a dessert.

Try this wonderful recipe for Pecan Pork Chops with Pumpkin Apple Butter using these superstar fall fruits and vegetables.



Photo Credit: DepositPhotos

Pecan Pork Chops with Pumpkin-Apple Butter

You can substitute canned sweet potatoes that have been drained and mashed instead of the pumpkin, if desired. Any remaining Pumpkin Apple Butter will keep in the refrigerator for up to two weeks, or you can freeze it in an airtight container for up to three months. It's also delicious on bread, pancakes or waffles. If you're pressed for time, a good quality, commercially made jar of apple butter mixed with 1/2 can of pumpkin puree also works well for this recipe.

- 4 (1/4-inch-thick) boneless pork chops
- 1 (14-ounce) can pumpkin puree
- 1/2 cup apple juice
- 1/4 cup water
- 1/2 cup packed light brown sugar, stevia or agave syrup
- 1/8 teaspoon ground nutmeg or cloves
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1 tablespoon poultry seasoning
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1/4 teaspoon cayenne pepper
- 1/2 cup pecans
- 1/2 cup Panko whole-wheat breadcrumbs
- 1 egg, beaten with 3 tablespoons of water
- 1/4 cup oil for frying

1. Whisk together pumpkin puree, apple juice, water, brown sugar, stevia or agave syrup, nutmeg or cloves, ginger and cinnamon in a saucepan until smooth. Bring to a boil, then reduce heat to medium-low, and simmer until the mixture has reached the consistency of applesauce, about 10 minutes. Set aside.

2. Meanwhile, sprinkle the pork chops with 1/2 tablespoon of the poultry seasoning, 1/2 teaspoon each of the salt and pepper, and the cayenne pepper.

3. Pulse pecans, breadcrumbs and the remaining 1/2 tablespoon of the poultry seasoning and remaining 1/2 teaspoon of the salt and pepper in a food processor until the pecans are finely chopped. Pour into a shallow dish. Dip the pork chops in the egg, shake off excess. Press the pork chops into the pecan mixture to coat on both sides.

4. Heat oil in a skillet over medium-high heat. Add breaded pork chops and cook until golden brown on both sides and cooked through, about 3 to 4 minutes per side. Remove and drain on a paper towel-lined plate.

5. Place 2 tablespoons of the pumpkin apple butter on each plate. Place the pork chops on the pumpkin butter. Serve with a side of steamed spinach, green beans or broccoli. 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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