

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.

Beginning Wednesday, January 2nd

KY-3325 Is Closed For Repairs

Drivers who use KY 3325 (Opossum Run Road) in Estill County will have to find an alternate route for approximately two weeks beginning Wednesday, January 2, 2019.

To allow repairs to be made to an embankment failure, the road will be closed at mile-point 2.9, just east of Substation Road and west of Blackburn Road. Due to the nature of the repairs, the road will be closed 24 hours per day, with the exception of school bus

traffic. No marked detour will be posted, but drivers can use KY 52, KY 1353 (Trotting Ridge Road) and KY 1457 (Sand Hill Road) as an alternate route. Electronic message boards will be placed at either end of the Opossum Run section of KY 3325 to inform motorists, and barricades and signage will be placed at the work location. Drivers should plan their trips accordingly and allow extra travel time.

Wednesdays & Fridays

Storytime at Estill Public Library

Come join us as the Estill County Public Library on Wednesdays at 10:30 for Storytime!

If you have a baby or infant, come to Storytime on Fridays

at 10:30 a.m. We dance, sing, read and play!

If you have a child that you'd like to bring to Storytime, but can't come during the day don't worry!

Thursdays @ 4:15pm

LEGO Club at Estill Public Library

Remember the Estill County Public Library's LEGO Club is now from 4:15-5:00 p.m. If you are six to twelve years old, come build with us

at Lego Club on Thursdays! We will display your creation in the middle of the library for all of our patrons to see!

Thursday, January 3rd @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, January 3 at 5:30 p.m. at Steam Engine Pizza.

Service is at the heart of every Kiwanis Club, no mat-

ter where in the 80 nations where Kiwanis Clubs are located. Members focus on changing the world by serving children, one child and one community at a time.

Thursdays @ 6pm

Estill Celebrate Recovery

Every Thursday at 6:00 p.m., Celebrate Recovery meets at Providence Baptist Church Fellowship Hall, . Everyone is welcome to attend. It is a Christ centered, 12 step recovery program for

anyone struggling with hurt, pain or addiction of any kind.

Providence Baptist Church is located at 1115 Winston Rd, Irvine, KY 40336.

For more information, call 606-723-7837.

Thursday, January 3rd @ 7:00pm

Estill Historical & Genealogical

The Estill County Historical and Genealogical Society will meet Thursday, January 3, 2019, at 7:00 p.m. at the

museum at 133 Broadway. Potluck will be served and business for the upcoming year will be discussed.

Friday, January 4th @ 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 Rich-

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

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

Sunday, January 6th @ 1:30pm

Estill Action Group Resumes Sunday Afternoon Hikes in 2019

The Estill Action Group resumes its Sunday afternoon hikes in 2019 with a hike to the Ravenna Railyards in Ravenna, Kentucky. We will view some of the railcars sent to our forthcoming Kentucky Steam Heritage Corporation rail yard, and hopefully, a steam engine to be refurbished onsite. It's a good opportunity to "take a peek" at Ravenna's newest historic attraction.

The hike will be shorter and less strenuous than most of our forest hikes but nevertheless, requires good, warm clothing and sturdy hiking shoes. The hike is free and all individuals

are welcome.

We will congregate at the Charles Van Huss Kiosk, opposite the Ravenna Veterans Memorial Park, at 1:30 p.m. on Sunday, January 6th, and leave the kiosk promptly at 1:45 p.m.

We plan to feature a forest hike on alternating Sundays in 2019, but the program is rain-dependent. In other words, the occurrence of rain means "no hike." For future hike dates, google the Estill Action Group in Kentucky and scroll down the Facebook page for details. You do not have to enroll in Facebook to search for hike details, by the way.

Visit Our Website At
<EstillTribune.Com>

Tuesday, January 8th @ 11:30am

Winchester GTE/Sylvania/Osram

Winchester GTE/Sylvania/Osram/UAW retirees will gather at 11:30 a.m., Tuesday, January 8, 2019 at The Broadway Café in Winchester for lunch. All Sylvania retirees and former employees are welcome to join us.

Tuesday, January 8th @ 5:30pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet Tuesday, January 8, 2019, 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.

Tues., January 8th & Sat., Jan. 10th

The Lion, the Witch, and the Wardrobe

Follow me through a forgotten wardrobe—dusting off moth balls along the way—and into the enchanted land of Narnia. River City Players presents *The Lion, the Witch, and the Wardrobe* adapted by Don Quinn. This will be an all youth play; target cast is 3rd grade through 12th. The play will be presented in March

and will run about 40 minutes.

Auditions will be held at the ECHS Auditorium on the 8th and 10th of January at 6:00 p.m. We'd love for you to come out and add to the magic. For more information contact (606) 723-8746 or leslieharris40336@gmail.com.

Saturday, January 12th - 8am-1pm

Saving Local Lives Warms Hearts During Cold Winter Months

Lexington – The need for blood and blood donors doesn't slow down during the winter. Cancer treatments, premature births, car accidents, diseases and surgeries continue. Blood donations, however, frequently decrease due to school cancellations, weather-related travel issues and the cold and flu season.

Kentucky Blood Center (KBC) is inviting generous donors to help local patients by giving at the blood drive in the Estill County Community on Saturday, January 12, 2019, from 8 a.m. - 1 p.m. in the fellowship hall at the First

Christian Church, at 270 Main Street in Irvine.

As a thank you, donors will receive a KBC hoodie to keep them warm this winter.

Blood donors must be at least 17-years-old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org.

Walk-ins are welcome. To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

Begins Monday, January 14, 2019

"Fit for Life" in the New Year

To promote fitness in the new year, beginning January 14, 2019 the Estill County Diabetes Coalition will be sponsoring a "Fit for Life" program. The program will be designed to introduce healthy living habits and fitness for all participants.

The program will run for 12 weeks, beginning January 14th with registration at the Estill County Health Department, 2-6 p.m.

Participants will sign a "Fitness Contract," have their height, weight, and blood pressure recorded at the initial visit and weekly thereafter for 12 weeks.

The participant's name will be entered into a drawing after they have their weight and blood pressure checked each week. We will be giving away

a "FITBIT" to the lucky winner at the conclusion of the fitness program!

Participants will receive free motivational information and healthy lifestyle tips at each visit.

There will be prizes and drawings throughout the program with the grand prize being the "Fitbit."

Anyone 18 years of age and older is eligible to register.

For more information, call the Estill County Health Department at (606) 723-5181.

The Estill County Diabetes Coalition is made up of the following members: Estill County Health Department, Estill Extension Office, Marcum & Wallace Memorial Hospital, Interfaith Wellness and the Family Resource Centers.

Tuesday, January 15th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, January 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, January 17th - 12 Noon-1pm

Healthy Living for Brain & Body

For centuries we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy

aging.

The program will take place at the Powell County Cooperative Extension Office located at 169 Maple Street in Stanton on Thursday, January 17th from 12 p.m. - 1 p.m. A light lunch will be provided.

Registration is required; please call 800-272-3900. This program is provided by a generous grant from the Margaret T. Stoelcker Foundation and the Alzheimer's Association.

Monday, January 28th @ 6:30pm

Democrat Executive Committee

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

till County Public Library, 246 Main Street.

For additional information you can email Estillcountydemocrats@gmail.com.

Tuesday, February 5th - 2-3pm

Alzheimer's is Not Normal Aging

A program about Alzheimer's Disease will be held on Tuesday, February 5th from 2:00 p.m. - 3:00 p.m. at the Madison County Cooperative Extension Office in Richmond. To register for this program, please call 1-800-272-3900. Registration is required. Alzheimer's is not normal aging! It's a disease of the brain that causes problems

with memory, thinking and behavior.

Join us to learn about: the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

Kitchen Diva

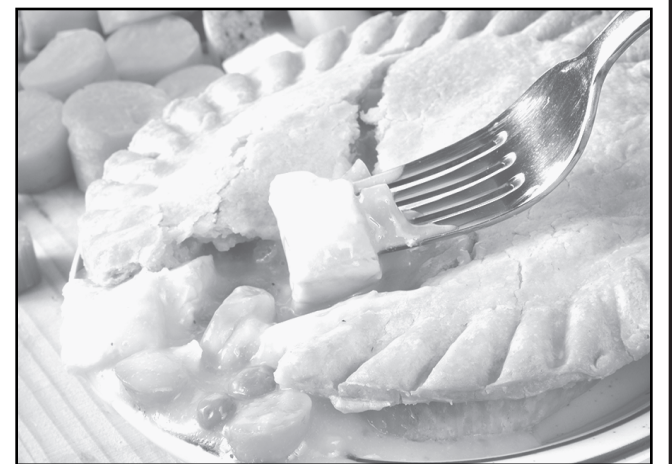
Savory Chicken Pie Warms Up Winter

by ANGELA SHELF MEDEARIS

Chicken pie is one of the first dishes I successfully made as a newlywed. It has become one of my favorite comfort-food recipes. Savory pies date back to the Medieval era. Originally, the sole purpose of the double crust was to protect the ingredients from the metallic flavor of the pot. The crust wasn't designed to be eaten and was discarded after the filling was cooked.

This single-crust chicken pie recipe is a savory combination of modern convenience products and classic homemade touches. Use a leftover baked chicken or a store-bought rotisserie chicken, leftover cooked vegetables or frozen mixed vegetables, and a frozen pie crust to cut the prep time in half.

The creamy sauce combined with the chicken and vegetable filling, and topped with a layer of sharp cheddar cheese turns this classic pie into a hearty, one-dish meal. The filling can be made in advance and either refrigerated or frozen. Just make sure that you heat the filling before sprinkling on the cheese and topping it with the pie crust. This chicken pie recipe is great way to warm up during a cold winter day.



CHEDDAR CHEESE CHICKEN PIE

- 1 (2 to 2 1/2 pounds) cooked chicken, meat cut into chunks, skin and bones removed and discarded
- 1 stick butter, divided
- 1 medium onion, diced
- 3 stalks celery, diced
- 2 cloves garlic, diced
- 1 (16-ounce) bag frozen soup or stew vegetables
- 2 teaspoons poultry seasoning, divided
- 1 1/2 teaspoons salt, divided
- 1 teaspoon pepper, divided
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon sugar
- 4 tablespoons all-purpose flour
- 1 cup cream, evaporated milk or buttermilk
- 1 cup chicken broth
- 1/4 teaspoon nutmeg
- 1 cup grated sharp cheddar cheese
- 1 (9-inch) frozen pie crust

1. Heat oven to 350 F. Lightly grease a 2-quart casserole dish.

2. Melt 4 tablespoons of the butter in a large skillet over medium heat. Stir in onion, celery and garlic. Cook until tender, about 5 minutes.

3. Stir in chicken and frozen vegetables, 1 teaspoon of the poultry seasoning and salt, 1/2 teaspoon of the pepper, the cayenne pepper and sugar. Cook, stirring occasionally for 2 to 3 minutes. Remove the chicken mixture from the skillet and place it in the prepared casserole dish. Set aside.

4. To make the sauce, melt 4 tablespoons of the butter in the skillet over medium heat. Whisk flour and remaining teaspoon of poultry seasoning into the butter; turn heat to low and cook, stirring occasionally, until light brown and thick, about 3 minutes. Turn heat to high and slowly whisk in the cream, evaporated milk or buttermilk. Whisk in the chicken broth. Continue whisking until mixture thickens, about 3 to 5 minutes. Stir in the remaining salt and pepper, and the nutmeg.

5. Pour the cream sauce over the chicken mixture, stirring to coat the mixture evenly. Sprinkle the chicken mixture with the cheese. Top the filling with the prepared pie crust, pressing the crust down around the edges of the dish to seal the crust over the filling. Cut three, 1-inch slits in the center of the crust to allow steam to escape. Bake for 30 to 35 minutes until crust is brown and golden. Serves 6 to 8.

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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Americanisms



"The person who knows how to laugh at himself will never cease to be amused."

— Shirely MacLaine