

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.

Thursday, January 24th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, January 21, 5:30 p.m. at Steam Engine Pizza. Susan Hawkins from will give updates for River City Players. 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.

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.

UK COOPERATIVE EXTENSION SERVICE

University of Kentucky - College of Agriculture

Extension Notes

Family & Consumer Sciences

Estill County Extension Office

Monday, January 28th @ 12:00 Noon

Drying, the Other Food Preservation Method

Drying (dehydrating) food is one of the oldest and easiest methods of food preservation. Dehydration is the process of removing water or moisture from a food product. Removing moisture from foods makes them smaller and lighter, but preserves taste and nutritional value. In this class we will learn about dehydrators, the principles and process of drying fruits, vegetables and meats, and ways to use your finished products.

Join Kendyl Redding, Powell County Extension Agent for Family and Consumer Sciences on Monday, January 28 at 12:00 p.m. at the Estill County Extension Office for this informative lesson. The program is free and open to the public. Please register by calling 606-723-4557 so we will have plenty of handouts.

Equal Opportunity Provider

Monday, January 28th @ 10:00am

Body Fitness Exercise Classes

The Body Fitness Exercise Classes will resume on Monday, January 28, 2019. Sister Loretta Spotila, RN, and are held on Monday and Wednesday mornings, 10-11 a.m. at the Estill County UK Extension Office on Golden Court, off Stacy Lane.

The classes are helpful for persons with arthritis, asthma, and difficult moving. They involve gentle exercises and movement and build strength and flexibility. Donation is \$3.00 per class. For more information, call Sister Loretta at 723-8505. Classes are instructed by

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 Estill County Public Library, 246 Main Street. For additional information you can email Estillcountydemocrats@gmail.com.

Tuesday, January 29th @ 7:00pm

29th Mt. Mushroom Festival

The 29th annual Mountain Mushroom Festival will be April 27-28.

You're invited to come and be a planning session on Tuesday, January 29 at 7 p.m. in Irvine City Hall, 101 Chestnut Street. Much has been done behind the scenes to prepare and more is required to make a first class festival for the community. Anyone interested in assisting with the festival is welcome to attend.

Thursday, January 31st is deadline

Mushroom Festival Food Court

Food Court applications for the 2019 Mountain Mushroom Festival are available at Irvine City Hall located at 101 Chestnut Street and the festival website: www.mountain-mushroomfestival.org. Food vendors must carry a minimum \$500,000 commercial vendor liability insurance. Application, fees and proof of liability insurance must be submitted by the deadline date of Thursday, January 31 at 4 p.m. Mailed applications must be postmarked by the deadline date. No late entries will be accepted.

The application fee is \$175 per food booth space plus a \$75 Early Departure/Closing fee, if applicable.

For more information, you may call Kim Williams at 723-4235 or Irvine City Hall.

The 2018 festival dates are Saturday, April 27 and Sunday, April 28.

Friday, February 1st - 7:30am-1:30pm

St. Elizabeth Basement Sale

The February Basement Sale at St. Elizabeth Church, 322 5th Street in Ravenna, will be held on Friday, February 1, from 7:30 a.m. until 1:30 p.m. There will be men's, women's and children's clothing; shoes, nice jewelry, household, books, and many more items. Everyone is welcome.

Friday, February 1st @ 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, February 1st and on the first Friday of each month at 9 a.m.

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

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.

Tuesday, February 5th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, February 5th, 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.

Tuesday, February 12th @ 5:30pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet Tuesday, Feb. 12, 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.

Visit Our Website At
<EstillTribune.Com>

Kitchen Diva

Slow-Cooked Football Fiesta

by ANGELA SHELF MEDEARIS

The Super Bowl is upon us, and the big game is the perfect time to serve burritos. As a Texan, I've had a long love affair with both football and tortillas. A tortilla is the perfect foundation for any number of dishes, from spicy enchiladas and crunchy tacos to my personal guilty pleasure, veggie-stuffed burritos.

The "Diccionario de Mexicanismos" has an entry for the burrito as early as 1895. A "burro" is a donkey, and burrito means "little donkey." There are many folklore stories about how burritos got their name. Some compare the shape of a burrito to a donkey's ears or the packs and bedrolls donkeys carried. But it's a proven fact that burritos are the perfect way to meld together flavorful ingredients in a handheld package. There are a few tricks to making the classic burrito:

* Heat the tortillas before making your burritos to make them soft, pliable and easy to roll. There are several ways to heat up the tortillas. You can heat each individual tortilla for 5 to 8 seconds on low on both sides, directly on the heating element on the stove top. You also can wrap them in foil and place them in the oven on 375 F to 400 F for 10 minutes; or steam them in damp, food-safe paper towels in the microwave for 10 seconds.

* Make sure the tortilla is at least twice as big as the contents you'll put into it. When you fold the tortilla in half, with the contents inside, both ends should be able to touch with room to spare.

* Join the front and rear flap and quickly lift the tortilla into the air to compress the contents. Make sure to keep the contents of the burrito in the tortilla. Set it back down again, open faced.

* Pull the left flap of the tortilla over the burrito contents, toward the center. Pull the right flap of the tortilla over the burrito contents, toward the center. Your tortilla flaps probably won't overlap at this point. Don't pull too hard on the ends of the flaps as you fold them over to the center. This could rip the tortilla.

* Tuck the top flap of the tortilla underneath the burrito contents, pulling all of the burrito contents toward your body, into the center of the burrito.

* Starting from your body and moving outward, roll the burrito forward into a cylindrical shape. Let the burrito rest on top of the last little flap for a minute to stick the ends of the tortilla together. Wrap the burrito in foil to help keep the burrito together and warm.

My recipe for Slow-Cooked Burrito Filling is an easy way to prepare burritos for the big game or a weeknight meal. Go team!



Photo by DepositPhotos.com

SLOW-COOKED BURRITO FILLING

You can put this filling into a bowl instead of a tortilla, if desired, and finish it with your favorite toppings.

- 1 to 1 1/2 pounds boneless skinless chicken breasts, chicken thighs or a mix, cut into 2-inch pieces
- 2 tablespoons olive or vegetable oil
- 1 1/2 tablespoons chili powder
- 1 tablespoon cumin
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 (14.5-ounce) can hot or medium diced tomatoes with jalapeño peppers, plus juice
- 1 cup chicken stock, divided, plus more if needed
- 1 cup instant brown rice
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup frozen corn
- 8 large burrito-style tortillas

Optional toppings: shredded cheese, chopped cilantro, sour cream, diced avocado, salsa, hot sauce, diced green onions, shredded lettuce

1. Combine the chicken pieces and the oil together in the bowl of a 2 1/2- to 3 1/2-quart slow cooker. Mix the chicken with the chili powder, cumin, salt, pepper and the can of diced tomatoes with peppers and juice. Mix until all the pieces are coated with the spices.

2. Add 1/2 cup of the chicken stock or more as needed to make sure the chicken is covered. Cover with the lid and cook on low for 3 to 4 hours.

3. Remove the lid and add the instant brown rice, black beans, frozen corn and the remaining chicken broth. Replace the lid and continue cooking on low for another 30 to 40 minutes. Check the rice periodically, stirring once or twice to make sure the rice cooks evenly and adding more chicken broth if the mixture seems dry.

4. Cooking is done when the rice is tender. If the rice is done while there is still liquid left in the slow cooker, remove the lid and cook on high to let the liquid evaporate. Roll the chicken filling and your choice of optional ingredients into a warm tortilla and form a burrito, or put the filling into a bowl, or into some warm, pre-made hard-shell tacos and add your choice of toppings. 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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Opiate Intervention Screening

With the opiate crisis running rampant, families are looking for ways to help those they love who need treatment. Getting them into treatment becomes even harder if their loved one is not willing. This is when Intervention can become key. To learn more about successful interventions, please visit, <https://www.narconon-newliferetreat.org/blog/intervention-101.html>

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Bob Schwitter

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Alarm

BURRPET

Feint

GEDDO

Sure

CREATIN

Hidden

DEVILE

TODAY'S WORD

"That figures... they met on the high school _____ team."