

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, September 26th at 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, September 26th, at 5:30 p.m., at Steam Engine Pizza.

Thursday, September 26th at 7:00pm

Community Chorus Hires New Director

The Estill County Community Chorus has a new director. Come and meet Chris at our first practice on Thursday, September 26, at 7:00 p.m. at the Irvine United Methodist Church on Main Street. Everyone is welcome and there are no auditions. We come together to promote choral music and stimulate musical appreciation in and around our community. Dues will remain the same. For more information contact Robin 606 723 4678 on email <apcraft@windstream.net>

Saturday, September 28th

Rosses Creek Annual Picnic

The Rosses Creek Annual Picnic will be held Saturday, September 28, 2019, at the old school building. Everyone is invited to attend. Bring a covered dish or more, a soft drink, and a lawn chair. We will have plenty of Gospel Singing and plenty of fun. If you have any questions, call Bill at (606) 723-2653.

Saturday, September 28th

Marion & Betsy Tipton Reunion

The family reunion of Marion and Elizabeth "Betsy" Moreland Tipton will be held on Saturday, September 28, 2019 at Carl and Teddie McIntosh's "Shelter Valley," just off the Watson Ridge Road in Ravenna, southeast of Furnace, for the descendants of Marion and Elizabeth "Betsy" Moreland Tipton. All friends and family are invited to come. Bring a covered dish and spend the day. Everyone is welcome to attend! For more information or directions call (859) 200-4233.

Saturday, September 28th at 1:00pm

Annual Rader/Raider Reunion

The Rader/Raider Reunion will be held on Saturday, September 28, 2019 at 1:00 p.m. in Richmond, Kentucky at Catalpa Park at the large pavilion. Please bring a covered dish and soft drinks.

BODY FITNESS EXERCISE CLASS

HELPFUL FOR PERSON WITH ARTHRITIS, ASTHMA, DIFFICULTY MOVING

Gentle Exercise and Movement Builds Strength and Flexibility

BEGINS September 30, 2019

INSTRUCTOR: Sister Loretta Spotila, RN

TIMES: Monday and Wednesday mornings 10:00am - 11:00am

PLACE: Estill County-UK Extension Office Golden Court off Stacy Lane Road

DONATION: \$3.00 per class

FOR MORE INFORMATION: Call Sister Loretta at 723-8505

Tuesday, October 1st at 6:00pm

ECH&GS to meet at Estill Springs

The Estill County Historical & Genealogical Society will meet Tuesday, October 1, 2019 at 6:00 p.m. We are being hosted by Nell Williams at her Estill Springs Shelter. Potluck will be served. Old Times Day will be planned. Bring a friend!

Tuesday, October 1st at 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Oct. 1st 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 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.

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!

Friday & Saturday, October 3rd & 4th

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.

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.

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 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.

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

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.

Kitchen Diva

A Love Affair with Pears

I adore eating a perfectly ripened Bosc or Anjou pear. That first bite through that firm, greenish-golden skin into the sweet juicy fruit is a delight for the senses. Best of all, pears are a good source of fiber, antioxidants and vitamin C. Pears seldom cause allergies and are usually safe for infants and small children. Research suggests that regularly eating pears and other fruits may even guard against macular degeneration, the leading cause of vision loss.

If you're wondering about selecting, ripening or preparing pears, here's some great information from USA Pears:

Q: Where are USA Pears grown?

A: USA Pears are mostly grown in Oregon and Washington, which produce 88% of the nation's fresh pear crop.

Q: The pears I find in the grocery store are hard and green. Why?

A: Pears are a unique fruit in that they ripen best off the tree. As such, pears are transported when they're fully mature, but not always ripe. This assures that pears you buy are in good condition to properly ripen at home after you buy them.

Q: How can I keep cut pears from browning?

A: Browning, or oxidation, is a natural process that occurs when cut pears are exposed to oxygen. It can be slowed by "acidulating" the cut surfaces with a mild solution of 50% water and 50% lemon juice, which can either be brushed on or dipped in. Although this won't completely stop the browning, it will provide you with a little extra time to enjoy your delicious fruit. You also can use natural anti-browning products such as NatureSeal, which will slow browning for over a week.

Q: What should I do with my pears when I get them home?

A: If the pears are ripe, they can be used right away or refrigerated to slow further ripening. If they need to be ripened, you must leave them at room temperature. Some people put them in a paper bag to help them ripen faster. Be sure to check them daily so they don't get overripe.

Q: How long will pears keep in the fridge?

A: Once they are ripened, pears will generally keep in the refrigerator for 3 to 5 days. Unripe fruit can generally be kept for a week or more, however, pears will not ripen properly inside the fridge.

You also can arrange them in a fruit bowl and place them on the kitchen counter, dining room table or even in the living room so you can enjoy their beauty as they ripen.

This recipe for Roasted Pears with Camembert Cheese and Chutney showcases this lovely fruit in a delicious new way.



Photo Credit: DepositPhotos

Roasted Pears with Camembert Cheese & Chutney

- Apple Cider, Raisin and Pecan Chutney
- 1/2 cup unsweetened pear or apple cider
- 1/4 cup honey or agave syrup
- 1 large shallot, minced
- 1/3 cup golden raisins
- 3/4 cup chopped roasted pecans
- 2 tablespoons apple cider vinegar
- 1 teaspoon minced fresh rosemary
- 2 1/2 teaspoons kosher salt, divided use
- 1 teaspoon ground black pepper
- 1/8 teaspoon allspice or ground cloves
- 1/8 teaspoon cayenne pepper or red pepper flakes

Roasted Pears

- 3 large, ripe USA Pears, such as Concorde, Comice, or Green or Red Anjou
- 2 tablespoons olive oil
- 6 slices Camembert cheese
- 4 cups baby arugula leaves

For the Chutney: Bring the cider, honey or agave syrup, shallot and raisins to a boil in a small saucepan over medium-high heat. Reduce heat to medium-low and simmer until the mixture thickens, 10 to 15 minutes.

Off the heat, stir in the pecans, vinegar, rosemary, 1 teaspoon of the salt, 1/2 teaspoon of the black pepper, the allspice or ground cloves, and the cayenne pepper or red pepper flakes. Cool the chutney to room temperature before serving, or place in a container and cover with an air-tight lid and refrigerate up to 1 week.

To Roast the Pears: Heat oven to 375 F. Halve and core the pears and place in a baking dish. Rub them with 1 tablespoon of olive oil to lightly coat, and sprinkle all over with 1 teaspoon of salt. Position the pears cut sides down and roast about 30 minutes.

Turn them over and continue roasting until tender, 5 to 10 minutes more. Lay a slice of Camembert on top of each and continue roasting just to melt the cheese, about 2 minutes.

To Serve: Toss the arugula with the remaining tablespoon of olive oil, and the remaining salt and ground black pepper, and divide among 6 salad plates. Place a warm pear half over each and top with a spoonful of the chutney. Serve immediately.

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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