

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>

For a limited time . . .

Spay & Neuter Funding

The Humane Society's Angels of Estill County has acquired funds for spay/neuter. Please contact Ellen Frederick at ellenfrederick@windstream.net for details. Funds are limited so please put your request in promptly.

BODY FITNESS CLASSES

The FALL 2014 SESSIONS of the BODY FITNESS EXERCISES CLASSES led by Sister Loretta Spotila, RN, have begun. These classes use gentle exercise and movement and are designed to build strength and flexibility.

Classes are held in the Gym of the Central Office Building on Main Street. Parking available in the rear of the building. Class times are Wednesday & Monday from 9:30 a.m. to 10:30 a.m. For more information, call 723-8505.

Monday through Friday @ 8am

Flu Shots At Health Dept.

Flu shots are available at the Estill County Health Department. Call ahead or walk in. Hours are 8 a.m. - 6 p.m. Monday, 8 a.m. - 4:30 p.m. on Tuesday - Thursday, and 8 a.m. - 12 p.m. on Friday. Phone 606-723-5181.

Wednesday, October 1st @ 11:15 am

Irvine High '47 & '48 reunion

The annual reunion of Irvine High School Classes of 1947 and 1948 will be held at 11:15 a.m. on Wednesday, October 1, 2014 at Michael's Restaurant in Ravenna. Members and/or friends interested in attending, please contact Wanda Wilson (723-2418), Juelma Blackwell (723-3416) or Peg Wilson (723-2232).

Thursdays @ 6pm, 6:45pm & 7:30pm

Beginner & Intermediate Clogging

New Clogging lessons just starting on Thursday nights at Infinity Fitness and Spa on Bond Street in West Irvine. Beginners starts at 6 and beginners plus is at 6:45. Intermediate starts at 7:30. Five dollars a night. Richard McHargue is giving lessons. Clogging is great exercise for all ages little kids on up. Hope to see you there.

Attention Veterans

A Veterans Benefits Field Representative will be at the National Guard Armory, 335 Cow Creek Road, Ravenna, on Thursday, October 2, 2014 and the first Thursday of each month. The hours are 1:30 p.m. until 3:30 p.m.

Veterans and their dependants will receive assistance filing for Federal and state veterans benefits. This service is provided free of charge by the Kentucky Department of Veterans Affairs. To apply, veterans need to furnish copies of pertinent documentation to verify eligibility. For further information, please call toll free within Kentucky, 1-866-376-0308, to speak with a Veterans Benefits Field Representative.

Thursday, October 2nd @ 7pm

Estill County Community Chorus

The Estill County Community Chorus has begun rehearsals for their Christmas Concert, Thursdays at 7 p.m. at First Christian Church, Main Street, Irvine. Everyone is welcome! Auditions are not required. Rehearsals will be every Thursday night, except during Thanksgiving. We had 17 come to our first rehearsal and there is room for more.

Carol Anne Wilson is Directing with Nancy Farmer as the accompanist. Ann Siudmak is assisting with rehearsals as needed. We are asking all former members to come back and sing with us for this very special Christmas Concert which will feature Christmas Favorites that have been sung over the past years.

Fridays, 6:00 to 8:00pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine, for anyone who plays an Appalachian Dulcimer or anyone who is interested in playing one is welcome to attend. The Appalachian Dulcimer was designated as the official state instrument of Kentucky in 2001.

Saturday, October 4th @ 1pm

HH Crowe Family Meeting

For Teacher Appreciation Week, Estill County Retired Teachers will host a food drive to support the local food bank. It will be held on Friday, October 3, 2014, from 10 a.m. until 4 p.m. at the Save-A-Lot Store on Richmond Road in Irvine. If you can help, please call Robert Smith at 723-3728.

Visit Our Website At
<EstillTribune.Com>
For Up-To-Date Obituaries

Saturday, October 4th

Will Wise Toy Drive Roadblock

The Christian Worship Center Youth Group will be having a road block on Saturday, October 4, 2014, for the Will Wise Toy Drive.

Each year the toy drive provides toys to sick children who are patients at Marcum & Wallace Hospital in Irvine, during the Christmas Season.

Thank you in advance to all who donate and, once again, fill up Will's truck and bring a smile to a sick child.

Saturday, October 4th @ 1pm

HH Crowe Family Meeting

Descendants of Henry Harlan and Eva Barnes Crowe will be meeting Saturday, October 4, 2014, at Crowe Hollow for a day of fun and fellowship. Bring a covered dish, we'll eat at 1:00 p.m. Friends are also welcome.

Saturday, October 4th, 11am-5pm

Annual Rader/Raider reunion

The annual Rader/Raider Reunion will take place on Saturday, October 4, 2014 at Catalpa Park near Lake Reba, in Richmond. Festivities will take place between 11 a.m. thru 5 p.m., with food on the tables by 12:30 p.m. Family and friends are encouraged to bring enough food and drinks to feed your family who will be attending. Don't forget to also bring a gift for the door prizes & Family Auction. Hope to see you there.

Saturday, October 4th @ 4pm

Stafford Lodge Family Dinner

Stafford Lodge #562 at Fitchburg would like to invite all members, their families, and their friends to attend our annual family dinner on Saturday, October 4, 2014 at 4:00 p.m. at the Lodge. All other masons and their families are also welcome. Dinner is potluck so bring a dish and come join us.

Saturday, October 4th @ 6pm

Forty & Eight Steak Dinner

The Forty & Eight will be having their annual steak dinner for members and guests on Saturday, October 4, 2014, at 6 p.m. at American Legion Post #79 on Millers Creek Road. There will be dancing afterwards with entertainment by Todd Chaney.

There will be door prizes and raffles and a 2014 Spider ATV 110 will be given away. *Forty & Eight was originally founded to represent a*

different level of elite membership and camaraderie for leaders of the American Legion. Since 2008, membership has been opened to all honorable discharged veterans whether they are AL members or not but is by invitation only. The name "Forty & Eight" represents French railway box cars which American soldiers rode back and forth to the front during World War I. The cars carried 40 men or eight horses.

Tuesdays, 12:30-2pm

Family Planning Clinic Moved

The Estill County Health Department "Family Planning Clinic" has moved to Tuesday afternoons. Please walk-in from 12:30 until 2:00 p.m. [Sep 30](#) Call (606) 723-5181 if you have any questions.

Tuesday, October 7th at Raders'

Estill County Lions Club

The Estill County Lions Club will meet on the first and third Tuesday of every month at Raders River Restaurant, under the Irvine Bridge. The meal is at 6:30 p.m. and business meeting begins at 7 p.m.

The Estill County Lions Club has been accepting applications for eye glass assistance, since Monday, September 1, 2014. Contact Jim Witt at 606-723-2500.

Tuesday, October 7th at 7pm

Estill Historical Society To Meet

The Estill County Historical and Genealogical Society will meet at 7 p.m. on Tuesday, October 7, 2014, at the Estill County Library, 246 Main Street in Irvine. There will be preparation for Old Time Day, which has been scheduled for Saturday, October 11.

Again, this year, at "Old Time Day", there will be the hit and miss engines, various craft demonstrations, and soup beans and corn bread at the Estill County Research Museum on Broadway. The 2014 calendar is now available at the Museum on Saturdays. There should be a correction in the calendar for the month of July: "Anne Rainey Clark" should be listed as "Nancy Ann Rainey Clark". The Estill County Pictorial History, WW II Book, the School Book, and the two volumes of the Cemetery Books are still available.

Monday, October 13th at 1:30pm

Estill Retired Teachers To Meet

The Estill County Retired Teachers will be meeting Monday, October 13, 2014, at 1:30 p.m. at the Estill County Public Library, 246 Main Street in Irvine. Darrell Calmes will be telling about the community at Rosses Creek. It will be an interesting talk.

Tuesday, October 14th at Natural Bridge

GTE/Sylvania/Osram Retirees

The Winchester GTE/Sylvania/Osram/UAW retirees will be meeting at 10:30 a.m., Tuesday, October 14, 2014, at the Union Hall for a short meeting. After the meeting, members and guests will travel to the Lodge at Natural Bridge State Park for lunch. All Winchester Sylvania retirees and former employees are welcome at lunch.

Kitchen Diva

Chocolate with an Accent on Savory

by ANGELA SHELF MEDEARIS and GINA HARLOW

The origins of mole -- that famous Mexican sauce that is really a stew -- are as deep, complex and rich as the spicy, sweet, nutty multilayered mixture itself. It's rumored that the Spaniards gave mole its name when they misheard the Aztecs refer to the stew as a "mulli." Another story goes that in the 17th century, Dominican sisters in Puebla scrambled to put a meal together for the visiting archbishop. They used the ingredients that they had on hand, such as dried chilies, chocolate and stale bread, to make a sauce for turkey. Mole can be any or all of those ingredients. The often-intimidating concoction represents a delicious and gorgeous pinnacle of the many cultures that influenced Mexican cuisine, with many pieces of it coming together in one glorious sauce that has many incarnations.

One debated aspect of mole lore is just where in Mexico it originated, and of course, who makes it the best. The fact is, mole is served all over Mexico, and takes on different characteristics depending on where in the country it is made and, ultimately, the taste preferences of the cook preparing it. Mole is most common in Puebla, relating back to the story of the nuns. But Oaxaca is not to be outdone. It's also the home of complex, distinctive moles. And while there are countless mole variations, there is agreement among most Mexican cooks that there are seven notable recipes. These recipes represent the different colors and tastes of the foundation of every mole, which are chilies. It's also agreed that the traditional Mexican mole is a special occasion dish, as it takes time and care to create.

Mole Negro is probably the most famous recipe. The almost-black, spicy sauce is what most people have tasted if they've eaten dishes from interior Mexico. Like the Mexican cooks for centuries, you can make your unique rendition of this fascinating dish that celebrates the ingredients of this colorful country. Mole also can be purchased ready-made as a paste or powder, or in jars or cans, but homemade is best.



Gina's Mexican Mole Enchiladas with Sauce For the Mexican Mole Sauce:

3 tablespoons Ancho chili powder
1/2 teaspoon cumin
1/4 cup peanuts or pine nuts
1/2 medium onion, cut into small chunks
1 clove garlic
1 can vegetable broth or water
1/4 cup vegetable oil
1/4 cup tomato sauce
1/2 teaspoon sugar
1/8 teaspoon ground cloves
1/2 ounce bittersweet chocolate, broken into small pieces

1. Lightly toast chili powder and cumin in dry skillet. Mix toasted spices with the peanuts, onions and garlic in a food processor or blender. Add enough vegetable broth or water to make a thick paste. Set aside.

2. Heat vegetable oil in saucepan. Add the tomato sauce, the processed onion-peanut-spice mixture and the remainder of the vegetable broth or water. Add sugar and cloves. When mixture is heated through, add chocolate.

3. Simmer for 20 minutes on low heat. Thin with a small amount of water if desired. Set aside for topping enchiladas.

To prepare the Cheese Enchiladas:

1 tablespoon vegetable oil
1/2 cup green onions, sliced
1 teaspoon garlic, minced
3 tomatillos, peeled, washed and diced
4 ounces canned green chilies, chopped
1/2 cup fresh cilantro, chopped
1 tablespoon dried oregano
1 cup vegetable broth
12 large whole-wheat tortillas
1 (15 ounce) can black beans, rinsed and drained

1 cup queso fresco or ricotta cheese
8 ounces Monterey Jack cheese, shredded, plus more for sprinkling

1. Heat oven to 350 F.

2. In a large pan, cook the green onions, garlic and tomatillos in the oil until tender. Add the green chilies, the cilantro and the oregano. Continue cooking until the sauce comes to a boil. Reduce the heat to low and continue cooking for 8 to 10 minutes. Pour the sauce into a blender container. Cover and blend on high speed until smooth. Return to saucepan and stir in broth. Cook over medium heat about 15 minutes.

3. Dip each tortilla into sauce. Spoon about 1-1/2 tablespoons black beans, 2 tablespoons of queso fresco or ricotta cheese, and 2/3 ounce Monterey Jack onto each tortilla. Roll tortilla around filling. Place seam side down in 13-by-9-inch baking dish sprayed with non-stick cooking spray. Drizzle remaining Mole Sauce over enchiladas. Sprinkle with remaining Monterey Jack cheese.

4. Bake at 350 degrees for 20-25 minutes until cheese is melted and filling is hot.

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. Read Gina Harlow's blog about food, gardening and horses at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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