

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>

Tuesdays, 4-5 pm

Library Seeks Teen Advisors

The Estill County Public Library is now accepting applications for the volunteer Teen Advisory Group (TAG). Consisting of no more than 12 voting members, TAG is a 10-month commitment from teens who wish to help make the library more welcoming to

younger patrons.

If you are or know a teen who would like to join the library's Teen Advisory Group, stop by the library for an application. We meet every first Tuesday from 4-5 p.m. For more information, contact the library at (606) 723-3030.

Friday, October 23rd, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets Friday, October 16th and every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine, for anyone who plays an Appala-

chian 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.

Tuesday, November 3rd @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, November 3 and on the first and third Tuesday of every month at Raders' River Restaurant. The meal is at 6:30 p.m. and business meeting begins at 7 p.m.

Estill County Lions Club is part of Lions Club Inter-

national, with 1.35 million members in 205 countries around the world. We invite those who feel a call to make our community a better place through service to attend and learn about how Lions around the world earn our motto, *"We Serve..."*

Saturday, December 5th, 10am-4pm

Christmas Arts & Crafts Show

The 12th annual "Christmas Arts & Crafts Show" will be Sat., Dec. 5 10 a.m. - 4 p.m. at the Central Office Gymnasium, 253 Main Street in Irvine. The Estill Arts Council will offer unique gifts for sale from local artists and craftsmen, live entertainment, free children arts activities, a silent auction of arts and crafts items, concession stand with chili and hot dogs, and 50/50 pot.

Only original artwork, handmade crafts, and baked goods (individually wrapped) are eligible for entry. No canned goods can be sold unless home based processing has been approved. Demonstrations are

encouraged.

Area artists and craftsmen can get an application form from the Citizens Guaranty Bank (River Drive), Estill County Public Library, or Ravenna Greenhouse. The cost of a 10' x 10' space will be \$15 for Estill Arts Council members and \$20 for non-Estill Arts Council members before Nov. 7. Entries postmarked after Nov. 7 will be an additional \$10. For more information call 606 723-4678 or 606 723-5694.

Proceeds from the event will be used to support the activities and programs of the Estill Arts Council.

Pals Students Attend ARC Conference



Abby Winkle and Kayla McKinney

On Thursday, two of our PALS (Promise Appalachia Leadership in Service) students, Kayla McKinney and Abby Winkle attended the Appalachian Regional Commission Conference that focused on transforming the region's economy. The PALS students participate in various GEAR UP (Gaining Early Awareness and Readiness for Undergraduate Programs) activities, then act as liaisons to the school by sharing what they have learned with the student body. The conference began with an opening session focusing on Appalachia's future with Kentucky Governor Steve Beshear, U.S. Congressman Hal Rogers, and Earl F. Gohl (Federal Co-Chair, Appalachian regional Commission) as panelists who reflected on the current state of Appalachia and the goals for the future. They discussed various economic, social, and cultural trends that were impacting

Appalachia and what we could do to strengthen our region with both short and long term goals. After that, Kayla and Abby attended the Bringing Our Best Practices Forward: Cultivating the Next Generation session. This session focused on young leaders across Appalachia who are helping create vibrant, economically diverse, and healthy communities. The panelists discussed how these young leaders as business owners, educators, health professionals, and local farmers, are bringing a new energy and entrepreneurial spirit to the Region's economic future. Overall, the ARC Conference was an amazing opportunity for Kayla and Abby to meet new people, learn about what is being done to transform the Appalachian region, and develop their leadership skills so that they can make a positive impact on the future of Appalachia.

MW Foundation Raises \$30,000

Saturday, October 10, 2015, was the single-day largest fundraising event in the history of Marcum & Wallace Memorial Hospital (MWMH). The MWMH Foundation hosted the Chip in for the Cure Golf Scramble and a Pink Paradise Luau (presented by Citizens Guaranty Bank) at the Estill County Golf Club. The events combined to raise over \$30,000 to kick off the campaign for 3D mammography technology at MWMH.

"If you asked around, there are probably few people that haven't been impacted by breast cancer," said Susan Starling, MWMH President & CEO. "We are especially thankful to Kathy Samples and Rodney Davis for the vision of this community fundraising event that will have a direct benefit to Marcum and Wallace patients. Every dollar raised on Saturday and over the next year will go towards our campaign to bring 3D mammography to Marcum and Wallace Hospital."

For nearly sixty years, MWMH has been dedicated to a tradition of access to care for the patients of this region. The MWMH Foundation Campaign for 3D mammography, the newest technology on the market, will serve the communities by providing access to technology that detects breast cancer earlier. Early detection is an important piece of the fight against breast cancer. A screening mammogram each year is

one of the most important things that a woman can do for her health.

The day started with the Chip in for the Cure golf scramble that included 52 golfers. They were treated to a special lunch from the Apollo Pizza truck. Every player received a gift bag sponsored by: Allergy, Asthma & Immunology; Apollo Pizza; Citizens Guaranty Bank; Davis Law; Frogg Togg; and Southeast Apparatus. The Beverage Cart sponsor was Estill Medical Clinic. Special event holes were a Hole in One with the chance to win a 2015 Chrysler 200 sponsored by Tanner Chrysler Dodge Jeep (no winner); Longest Drive sponsored by Citizens Guaranty Bank (winner of the Cobra Cell driver was Steven Mainous); Closest to the Pin sponsored by Southeast Apparatus (\$100 donation was made to the MWMH Foundation in honor of winner Butch Coleman); and the Putting Contest was organized by Denny Smith (winner of the restaurant gift card was Jody Collett).

Special thank you to the Estill County Golf Club (Jack Dice, Kathy Collett and Denny Smith) and scramble organizer Scott Webb. Also thanks to the individuals who donated use of their personal golf carts.

Hole sponsors for the event: Bobby Carol Noland (In Memory of Clarence Noland), Citizens Guaranty Bank, In Memory of Lisa

Perkins Witterstaetter (From: Dan, Debby, Steve, Terri, and Greg), In Honor of Marilyn Raider (From: Steve & Carolyn Perkins), Big Katz Auto, Whitaker Bank, Hardy Propane Gas, Dr. William Witt, Spencer Drug (Madison Drug, Irvine Health Mart, Estill Clinic Pharmacy), Ernie & Jan Davis, Citizens Bank & Trust Co., The Twin, Jackson Energy, Piper & Bowers, P.S.C., Marcum & Wallace Hospital employees, In Loving Memory of Kristi Smith Wainscott (From: Mom & Dad), First Due Fire & Rescue Equipment, Premier Home Care Rehab Services, Mercy Medical Clinic of Powell County, MedCost and West Coast Central.

Team Sponsors: AbleCare, Big Katz Auto, Citizens Bank & Trust Co., Citizens Guaranty Bank, Davis Law, Irvine Nursing & Rehab, MedCost, Tanner Chrysler Dodge Jeep, Team Harrison, Team Estes, Team Blackwell, Whitaker Bank and Spencer Drug. The winning team (by coin flip) was Team Estes (players: Chris Estes, Jason Meyers, Jason Johnson and Richard Snowden). The second place team was Team Blackwell (players: Earl Blackwell, Kelbie Robinson, Ralph Howe and Bill Jones). The third place team (by coin flip) was the Spencer Drug team (players: John Spencer, Dave Jennings, Artie White and Stuart Witt). The fourth place team was the Citizens Bank & Trust Team (players: Jimmy

Kiser, Greg Snowden, Ashley Witt and Jared Kiser).

The golf course grounds were transformed into a paradise and 175 guests received an island-style welcome from the music of the Caribbean Blues Band from Lexington and a traditional pig roast and luau foods from Bayou Bluegrass Catering from Lexington. The Pink Paradise Luau included caricatures for guests, sponsored by Robbie and Susan Starling in honor/memory of long-time MWMH supporter Clarence Noland. The luau also included special program that recognized breast cancer survivors: Susan Smith, Janice Shoemaker, Linda Crowe, Rachel Means, Tara Newman, Janet Dixon and Kim Miller.

The live auction netted over \$11,000 and featured various donated experiences and items: a week stay at a Miami Condo (Donated by Dr. Iraklis Livas), Cliffview zip lining and lodging (Donated by Cliffview), Next Gen aviation flight experience (Donated by Next Gen), weekend getaway at Green Pastures cabin (Donated by Doug & Ruth Mays), UK basketball tickets (Donated by Representative Cluster Howard), Maker's Mark dipped and autographed UK basketball and football (Donated by Divine Soiree), breast cancer quilt (Donated by Cynthia & Walter Neal and Yvonne Drago), and Bengals tickets (Donated by Ben & Elizabeth Walling).

Kitchen Diva Battling The Candy Monster

by ANGELA SHELF MEDEARIS

October is the month when the Candy Monster stalks the neighborhood. Many children and adults eat enough sugar in one night to last for a year. This is a great time to set a good example. With an emphasis on moderation, candy can be enjoyed without being considered a "forbidden fruit." Here are tips for maintaining healthy habits and defeating the Candy Monster once and for all:

* Children need to avoid too many sugary foods and drinks. If they are eating too many high-sugar foods, they don't have room for the healthy foods that contain the important nutrients they need for growth and development. Limit the amount of sweets you and your children have each day. Use this time to teach your children the importance of eating a nutritious diet while still being able to enjoy treats on special occasions.

* Allow your children to pick a few pieces, but save most of the candy out of view for another time. Some candies freeze well. Use that candy for holiday baking or to decorate gingerbread houses at Christmas time.

* Add some of the candy to a nutritious snack mix with whole grain cereal, nuts and dried fruit.

* Remember to stay physically active. Exercise helps with weight management and improves overall health.

* Candy and sugary foods contribute to tooth decay. The bacteria in our mouths like to eat sugar, and that produces an acid. This acid is what eats away at teeth, causing cavities. Emphasize brushing and flossing after eating sweets or any foods that stick to the teeth.

* Make sure that your children have a healthy meal before they indulge in party treats. They'll be excited and may not want to eat, but you can entice them by making kid-friendly favorites like my Apple and Cheddar Baked Cheese Sandwiches and Easy Tomato Basil Soup in a Pumpkin Tureen.



Apple & Cheddar Baked Cheese Sandwiches

Baking the sandwiches in the oven is faster than trying to do one or two at a time on a grill or in a skillet. Using low-fat mayonnaise instead of butter provides a crisper, evenly-browned sandwich and fewer calories.

8 slices whole-wheat bread

Cooking oil spray

3 tablespoons low-fat mayonnaise

1 apple (Granny Smith, Fuji or Gala), thinly sliced

4 slices American cheese

4 slices Cheddar cheese

1. Heat oven to 450 F. Place a large baking sheet in oven to heat 3-5 minutes.
2. Spread mayonnaise on one side of 4 slices of bread. Remove hot baking sheet from oven. Carefully spray hot baking sheet with cooking oil spray. Place the 4 slices of bread, mayonnaise side down, on the baking sheet. Arrange equal amounts of the cheese and apple slices on each slice of bread.
3. Spread rest of mayonnaise on one side of the 4 remaining slices of bread. Place the bread, mayonnaise side up, on top of the apples and cheese. Bake for 6-8 minutes. Flip the sandwiches, and bake an additional 4-6 minutes, or until golden brown and the cheese is melted. Slice in half and serve with the Easy Tomato Basil Soup. Makes 4 sandwiches.

Easy Tomato Basil Soup

This flavorful soup can be made ahead, covered and refrigerated for up to 3 days. You can make a festive soup tureen by cleaning out the inside of a pumpkin and putting the soup in it.

1 tablespoon extra-virgin olive oil

3 cloves garlic, minced

2 teaspoons poultry seasoning

1 1/2 teaspoons salt

1 teaspoon ground black pepper

1/4 teaspoon crushed red pepper (optional)

2 (28-oz.) cans crushed tomatoes with basil, with juice

1 cup water, chicken or vegetable broth

2 teaspoons sugar, honey or stevia

2 cups milk or half and half

1. Heat the oil in a large saucepan over medium heat. Add garlic, poultry seasoning, salt, pepper and crushed red pepper (if using). Cook the garlic and spices, stirring, until fragrant, about 30 seconds. Add the tomatoes with their liquid, water or broth, and the sugar, honey or stevia.

2. Bring the soup to a boil, then reduce heat and simmer for 10 minutes. Stir in the milk or half and half, and simmer about 1 minute. Serve immediately. Makes 6 servings.

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.

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