

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>

Thursday, October 1st @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will be meeting Thursday, October 1, 5:30 p.m., at Michael's Restaurant. The upcoming TV-Radio Auction on October 3 will be planned and a program given on Marcum-Wallace Hospital. The Kiwanis Club has over 90 years of service to our community. New members are welcome. Anyone interested can contact any Kiwanis member.

Friday, October 2nd, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets Friday, October 2nd and 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 3rd at ECMS

Kiwanis Club of Irvine-Ravenna's 3rd Annual Radio & TV Auction

The Kiwanis Club of Irvine-Ravenna will be holding its 3rd annual radio and TV auction on Saturday, October 3, 2015, at the Estill County Middle School.

As we begin to make plans for this event, the Club wishes to extend a sincere "thank you" to the people of Estill County and applaud you for the manner in which you have so generously supported our auction. We have a sincere appreciation for Bunt Gross Auto Sales, Citizens Guaranty Bank, and Davis Law Office, PSC because they have served as corporate sponsors since the first auction in 2002.

They were joined last year by Michael's Restaurant and Marcum Wallace Memorial Hospital/Dr. William Witt. We thank them all for their support.

The funds generated by last year's auction have allowed the Club, in its current fiscal year, to invest over \$15,000 in a variety of programs that served the young people of Estill County. To continue this level of support, we need your help. So, circle October 3, 2015 on your calendar and look for more announcements about the auction in the coming weeks.

Saturday, October 3rd @ 2 pm

Annual Walters Reunion

The annual Walters reunion will be held Saturday, October 3, 2 p.m. - dark at Veterans Memorial Park on Main Street in Ravenna.

Please bring a covered dish and enjoy the day. All family and friends are invited to attend.

Saturday, October 3rd @ 6:00pm

Forty & Eight Steak Dinner

The Forty & Eight Society will have their annual steak dinner on Saturday, October 3 starting at 6 p.m. at American Legion Post #79.

All American Legion members and guests are welcome. A dance will follow the meal at about 8 p.m. The band, Thirsty Thursday, will be playing.

Sunday, October 4th

R.B. McKinney Reunion

The R.B. McKinney reunion will be held Sunday, October 4 at the Estill County Fair Barn. It starts at 9 a.m.

and will last all day. All family and friends are welcome to come and join us.

Monday, October 5th, 10am-4pm

Retired Teachers Holding Food Drive

The Estill County Retired Teachers will be holding a Food Drive to benefit the Estill County Food Bank on Monday, October 5th from 10:00 a.m. until

4:00 p.m. at the Save-A-Lot Grocery located on the Richmond Road.

Retirees, if you can help, please call Robert Smith at 723-3728.

Monday, October 5th @ 5:30pm

IUM To Host Weight Loss Support Group

Have you been frustrated lately because you have trouble losing weight? Do you wish for support here in town rather than having to drive all the way to Richmond or Winchester for a group? You are not alone!

Irvine United Methodist, Main Street, invites anyone

who would like to join a weight loss support group based around prayer and Bible study to an organizational meeting on Monday night, October 5, at 6:00 p.m. Members will keep their own records and any offerings given will go to a community hunger project. Everyone is welcome!

Monday, October 5th @ 6:30pm

Healthy Lifestyle Initiative At Library

As part of the library's year-long healthy lifestyle initiative, Jessica Webb from the UK Extension Office will be in the Estill County Public Library community room on Monday, October 5, at 6:30 p.m. to talk about the amount of sugar hiding in our favorite foods and its

impact upon our health. Come join us for an informative and enjoyable session.

You may call the library at 723-3030 for more information on this and other library programs, resources, and materials that promote healthy living.

UK COOPERATIVE EXTENSION SERVICE



University of Kentucky - College of Agriculture
Estill County
Family & Consumer Sciences
Chelsea K. Bicknell
Estill County Extension Office

Tuesday, October 6th from 8am-12 Noon

East Central Ky. Fair on Aging

Come join us on Tuesday, October 6th 2015 from 8am-Noon at West Irvine Intermediate school for a resource fair to provide senior citizens, as well as caregivers and grandparents raising grandchildren, information regarding the services available to them. For more information contact Chelsea Bicknell at 723-4557 or chelsea.bicknell@uky.edu.

Tuesday, October 6th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, October 6 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 International, 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..."

Tuesday, October 6th @ 7pm

Historical Society To Meet

The Estill County Historical & Genealogical Society will be meeting on Tuesday, October 6, 2015 at 7:00 p.m. in the Estill County Public Library meeting room, 246 Main Street in Irvine.

This will be a business meeting concerning the Old Time Day which is scheduled for Saturday, October 10th from 10:00 a.m. until 4 p.m.

Again this year, 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.

If anyone has a craft they would like to demonstrate, please contact Diana Arthur at 723-2636.

If anyone has pictures that they would like to have considered for the 2016 calendar, please bring them to the Museum on any Saturday.

If anyone out of town has pictures to be considered, send a copy of the picture to the Estill County Research Library & Museum, 113 Broadway, Irvine, Ky 40336. The picture needs to be a copy as it is non-returnable. Pictures must be submitted by the end of October.

Normally 1st Wednesday in October

IHS Class of 1947-48 Cancelled

The Irvine High School Class Reunion for 1947-48 normally held the first Wednesday in October, has

been cancelled in order that members can attend the all-class reunion on Saturday, October 10th. See you there!

Saturday, October 10th @ 1pm

Irvine High School Reunion

Attention: All Irvine High School Students, there will be an all inclusive Irvine High School reunion on Saturday, October 10, 2015 at the old IHS gym/Estill Springs Elementary School from 1:00-5:00 pm.

Please plan to attend and bring any memorabilia you

have. Light refreshments will be served. The cost is \$10.00 per person at the door. It will be a wonderful time to catch up with old classmates.

Also, there will be a golf scramble on Friday, October 9 beginning at 9:30 at the Estill County Golf Club. We hope to see you there.

Saturday, October 10th @ 4pm

Stafford Lodge 140th Anniversary

Stafford Lodge #562 at Fitchburg will be celebrating their 140th anniversary with "Family Night" on Saturday, October 10, 2015, starting at 4:00 p.m.

Please bring a covered dish, your family; and join us. Soup beans and corn bread will be provided. Everyone welcome! Hope to see all there!

Tuesday, October 13th @ 4pm

ECMS SBDM Council Meeting

The Estill County Middle School's next regularly scheduled site-based, decision making council meeting will

take place Tuesday, October 13, 2015 at 4:00 p.m. in the school conference room. This meeting is open to the public.

Tuesday, October 13th @ 6:30pm

Relay For Life 2016 Kickoff

Relay For Life of Estill County has scheduled their Kickoff Meeting for Relay 2016. This will be held on Tuesday, October 13th at 6:30

p.m. in the Fellowship Hall of South Irvine Baptist Church, 1215 South Irvine Road. Come join us and learn more about Relay For Life.

Thursday, October 15th @ 6:30pm

Pregnancy Center Banquet

Pregnancy Center Banquet Family Life Resources, Inc. presents "White for Harvest", a night to benefit the Center for Pregnancy & Parenting. Dinner, followed by the program, will be at Rice Station Christian Church fellowship hall, on Thursday, October 15 from 6:30 - 8:30 p.m.

Chris Jolly-Hamed, former director of Pregnancy Help Center in Richmond will be the guest speaker. An opportunity to support the Center will be given.

There is no admission charge, however reservations are required by October 10th. RSVP with the number in your party to 723-0184 or email <info@estillcpepp.org>. To donate online: <familyliferesource.wix.com/donate-to-ecpp>.

Churches, businesses and others are invited to sponsor a table. Contact the Center for details.

Friday & Saturday, October 16th & 17th

ECHS Class of 1975 Reunion

Calling all 1975 Classmates for our 40th Reunion! We will be meeting between 7-7:30 p.m. on Friday, October 16th for the ECHS football game.

The following day on Saturday, October 17th we will be meeting at Michael's Restaurant from 12 Noon until 1:00 p.m. for lunch.

Later that evening, classmate my gather at Gillums in Richmond for more fellowship if they desire.

Classmates are responsible for their game entry and meals. The registration fee is \$15 per person and can be mailed to Donna Elliott: 205b Clay Street, Mt. Sterling, KY 40353 by October 14th.

Friday October 16th @ 5:30pm

ECHS Class of 1985 Reunion

The Estill County High School Class of 1985 will be celebrating the second and last part of their 30 year class reunion on Friday, October 16th at the Estill County High School homecoming game. If you are a classmate of the class of 1985 and you and your family want to take a tour of your old high school please be at the front doors of the high school at 5:30 p.m. for the tour. After the tour we will go down to the football game and socialize and watch the game. All classmates and family members will pay to

get into the game. Please bring soccer chairs if you want to put them under the tent we will put up. We will have a banner welcoming our class, so look for the banner that says "Welcome ECHS Class of 1985" and has a train on it; it will be hanging beside our tent. If you don't want to sit and watch the game, of course you can stand on the sidelines and watch it. Feel free to buy food at the concession stand. Hope to see you there.

Any questions text or call Rebecca Click 606-643-5569 or Facebook message her.

Kitchen Diva

Lemon Yogurt Cake Is Light and Moist

by ANGELA SHELF MEDEARIS

My home state of Texas is famous for belt-busting meals from smoky slabs of beef barbeque with a side of spicy beans to chicken-fried steaks smothered in cream gravy. Since traditional dinners are often a little on the heavy side, I've learned to keep the appetizers and desserts light and refreshing.

One of the easiest ways to "lighten up" a heavy recipe is to substitute a high-quality, low-fat yogurt for sour cream, mayonnaise or heavy cream. Yogurt helps to keep baked goods moist and enhances their texture. Using low-fat yogurt instead of sour cream saves 46 grams of fat per cup, and it can be substituted for mayonnaise in equal amounts. Yogurt also is a flavorful topping on a baked potato or in stroganoffs and stews, and provides a low-fat way to thicken sauces.

The refreshing addition of lemon yogurt to this simple cake recipe makes it tender and moist. Serve the cake topped with a dollop of lemon yogurt and your favorite berries -- it makes a beautiful presentation. This lemon yogurt cake is the perfect way to finish a meal!



LEMON YOGURT CAKE

Try different yogurt flavors such as strawberry, raspberry, blueberry or vanilla for a tasty variety.

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup butter, softened
- 1 cup sugar
- 4 large Eggland's Best eggs
- 1 carton (6 ounces) non-fat lemon yogurt
- 1/4 teaspoon almond extract

1. Heat oven to 325 F.
2. In a medium bowl, stir together flour, baking powder and salt. Set aside.

3. In a large mixing bowl at medium speed, beat together butter and sugar until light and fluffy. Beat in eggs and yogurt until well-blended. Reduce mixer speed to low and add reserved flour mixture, 1/2 cup at a time, beating just until blended.

4. Pour mixture into a greased and floured 9-by-5-by-3-inch loaf pan. Bake until cake tester inserted near center comes out clean, about 1 hour and 10 minutes.

5. Cool on wire rack 10 minutes. Remove from pan and cool completely. Makes 12 servings.

(Recipe courtesy Eggland's Best, www.egglandsbest.com)

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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