

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>

Now Available

Buy "A Piece of the Mack"

You can buy a piece of the Mack. Theater seats are being sold "as is" for \$10 each. They can be bought in sets or as a single. Call (606) 723-5755 for more information.

Wednesdays @ 5:30pm

Beginner Yoga at Marcum & Wallace

Beginner Yoga class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30-6:30 p.m. with instructor Laritza Gomez. The cost in one non-perishable food item for Helping Hands Outreach Ministry. Bring your own yoga mat. The instructor will guide the class through basic poses focused on relaxation, building core strength and flexibility.

Thursday, October 27th -7pm

Haunted History at the Mack

Robert "Skip" Johnson will be presenting Kentucky ghost stories in the lobby of the Mack Theater on Thursday, October 27th at 7 p.m. Doors open at 6:30 p.m. Limited seating - \$10 per person. For tickets call Bobby at 606-723-2254 or Susan at 502-810-7668. All proceeds go to the Save the Mack fund.

Fridays, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club will meet every Friday from 6 to 8 p.m. at the Estill County Library, 246 Main Street, Irvine, for anyone who plays an Appalachian Dulcimer. Or anyone who is interested is playing one is welcome to attend. The Appalachian Dulcimer was designated as the official state instrument of Kentucky.

Saturday, October 29th - 7-11:30am

Lions Club Pancake Breakfast

The Estill County Lions Club will hold their Fall Pancake Breakfast on Saturday, October 29, from 7-11:30 a.m. at the First Christian Church on Main Street in Irvine. The menu includes pancakes, scrambled eggs, sausage, bacon, milk, orange juice and coffee. Adult tickets are still \$5, children under age 10 are \$3, and under age 3 are free. Come have a good breakfast and help Estill Countians with the gift of sight!

Saturday, October 29th - 7-11pm

ECHS "Class of 1976" Reunion

The Estill County High School "Class of 1976" will be having its "40th" high school class reunion on Saturday, October 29th from 7-11 p.m. at Gillum's Restaurant in Richmond. If you have any questions, please feel free to call Glenna Powell at (606) 723-5567, Gail Freeman at (606) 723-4014, Cheryl Carlton at (859) 893-2130, or Jeff or Terri Tate at (606) 723-2547.

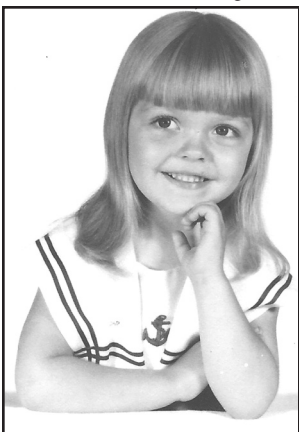
Tuesday, November 1st @ 6:30pm

Estill County Lions Club

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

Happy 50th Birthday



Robin Michelle Casey Gould turned 50 on Tuesday. She's always been a joy in our lives. Happy birthday and hope you live another 50 years.
Love, Mom & Dad Bob and Linda Casey

top ten
KIDS HALLOWEEN COSTUMES

1. Action/Superhero
2. Princess
3. Animal
4. Batman character
5. Star Wars character
6. DC superhero (tie) Witch
8. 'Frozen' character
9. Marvel superhero
10. Zombie

Source: National Retail Federation

Vote For Nelle B. Williams
Candidate for Irvine City Council
Irvine Matters To Me!

November 2nd thru November 23rd

Battlefield To Collect Cards & DVD's

The Richmond Civil War Battlefield Visitors Center will be collecting new, sealed, family oriented DVD's from Wednesday, November 2nd through November 23rd as part of their Operation Stars & Stripes program. The center will then forward them to Operation Stars & Stripes for distribution to our armed services personnel, primarily overseas. Now through November 23rd, the Center will also be collecting signed Christmas cards for distribution as well.

Saturday, November 3rd @ 6:30pm

Annual "Celebrate Life" Banquet

The Board of Family Life Resources, Inc. invite you to our annual fundraising banquet - "Making a Difference". All proceeds benefit the programs of Estill County Center for Pregnancy & Parenting. The event will take place on Thursday, November 3, 2016, with a Buffet Dinner at 6:30 p.m., followed by the program at South Irvine Baptist Church, 1215 South Irvine Road. Honorable Judge Tim Philpot of Fayette Circuit Family Court will be the guest speaker. Please RSVP by 10/28/16, email - info@estillccpp.org or phone - 606-723-0184.

Friday, November 4th @ 9am

Retired Co. C Guard Breakfast

Attention: All retired and old National Guard members of Charlie Company 1/149th. There will be a breakfast at Cracker Barrel, in Richmond, on Friday, November 4th and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

Saturday, November 5th - 9am-1pm

Big Hill Christian Craft Fair

The Women's Ministry of Big Hill Christian Church will have a Craft Fair at 1150 Goggins Lane in Richmond on Saturday November 5, 2016, 9 a.m. to 1:00 p.m.

- Handmade Crafts
- Thanksgiving and Christmas Items
- Silent Quilt Auction (Reserve Applies)
- Home - made Baked Goods
- Soup and Chili Luncheon

Saturday, November 5th -- 9am-2pm

St. Elizabeth's Christmas Bazaar

The St. Elizabeth Christmas Bazaar will be held on Saturday, November 5th, 9:00 a.m. until 2:00 p.m. in the church hall at 322 5th Street in Ravenna. There will be decorations, home decor, gifts, toys, food, and fellowship -- something special for everyone.

Monday, November 7th @ 7pm

Community Memorial Service

The Estill County Ministerial Association invites everyone to attend the annual Community Memorial Service which will be held on Monday, November 7th at 7 p.m. at the First Christian Church in Irvine. Rev. Kirt Scott and Rev. Delvin Reese will be the guest speakers.

Friday, November 18th @ 6:30pm

Madison Civil War Roundtable

The next bi-monthly meeting of the Madison County Civil War Roundtable will be on Friday, November 18, 2016, at 6:30 p.m. at Dinner Bell Restaurant, just off I-75 Exit 76 in Berea. Noted Civil War historian Tom Cartwright will give a presentation entitled, "Confederate General Patrick R. Cleburne." Please call Phillip Seyfrit at 859-623-8979 with questions.

Tuesday, November 22nd @ 7pm

Community Thanksgiving Service

The Estill County Ministerial Association invites everyone to attend the annual Community Thanksgiving Service that will be held on Tuesday, November 22nd at 7 p.m. at St. Elizabeth Catholic Church, 322 5th Street in Ravenna. Rev. Paul Groves will be the guest speaker.

Thursday, December 1st @ 11:30am

Effective Communication Strategies

Communication is more than just talking and listening - it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. The program will take place at the Madison County Cooperative Extension Office located at 230 Duncannon Lane, Richmond on Thursday, December 1st from 11:30 a.m. - 1 p.m. A free lunch will be provided by Arcadian Cove. To register for this program, please call 1-800-272-3900. Registration is required.

Saturday, December 3rd - 10am-4pm

Christmas Arts & Crafts Show

The 13th annual "Christmas Arts & Crafts Show" will be Sat., Dec. 3 10 a.m. - 4 p.m. at the Central Office Gymnasium, 253 Main Street in Irvine. The Estill Arts Council will offer unique items for sale from local artists and craftsmen, live entertainment, a silent auction of arts and crafts items, concession stand, 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 approved. Demonstrations are encouraged. Application forms are available from the Citizens Guaranty Bank (River Drive), Estill County Public Library, Ravenna Greenhouse or EAC's Facebook. 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. 4. Entries postmarked after Nov. 4 will be an additional \$10. For more information call 606 723-5694 or 606 723-4652.

Kitchen Diva Homemade Microwave Meals Save Time

by ANGELA SHELF MEDEARIS

I've found that using my microwave oven saves hours of time and keeps my kitchen clean and cool. The history of the microwave oven goes back to 1946, when Dr. Percy Spencer, an electronics genius and war hero, was touring one of the laboratories at the Raytheon Company. The company was testing a vacuum tube called a magnetron, the power tube that drives a radar set. As Dr. Percy stood in front of the "radar box," a candy bar in his pocket melted.

Dr. Percy tried other experiments with food, including using popcorn kernels. He designed a metal box around the magnetron with microwave power. Engineers developed and refined the idea, and the first commercial microwave oven hit the market in 1947. However, initial response was not very good, and it wasn't until 1975 that a microwave oven was created for the consumer kitchen.

I encourage you to read the instruction book that came with your microwave oven. It's the easiest way to find out how to successfully use all of its functions. My microwave has all of the typical functions, but I especially love the warming oven feature. It cycles on and off so that I can hold dinner for my husband when he's running late, or keep a casserole dish warm during the holidays.

You can use your microwave to prepare everything from appetizers to desserts. It's energy efficient, as it won't heat up your kitchen, and also helps to retain more nutrients in your foods. In some cases, a microwave is the best way to cook a dish, especially with vegetables, giving them a better taste and texture.

When cooking on any power level other than HIGH, the oven cooks by cycling power on and off, so the energy has a chance to move through the food without overcooking it. MEDIUM and LOW power are generally used to soften, melt and defrost foods, while HIGH is usually used for cooking. Carefully follow the recipe when using your microwave, and you'll have beautifully cooked meals each time!

This recipe for Quick Stuffed Bell Peppers is easy to assemble and cooks in minutes. This dish freezes well, so double the recipe, and when you're pressed for time, you'll have a homemade, microwave meal in minutes!



Deposit Photos

QUICK STUFFED BELL PEPPERS

- 8 bell peppers, tops removed and cut into a small dice, white membrane and seeds removed and discarded
- 1 cup shredded Monterey Jack cheese, divided
- 1 pound lean ground beef or turkey
- 5 crackers, crushed into fine crumbs
- 1 egg, slightly beaten
- 1 (3 ounce) package dehydrated onion soup mix
- 1 tablespoon steak sauce
- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon black pepper

Tomato Sauce Topping:

- 8 ounces tomato sauce
 - 2 tablespoons salsa
 - 1 teaspoon salt
 - 1 teaspoon black pepper
 - 2 tablespoons brown sugar
1. Using a large bowl, gently mix together the diced pepper tops, 1/2 cup of cheese, ground meat, crackers, egg, soup mix, steak sauce, Worcestershire sauce, salt and black pepper.
 2. Stuff the prepared peppers with the ground meat mixture and stand them upright in a lightly greased 12-by-8-by-2-inch baking dish. Combine the tomato sauce, salsa, salt, pepper and brown sugar. Mix well and pour over peppers.
 3. Cover tightly with microwave-safe plastic wrap; fold back small edge for steam to escape. Microwave on high 12-15 minutes, until the filling is hot and pepper is almost tender. Let stand 6 to 8 minutes. Sprinkle peppers with the remaining cheese. Serve with a side of rice and a salad.

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.

(c) 2016 King Features Synd., Inc., and Angela Shelf Medearis

BODY FITNESS EXERCISE CLASSES

Helpful for persons with arthritis, asthma, difficulty moving. Gentle Exercise and Movement - Builds Strength & Flexibility

Mondays & Wednesdays

INSTRUCTOR: SISTER LORETTA SPOTILA, RN
TIMES: MONDAY & WEDNESDAY MORNING 10:00 AM - 11:00 AM

PLACE: Estill County UK Extension Office 76 Golden Drive (off Stacy Lane Road)

DONATION: \$3.00 per class

FOR MORE INFORMATION:

Call Sister Loretta at 723-8505