

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>

Volunteers Are Needed

Again this year, the Salvation Army Red Kettles will be in place at Price Less Food, Save-A-Lot and Meade's Do-It Center on the first three Saturdays in December. Members of the Irvine-Ravenna Kiwanis Club, along with the Estill County Lions Club and other community volunteers will attend the kettles and accept donations each Saturday from 10:00 a.m. until 4:00 p.m.

Volunteers are needed to ring the bells. If you would like to volunteer 2 hours of bell-ringing on a Saturday in December, please call Steve Garrett at 723-3049.

Two-time State Champion

ECHS Band Annual Fruit Sale

It's that time of the year again, the two-time state winning, Estill County Marching Band is having their annual fruit sale fundraiser.

You can click on the link <http://floridaindiangroves.com> and order directly from the website, you'll need to insert our organization code of 257407 at the top and you can select a band member whom

you'd like to receive credit for the sale. You can have your fruit shipped to you directly or shipped with the organization.

Feel free to contact any band member/family to place your order if you prefer.

Thanks to everyone who supports the ECHS Marching Band. The support of our community plays a huge part in our continued success.

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 Appa-

lachian 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.

Tuesday, November 29th @ 4pm

Irvine-Ravenna Woman's Club

The Irvine-Ravenna Woman's Club annual project of decorating the Christmas tree in the dining room at the Irvine Health & Rehabilitation home will be Tuesday, November 29 at 4 p.m.

The Irvine-Ravenna Woman's Club is a civic organization with the motto "Committed to Service". It was organized in 1954 and has

served the needs of the community through a broad range of projects and programs throughout the years.

Membership is open to all women who are interested in community service in an atmosphere of fellowship. Become a volunteer and make new friends.

Tina Pasley is the club president.

Wednesday, November 30th @ 6pm

WUM Hanging of the Greens

The Wisemantown United Methodist Church will celebrate the Hanging of the Greens on Wednesday, November 30 at 6:00 p.m. It is a service of preparation for Christ's coming which includes greenery traditionally

associated with everlasting life. A meal of soups and sandwiches will be served.

Please come and join us during the time of welcoming the Christmas season. The church is located at 1358 Wisemantown Road, Irvine.

Thursday, December 1st @ 11:30am

Effective Communication Strategies

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.

Friday, December 2nd @ 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, December 2nd and on the first Friday of each month at 9 a.m.

All are invited and welcome. Hope to see you there!

PARK CLOSED

Due to the opening of gun deer hunting season, the Kentucky River Park & Recreation Complex at Wiseman Crossing will be closed until November 27, 2016. Thank you for our understanding as we strive to provide the safest environment possible.

Estill County Fiscal Court

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, hand-made 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.

Saturday, December 3rd @ 10am

Kiwanis Christmas Parade and Elizabeth Witt Christmas Party

The Christmas Parade and the 36th annual Elizabeth Witt Christmas Party will be held Saturday, Dec. 3. The parade will begin in Ravenna at 10 a.m. and proceed on Broadway to the Irvine First Christian Church, 270 Main Street, where the Elizabeth Witt Christmas Party will be held.

All groups, churches, fire departments, businesses, and organizations are invited to participate in the parade by entering a float, band, marching group, antique car, or other related parade unit. Prizes from the Kiwanis Club of Irvine-Ravenna will be awarded for the floats in the amount

of \$75, \$50, and \$25 for first, second and third place respectively for the most attractive floats.

The Kiwanis Club and Mrs. Witt's party committee hope to make this a special day for children, age 12 and under, of Estill County. To register entries in the parade contact Larry Stewart at 723-4002, Richard Snowden at 723-2135, or Tom/ Francine Bonny at 723-5694.

Contributions from the community are necessary for the party to continue. Donations can be made to the "Elizabeth Witt Christmas Party" at Citizens Guaranty Bank.

Monday, December 5th @ 7pm

Twin City Kruzerz Membership

Twin City Kruzerz would like to invite everyone interested in becoming a member for 2017 to join us for our Christmas Party on Monday, December 19, 2016, at 6:30 p.m. The Club will furnish the turkey, dressing and dump-lings. Bring a covered dish and a \$10.00 gift and join us.

Anyone interested in more information can come to our meeting on Monday, December 5th at 7:00 p.m. in the Irvine City Hall or call Melvin Williams (723-5447) or Tobe Bryant (723-7248 or 3858).

New members are always needed to make 2017 a fantastic year.

Tuesday, December 6th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Dec. 6th 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..."

Through December 20th

Visitors Center Collects Socks

The Battle of Richmond Visitors Center is asking concerned individuals to drop off their new, pre-packaged socks to be delivered to the less fortunate.

In its first year of collection in 2014, the Center was able to collect over 450 pairs of socks for the disadvantaged. Last year, the total nearly doubled.

The Center is located just south of Richmond at 101 Battlefield Memorial Highway and is open 10-4:30, Monday through Friday and 10-2 on Saturdays.

This collection program will run from Monday, November 28th through Tuesday, December 20th.



Kentucky Homeplace is still serving the residents of Estill County. We still offer the same services that we have in the past. Even with the new Affordable Health Care, some individuals find it difficult to afford their healthcare needs. If you are having problems getting your medication, in the donut hole, paying high co-pays, need eyeglasses, hearing aids or have questions about your Medicare, give us a call. We also offer assistance in disease management for those that want to take control of their chronic disease. Please contact Ratisha Puckett at 606-723-9902 for an appointment. Services are offered at no cost to clients.

TRAILER FOR RENT

All electric, 2-bedroom at 5000 Dug Hill Road in Irvine. Call (606) 723-2774

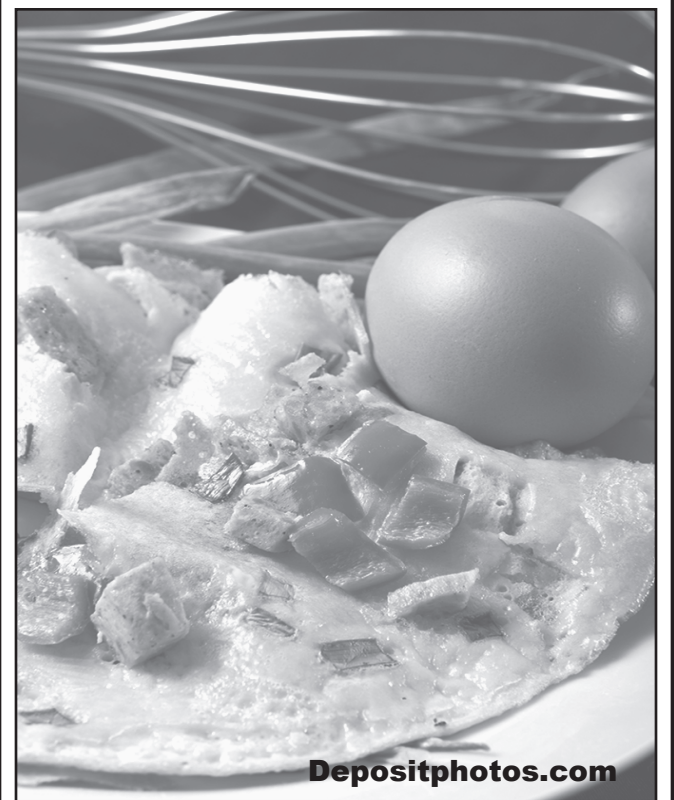
Kitchen Diva

Omelets to The Rescue

by ANGELA SHELF MEDEARIS

Christmas brunch is a holiday tradition at our house, and eggs are always the star of the show. Year after year, eggs have been my choice for a healthy and inexpensive way to feed a crowd. My Oven-Baked Omelet recipe is quick and easy to make, and delicious for breakfast, brunch or even a light supper.

This recipe offers a creative way to prepare and serve a buffet-style brunch. I love providing my guests with their choice of different types of precooked meats, diced vegetables and a variety of cheeses to personalize their omelets. The savory tomato topping and the ingredient selections can be pre-cooked the day before, refrigerated and reheated to save time.



Depositphotos.com

OVEN-BAKED OMELETS

The precooked toppings for these oven-baked omelets can be set up buffet style and quickly reheated in the microwave, using an electric skillet or on the stovetop in a saute pan.

Cooking oil spray, butter or vegetable oil for saute and baking pans

6 large eggs, separated

1 teaspoon salt

1 teaspoon pepper

1 tablespoon grated onion

3 tablespoons flour

2 tablespoons Italian Seasoning

1/2 cup each, precooked meat and vegetable toppings*

Cheese for sprinkling or topping: Parmesan, Cheddar, American, Gouda, Goat cheese, etc.

*andouille sausage, salmon, Canadian bacon, ham, pork sausage, pork or turkey bacon, black beans, mushrooms, baby spinach leaves, chopped green onions, diced zucchini, diced squash, chopped onions or bell peppers, sliced black olives, etc.

1. Heat oven to 350 F. Grease two 8-inch round cake pans with cooking oil spray, butter or vegetable oil. Place pans in the oven to heat. In a large bowl, beat together egg whites and 3/4 teaspoons of the salt with an electric hand mixer until soft peaks form. Do not over-beat.

2. In another bowl, mix the egg yolks, remaining 1/4 teaspoon salt, pepper, grated onion, flour and Italian seasoning. Beat until the mixture is thick and thoroughly blended. Gently fold in the egg whites. Spread mixture in the hot cake pans. Bake for 15 minutes, or until a knife inserted in the center comes out clean.

3. Use a knife to loosen the omelets from the sides of the pans. Invert the layers, bottom-side down, onto serving plates. Cut the omelets into wedges. Cover the pieces with foil to keep warm.

4. Have your guests select the precooked meats and vegetables of their choice. Add 1/2 teaspoon oil to medium saute pan, and heat over medium-high heat. Add 2 to 3 tablespoons of the pre-made tomato topping per serving to the pan, and heat for 2 minutes over low heat. Mix your guest's topping selections with the hot tomato topping and mix until warm, about 2 minutes. Spoon the topping mixture over the omelet slice. Sprinkle with cheese, if desired. Serve immediately with sliced fruit and hot biscuits or rolls. Serves 12.

NOTE: If using a microwave, mix 2 to 3 tablespoons of the tomato topping and your guest's precooked topping choices together in a bowl. Microwave on high for 1 minute.

Tomato Topping:

2 tablespoons of olive oil

8 ounces cherry tomatoes, diced

1 tablespoon Italian seasoning

1 clove garlic, finely minced

1 teaspoon salt

1 teaspoon pepper

Using a medium pan over medium-high heat, heat the oil. Add cherry tomatoes, Italian seasoning, garlic, salt and pepper. Saute for 5 to 8 minutes, until the tomatoes begin to soften.

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.diva-pro.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