

# 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>

**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.

**Tuesday, January 3rd @ 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Jan. 3rd 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..."

**Friday, January 6th @ 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, January 6th and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

**Saturday, January 7th @ 6pm**

## Masonic Lodge Annual Supper

Irvine Masonic Lodge #137 F & AM will be having their annual supper on January 7, 2017 at the Lodge building, located at the corner of Lilly Avenue and Broadway in Irvine. The supper will be served at 6:00 p.m. Fried fish, shrimp, French fries, cole slaw, hush puppies, dessert and drinks will be served. The public, all Masons, their families and friends are invited to attend. The cost of the supper will be \$10 and includes all you want to eat. Children 12 and under eat for free.

**Wednesday-Tuesday, January 4-11**

## ECMS SBDM Parent Vacancy

Estill County Middle School will be taking nominations to fill a parent vacancy on the school's council January 4-10, 2017. Nominations can be made at the school during the regular school day through this period. Nominees must be a parent or legal guardian of a child enrolled during the 2016-2017 school year. Voting will take place January 11-13, 2017. The term of office will be January 17 - June 30, 2017.

**Wednesday, January 11th @ 10am**

## Memory Loss, Dementia & Alzheimer's

If you have a loved one who is newly diagnosed, or if you just want to learn more about Alzheimer's disease, this program is for you. This presentation will explore what everyone should know about memory loss issues and what they mean for all of us. The program will take place January 11, 2017, at the Berea Senior Center located at 214 West Jefferson Street in Berea from 10:00 a.m. - 11:00 a.m. To register for this program, please call 1-800-272-3900. Registration is required.

**Saturday, January 14th**

## Estill County GED Test Site

You no longer have to travel to a galaxy far far away in order to take your official GED test. You can take your GED test here in Estill County on **January 14, 2017 & February 11, 2017**. Call us today to find out more information on how you can sign up. **Estill County Adult Learning Center** 200 Wallace Circle Irvine, Kentucky 40336 606-723-7323

## Are We A Friend of God?

by **BOB CASEY**, preacher  
Cornerstone Church of Christ  
70 Bond Street at Camp Avenue in West Irvine

In **John 15:13-15** Jesus says: "Greater love hath no man than this, that a man lay down his life for his friends. Ye are my friends, if ye do whatsoever I command you. Henceforth I call ye not servants: for the servant knoweth not what his Lord doeth, but I have called you friends, for all things that I have heard of my father I have made known unto you."

I want to build this article around the state of our Lord when He said: "Ye are my friends, if ye do whatsoever I command you." To rightfully answer this we have to inquire of the things He has commanded of us. If we will do this, we will plainly see what it is to truly be a friend of Jesus Christ. Each year at this time we see the nature of mankind changing somewhat because they esteem that this is a time to be more patient, loving, compassionate, gentle and kind. Someone has written a song that says: "If every day we're just like Christians what a wonderful world this would be." This is probably true, but what do we soon see after the season has passed?

My question is this: Does our friendship with the Lord end with the season? Many of the seasonal programs will be the most attended at that time, but the days following will be hardly given any attention at all. What if our Lord treated us in the same way? True friendship with our Lord requires continuity, not just a few days a year but on a weekly basis. Why? Because when we obey His commandments, we become not only His friends, but His bride.

And when we obey Him, we become married to Christ. Would any earthly common marriages succeed if we treated them as we treat the Lord? I believe you know the answer. In **Proverbs 18:24** it is written: "For a man to have friends, he must show himself friendly." Also in the book of **James 2:23**, It says that Abraham was called the friend of God because he did as the Lord says. Many of you at some time in your life may have heard the word of God truthfully taught, you believed it, you repented of all your past sins, then confessing His name before men, and was baptized for the remission of your sins, and when you did this the Lord added you to His church and you became His friend. But sadly, it seems that this friendship has weakened in so much that you do not have any consistency in this relationship. When this happens, something is wrong! James, the apostle, could sense this danger in his day for he said in **chapter 4:4**, "Know ye not that the friendship of this world is enmity (bitterness) with God?" How can people confessing Christianity suppose that with a worldly spirit, having their lives governed by it that they can be in favor with God? Let alone ever enter into his eternal kingdom. When one allows the world to get into him, he drives the church out, and is no longer a friend of God. These kinds of people may show up at special events and look holy, but inside are full of dead men's bones. I hope you will reflect upon this article, examine yourself, see if Christ would call you His friend if He returns today. Only you can make this happen, because our Lord has laid down His life for you to make it so.

Attend with us at 70 Bond Street. We will try to do thee good.

Sincerely, Bob Casey 1-859-369-4165

## Kitchen Diva

# Cast-Iron Cooking

by **ANGELA SHELF MEDEARIS**

I've joined the cast-iron cookware cult. We're a small but passionate group with a common cause: the restoration of antique cast-iron cookware. I can't pass up a thrift store or garage sale without purchasing one or two pieces, as long as they're in good condition. My cast-iron cookware is not just for display; I use it on a daily basis.

My love affair with cast-iron cookery began when my mother, Angeline, gave me the heavy, black cast-iron skillet that originally belonged to my grandmother. The thing I love most about cooking in my grandmother's cast-iron skillet is that it's a direct connection to my history and heritage. I don't fry foods very often, but my heirloom skillet is my pan of choice for the task. As I stand there turning pieces of fish or chicken in the bubbling, hot oil, I think about all the other women in my family who have done the same with this pan.

Properly seasoned cast iron was the nonstick cookware of its day. It can stand up to high heat and almost any type of utensil. Cast-iron cookware also leaches small amounts of iron into the food, a helpful benefit for those who have iron deficiencies. Cast iron heats up slowly, so using the cookware requires a little patience, but once it's hot, it distributes the heat evenly and holds it steadily like an oven, and seasoned cast iron doesn't require oil to sear or blacken meats.

Recently, I purchased a large cast-iron skillet for my daughter, Deanna, which she immediately put to use to pan-sear fish. So, from mother to daughter to granddaughter and great-granddaughter, the cast-iron tradition continues in our family, one fabulous meal at a time. And to think that it all started with a single pan from my grandmother, Willie Mac.



### CAST-IRON-STYLE SMOTHERED CHICKEN

- 1 large fryer (3 to 3 1/2 pounds), cut up into serving pieces
- 1 1/2 teaspoons coarse salt
- 1 teaspoon pepper
- 1 tablespoon poultry seasoning
- 2 tablespoons flour
- 1 1/2 cups water or chicken broth
- 1 tablespoon butter

1. Place a large, cast-iron skillet over high heat. Sprinkle the bottom of the skillet evenly with the salt. Wash the chicken pieces and pat dry with food-safe paper towels. Sprinkle pieces with pepper and poultry seasoning. Place the chicken pieces, skin-side down, in the hot skillet. Cook on high for 3 to 5 minutes.

2. Cover skillet with a heavy lid and turn heat down to medium. The chicken will release juices and fats that will "fry" the chicken and crisp the skin. Let chicken cook about 30 minutes.

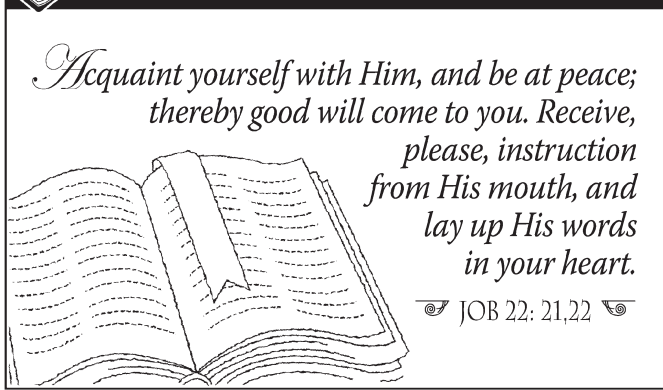
3. Remove chicken from skillet and set it aside on a plate. Combine the flour with the juices in the skillet until smooth, about 2 to 3 minutes. Add the water or broth. Stir to combine. Turn heat to high to thicken. Add the butter. Turn heat down to medium. Place chicken in skillet, skin side up. Cover skillet with the lid. Cook the chicken about 15 to 20 minutes until tender. Serve over rice. Makes 6 servings.

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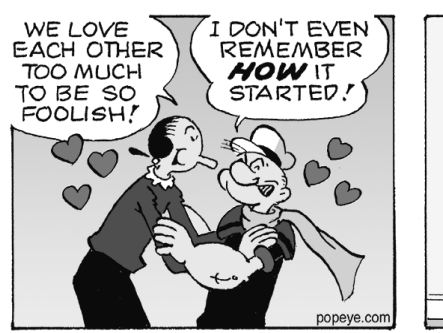
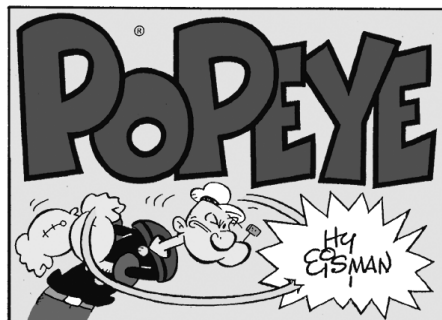
Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is [www.divapro.com](http://www.divapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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## THE ILLUSTRATED BIBLE



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## The Ascension (Acts 1:6-8)

6 When they therefore were come together, they asked of him, saying, Lord, wilt thou at this time restore again the kingdom to Israel? 7 And he said unto them, It is not for you to know the times or the seasons, which the Father hath put in his own power. 8 But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.

Sponsored by Crooked Creek Christian Church Inc.  
1980 Crooked Creek Road, Irvine, Kentucky