

# 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>

**Wednesdays, now at 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 to 6:30 p.m. with instructor Laritza Gomez. The cost is 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. For class updates, please check the Marcum & Wallace Hospital Facebook page.

**Wednesdays & Fridays @ 10:30am**

## Library's Storytime Happenings

The Estill County Public Library has two daytime Storytimes each Wednesday and Friday mornings from 10:30 am to 11:30 am.

On October 16th, we are beginning a Starry Time Storytime on Monday evenings at

5:00 p.m. to 6:00 p.m. for ages 0-8 years. We hope this will help our school age children and siblings enjoy storytime.

For more information contact Amy Hughes, Children's Librarian, at 723-3030 at the Estill County Public Library.

**Thursday, September 28th @ 1pm**

## Estill Homeschool Enrichment

The Homeschool Enrichment Group will meet this Thursday, September 28 at 1:00 p.m. at Estill County Public Library Meeting Room, 246 Main Street in Irvine. We will be learning about Tin Punch and Functional Art.

All experienced and new homeschool students and families are welcome. Bring a hammer and a smile!

For more information contact Amy Hughes, Children's Librarian, at 723-3030 at the Estill County Public Library.

**Thursday, September 28th @ 5:30pm**

## Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, September 29 at 5:30 p.m. at Steam Engine. A devotional will be given and plans will be made for upcoming projects and activities such as the TV/Radio Auction on Saturday, October 7 at the Estill County

Middle School. *Kiwanis members work together to achieve what one person cannot accomplish alone. When a child is given the chance to learn, experience, dream, grow, succeed and thrive, great things happen.*

**Fridays, 4-7pm at the fairgrounds**

## Estill County Farmers' Market

The Estill County Farmers' Market is now open on Fridays in 2017. Hours are from 4 p.m. to 7 p.m. at the Estill County Fairgrounds pavilion.

Have extra produce? New vendors are always welcome. Call market coordinator Hannah Eaton at 726-0679 with any questions.

**Fridays, 6-8pm at the Estill Library**

## 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.

**Saturday, September 30th**

## Hospice New Volunteers Training

Hospice Care Plus is hosting a training for new volunteers on Sat., Sept. 30, at its Compassionate Care Center in Richmond.

The training is for individuals who would like to help the non-profit organization provide care and support to individuals, caregivers and families. It's open to adults and teens age 14 and up. Estill

County volunteers are needed for home care patients in the county, and are also invited to volunteer at the Compassionate Care Center or in any of the six counties served by the organization.

Pre-registration is required. To register, contact Stefanie Manes, Volunteer Coordinator, at 859-626-9292 or hospice@hospicecp.org.

**Saturday, September 30th**

## Rosses Creek Community Picnic

The Rosses Creek annual picnic will be held Saturday, September 30, 2017 at the old school building. Everyone is invited to bring a covered dish

or more, a soft drink, and a lawn chair. There will be plenty of Gospel Singing and plenty of fun. If you have any questions, contact Bill at (606) 723-2653.

**Saturday, September 30th @ 12:00 Noon**

## McIntosh Family Annual Reunion

The McIntosh Family Annual Reunion for the descendants of James Richard and Rosa Puckett McIntosh will be held on Saturday, September 30, 2017 at Ravenna Veterans Memorial Park. Lunch

will begin at 12:00 Noon. There will be hat contests for adult and youth plus lots of prizes. All family and friends are welcome.

Note change in day of week to Saturday.

**Monday, October 2nd @ 1:30pm**

## Clark Regional Info Conference

Anyone who is interested in becoming a Medical Assistant is welcome attend our information conference to learn more about work and learn opportunities with Clark Re-

gional Medical Center, Monday October 2, 2017, 11:30 a.m. - 1:00 p.m., at the BCTC Winchester-Clark County Campus, 2020 Rolling Hills Lane, Winchester.

**Tuesday, October 3rd @ 7:30am**

## St. Elizabeth Basement Sale

St. Elizabeth Church at 322 5th Street in Ravenna, will be having its October basement sale on Tuesday, October 3,

2017, 7:30 a.m. until 2:30 p.m.

There will be lots of stuff! Something for everyone!

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

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, October 3rd and on the first and third Tuesday of every month at Rader's 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 3rd @ 7pm**

## Estill County Community Chorus

The Estill County Community Chorus will be rehearsing next Tuesday night, October 3, 2017 and each Tuesday night at 7:00 p.m. at Irvine United Methodist Church, 243 Main Street. Rose D. Daniels is chorus director.

All former members are invited to attend and new voices are welcome.

The Chorus will be performing its annual Christmas Concert on Sunday, December 3, 2017, at 3:00 p.m. at the Irvine United Methodist Church.

**Wednesday, October 4th @ 1:00pm**

## Powell Presentation at Library

Noted Kentucky artist and author, Robert A. Powell, the 2015 Recipient of the "Jesse Stewart Award" from the Kentucky Association of School Librarians, will offer a presentation "It Happened

In Kentucky" at the Estill County Public Library, 246 Main Street in Irvine, at 1:00 p.m. on Wednesday, October 4, 2017.

This event is free and open to the public.

**Friday, October 6th @ 9am**

## RCP Hot Dog Lunch Fundraiser

River City Players will host a Hot Dog Lunch Fundraiser on Thursday, October 5th from 11 a.m. - 2 p.m. in the Lobby of the Mack, or call 859-200-6091 for delivery. You will re-

ceive a Chili Dog or Hot Dog, Chips, Cookie, and a Pop or Water for your \$5 donation.

All proceeds go to "Save the Mack". Thank You for your Support!

**Friday, October 6th @ 9am**

## Retired Co. C Guard Breakfast

Attention: All retired and former National Guard members of Charlie Company 1/149th. There will be a breakfast at Cracker Barrel, in

Richmond, on Friday, Oct. 6th and on the first Friday of each month at 9 a.m.

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

**Friday, October 6th 10am-6pm**

## Estill Retired Teachers Food Drive

The Estill County Retired Teachers will be holding their annual Food-Drive at Save-A-Lot Food Store located in West Irvine Plaza, 1290 Richmond Road in Irvine, on Friday, October 6, 2017 from 10 a.m.

until 4 p.m. The Food Drive will benefit Estill County's Food Bank which is in dire need at this time.

The community and Retired Teachers are urged to come by and drop off food or money.

**Friday, October 6th @ 7:00pm**

## Benefit Gospel Singing at Blue Lick

There will be a benefit singing for Betty Willis on Friday, October 6, 2017, 7 p.m. at Blue Lick Holiness Church,

791 Alexander Road, Berea, Kentucky. There will various singers. For more information, call (606) 717-0096.

**Friday, October 6th @ 8:00pm**

## Legion Post #79's Rocktoberfest

Come, celebrate at American Legion Post #79's "Rocktoberfest," at 730 Millers Creek Road in Ravenna, featuring S.O.L. on Friday, October 6, 2017. Music starts at 8:00 p.m.

and goes until midnight. Free camping afterwards.

All members and guests of American Legion are welcome. Text 859-582-6533 for more information.

**Saturday, October 7th @ ECMS**

## Annual Radio & TV Auction

The Kiwanis Club of Irvine-Ravenna has released the date for its 15th annual Radio and TV auction. It will be held Saturday, October 7th 2017 at the Estill County Middle School.

As we approach this year's auction, the club wishes to extend a sincere "thank you" to the people of Estill County for the manner in which you have so generously supported our auction. The funds from last

year's auction have allowed the club, in its current fiscal year, to invest almost \$15,000 in a variety of programs that serve the people of Estill county.

To continue this level of support we need your continued help, so please circle October 7th, 2017 on your calendar and look for more information about the auction in the coming weeks.

**Saturday, October 7th @ 4:00pm**

## Family Night at Stafford Lodge

Stafford Lodge #562 at Fitchburg, Kentucky, will be having its annual Family Night on Saturday, October 7, 2017, starting at 4:00 p.m.

All Masons (members or not), their family and friends, are invited.

Please bring a covered dish and join us.

# Kitchen Diva Flood Waters & Food Safety

by ANGELA SHELF MEDEARIS

The news has been dominated with reports hurricanes and floods, and disturbing images of the destruction left in their wake. There are many problems to handle after a flood has devastated your home, one of which is food safety due to the contaminants in floodwaters.

If you are not sure if your food was directly exposed to floodwaters, it is safer to heed the saying, "If in doubt, throw it out." Don't be tempted to try to salvage damaged food, including cans or sealed pouches, as it is hard to tell if they are contaminated.

Remember to check with insurers before disposal because your food may be insured. Take photos of the damaged goods for use as part of your insurance claim. Put flood-damaged food in black plastic garbage bags, double bagged if possible; seal the bags and place them in your designated collection area.

It's important to follow good food hygiene to stop the spread of any harmful germs that might be present in your home. Here are some basic tips for keeping food safe in times of floods:

\* Don't eat any food that has been covered or even touched by floodwater or sewage.

\* Always wash your hands before preparing food.

\* Clean and disinfect work surfaces, plates, pans, cutlery, plastic or ceramic chopping boards, etc. before using them with food. If you have a working dishwasher, this is a more efficient way to clean and sanitize smaller items.

\* Discard wooden chopping boards and wooden spoons if contaminated by floodwater.

\* Clean and disinfect the inside of your fridge and food cupboards.

\* Don't use work surfaces, plates, etc. if they are badly chipped or damaged.

\* If your power has been cut off and your fridge has not been working for more than four hours, throw away the food inside.

\* If your freezer has not been working, throw away any meat, fish or dairy products, or foods containing these, if they have started to get soft. Also throw away any food you would eat frozen, for example, ice cream.

\* Depending upon how full the freezer is, produce can remain frozen for 24 hours or more. The fuller the freezer, the longer the contents will remain frozen.

Many areas hit by hurricanes or floods also are without basic public utility systems. Keep in mind that fully cooked foods or Meals Ready to Eat will be much easier to "heat and eat" than whole, non-cooked foods. Using a portable generator to power stoves and microwaves is inefficient.

Here are a few options for portable emergency heat sources that can be used for cooking:

Mini Camp Stove -- These tiny stoves fold flat for storage, and provide a larger surface to cook on. They fit over the top of a small, round canned fuel container (Sterno or liquid canned fuel). They work best for warming or reheating. Safe inside or out, as long as there is some ventilation.

Portable Camp Stove -- Coleman-style stoves are compact but can generate enough heat using butane or propane cylinders to cook a complete meal. Single or multiple burners, optional griddles.

Here's a Creamy Potato and Vegetable Soup recipe that uses canned foods to create a comforting "heat and eat" meal.



Photo credit: Depositphotos.com

### CREAMY POTATO AND VEGETABLE SOUP

This simple soup is a "use what you have" recipe. If you don't have potatoes, you can substitute canned black or pinto beans (rinsed and drained) and diced, canned tomatoes or bottled salsa for the water. A variety of spices can be substituted for onion powder, including garlic powder, herb and spice blends, lemon pepper, etc. Canned foods are typically higher in salt, so you won't need much to season the soup.

- 1 can chicken broth
- 1 cup water
- 5 cups cubed potatoes, fresh or canned
- 2 tablespoons dehydrated onion flakes or onion powder
- 1/4 teaspoon salt
- 1 1/2 teaspoons pepper
- 2 cans mixed vegetables or 1 can each of your choice of canned vegetables, drained
- 8 ounces cubed, canned ham or chicken (optional)

1. Over medium heat, and using a large pot, pour in broth and water, potatoes, onion powder, salt and pepper. Stir to combine, and cook 15 minutes or until potatoes are just tender. Take out a cup of the potatoes and mashed them with a fork until smooth. Stir them back into the soup to thicken it.

2. Add vegetables and canned ham or chicken (if you decide to use it). Cook uncovered for 5 to 7 minutes. Serve immediately. Makes 6 to 8 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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Continued on Page 4