

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 @ 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, September 8th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, September 8, 5:30 p.m., at Michael's Restaurant. "Member Recruitment" will be the program.

Recent donations were Hospice Care Plus, Old Irvine Cemetery mowings, Scholarships to ECHS graduates, and

Estill Ministerial Association. Make a difference in the community by getting involved with the Kiwanis Club that has 94 years of service to our community.

New members are needed and welcomed. Anyone interested can contact any Kiwanis member.

Thursday, September 8th @ 5:30pm

"Sneak a Peak" at the Mack

River City Players is sponsoring a Save the Mack fundraiser: "Sneak a Peek" on Thursday, September 8th at 5:30 p.m. Join RCP members at the Mack Theater to sneak a peek and eat a free hotdog.

RCP volunteers will be available to talk with you about the Save the Mack capital campaign and RCP membership. Yearly dues are Student \$10, Single \$15, Couple/Family \$25, Business \$50. Membership entitles you

to audition and participate in RCP productions without the additional cost of audition or performance fees.

Cherokee Bill & Squaw Annie will be there to display their sharp shooting skills and share stories of performing on the Mack's stage.

Please bring your camp chair, set outside the Mack, and invite others to "Sneak a Peek". Donations are accepted and very much appreciated.

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.

Friday-Sunday, September 9-11

Ballew-Broaddus-Simpson-Noland

The Ballew - Broaddus - Simpson - Noland Family Reunion will be celebrating its 75th Family Reunion in Rich-

mond, Kentucky, Friday-Sunday, September 9-11, 2016 with more than 200 family members from all across the U.S

Saturday, September 10th @ Noon

Annual Westinghouse Picnic

The annual Westinghouse Employees Picnic will be held Saturday, September 10, 2016, at the lower pavilion at Lake Reba in Richmond.

A potluck meal will be served around noon. Meat will be furnished but please bring a side dish. All employees and families welcome.

Saturday, September 10th -- 1-4pm

ECHS "Class of '56" 60th

The Estill County High School "Class of 1956" will be having a 60th reunion on Saturday, September 10, 2016, from 1-4 p.m. at the Bergman House Bed & Breakfast on Main Street in Irvine.

The cost is \$10.00 per person. Please mail reservations to Estine Walling Miller, 516

Laurel St., Irvine, KY 40336. Respond by September 1st if possible.

For more information, contact Estine Walling Miller at (606) 723-8730; Freda Walling Watson at 723-3489; Julia Tuggle Robinson at 723-2534, or Peggy Reed Kortbein at 723-1280.

Saturday, September 10th -- 8am-1pm

Blood Drive Scheduled In Irvine

Fifteen years ago planes hit the World Trade Towers, the Pentagon and a quiet field in Pennsylvania. That day and the days that followed, Americans felt helpless, and thousands of them lined up to give blood.

As a way to remember those who lost their lives or those whose lives were forever changed and to support Kentucky patients who need help today, Kentucky blood donors can roll up their sleeves at the upcoming blood drive. Donors will receive a special remembrance shirt.

A blood drive for the Es-

stall County Community will be held Saturday, September 10th from 8 a.m. until 1 p.m. at the Irvine First Christian Church fellowship hall, 270 Main Street.

Donors will receive a non-fasting cholesterol test, and results will be posted within five days after the blood drive at kybloodcenter.org.

Blood donors must be 17-years-old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements. Call 800.775.2522.

Monday, September 12th @ 7pm

Friends of Estill Public Library

The friends of the library will meet on Mon., Sept. 12 at 7 p.m. at the Estill County

Public Library meeting room, 246 Main Street in Irvine. Everyone is welcome!

Monday, September 12th @ 7pm

SE KY Gem, Mineral & Fossil

The Southeast KY Gem, Mineral, & Fossil Club will meet Monday, September 12 at 7 p.m. at the Estill County Public Library. The program will be a "Show, Tell, and

Trade" about any gem, mineral or fossil.

Anyone interested in joining is welcome to attend. Yearly dues are \$20 per family and \$15 per individual.

Monday, September 12th @ 1:30pm

Estill County Retired Teachers

The first meeting for the Estill County Retired Teachers 2016/17 season will be Monday, September 12 at 1:30 p.m. The meeting will be

held at the Estill County Public Library's meeting room. The focus will be on membership.

All members are encouraged to attend.

Tuesday, September 13th @ 10:30am

Winchester GTE/Sylvania Retirees

Winchester GTE / Sylvania/Osram/UAW retirees will meet at 10:30 a.m., Tuesday, September 13, 2016 at the Union Hall for a short meeting and to arrange transportation

to Cattleman's Restaurant in Mt Sterling for lunch.

All Winchester Sylvania retirees and former employees are welcome to join us at lunch.

Saturday, September 17th @ 9am

McKinney & Harris Reunion

The McKinney and Harris reunion will be held Saturday, Sept. 17 at Irvine-McDowell Park in Richmond from 9 a.m. - ?. The meal will be potluck.

This year's reunion will be in honor of Ray McKinney.

For more information, please call Patty Ray McKinney Turpin at (859) 24-0879.

September 17th @ 1pm

Annual Isaacs & Flanery Reunion

Descendants of Wilburn Isaacs and Vandallie Griffey of Estill County, and Jacob and Patsy Hartsock of Jackson County, will have a reunion on Sat., Sept. 17, 2016 at 1:00 p.m. at the Loretta Lynn Ranch in Hurricane Mills.

Plans are for hamburgers, hot dogs, and a covered dish to share. Several activities are listed on their website.

For more information call or text Anola Fiessinger (Valentine) (937)312-4571 or DebbieMcCombs(937)408-3189.

Tuesday, Sept. 20th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Sept. 20 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..."

September 24th

Rosses Creek Annual Picnic

The Rosses Creek annual picnic will be held Saturday, September 24, 2016 at the old school building. Everyone is invited to attend.

Bring a covered dish or

more, soft drinks and a lawn chair. We will have plenty of Gospel Singing and plenty of fun.

If you have any questions, contact Bill at (606) 723-2653.

Saturday, September 24th @ 1:00pm

Annual Rader/Raider Reunion

The Rader/Raider reunion will be held on Saturday September 24th, 2016 at Catalpa Park large pavilion in Richmond, Kentucky. There will

be activities starting at 11:00 a.m., with covered dish lunch at 1:00 p.m. Please bring a covered dish and soft drinks enough for your attendees.

September 25th @ 1:30pm

Murphy Descendants Reunion

Descendants of Hubert and Myrtle Murphy will meet on Sunday, September 25, 2016 in the fellowship hall of Sandhill Christian Church for a

family reunion.

Bring a dish or two and some drinks and join us for lunch at 1:30 p.m.

Make plans to attend.

Friday, Oct. 7th @ 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, October 7th and on the first Friday of each month at 9 a.m.

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

Saturday, October 8th @ 9am

Markey Craft & Vendor Fair

The 2nd Annual Main Street Markey Craft & Vendor Fair will be held at the Estill County Courthouse on Saturday, October 8th starting at 9 a.m.

The event is open to the

public to help get an early start to Christmas shopping. There will be lots of local vendors and crafters, including the Estill County farmers market.

October 29th - 7-11pm

ECHS "Class of 1976" Reunion

The reunion committee of Estill County High School "Class of 1976" has set a reunion date of October 29, 2016, from 7-11 p.m. at Gillum's Restaurant in Richmond.

We hope all of you can

come and 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.

Kitchen Diva Stuffing Perks Up Bland Cuts of Meat

by ANGELA SHELF MEDEARIS

Here's an easy way to add flavor and flair to a boneless, skinless chicken breast: stuff it! Flavor-boosters like chopped, sauteed vegetables, herbs, cheeses or spices can turn a lean, bland cut of meat from pork to beef into something special.

During the Roman Empire, recipes for stuffing chicken, rabbit, pork and dormouse were common. Stuffing in the Middle Ages was known as "farce," from the Latin "farciare" (and the French "farcir") meaning "to stuff." In the 13th century, lighthearted French farcirs or farce plays were "stuffed" in between lengthy religious productions to keep the audience from being bored. "Forcemeat" and "farce" also were common terms referring to a spiced, chopped meat mixture, still in use when referring to sausage.

In 1538, the word "stuffing" first appeared in English print, but this uninspired term did not appeal to the Victorian upper class. After 1880, "stuffing" also became known as "dressing." Today, "stuffing" is the term most often used in the South and Eastern parts of the United States. Stuffing, or dressing, is a seasoned mix of vegetables, starches and eggs that are cooked within the body cavity of an animal. Vegetables also are hollowed out and stuffed. When it's served as a side dish during the Thanksgiving holiday, stuffing often is referred to as dressing.

My recipe for Roasted Red Pepper Stuffed Chicken Breasts uses a savory blend of bell peppers, herbs, spices, cheeses and lemon to add a burst of flavor to lean chicken breast.



DepositPhotos

Roasted Red Pepper Stuffed Chicken Breasts

4 chicken breasts, skinless, boneless, raw (about 6 ounces each)

2 tablespoons Italian seasoning

1 teaspoon salt

1 teaspoon black pepper

1/2 teaspoon cayenne pepper

4 ounces regular or low-fat cream cheese

1 medium lemon, juice and zest

1 jar roasted red bell peppers, packed in oil, reserve oil

8 slices Thin Provolone cheese

4 teaspoons ground flax seed

1/2 cup breadcrumbs (whole wheat or Panko)

Cooking oil

1. Heat oven to 350 F.

2. Spray a glass baking dish with the cooking oil. Place the chicken breast on half of a large sheet of plastic wrap on a cutting board. Fold the plastic wrap over the chicken. Using a meat mallet (or a heavy-bottomed skillet), flatten the breast to about 1/4 inch thick. Remove the plastic. Season chicken on both sides with 1 tablespoon of the Italian seasoning, and 1/2 teaspoon of the salt and black pepper, and the cayenne pepper.

3. Mix the cream cheese with the remaining 1/2 teaspoon of the salt and pepper. Remove the zest from the lemon and mix it into the cream cheese. Squeeze the lemon juice into a small bowl. Mix in the reserved oil from the roasted red bell pepper (or use 3 tablespoons of olive oil) and set it aside.

4. Spread the cream cheese mixture across the inside of the breast. Layer two slices of the provolone, then the roasted red pepper. Beginning at the smallest end, roll the breast up, tucking in the peppers as needed. Roll the chicken in the lemon and oil mixture.

5. Mix together the remaining 1 tablespoon of Italian seasoning, the ground flax seeds and the breadcrumbs. Sprinkle the chicken with the breadcrumb mixture. Place the chicken roll, seam side down, in the baking dish. No toothpicks are needed. Repeat the layering and rolling process with the remaining chicken.

6. Drizzle any remaining lemon and oil over the chicken to help it brown and crisp on top. Bake until chicken is cooked through (about 25 to 30 minutes) and no pink flesh remains. Makes 4 servings.

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.divepro.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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