

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>

While Available

Trick or Treat Collection Bags

Richmond & Berea Tourism, along with the Battle of Richmond Visitors Center, will have complimentary Trick-or-Treat collection bags in a limited number at the tourism offices in Richmond and Berea or at the Battle of Richmond Visitors Center, 101 Battlefield Memorial Parkway.

Register by Sunday, November 3rd

Christmas Arts & Carfts Show

The 16th annual "Christmas Arts & Crafts Show" will be Sat., Dec. 7, 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 performances by local musicians, a silent auction of arts and crafts items, food concessions, and 50/50 pot. Only original artwork, handmade crafts, baked goods, and products following the homebased processing rules are eligible for entry. Demonstrations are encouraged. Application

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.

Mondays and Wednesdays - 10-11am

Body Fitness Exercise Classes

Body Fitness Exercise Classes by Sister Loretta Spotila, RN, hare held Monday and Wednesday mornings, 10-11 a.m. at the Estill County-UK Extension Office on Golden Court, off Stacy Lane Road in Irvine. These exercises are helpful for persons with arthritis, asthma and difficulty moving and involve gentle exercise and movement which builds flexibility. Donation is \$3.00 per class. For more information, call Sister Loretta at 723-8505.

Thursday, October 24th at 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, October 24, 5:30 p.m., at Steam Engine Pizza. The Board of Directors will meet. Members will be making plans for the Kiwanis Christmas Parade on Friday, December 6 and other future activities. Make a difference in the community by getting involved with the Kiwanis Club that has 97 years of service to our community. New members are needed and welcomed. Anyone interested can contact any Kiwanis member.

Thursday, October 24th at 7:00pm

Community Chorus Practices

The Estill County Community Chorus meets Thursday, October 24th and each Thursday at 7:00 p.m. at the Irvine United Methodist Church on Main Street. Everyone is welcome and there are no auditions. We

Friday & Tuesday, October 25th & 29th

Witt Christmas Party Volunteers

Volunteers are needed to wrap the 1,100 toys and books for the 39th annual Elizabeth Witt Christmas Party which will be held Sat., Dec. 7 at the First Christian Church in Irvine. The gifts will be wrapped at Citizens Guaranty Bank on River Drive on Friday, October 25, and Tuesday, October 29 at 9 a.m. Wrapping paper and tape may be donated. The party is being planned for children in Estill County that are 12 years of age and younger. Further dates for wrapping gifts will be announced later as needed. The party has been able to continue through the years due to the generosity of the community. Donations for the party can be given at Citizens Guaranty Bank. Contact Francine Bonny or Regina Robertson for more information.

Monday, October 28th - 6:30pm

Democratic Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, October 28 at 6:30 p.m. and the 4th Monday of every month at the Estill County Public Library, 246 Main Street. For additional information you can email Estillcountydemocrats@gmail.com.

Friday, November 1st at 9:00am

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. 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 2nd - 9am-1:30pm

St. Elizabeth Christmas Bazaar

Saint Elizabeth Catholic Church's Annual Christmas Bazaar will be held Saturday, November 2nd, 9:00 a.m. - 1:30 p.m. Shop the Church Hall for decorations, gifts, toys, and food. There will also be a Basement Sale in the Church basement. Something for everyone.

Sunday, November 3rd at 12:00 Noon

Annual Barnes Family Reunion

The annual Barnes Reunion for the family of Sam and Stanley Reed Barnes will be held Sunday, November 3, 2019, 12:00 Noon until ???, at the Estill County Fair Barn. A potluck lunch will begin at 1:00 p.m. All friends and family are invited to come and bring a dish or two to share.

Sunday, November 3rd at 2:00pm

Amvets Post 67 in Clay City

Amvets Post 67, located at 99 Veterans Lane, Clay City holds its meeting monthly 1st Sunday of each month at 2:00 p.m. Also, everyone is invited to Post 67 Clay City for Bingo every Monday. Doors open at 5:00 p.m. Bingo starts at 6:30 p.m. For more information, call 606-663-0071.

Monday, November 4th @ 7:00pm

Estill County Memorial Service

A Memorial Service honoring and remembering those from Estill County who died during the past year will be held at the Irvine First Christian Church on Main Street in Irvine on Monday, November 4th at 7 p.m. This service is sponsored by Mercy Health - Marcum and Wallace Hospital, in conjunction with the Estill County Ministerial Association and Interfaith Wellness Ministry.

This Memorial Service will include scripture readings, reflections by Ministers from our local churches, and the reading of the name of each loved one who has died. The memorial will be held in the context of an inter-faith, Christian worship service.

Family members of the deceased, as well as the public, are invited. You do not need to call and sign up to attend. Please join us as we remember those who have so recently been a part of our lives and whose death we recall in the light of the Resurrection.

Tuesday, November 5th at 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Nov. 5th and on the first and third Tuesday of every month at the Irvine First Christian Church meeting room on Main Street at 6:30 p.m. Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world.

Tuesday, November 5th at 7:00pm

Freemasonry & the Underground Railroad

Richmond Lodge #25, F&AM, will be presenting Bro. Moises Gomez in "Freemasonry and the Underground Railroad," on Tuesday, November 5, 2019 at 7:00 p.m. at the Richmond Masonic Temple, 217 Porter Drive in Richmond. This is a public event. There will be light refreshments afterwards.

Wednesday, November 6th at 10:30am

Legal Planning for Alzheimer's

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. A program will be held on Wednesday, November 6th from 10:30 a.m.-12 p.m. at the Madison County Cooperative Extension Office located at 230 Duncannon Lane in Richmond. This workshop is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place. Learn what legal decisions must be made, and how to use those decisions to protect and provide the best care possible for the person with dementia. Explore the options available to pay for care, where to find additional resources, and how to make the best financial choices for both the person with dementia and the caregiver. Guest presenter will be elder law attorney Scott Collins. Registration is required. Please contact 1-800-272-3900.

Tuesday, November 12th, 5:30pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet on Tuesday, November 12th and the second Tuesday of each month at the Estill County Golf Club from 5:30-7 p.m. Come, join us. Together we can make a difference.

Tuesday, November 12th at 7:00pm

DAV Chapter 94, Estill County

DAV Chapter 94 will be meeting at 7 p.m., November 12th and the second Tuesday of each month at Estill County Senior Citizens Center, off Stacy Lane. In you are a veteran with 10 percent or more service connection, you are welcome. Call 1-606-663-2504 for more information. We are veterans and we would appreciate your attendance. Veterans from surrounding counties are also welcome.

Kitchen Diva

Spicy-Cool Baked Chicken Breasts

Whenever I'm thinking about ways to add variety to chicken recipes, my spice rack always provides inspiration. Freshly ground peppercorns add a much-needed boost to the mild flavors of chicken, pork and fish. They come in a variety of shades, including white, green, pink, red and black. The color depends on the maturity of the berry.



Photo Credit: DepositPhotos

Black Peppercorns

All peppercorns come from the seed of the tropical "Piper nigrum" plant. About 50 berries grow in spiky clusters on long vines supported on posts. Black peppercorn berries are picked before fully ripening and allowed to ferment for two to three days. Then the berries are spread out in an even layer and sun-dried for two to three days until shriveled and nearly black. Pepper comes from grinding peppercorns until they are fine. Most peppermills are adjustable to create fine, medium or coarse grinds.

Crushed black peppercorns or freshly ground black pepper combined with ranch dressing makes a spicy, flavorful coating for baked chicken. Ranch dressing has been one of America's favorite condiments for more than 40 years. It's used on everything from salads to pizza to potato chips.

One of the best-known brands of Ranch dressing was created by Steve Henson. Steve and his wife, Gayle, purchased 120 acres of picturesque ranch land outside Santa Barbara, California, in 1954. They named their new property Hidden Valley and started a dude ranch.

Every night, they treated their guests to a homemade meal featuring a salad topped with a creamy, herb- and spice-flavored buttermilk dressing that Steve had created in Alaska. Guests loved his ranch dressing and asked for jars to take home. Soon there was so much demand that the Hensons started a mail-order business, shipping bottles and dry package mixes of their Hidden Valley Ranch Dressing around the United States. The brand was bought by the Clorox company in 1972.

In today's recipe, the fiery pop of black pepper combined with the cool, herb flavors of ranch dressing elevate baked chicken breasts to a new level.



BAKED CHICKEN BREASTS IN SPICY RANCH DRESSING

Panko breadcrumbs are made from a light, Japanese-style bread. When used as a coating, Panko breadcrumbs add an extra crunch without deep-frying, making it the perfect coating for baking in the oven or stove-top cooking methods. Regular packaged breadcrumbs also will work for this recipe.

- 2 to 3 pounds (4 to 6 pieces) boneless, skinless chicken breasts
- 2 tablespoons poultry seasoning
- 1 1/2 teaspoons salt
- 1 (16-ounce bottle) ranch dressing
- 1 small onion, chopped
- 2 garlic cloves, minced
- 2 teaspoons black or mixed peppercorns, freshly ground or finely crushed
- 1/2 teaspoon cayenne pepper
- 2 cups Panko or dried breadcrumbs
- 1/4 cup grated Parmesan cheese
- Cooking oil spray

1. Heat oven to 375 F. Spray a large, 13-by-9-inch oven-safe baking dish with cooking oil spray and set it aside.

2. Rinse and pat dry the chicken breasts with food-safe paper towels. Season both sides of the chicken with 1 tablespoon of the poultry seasoning and 1/2 teaspoon of the salt. Set aside.

3. In a large mixing bowl, combine ranch dressing, onions, garlic, black pepper or peppercorns, and cayenne pepper. Mix well. Using a large plate, combine Panko or breadcrumbs, Parmesan cheese and remaining tablespoon of poultry seasoning and salt.

4. Place chicken in ranch dressing mixture, coating each piece on both sides. Roll chicken in breadcrumb mixture until coated on both sides. Place chicken in the prepared baking pan. Spray chicken with cooking-oil spray.

5. Place chicken in the oven and bake for 25 to 35 minutes, or until chicken is tender and golden brown and no pink remains in the center. Serve immediately. Serves 4 to 6.

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.

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