

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>

Group being formed now

Kentucky Heritage Group

Do you remember your Granny's recipes? Soap making and quilting techniques?

The Twin City Homemaker Club, along with the Estill County Homemakers would like to start a Kentucky Heritage group where locals bring a light to cherished traditions and mountain arts of our heritage.

If you would be interested in being a part of this group, please contact the Estill County Cooperative Extension Office at 606-723-4557.

Mondays & Wednesdays @ 10:00am

Body Fitness Exercise Classes

Body Fitness classes are helpful for persons with arthritis, asthma, and difficult moving. They involve gentle exercises and movement and build strength and flexibility.

Classes are instructed by Sister Loretta Spotila, RN, and are held on Monday and Wednesday mornings, 10-11 a.m. at the Estill County UK Extension Office on Golden Court, off Stacy Lane.

Donation is \$3.00 per class. For more information, call Sister Loretta at 723-8505.

Monday, Wednesday and Friday

Estill Library Hosts "Walk Slim"

Walk Slim is held at the Estill County Public Library, 246 Main Street, Irvine, at 5:00 p.m., on Monday, Wednesday, and Friday. If the weather is pretty they will venture outside to walk.

If you are interested in joining please just drop by and walk to a healthier life. Contact Lesa Ledford at 723-3030 for more information.

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.

Thursday, May 9th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, May 9 at 5:30 p.m. at Steam Engine Pizza.

Recent donations given by Kiwanis have been for the Relay for Life, FLO Party, and two mowings of the Old Irvine Cemetery on River Drive beside Citizens Guaranty Bank.

Service is at the heart of every Kiwanis Club, no matter where in the 80 nations where Kiwanis Clubs are located. Members focus on changing the world by serving children, one child and one community at a time. Jeff Hix is the current club president. We invite you to join Kiwanis!

Friday and Sunday, May 10th & 12th

River City Players Performance

Mark your calendars now to attend this delightful comedy. Come out for some genuine belly laughs during River City Players' production of Red, White and Tuna, a hilarious play about the eccentric inhabitants of Tuna, Texas (population 24).

There will be two performances: Friday, May 10 at 7 p.m., and Sunday, May 12 at 3 p.m. at the Estill County High School auditorium.

Tickets are \$10 for adults, \$5 for ages 6-18 and free for ages 5 and under. Call 606-723-5755 or 502-810-7668 for more information.

Saturday, May 11th - 8am-1pm

Estill Community Blood Drive

Kentucky Blood Center will be having a blood drive for the Estill County Community, Saturday, May 11, 2019, from 8 a.m. - 1 p.m. in the Fellowship Hall at First Christian Church at 270 Main Street in Irvine.

Blood donors must be at least 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. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org.

Walk-ins are welcome. To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

Monday, May 13th @ 7pm

SEKY Gem, Mineral & Fossil

The Southeast KY Gem, Mineral & Fossil Club will meet Monday, May 13 at 7 p.m. at the Wisemantown United Methodist Church pavilion.

The program will be a "Show, Tell, & Trade". This will be an opportunity to get questions answered. Samples will be on display and visitors are welcome to attend and bring any rocks, agates, gems, fossils, etc.

Also the KY Agate, Gem, & Mineral Show during the Mountain Mushroom Festival will be discussed.

Membership forms will be available for anyone interested in joining the group.

Tuesday, May 14th - 4-8pm

Free Narcan and Free Training

In partnership with the Department of Public Health and the Kentucky Pharmacists Association, the Estill County Health Department is sponsoring a Mobile Pharmacy Unit in Irvine on Tuesday, May 14, 2019, 4-8 p.m. at the Estill County Extension Office, 76 Golden Court, off Stacy Lane Road.

Free Narcan kits and free Narcan training (approximately 15 minutes) will be provided.

Do you know someone at risk of an opioid overdose? Receive free training and a free Narcan kit, the opioid overdose reversal drug. Just show up any time between the hours of 4 and 8 p.m.

For more information, call the Estill County Health Department at (606) 723-5181.

Tuesday, May 14th @ 7pm

DAV Chapter 94, Estill County

DAV Chapter 94 will be meeting at 7 p.m., May 14th and the second Tuesday of each month at Estill County Senior Citizens Center, off Stacy Lane.

If 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.

Thursday, May 16th @ 6pm

Estill Celebrate Recovery

Celebrate Recovery meets at Providence Baptist Church Fellowship Hall, Thursday, May 16th and every other Thursday at 6:00 p.m.,

Everyone is welcome to attend. It is a Christ centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind.

Providence Baptist Church is located at 1115 Winston Rd, Irvine, KY 40336.

If you have any questions, call the church at 723-7837 or Sam at (859) 779-2442.

Saturday, May 18th at 11:00am

Estill Library Hosts Crochet Class

On Saturday, May 18, the Crochet Class will meet at the Estill County Public Library, 246 Main Street, Irvine, beginning at 11:00 a.m. Please bring the following items with you: "I" hook, 1 skein of cotton worsted weight yarn, and a tapestry needle.

Contact Lesa Ledford at 723-3030 for more information.

Tuesday, May 21st @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, May 21st, 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.

Wednesday, May 22nd at 1:30pm

"Art With Sandy" at the Library

Art with Sandy is back on Wednesday, May 22 at 1:30 p.m. Come out and learn about the love of art with Sandy Savage at the Estill County Public Library, 246 Main Street, Irvine.

Contact Lesa Ledford at 723-3030 for more information.

Monday, May 27th @ 6:30pm

Democrat Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, May 27th 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.

Sunday, June 2nd @ 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 to Bingo every Monday. Doors open at 5:00 p.m. Bingo starts at 6:30 p.m. For more information, call 606-663-0071.

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

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

Tuesday, June 11th @ 5:30pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet Tuesday, June 11th, 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 June 18th

Workforce Opportunities

Attention Job Seekers Call for an appointment!

- Are you in need of resume assistance?
- Do you need help finding jobs to apply for?
- Do you need help preparing for interviews?
- Do you need tuition assistance to go back to school to become more employable?

There are WIOA (Workforce Innovation Opportunities Act) services available to help. Tuesday, June 18th 9am-12noon Estill County Adult Education; 1-4pm Estill County Library
Contact: Trina Bustle, Talent Development Specialist/Case Manager <tbustle@ckycareers.com> 859-361-6315 or Mary Fields, Estill Co. Adult Education/SkillsU <msadultedu@irvineonline.net> 606-723-7323

Saturday, June 29th at 1:00pm

ECHS Class of '70 reunion

Estill County High School Class of 1970 will have their 49th annual reunion on Saturday, June 29, 2019 at 1:00 p.m. at Michael's Restaurant in Ravenna. All class members and teachers are welcome to attend.

Saturday, July 27th at 2:00pm

ECHS Class of 1964 55th Reunion

The Estill County High School Class of 1964 will be having its 55th Reunion on Saturday, July 27, 2019, starting at 2:00 p.m. at Michael's Restaurant in Ravenna. Please, spread the word!

Kitchen Diva

Mother's Day the Easy Way

Mother's Day is one of the busiest service days for restaurants. While I hate crowds and love to cook, I'm strictly forbidden to enter the kitchen on Mother's Day.

Unfortunately, the extent of my sweet husband's culinary skills begins and ends with a breakfast of easy-over eggs, bacon, pan sausage, toast and a great pot of coffee. So as a gift to mothers everywhere, I've created a simple Mother's Day dinner recipe that even a novice cook can successfully follow.

I've always felt that preparing a meal is one of the best ways to show someone that you love them. After all, the origin of Mother's Day is rooted in a daughter's love and respect for her mother.

In 1905, after her mother's death, Anna M. Jarvis began a campaign to recognize her mother's work as a community activist and peace advocate, and to honor her memory. It took several years, but in 1914, President Woodrow Wilson signed a bill recognizing Mother's Day, the second Sunday in May, as a national holiday.

The House of Representatives also adopted a resolution recommending that officials of the federal government wear carnations on Mother's Day. The tradition of wearing a red flower if your mother was living, and a white flower if she is deceased is still practiced in many churches today.

Here's a simple recipe for your Mother's Day dinner: a delicious Sheet Pan Spice-Rubbed Chicken With Roasted Vegetables. And for a sweet finish, try this easy, no-bake Cookie Cheesecake for dessert.

The simple preparation techniques will ensure a successful result for even the most inexperienced cook and create the perfect meal for the Moms we love do dearly. Happy Mother's Day!



Photo Credit: DepositPhotos

Spice-Rubbed Chicken and Roasted Vegetables

Spice Rub:

- 3 tablespoons poultry seasoning
- 2 tablespoons sweet or mild paprika
- 1 tablespoon brown sugar
- 2 teaspoons black pepper
- 2 teaspoons salt
- 1/8 teaspoon cayenne

Sheet Pan Chicken and Vegetables:

- 4 large (4 to 5 ounces) chicken breasts, rinsed and patted dry
- 1/4 cup olive oil
- 1 1/2 pounds fingerling potatoes, quartered
- 2 red bell peppers, seeded and chopped
- 1 zucchini, chopped
- 1 cup cherry tomatoes, whole
- 3 tablespoons olive oil
- 2 tablespoons fresh parsley, chopped for garnish
- 1/2 teaspoon coarse sea salt, for sprinkling potatoes

1. Heat oven to 425 F. Line two baking sheets with parchment paper or foil.

2. In a small bowl, stir together the poultry seasoning, paprika, brown sugar, black pepper, salt and cayenne to make the rub. Rub each chicken breast on both sides with 1 tablespoon of the olive oil and 1 tablespoon of the rub, then space them evenly apart on one side of the lined baking sheet.

3. In a large bowl, toss the potatoes with 2 tablespoons of olive oil. Add 2 tablespoons of rub mixture and toss to coat. Arrange the potatoes in a single layer on the remaining lined baking sheet. Place the pan of chicken on the top rack of the oven and the pan of potatoes on the bottom rack. Bake for 10 minutes.

4. While everything is baking, toss the bell peppers and zucchini with the other tablespoon of olive oil and 1 tablespoon of the remaining spice rub.

5. After 10 minutes, rotate the pan of potatoes on the bottom. Flip the chicken breasts over in the pan on the top rack. Arrange the bell peppers and zucchini on the empty side of the baking sheet with the chicken. Return to oven for 10 minutes.

6. Add the cherry tomatoes to the pan with the chicken. Cook for 5 more minutes.

7. Remove both sheet pans from oven. Sprinkle the vegetables with parsley, if desired, and the potatoes with the coarse sea salt, and serve immediately. Serves 4.

NO-BAKE COOKIE CHEESECAKE

- 12 lemon or vanilla cream-filled cookies, crushed into crumbs
- 1 (8 ounce) package cream cheese, softened
- 2 tablespoons sugar
- Zest of two lemons
- 2 tablespoons freshly squeezed lemon juice
- 1/2 teaspoon pure vanilla extract
- 4 tablespoons lemon jello (powdered mix)
- 1 (8 ounce) tub frozen whipped topping or Truwhip, thawed

1. Evenly divide the crumbs between 6 individual serving cups. Press into the bottoms of the cups to form a crust layer.

2. Using an electric mixer or food processor, beat the cream cheese and sugar until smooth. Add the lemon zest, lemon juice and vanilla, and mix to combine.

3. Sprinkle the jello powder onto the cream cheese mixture and mix on medium-high speed until thoroughly combined. Using a rubber spatula, fold in the whipped topping until well-blended and no streaks remain.

4. Evenly spoon the filling into the cups with the crushed cookies. Cover with plastic wrap, and refrigerate at least 2 hours before serving. If desired, garnish with additional whipped topping and lemon wedges. Serves 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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