

# 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>

## First and Third Tuesdays at Raders'

### Estill County Lions Club

The Estill County Lions Club will meet on the first and third Tuesday of every month at Raders River Restaurant, under the Irvine Bridge. 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..."

## Saturday, September 6th @ Noon

### 2nd Annual Gordon Reunion

The Gordon reunion will be held Saturday, September 6, 2014, at the Estill County Fairbarn. Lunch will be served around noon. Please bring potluck dishes and beverages. Everyone is welcome.

## Saturday, September 6th @ 9am

### Hargett VFD Yard & Bake Sale

The Hargett Volunteer Fire Department will be having their annual yard sale and bake sale, Saturday, September 6, 2014, 9:00-? Yard sale donations will be accepted Friday, September 5th starting at 2:00 p.m.

## Saturday, September 6th @ Noon

### Annual Profitt Family Reunion

The annual reunion of the family of James and Elizabeth Crowe "Pop" Profitt will be held Saturday, September 6, 2014, at Carl McIntosh's "Shelter Valley," just off Watson Ridge Road near Furnace. All friends and family are invited to come, enjoy a potluck lunch, and spend the day. There will be hat contests for both adults and children, so wear your best. Also, door prizes are given out to nearly everyone who attends. Everyone is welcome!

## Saturday, September 6th @ 2pm

### Annual H.H. Crowe Reunion

The annual reunion of the descendants of Henry Harlan and Eva Barnes Crowe will be held Saturday, September 6th, 2014 at Crowe Hollow, Fitchburg. We will eat around 2:00 p.m. All family and friends are invited. Table service will be provided.

## Saturday, September 6th @ 8 p.m.

### AL 79 End of Summer Dance

American Legion Post 79 will have their End of Summer Dance on Saturday, September 6, 2014, beginning at 8 p.m. for members and guests. Entertainment will be by Todd Chaney.

## Sunday, September 7th @ 1pm

### Murphy Family Annual Reunion

The descendants of Hubert and Myrtle Murphy will be meeting at the old homeplace on Red Lick Road on Sunday, September 7, 2014. Bring a dish or two, some drinks; and plan to spend the day getting reacquainted and sharing some memories. Lunch will be around 1 p.m.

## Sunday, September 7th

### Tuggle-Isaacs Reunion Cancelled

The annual Tuggle-Isaacs reunion that was to be held on Sunday, September 7, 2014, has been cancelled due to so many family members dealing with illnesses at this time. All friends and relatives are urged to keep in touch this year and watch for the Tuggle-Isaacs Reunion in 2015.

## Monday, September 8th @ 1:30pm

### Estill County Retired Teachers

Estill County Retired Teachers will be meeting at 1:30 p.m., Monday, September 8, 2014, at the Estill County Public Library, 246 Main Street in Irvine. The focus will be on membership.

## Tuesday, September 9th @ 10:30am

### GTE/Sylvania/Osram/UAW Retirees

The Winchester GTE/Sylvania/Osram/UAW retirees will meet 10:30 a.m., Tuesday, September 9, 2014, for a short business meeting at the Union Hall on Bloomfield Road in Winchester. Following the meeting, the members and guests will gather at Bruen's in Stanton for lunch. All members, retirees, and former employees are welcome at lunch.

## September 12th & 13th

### 1984 ECHS Class Reunion

The Class of 1984 planning committee has been working hard on planning a fun-filled, 30-year class reunion for September 12 & 13, 2014. Please call or text Belinda Fox Puckett at (859) 358-1403 or Vickie Miller Singleton at (859) 582-8138. All the details will be in the letter we will mail to you, and we will also post it on our "ECHS Class of '84" facebook page. Help us spread the word. We hope you are as excited as we are!!

## Friday, September 12th, Noon-3pm

### Farewell Reception For Children's Librarian

It is with warm wishes that the Estill County Public Library announces the retirement of Children's Librarian Ginny Owens, effective September 12, 2014. Ginny's leaving marks the end of a decade of service to the children of Estill County. The library will honor Ginny for her service in a farewell reception to be held at the library on Thursday, September 4th. We invite all Story Time and Home School attendees, both past and present, as well as those who wish to extend their good wishes to Ginny, to stop by any time that day between the hours of Noon and 3:00 p.m.

Those individuals who wish to show additional gratitude for her ten-years of service can make a monetary donation to the library for the purchase of children's books in her honor.

## Saturday, September 13th @ noon

### Watsons Annual Reunion

The annual Watson reunion will be held Saturday, the 13th of September at the Citizens Guaranty Bank in Irvine, KY. It will be pot luck so bring a dish and join us around 12 noon for lunch.

## Saturday, September 13th @ Noon

### Tipton Family Annual Reunion

The descendants of Pearl and Biddie Tipton will have their annual family reunion on Saturday, September 13, 2014, at Veterans Memorial Park, Main Street, Ravenna. Lunch will be served around noon. All friends and relatives are invited to attend.

## Sunday, September 14th @ 1pm

### 9th Drug Recovery March

On September 14, 2014, Estill County is hosting the 9th Annual One Day at a Time March for Drug Recovery. We will begin gathering at the Estill County Fair Grounds beginning at 1:00 for food and fellowship. At 2:00 p.m., we will be led by the Estill County High School Marching Band across the bridge and to the Estill County Courthouse.

We will then proceed to march around the courthouse seven (7) times and hear from our featured guest speakers.

## Tuesday, September 16th @ 1:30pm

### Chemical Advisory Board Meeting

Mark your calendar for the Kentucky Chemical Demilitarization Citizens' Advisory Commission and Chemical Destruction Community Advisory Board Meeting on Tuesday, Sept. 16 at 1:30 p.m. at ECU's Carl D. Perkins Building, Rooms A and B. This meeting is a good opportunity to learn more about the Blue Grass Chemical Agent-Destruction Pilot Plant at the Blue Grass Army Depot. For more information, call (850) 626-8944.

## Sunday, September 21st @ 1pm

### Annual McIntosh Reunion

The annual McIntosh Reunion of the family of James and Rosa Puckett McIntosh will be held Sunday, September 21, 2014, at the Veterans Memorial Park in Ravenna. Lunch will be potluck and served around 1 p.m. There will be hat contests for both adults and children and door prizes for nearly everyone attending. All family and friends are welcome.

## Wednesday, September 24th @ 2pm

### Legal & Financial Planning

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. 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 speakers will be Carolyn Kenton Bluegrass Elderlaw and Loretta Henderson of the Bluegrass Area Agency on Aging. Sponsored by the Alzheimer's Association.

The program will be held on Wednesday, September 24th from 2-4:30 p.m. at the Madison County Public Library located at 507 West Main Street, Richmond. Registration is required. Please contact 1-800-272-3900 or e-mail infokyo-in@alz.org.

## Wednesday, October 1st @ 11:15 am

### Irvine High '47 & '48 reunion

The annual reunion of Irvine High School Classes of 1947 and 1948 will be held at 11:15 a.m. on Wednesday, October 1, 2014 at Michael's Restaurant in Ravenna. Members and/or friends interested in attending, please contact Wanda Wilson (723-2418), Juella Blackwell (723-3416) or Peg Wilson (723-2232).

## Saturday, October 4th

### Annual Rader/Raider reunion

Please note there is a date change for this year's Annual Rader/Raider Reunion. This year's reunion will be held on Saturday, October 4, 2014 at the same location as in the past (Catalpa Park near Lake Reba in Richmond, Kentucky). Family and friends are asked to bring food to share in covered dishes and drinks (enough to feed your family, which will equate enough for the reunion). Bring door prize gifts and items for the Family Auction

## Fridays, 6:00 to 8:00pm

### Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine, for anyone who plays.

## Kitchen Diva

### A Good Egg

by ANGELA SHELF MEDEARIS and GINA HARLOW

Sometimes a food becomes so associated with a particular cuisine that it develops an identity problem. While it's true that some fruits and vegetables are mainstays of certain cultures, many foods call multiple places home and are used in dishes that span the globe. Eggplant has a strong connection to the sustenance of Italy and has been a celebrated part of its cuisine and a subject of myths for centuries.

A starting point in dispelling the myths is that eggplant is not native to Italy or the Mediterranean, but to India. It also has been part of the African diet for hundreds of years. One relative of the eggplant we know is a variety grown there called Garden Eggs, which produces a small white fruit that looks very much like eggs, hence the name. Also surprising, the leading producer and consumer of eggplant today is China.

Yet another misconception about this wonderful vegetable is that it is really a fruit. Eggplant actually is a member of the nightshade family. Foods from this plant family contain substances called alkaloids. Alkaloids have been known to have adverse effects on the digestive tract. But alkaloid content in nightshade plants, which include potatoes, tomatoes and sweet and hot peppers, is extremely low. It probably contributed, though, to concerns long ago about whether the eggplant should be eaten at all.

The eggplant has the same health benefits found in all nightshade plants, which are antioxidant compounds. Studies now suggest that these compounds might aid in reducing blood cholesterol. Eggplant also is low in calories, and is an excellent source of potassium and fiber.

When we think of eggplant, we may think of it breaded, fried and topped with Parmesan cheese and tomato sauce. But eggplant is not a one-dish wonder; it has a repertoire that highlights a myriad of flavors and preparations.

In the end, eggplant is a delicious food that when properly cooked has a mild flavor and creamy texture, with noted nutritional perks. Eggplant is so wonderful that it easily can be the star of a dish. While you may occasionally get a bitter eggplant, smart shopping and the right cooking techniques will guard against that.

Choose small and firm fruit when buying eggplant to ensure against bitterness. Many varieties have an inherent mild sweetness, such as the Japanese and white Rosa Bianca.

Another method to combat any bitterness is to salt it 30 minutes before cooking to extract any liquid and then rinsing off the excess salt. If you're using eggplant in a baked recipe, you may not need to salt or rinse as any excess liquid will evaporate in the oven. This recipe for Eggplant French Fries puts a unique twist on this delicious vegetable and makes a healthier substitute for traditional French fries.



EGGPLANT FRENCH FRIES

- 2 medium to large eggplants, peeled
- 1 tablespoon salt (for salting eggplant to extract liquids), plus 1/2 teaspoon salt for seasoning
- 1 cup milk
- 2 eggs
- 1 1/2 teaspoons ground black pepper
- 1 cup flour
- 3 teaspoons Ranch Salad Dressing & Seasoning Mix
- 1 cup Panko bread crumbs
- 1/4 teaspoon cayenne pepper
- 1/2 cup canola or vegetable oil
- 1/2 cup Parmesan cheese, shredded, optional

1. Slice the eggplant into 3/4-inch sticks, about 4 inches long. Use 1 tablespoon of salt on both sides of the eggplant sticks and place them on paper towels to drain for 30 minutes. Rinse and pat dry.

2. In a medium bowl, mix milk, eggs, 1/8 teaspoon salt and 1/2 teaspoon pepper until well-blended. Combine flour and dressing mix in a wide, shallow bowl. In another wide, shallow bowl, combine the Panko bread crumbs, 1/8 teaspoon salt, the remaining 1 teaspoon pepper and the 1/4 teaspoon cayenne pepper.

3. Heat oil in frying pan on high heat. Dip eggplant sticks into egg mixture and then flour mix, and then in the Panko bread crumbs. Place in oil, flipping regularly, and fry 3 minutes or until golden brown. Drain on paper towels. Sprinkle with remaining 1/4 teaspoon salt and the Parmesan cheese, if desired. Serve immediately. Serves 4.

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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. Read Gina Harlow's blog about food, gardening and horses at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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