

# 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>

## Throughout the Month of September

### Teacher's Aide Classes

The Estill County Adult Learning Center will offer paraeducator (teacher's aide) classes during the month of September.

Our staff understands that everyone is very busy; therefore, we will attempt to work around your other obligations. We invite anyone with a high school or GED diploma who would like to earn a paraeducator certificate to pre-register for

these classes. This certification will allow you to work as a teacher's aide not only in Estill County but also in school systems across the Commonwealth of Kentucky.

If you are interested, please call 606-723-7323 and schedule your classes with Mary Skipper or Rebecca Lee at the Estill County Adult Learning Center, 200 Wallace Circle in Irvine.

### Wednesday, September 2nd, 12:30-2pm

### Estill Health Department Announces Family Planning Schedule Change

Starting September 2nd, Health Department Family Planning Clinics will be held on Wednesday afternoons. Walk in between 12:30 p.m.

and 2:00 p.m. to be seen the same day.

Remember to bring your medical card or proof of income or last check stub to each visit.

### Thursday, September 3rd @ 7:30am

### St. Elizabeth Basement Sale

The St. Elizabeth basement sale will be held on Thursday, September 3, 2015, 7:30 a.m. until 3 p.m. at 322 5th Street in

Ravenna.

"There will be something for everyone, and everyone is welcome."

### Saturday, September 5th @ Noon

### Profitt Family Annual Reunion

The annual reunion of the family of James and Elizabeth Crowe "Pop" Profitt will be held Saturday, September 5, 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 5th @ 1pm

### Annual Mansfield Reunion

The annual Mansfield Family Reunion will be held Saturday, September 5, 2015 at Sandhill Christian Church's

fellowship hall, starting at 1 p.m.

Bring a covered dish, and hope to see you there.

### Sunday, September 6th @ 12:00 Noon

### Crowe/Carroll Family Reunion

The Crowe/Carroll Annual Family Reunion will be held on Sunday September 6, 2015 at the family cemetery picnic shelter located at Stacy Lane in Irvine.

Please bring a covered dish, drinks and any picnic supplies you can. Also, be sure to bring any photos or memories you have. We hope to have a great turnout on

this day, so we can catch up on everyone's lives and just get together for a memorable time. We all know everyone has busy lives but, hopefully we can have one day of family time.

Hoping to see as many friends and family that is possible!!! See everyone on Sunday, September 6, 2015, hope to start dinner around noon.

### Tuesday, September 8th @ 4pm

### Estill Middle SBDM Meeting

The regularly scheduled Estill County Middle School SBDM Council meeting will take place Tuesday, Sept.

8 at 4:00 p.m. in the school conference room. This meeting is open to all interested stakeholders.

### Wednesday, September 9th @ 1:30pm

### Demilitarization Citizens' Advisory

Mark your calendar for the Kentucky Chemical Demilitarization Citizens' Advisory Commission and Chemical Destruction Community Advisory Board Meeting on Wednesday, September 9 at 1:30 p.m. at E-K-U'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 6-2-6-8-9-4-4.

### Thursday, September 10th @ 6:30pm

### Estill County Community Chorus

The Estill County Community Chorus will open its practice season on Thursday, September 10, 2015 with a "meet and greet" session at Irvine United Methodist Church at 6:30 p.m. Carol Ann Wilson will again conduct the chorus for a Christmas concert scheduled for Sunday, December 6.

New members are welcome. "The more, the better the sound," says Kathie Rivel, chorus council president. "We are looking for singers who just love to lift their voices and

who enjoy learning new songs as well as performing old favorites. Age is not a factor, nor is formal musical training."

Singers meet once weekly to practice and pay dues of \$25 per person or \$35 per family to help defray expenses. Scholarships are available if needed.

This year the chorus looks forward to singing great Christmas music. The Estill County Dulcimer Club and the Noteworthy Hand Bell Choir will join them for a joyful celebration of the season.

### Tuesday, September 15th @ 6:30pm

### Estill County Lions Club

The Estill County Lions Club will meet Tuesday, September 15 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 Inter-

national, 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..."

### Friday, September 18th @ 6:30pm

### Madison Civil War Roundtable

The next monthly meeting of the Madison County Civil War Roundtable will be on Friday, September 18, 2015 at 6:30 p.m. at Ryan's Restaurant, just off I-75 in Richmond.

Jefferson Davis State Historic Site superintendent Ron Rydnor will give a presentation entitled, "Jefferson Davis: The Man."

Please call Phillip Seyfrit at (859) 623-8979 for info.

### 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.

### Saturday, Sept. 26th

### Helping Hands Outreach's 1st Community Resource Event

Helping Hands Outreach will be hosting the First Annual Community Resource Event on Saturday, September 26th at the Estill County Fairgrounds.

More information is to follow but please consider your involvement now. Estill County has so many groups that work tirelessly to keep our community strong and to help those most in need. This is an opportunity for YOUR church or volunteer group to set up a booth to share information about the services you offer. It is a time to reach out to other groups and also a time for re-

cruiting volunteers.

Music will be provided as well as guest speakers and food in a family environment.

We at Helping Hands believe in sharing God's Love with the world. Won't you get your group involved?

Share this with everyone and if you or your group wants to get involved send a private message to the Estill County Connect FB site with contact information and a representative will get back to you.

Or you can email us at connect@helpinghandsirvineky.com

### Saturday, Sept. 26th

### Kiwanis Club To Sponsor Trip To The Derby Dinner Theatre

The Irvine-Ravenna Kiwanis Club is sponsoring a bus trip to Derby Dinner Theatre to see the play, "The Last Potluck Supper" on Saturday, September 26.

The bus will leave Irvine at

3 p.m. The price is \$85.00 per person. It includes transportation, dinner, show, and a donation to the Kiwanis Ball Park.

Please call Terry Williams at 723-5447. The deadline is Sept. 1.

### Saturday, September 26th @ 9am

### Color of Hope - 5K Run/Walk

Join the fun again this year with the Hospice 5K Color Run/Walk on Saturday, September 26, 2015, starting at 9 a.m. Sponsorships are available for this event also.

Early registration is \$25 through Sept. 18 and is non-refundable. Registration fee the day of the race is \$30.

Contact Julie Hatfield at Hospice Care Plus or Jeannie Gregory at Citizens Guaranty Bank for more information!

Registration forms can be picked up and returned at any Citizens Guaranty Bank location.

For more information, call (859) 986-1500.

### Sunday, September 27th @ 11am

### Murphy Family Reunion

The descendants of Hubert & Myrtle Murphy will hold their annual reunion at the Ravenna National Guard Armory on Sunday, September 27, 2015, between 11:00 a.m.

and 4:00 p.m.

All family and friends are invited to attend. Bring a dish or two, some drinks; and plan to join us.

### Saturday, October 10th @ 1pm

### Irvine High School Reunion

Attention: All Irvine High School Students, there will be an all inclusive Irvine High School reunion on Saturday, October 10, 2015 at the old IHS gym/Estill Springs Elementary School from 1:00-5:00 pm.

Please plan to attend and bring any memorabilia you

have. Light refreshments will be served. The cost is \$10.00 per person at the door. It will be a wonderful time to catch up with old classmates.

Also, there will be a golf scramble on Friday, October 9 beginning at 9:30 at the Estill County Golf Club. We hope to see you there.

## Kitchen Diva The Vegetarian Grill

by ANGELA SHELF MEDEARIS

Football season is upon us, and when it comes to tailgates and game-watching parties, people tend to think of hamburgers, steaks, brats and hot dogs for grill entrees. Instead, move the meat over and make room for vegetables. Why not try zucchini, eggplant, asparagus, bell peppers or portabella mushrooms? Grilling vegetables caramelizes them and brings out a sweetness not typically found in other cooking preparations.

Even if you're not a sports fan, grilling offers an opportunity to prepare vegetables in a quick and different way. Many people think everything tastes better on the grill, which also can hold true for vegetables. Some people don't like eggplant, zucchini or asparagus - until they try it grilled! Taste is not the only benefit. Vegetables cook so quickly on the grill that they retain much of their vitamin and nutrient content.

To prepare vegetables, have the grill warm, but not as hot as you would for grilling meat. Lightly brush the vegetables with olive oil and put them directly on the grill, turning until tender. Try larger hunks, like half a green pepper, large slices of squash or portabella mushroom caps, which are large enough to sit on the grates without falling through. A grill basket, aluminum foil pan or kabobs also can be used.

If you prefer steamed veggies, wrap them in aluminum foil with a little olive oil and your favorite marinade or spices. Seal and place on grill, turning occasionally, for 10 to 12 minutes or until veggies are tender.

Experiment with different spices, marinades and sauces when preparing vegetables, and don't be afraid to try various flavors. Store-bought mixes and marinades may have extra sodium, sugar and calories compared to a specialized homemade version. Balsamic vinegar or other flavored vinegars are great for drizzling over grilled vegetables or using in a marinade. As always, practice safe grilling techniques and food safety.

The next time you plan to fire up the grill, remember to invite some vegetables to the party.



### GRILLED VEGETABLE DIP

Make this Middle Eastern-flavored dip several hours or up to a day in advance.

- 2 pounds medium-size eggplants
- 2 large red bell peppers, cut in half, ribs and seed pod removed
- 1 large red onion, peeled and cut in half
- 1 medium jalapeno pepper
- 3 tablespoons olive oil
- 1 1/2 teaspoons kosher salt
- 1 large head of garlic, top cut to expose cloves
- 2 tablespoons lemon juice
- 1/2 cup plain whole yogurt
- 1 teaspoon crumbled dried mint
- 1 tablespoon pomegranate molasses or a drizzle of honey, optional

- 1 tablespoon roughly chopped mint, for garnish
- 1 tablespoon roughly chopped parsley, for garnish

1. Place eggplant, bell pepper, onion and jalapeno pepper on a sheet pan. Sprinkle 2 tablespoons of olive oil and 1/2 teaspoon salt on the vegetables. Toss to coat. Wrap the head of garlic in foil.

2. Put whole eggplants, bell pepper and onion halves, the whole jalapeno and the foil-wrapped head of garlic on a barbecue grate over hot coals. Turning the vegetables frequently, cook until the skin is completely blackened and charred and the vegetables begin to soften and collapse, about 10 minutes. The garlic should be soft when pressed. Set aside to cool.

3. Cut eggplants in quarters top to bottom; carefully separate the flesh from skin with a spoon or paring knife. Discard charred skin. Chop the rest of the vegetables roughly with a large knife or in a food processor, and put it in a fine-meshed sieve to drain excess liquid.

4. Transfer vegetable mixture to a mixing bowl. Press cloves to remove the softened garlic and add to mixing bowl. Add remaining tablespoon of salt, lemon juice, olive oil, yogurt and dried mint. Mix well, and set aside to rest for a few minutes. Check seasoning and adjust.

5. Put mixture in a low serving bowl. Drizzle with pomegranate molasses, if using, and remaining 1 tablespoon olive oil. Sprinkle with chopped mint and parsley.

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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.

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Jimmie L. Johnson, DMD, PSC  
**Family Dentistry**  
87 Wildwood Place (off Court St.)  
**Irvine, Kentucky**  
**(606) 723-3213**