

# 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, 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. Bring your own yoga mat. The instructor will guide the class through basic poses focused on relaxation, building core strength and flexibility. For class updates, please check the Marcum & Wallace Hospital Facebook page.

**Wednesday, August 9th @ 1:30pm**

## Still Life Sketching at Library

Sandy Savage will be back to teach more on Still Life Sketching at 1:30 p.m., today, Wednesday, August 9, 2017, at the Estill County Public Library, 246 Main Street in Irvine. For more information on these please contact the Estill County Public Library at 723-3030 and ask for Lesa Ledford.

**Thursday, August 10th @ 5:30pm**

## Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, August 3 at 5:30 p.m. at Steam Engine Pizza. Persons dedicated to "improving the world one child and one community at a time," are welcome to become members. Our community is stronger for Kiwanis' contributions.

**Thursday, August 10th @ 6:30pm**

## Hargett Fire Department Auxiliary

The Hargett Fire Department Auxiliary will be having a meeting on Thursday, August 10th at 6:30 p.m. We will be discussing fund-raisers for the department. Please make plans to attend.

**Fridays, 4-7pm at the fairgrounds**

## Estill County Farmers' Market

The Estill County Farmers' Market is now open on Fridays in 2017. Hours are from 4 p.m. to 7 p.m. at the Estill County Fairgrounds pavilion. Have extra produce? New vendors are always welcome. Call market coordinator Hannah Eaton at 726-0679 with any questions.

**Fridays, 6-8pm at the Estill Library**

## 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 Appalachian 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.

**Saturday, August 12th @ 1pm**

## Ladies Auxiliary Kayak River Run

American Legion Post 79 Ladies Auxiliary will be hosting a Kayak River Run on Saturday, August 12, 2017. Registration is from 10:00 a.m. until 12:00 Noon at the Post with the challenge beginning at 1:00 p.m. There will be prizes for 1st & 2nd Place and more, plus door prizes. Primitive camping will be available and Kayak rentals will be available.

If you are interested in registering for this event, please contact Michelle at (502) 403-9881 or Betty (270) 392-9588 before August 5th. The event is sponsored by the Ladies Auxiliary of American Legion Post 79.

**Saturday, August 12th @ 6pm**

## Summer Affair for Hospice Care

A Summer Affair for Hospice Care will be held on Saturday, August 12, 6:00 p.m., at the Estill County Fair Barn. Live music, silent auctions, food by Sugar & Spice Catering, and a Kentucky Proud theme. For tickets, visit hospicecareplus.org or call Citizens Guaranty Bank at 606-726-2002. All proceeds are donated to Hospice Care Plus.

**Monday, August 14th @ 7pm**

## SEKY Gem, Mineral & Fossil

The Southeast KY Gem, Mineral & Fossil Club will meet Monday, August 14 at 7 p.m. at the Estill County Public Library. The program will be a "Show, Tell, and Trade". Anyone interested in joining is welcome to attend. Yearly dues are \$20 per family and \$15 per individual.

The group is organized for pursuing education in the activities of rock hounding, including, but not limited to field collection, and hands-on education in fabricating stones and mineralogical specimens into finished creations, by use of various art and lapidary skills.

**Tuesday, August 15th @ 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, August 15th and on the first and third Tuesday of every month at Rader's 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..."

**Saturday, August 19th @ 12 noon**

## Annual Harrison family reunion

The annual Harrison Reunion will be held on Saturday, August 19th at 12:00 Noon at South Irvine Christian Church Fellowship Hall. Bring food and your family's drinks; ice and utensils furnished. Hope to see you there!

**Saturday, August 19th @ 5pm**

## Soup Bean & Corn Bread Supper

The Estill County Ministerial Association cordially invites everyone in the community to a free old-fashion Soup Bean and Corn Bread Supper on Saturday, August 19, 2017, 5 - 7 p.m. The event will be held at the Wisemantown United Methodist Church. Guest musicians and singers will be Jonetta Dunaway, pianist, and singers, God's Family Connection and the Praise Singers. This is a covered dish to share event, and everyone attending is asked to bring a covered dish that would compliment soup beans and corn bread. You may also bring a pot of beans and a skillet of corn bread to share. Beverages (tea and pop) will be furnished by the Rice Station Christian Church.

For more information, contact Rev. Curt Napier at (517) 719-2238 or Rev. Paul Groves at (606) 643-5321.

**Wednesday, August 23rd @ 1:30pm**

## Making a Face Mask Product

Wednesday, August 23, 2017, at 1:30 p.m., Hannah Eaton will be at the library to demonstrate and teach how to make her face mask product. For more information, contact the Estill County Public Library at 723-3030 and ask for Lesa Ledford.

**Thursday, August 24th @ 4pm**

## IRA & Investment Workshop

The Estill County Public Library will be offering on August 24 at 4:00 p.m., an IRA and Investment Workshop with Tyler Hamilton. He will be here to discuss and answer any questions you may have about an IRA and also will have a special guest here to discuss the pro and cons of investing for the future. For more information, contact the Estill County Public Library at 723-3030 and ask for Lesa Ledford.

**Saturday, August 26th @ 12:00 Noon**

## J.J. & John Shelton Crowe Reunion

The descendants of Jonah Jesse Crowe and Melissa Ann Arvin Crowe, and John Shelton Crowe will have their annual family reunion Saturday, August 26, 2017, at the Estill County Senior Citizens Building, 100 Golden Court (off Stacy Lane Road) in Irvine. A pot luck meal will be served around noon. Family and friends are all welcome. Bring some good food and enjoy the day with us.

**Saturday, August 26th @ 12:00 Noon**

## Dickerson-Patrick Reunion

The descendants of Sanford and Dora Ann Dickerson Patrick will be having their annual reunion on Saturday, August 26, 2017, from 12:00 Noon until 4:00 p.m. at the Estill County National Guard Armory, 335 Cow Creek Road, just outside of Ravenna. All relatives and friends are invited to bring food and soft drinks for their family and join us. Lunch will be served about 1:00 p.m.

**Saturday, August 26th @ 1pm**

## IHS Class of 1967 Reunion

The Irvine High School graduating class of 1967 will be having their 50th anniversary on Saturday August 26, 2017. The day time activities will be at the Irvine Masonic Lodge Building on the corner of Broadway and North Lily Avenue.

The building will be open about 1:00 p.m. to receive classmates and their spouses. A visit to the high school building is planned sometime during the afternoon. The Class will go to Michael's Restaurant about 6:00 p.m. for the evening meal. I.H.S. Alumni from previous years are welcome to stop by to visit and renew old friendships. Soft drinks and snacks will be available at the Lodge.

This is a "once in a lifetime event" that shouldn't be missed. Any questions? Call 643-8941. All class members are encouraged to attend.

**Sunday, August 27th**

## Annual Jones Family Reunion

The annual Jones Family Reunion will be returning this year to our original site, Shelter #1 at Natural Bridge State Park, Slade, Kentucky. Look for signs. Bring a covered dish and your own drinks. Spread the word to all family and friends. Let's get over 100 this year in honor of all our loved ones.

**Thursday, August 31st @ 5pm**

## Microsoft Publisher Workshop

August 31, 2017, there will be a Microsoft Publisher workshop at the library beginning at 5:00. The adult services librarian will be teaching the basics of using Microsoft Publisher and the many features it offers to create flyers and brochures for your club or church. It will be a hands-on type workshop so if you have a laptop with Publisher on it, please bring it because there is a limited number of laptops at the library. Please contact Lesa Ledford at the Estill County Public Library at 723-3030 for more information and to register for the Publisher workshop.

**Friday, Sept. 1st @ 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, Sept. 1st and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

## Kitchen Diva

### Delight Vegetarians with Grilled Eggplant

by ANGELA SHELF MEDEARIS

Gathering guests around the grill is an easy way to entertain ... but what if some of your guests are vegetarians? Providing a barbecue menu that your vegetarian guests will enjoy is simple when using eggplant as the main course. The beauty of including vegetarian items on the grill is that their main dish can be served as a side dish for your guests who eat meat.

Eggplant is easy to grill and can be used in a variety of ways to create a satisfying dish for your vegetarian guests. It's high in dietary fiber, magnesium, potassium and many antioxidants. Improperly prepared eggplant can be slimy or bitter, but if you prepare and cook eggplant correctly, it's delicious. And grilling makes it even more flavorful.

I like to first prep the eggplant using a salt-extraction method to remove any bitter liquid. This technique guarantees that the eggplant will be crispy and brown on the outside, and creamy and sweet inside.

First, cut the eggplant lengthwise into thick slices, or you also can cut it into cubes and use them to make kabobs. Layer the pieces of eggplant in a colander and salt them generously. Place the colander on top of a bowl to catch the liquid the eggplant will give off.

Next, place paper towels on top of the eggplant. Then weigh everything down to extract as much liquid as possible. You can use heavy cans wrapped in foil, or a heavy pot with a few cans inside of it. Let the eggplant drain for about an hour.

When you remove the eggplant from the colander, you'll notice that a lot of water has been released from the vegetable. This is a good thing. That means that if the eggplant had a bitter flavor, it has been removed. Rinse the slices and pat them dry with paper towels. Now your eggplant is ready for the grill.

You can serve grilled eggplant in a variety of ways -- as a main-course item in thick slices, along with grilled bell peppers or mushrooms; cut into cubes and served as part of a veggie kabob; piled on grilled slices of bread to make a panini; or tossed with hot or cold pasta. Any way you serve grilled eggplant, it's delicious!



DepositPhotos.com

### GRILLED EGGPLANT

Most vegetarians prefer that their food be cooked separately from the place on the grill where the meat is prepared. Clean your grill and prepare the vegetarian menu items first, or if you have a large grill, make sure that the meat and the vegetables are separate.

3 large eggplants

1 medium red bell pepper, cut in half length-wise, seeds and ribs removed

1 medium yellow bell pepper, cut in half length-wise, seeds and ribs removed

1 tablespoon Italian seasoning

1 teaspoon black pepper

1 teaspoon garlic powder

1 teaspoon onion powder

1/3 cup olive oil

1. Clean the grill and lightly oil the grate with a food-safe paper towel. Heat the charcoal or gas grill to medium-high heat. You'll know the grill is ready if you can hold your hand about an inch above the grill for 3 to 4 seconds.

2. Drain the eggplant and pat dry with paper towels or a clean kitchen towel. Lay the eggplant and the bell peppers on a large baking sheet or tray. Brush both sides of the eggplant and the peppers with olive oil, and sprinkle both sides with the Italian Seasoning, pepper, and the garlic and onion powders.

3. Lay the vegetables on the grill. Close the lid if using a gas grill and cook until grill marks appear, about 3 to 5 minutes. Turn the slices over and cook until grill marks again appear and the vegetables are tender, about 2 to 3 minutes. Serve hot or at room temperature. Makes 8 servings.

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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. Recipes may not be reprinted without permission from Angela Shelf Medearis.