

River City Players Receives \$1,000 From Jackson Energy's Operation RoundUP

River City Players will have an even better program thanks to an Operation Round-Up grant. RCP's Children's Theater Camp provides an opportunity for the children of Estill County to acquire the joy of theater. The 2016 camp will be open to 40 children, ages 7 to 18, tuition free. The \$1000.00 grant will help pay for the camp supplies and venue to assure each child has a wonderful and worthwhile experience. Presenting the donation was Jackson Energy Board member, Teresa Dawes.

"Operation round-Up is an easy way for co-op members to give a small amount each month to deserving individuals and organizations in their local communities," said Carol Wright, President and CEO of Jackson Energy Cooperative.

Operation RoundUp works when co-op members voluntarily have their electric bill rounded to an even dollar amount. For example, if a bill was \$122.62 and the member had volunteered to participate in RoundUp, it would automatically be

rounded up to \$123.

The additional 38 cents would go directly into the RoundUp account. The average contribution over time is approximately 50 cents per month.

The donated funds go directly into a trust account that can only be used for

grant funding. This account is administered by a seven person Board of Trustees who meet quarterly to review grant applications. Any individual or community group with a worthwhile project can apply for funding.

More than \$150,000 has

been donated to area community service projects since Jackson Energy began this program in 2003.

For more information on Operation RoundUp call 1-800-262-7480, or log on to Jackson Energy's web site, www.jacksonenergy.com/content/operation-roundup.



Jackson Energy Board Member Teresa Dawes (at left) presents an Operation RoundUP check to River City Players for \$1,000. Receiving the check is Susan Hawkins (center) and Bobby Carol Noland.

Estill Extension Hosts Summer Meals

The Estill County Extension Office, under the direction of 4-H Extension Agent Isaac L. Hollon and Extension intern Amber Hargis, will be hosting a summer feeding program in cooperation with God's Pantry of Lexington.

There are three lunches being

hosted: Tuesdays at 11:00 a.m. at the Estill County Cooperative Extension Office on Golden Court off Stacy Lane Road, Tuesdays at 1:00 p.m. at St. Timothy's Outreach on Barnes Mountain Road, and Wednesday at 12 at the Cobb Hill Volunteer Fire Department on Watson Ridge Road.

Children 18 and under will receive a bagged lunch and farm to table programming. Our SNAP-ED assistant, Jessica, will be doing programming with the adults who wish to participate. These lunches are going from now through the last week of July.

See improvements as ECU hosts challenge course community day

The public is invited for a day of fun and adventure at the Eastern Kentucky University Challenge Course Community Day on Saturday, June 11.

During "grand re-opening" ceremonies from 10 a.m. to 1 p.m., members of the community will have the opportunity to see and experience improvements made over the past year.

Visitors are invited to:

- scale a 40-foot climbing wall and rappel down the other side.
- step off into thin air on the course's breath-taker swing for a rush of adrenaline.
- take a 600-foot zip line across the lake (for those 12 and older)

Younger adventurers can enjoy a "bounce house" and yard games.

ECU's challenge course is located on the southern periphery of the Richmond campus.

To reach the course, turn



from Lancaster Road onto (gravel) Carnes Road just south of Kit Carson Drive and the law enforcement complex. The road, marked by a "Challenge Course" sign on Lancaster, leads to a large gravel parking lot.

Visitors may also access the Challenge Course from behind the Stratton Building. Parking is available in the Perkins Lot across Kit Carson Drive. Though not available for even parking, the lot behind Stratton (ac-

cess road between building and Lancaster Road) can serve as a drop-off area.

For more information, contact Adrienne Fike at adrienne.fike@eku.edu or 859-622-5251.

Veterans Transitions Study Is Eye-Opener

VETERANS POST by Freddy Groves

The RAND Corporation has spent a decade researching concerns for veterans, especially when it comes to transitioning to civilian life. It has recently released a study with 10 areas of investigation, and some of the answers are eye-opening. Here are a few of the questions:

How widespread is veteran unemployment?

The answer depends on the age of the veteran. Older unemployed veterans are on par with civilians, but the younger ones, aged 18-24, have more hurdles to jump, at least for a short period after leaving the service. RAND points out that the media lumps everyone into a group and doesn't account for demographics.

Are tax credits for hiring veterans useful and cost-effective?

Bottom line: Yes. The credits cost \$610 million but increased veterans' income by \$1 billion. It helps that the credit-eligibility rules have changed. It used to be limited to disabled veterans who had to leave the military because of service-related disabilities, but credits now can be used for any disabled veteran who was recently discharged or unemployed for more than six months.

Do service members and veterans earn less than civilians?

Short answer: No. Veterans earn more than civilians, as do active duty when the benefits are added in. Further, if the veteran worked in communications, intelligence or health care, he or she will earn more as a civilian than other veterans will.

How effective are support services for veterans'

transitions?

Bottom line: It depends on the service. But no matter what support service is used, some employers still can't figure out how to translate military jobs into their civilian equivalent.

More questions in the study include: How widespread and costly are men-

tal-health problems among service members and veterans? And is suicide a crisis in the military?

To read the whole report, "10 Frequently Asked Questions About Veterans' Transitions," go online to www.rand.org.

(c) 2016 King Features Synd., Inc.

The Garden Bug Growing several feet a day and covering 7 million acres in the southeastern United States, this invasive vine was first brought from Japan in 1876. Aggressive promotion of the plant as an aid in combating soil erosion, and as a fodder crop for livestock, resulted in its over-planting.

Source: <http://www.invasivespeciesinfo.gov/plants/kudzu.shtml>

© 2010 by King Features Syndicate, Inc. World rights reserved.

Kitchen Diva Beyond Neckties and Socks

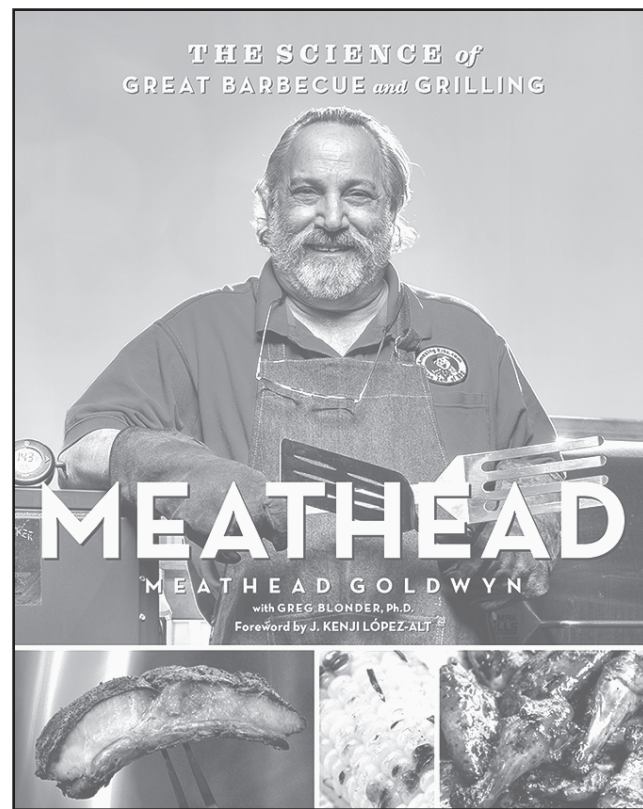
by ANGELA SHELF MEDEARIS

On behalf of fathers everywhere, please, no more NECKTIES or SOCKS for Father's Day! Instead, give Dad one of these cool cookbooks with a scientific culinary edge, perfect for food-loving fathers. Both books are available through online bookstores. Happy Father's Day, Daddy!

"Deluxe Molecular Gastronomy Kit with Book"

The kitchen becomes a bubbling laboratory, and Dad -- with his cookbook and pipettes in hand -- is the resident science genius and master chef rolled into one!

First, there's the hardbound recipe book, with detailed instructions for concocting 40 different palate pleasers, from cocktails to desserts and everything in between. There are nine different food additives that Dad can use to transform familiar ingredients into jellies, foams and beads. And finally, there are six food-grade laboratory tools, from syringes to a silicone mold, to help Dad make magic happen. This set turns food preparation into an ongoing culinary adventure. It's molecularly delicious!



Craig Goldwyn photo

"Meathead: The Science of Great Barbecue and Grilling"

by Meathead Goldwyn, with Greg Blonder, Ph.D

Meathead Goldwyn is a highly regarded pit master and meat-loving carnivore with the soul of a poet and the mind of a mad, charcoal-loving scientist. For example, his description of the differences between conduction heat (when your lover's body is pressed against yours), convection heat (when your lover blows in your ear), and radiant heat (when you feel the heat of your lover's body under the covers without touching) will stay with me forever!

Meathead Goldwyn also is the founder and editor of the world's most popular barbecue and grilling website, AmazingRibs.com. He applies the latest research to backyard cooking in his just-released cookbook, which features more than 100 thoroughly tested recipes.

For succulent results every time, nothing is more crucial than understanding the science behind the interaction of food, fire, heat and smoke. This is the definitive guide to the concepts, methods, equipment and accessories of barbecue and grilling. Best of all, every cookbook purchase comes with a 90-day free membership in the AmazingRibs.com Pitmaster Club!

With the help of physicist and food scientist Prof. Greg Blonder, Ph.D., of Boston University, Meathead blends chemistry, physics, meat science and humor. Every page and each unique recipe shatter the myths that stand in the way of barbecue perfection.

Here's Meathead's recipe for Skinny Steaks. It serves two and takes just 10 minutes. Enjoy!

SKINNY STEAKS

Reverse sear works best on thicker cuts. For thin steaks and ultrathin steaks like skirt steak, you need a very different technique. As with thick steaks, the goal is the same: a dark brown exterior and a tender, juicy, medium-rare interior. For steaks 1-inch thick or less, the secret is to use very high heat and keep them moving. You are a human rotisserie. Be the rotisserie.

2 steaks, each about 3/4 inch thick
Kosher salt (about 1/2 teaspoon per pound)
Freshly ground black pepper

Vegetable oil

Prep

Trim the surface fat and silver-skin from the steaks, if necessary. Sprinkle with salt, and dry brine in the refrigerator for 1 to 2 hours before cooking.

Just before cooking, pat the meat dry with paper towels (moisture creates steam and prevents browning). Sprinkle with pepper, pressing it in with your hands.

Fire Up

Get your grill screaming hot. If you're using charcoal, pile the coals just beneath the cooking surface. On a gas grill, drop the grate as close to the burners as possible. Leave the lid off. You won't really be using the indirect zone, but it is nice to have in case you need a safe zone away from the flames.

Cook

Put the meat over the hottest part of the grill. You need to stand by the grill and flip every minute so the hot surface cools, inhibiting heat buildup and preventing the interior from overcooking. Aim for a uniform dark brown without grill marks and 125 F to 130 F in the middle. Things move fast, so be on your toes.

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.

(c) 2016 King Features Synd., Inc., and Angela Shelf Medearis