

Mamaw's Kitchen

By Regina Poynter Hoskins

BAKED REUBEN DIP
1 jar (32 ounce) sauerkraut, rinsed and well drained
10 ounces sliced deli corned beef, chopped
2 cups shredded sharp cheddar cheese
2 cups shredded Swiss cheese
1 cup mayo (I used Miracle Whip®)
1/4 cup Russian salad dressing Preheat oven to 350°. Grease 13 X 9 glass baking dish.

In a large bowl, mix all ingredients. Transfer baking dish. Bake at 350 degrees for 25 to 30 minutes or until bubbly. Serve with crackers.
FRENCH ONION SLOW COOKER POT ROAST
1 teaspoon each salt and pepper
1 sirloin tip roast or lean chuck, about 3 pounds
2 cans (10 1/2 ounces) condensed French onion soup
1 jar (12 to 16 ounces) small white onions, drained, or use frozen
1 red onion, thinly sliced
1/4 cup chopped green onions
Fresh chopped parsley
Rub salt and pepper into the pot roast. Put roast and French onion soup, small white onions, and red onion slices in slow cooker. Cover and cook on LOW for 8 hours, or HIGH for 5 hours. Arrange sliced beef on a platter with the onions, and drizzle some of the juices over meat. Sprinkle with chopped green onions and parsley.

BAKED STUFFED ZUCCHINI
6 medium zucchini
3 cups butter cracker crumbs, crumbled
1/2 cup grated Parmesan cheese
1 small onion, minced
3 tablespoons minced parsley
1/8 teaspoon pepper
1 teaspoon salt
2 eggs, beaten
2 tablespoons butter
Parmesan cheese for topping
Wash zucchini and cut off ends; do not peel. Cook zucchini in boiling salted water for 4 to 5 minutes, or until just tender. Cut zucchini in

half lengthwise; remove pulp with spoon; place zucchini shells in a large baking pan or jelly roll pan. Combine zucchini pulp, cracker crumbs, cheese, onion, parsley, salt, pepper, and the beaten eggs. Fill zucchini shells with mixture and dot with butter. Sprinkle with additional Parmesan cheese and bake at 350° for 30 minutes.

“Points East”

(Cont. from A2)

book sellers but I don't have a complete list.

I like to take my business to the best little book store in Kentucky even though it's located in Pound, Virginia. Heritage Book Nook, owned by my friend, Brenda Salyers, has the best catalogue of central Appalachian writers that I know of. You can access it on the web at: www.heritagenook.com

Or simply mail a check for \$30.00 (Includes price and shipping costs) to: Heritage Nook Books, PO Box 373, Pound Virginia 24279-0373. Brenda's store is located at 8009 Main Street, in Pound and she loves to have walk-in shoppers. And I desperately want to make sure she stays in business.

“On Call”

(Cont. from A2)

injury on scene using what I learned in my training.

Some may say firefighters are just hardened to what they see because we see this sort of thing all the time. And I don't believe this is true. There have been firefighters retired because of what they witnessed on an incident. What we do as firefighters is physically tough; I don't think anyone will deny that. But what we do as firefighters is just as tough mentally.

When I go to work and begin my 24-hour shift or I respond to a call for Brodhead, I don't know

what to expect. I do know that my brothers and sisters in the fire service are there for each other. We take care of our own. After a traumatic run we sit down and talk about what we saw and make sure everyone is alright. If someone needs help, we get them help. Even firefighters, as tough as we are, need help every once in a while. After all we are still human.

I know this week went in a different direction than last week, so next week I am getting back on track. I will answer last week's question next time. The question was how many layers does the firefighter turnout coat have?

Memories”

(Cont. from A2)

liceman, “That ought to teach him a lesson.”

Probably the most frequent duty of the Justices was to perform civil marriage ceremonies. In those days, many couples decided to have a Justice of the Peace perform the ceremony for a variety of reasons. One of the most frequent was because the couple was of different faiths and could not decide on a particular preacher. Others felt that only the blessing of the state was needed to cement their union. Some preferred a ceremony reflecting their own views about marriage rather than that of a particular religion. And, of course, many couples simply wanted the ceremony to be conducted quickly. For whatever reason, Daddy did not question their motivation; he just “tied the knot.”

One night in particular, the hotel office bell rang, and Daddy jerked on his clothes to investigate. When we came to the hotel lobby, a couple explained that they wanted to get married. When Daddy told them what the cost would be, they began to argue with him, saying that his fee was too large. So he immediately ordered them to vacate his hotel. That is when the fellow began to threaten Daddy. Such a mistake.

Daddy swiftly pulled his Smith and Wesson 38 Special and brought the event to an immediate close. (I was as nervous as a cat in a room full of rocking chairs.) We stayed in the lobby until Daddy was convinced that they were really gone. There was never a dull moment in the hotel business.

It is from his service as a magistrate that Daddy's name is still within public viewing: he is listed on the bronze plaques which hang in the Rockcastle County Courthouse and in the Rockcastle County Hospital. Ole Hobe, as people called him, must have done a pretty good job as far as they were concerned; he won re-election twice and served for a total of twelve years. Spending time with my dad was rarely dull – for a kid my age, it was practically adventurous.

“Letters”

(Cont. from A2)

will get the name of their business on our beautiful tee shirt! INDIVIDUALS can also make donations of any amount, and our goal is to sell at least 500 shirts, county wide. Each shirt will cost \$12.00 and will be sold at several locations, which will be published at a later date. Shirts will go on sale in September; however, if you want to prepay, you may contact one of the "grandmas" or Arielle Estes at Rockcastle Regional. The shirt is a beautiful UNISEX gray with pink and black lettering. We thinks it's really special!

Also, your business may want to offer a "Pink Special" during the first week in October or for the full month. Some ideas might include a discounted item, a special on a menu item, etc. The specials can be as creative as you want them to be. We trust that everyone will want to participate in this project. Not only will this campaign help in raising funds for our local cancer patients, but we will have a big part in raising awareness about breast cancer and encouraging women to "THINK PINK" and get their mammograms! We hope ALL of Rockcastle County will get involved as much as possible and PAINT ROCKCASTLE PINK!

The following have already gotten involved. Pink Partners: A&J Nicely Insulation, Citizens Bank, Community Trust, D&S Design, His Heart Quartet, PBK, People's Bank, Renfro Valley Entertainment Center. Pink Supporters: Carolyn and Charlie Napier, Jan Troxell.

Be sure to "LIKE" us on Facebook..

*Blessings,
The Grandmas for Awareness:
Sue Hamm, Bonnie Neely,
Carol Pybas, and Gayla Winstead*

Quality of water...

Dear Editor,
Recently a guest at one of our hotels voluntarily made a comment about the quality of our water. I have access to his business card and have asked his permis-

sion to use that information. He gave me permission plus he made a personal observation about the taste. This is after the officials from Frankfort said that our water tasted better than it ever had. I found an article about him and have quoted a bit of it as follows:

"Dr. Randall introduced biological nutrient removal (BNR) wastewater treatment to the Chesapeake Bay area in 1984, and worked with the Hampton Roads Sanitation District from 1986-90 to develop the public domain patented VIP process, now in operation at the plants in Norfolk and Suffolk, Virginia. His efforts have resulted in the modification and operation of over 30 BNR plants in Virginia, Maryland, Pennsylvania, and Delaware, with another 21 plants currently being evaluated for BNR implementation.

His efforts with environmental engineers and scientists have improved treatment facilities in South Africa, India, China, Canada, Puerto Rico and South Korea. The cost-effective solutions he promoted and implemented bridged the gap between engineers and environmentalists, while satisfying the demands of regulators and those being regulated."

I further read in the ar-

ticle that he was born at Somerset, KY. and has great expertise in situations such as ours.

I did not find this man in my research but rather he found us while he was at one of our hotels and left his business card. Here is another quote of his from an email I received from him: "...and my years growing up in neighboring counties of Rockcastle County. It is, in my opinion, undrinkable because of its taste, and, therefore, a threat to the public health because it motivates the receiving customers and potential consumers to find another source of drinking water..."

Here is his personal information:

Clifford W. Randall, PhD,
Dist.M.ASCE,
Hon.M.AAEE
The C.P. Lunsford
Professor Emeritus
Rm. 418 Durham Hall
Department of Civil & Environmental
Engineering
Virginia Tech
Blacksburg, VA 24061-0246
Phone: 540-231-6018
FAX: 540-231-7916

I earnestly ask and personally request that some or any part of our governing bodies in Rockcastle County contact this man.

*Don Jones
Mt. Vernon, KY*

Rockcastle Community Bulletin Board

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Bookmobile Schedule

Mon., Aug. 26th: Brodhead and Copper Creek. **Tues., Aug. 27th:** Green Hill, Fairview and Lambert Road. **Wed., Aug. 28th:** Brindle Ridge.

RCDB Meeting Notice

The Rockcastle County Development Board meets the 4th Wednesday of each month at noon at the Rockcastle County Courthouse 3rd floor Technology Center. The public is invited to attend.

Hummel Homecoming

The annual Hummel Homecoming will be held Saturday, August 31st below the old Hummel church. Everyone is welcome. come, bring a covered dish and stay all day.

Pine Hill School Reunion

Pine Hill School Reunion will be August 31st at 1 p.m. at the Pine Hill Baptist Church Fellowship Hall. Bring a dish and join us.

CVFD ATV Benefit Ride

Climax Volunteer Fire Dept. will sponsor an ATV Benefit Ride on Saturday, Sept. 7th. The ride will start at the 4 mile marker, Climax Road (KY Hwy. 1912) at the home of Ken and Carolyn Holt at 10 a.m. The ride will return at approximately 2 p.m. Lunch will be provided after the ride. For more information, Brian Wynn 859-358-0955, Dennis Clark 606-256-3257, Darren Stone 859-314-1465 or Ken Holt 606-256-4475. If you don't ride an ATV, come and join us for food and good fellowship, a silent auction and an update on the fire department after the ride.

Grandparent Program

The Cumberland Valley Area Agency on Aging will be taking applications for the Kentucky Grandparent Program on August 26th from 9 a.m. to 1 p.m. at the Rockcastle Senior Center on US 25. Interested grandparents must bring the following information: proof of all household income, social security cards for all people living in the home, birthdates and picture ID. For more information, contact Kyle Swafford or Candice Henson at 1-800-795-7654.

ERWA Annual Meeting

Eastern Rockcastle Water Association will hold their annual meeting on Sept. 4th at 6 p.m. in the Livingston Homecoming Room.

DBCAA Board Meeting

The Daniel Boone Community Action Agency, inc. will have a board of directors meeting Tuesday, August 27th at 5:30 p.m. at Clay County in the central office located at 1535 Shamrock Road, Manchester. The public is invited to attend. DBCAA is an equal housing opportunity provider.

Slo-Pitch Softball Tourney

There will be a men's slo-pitch softball double-elimination tournament at Berea's City Park, Sept. 14th and 15th. \$200 entry fee per team. Proceeds will go to Relay for Life. Call Don at 859-358-8665 or Lynn t 859-582-6505.

Brodhead Lodge Meeting

The Brodhead Masonic Lodge #556 meets every third Saturday at 7 p.m. on Main Street in Brodhead above Brodhead Pharmacy.

Alcoholics Anonymous

Alcoholics Anonymous meets Tuesday nights at 8 p.m. behind Our Lady of Mt. Vernon Church on Williams St. in Mt. Vernon.

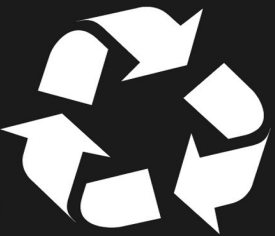
Historical Society Hours

The Rockcastle Historical Society is open on Mondays from 10 a.m. to 2 p.m. in the RTEC garage building.

American Legion Post 71

American Legion Post 71 meets the second Thursday at 7 p.m. of each month on the third floor of the courthouse. Commander David Owens invites all Rockcastle veterans to join this organization that honors American soldiers, sailors and airmen.

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