

Interfaith Wellness Ministry Hires New Executive Director

After twenty-six years as founder and president of Interfaith Wellness Ministry, Inc. Sister Loretta Spotila CSA along with her Board of Directors announces they have chosen a new face for the local nonprofit ministry. Donna M. Crow has been chosen her successor as Executive-Director, beginning January 6, 2020 to help the ministry move forward.

"Don't worry, I'm not going anywhere," Sr. Loretta said. "This is merely a natural growing process." The former director will remain Chair of the Board of Directors and intends to remain active in many of the ministry's programs, especially Body Fitness.

Sister Loretta Spotila, a registered nurse, and one of the Sisters of Charity of St. Augustine, moved to Estill County in 1993 from Cleveland, Ohio, answering the call to serve the people of Appalachia. For three years, she worked for Marcum & Wallace Memorial Hospital where she discovered that over thirty percent of the children and their corresponding adults and senior citizens in Estill and surrounding counties live below the poverty level. A lack of income, as well as having no public transportation and many others who fall outside access to any form of health insurance exacerbates illness. As a movement to become more proactive in health management rather than reactive to disease and illness, she founded Interfaith Wellness Ministry in 1997 to fill that gap and help the families of rural Kentucky become healthier people.

Interfaith Wellness Ministry's mission is to assist local churches and the community to integrate faith and health by promoting wholeness in body, mind and spirit. Some of the nonprofit's programs include Body Fitness in multiple forms, Health Counseling, Blood Pressure Checks, individual diabetes information and support as well as coordinating with the Diabetes Coalition, providing for children through warm clothing



Donna Crow and Sister Loretta Spotila, CSA

and accessories, backpacks and school supplies. Through education in nutrition and wellness techniques and providing basic services lacking in many households, Interfaith Wellness Ministry is a welcome resource for Estill County.

Donna M. Crow (formerly McClanahan) was born and raised in Estill County, the daughter of a Primitive Baptist minister. From childhood she has been a seeker of spiritual truth. As an adult she became active in outreach at St. Elizabeth Catholic Church where she became acquainted with and witnessed the growth of Sister Loretta's programs through Interfaith Wellness Ministry.

From corporate management to managing her

family's businesses, including the Mack Theatre and McClanahan Law Office, from spearheading political campaigns, to consulting for Kentucky Housing Corporation, Ms. Crow's background is wide and varied. She has been active on several boards in the past including the Critical Care Access Board for Marcum & Wallace Hospital,

Estill Development Alliance, St. Elizabeth Parish Council and others. She obtained her bachelor's degree in Psychology from Eastern Kentucky University, attended master's curriculum for clinical counseling then transferred to Spalding University in Louisville, Kentucky where she obtained her Master of Fine Arts in Creative Writing. Her personal studies have included training and certification in energy healing, spiritual awareness, and psychological healing techniques for personal growth and emotional well-being.

"While Interfaith Wellness Ministry is not affiliated with one specific church, it is our intention to go about all our work with a strong sense of spiritual leadership, understanding that wellness is multi-faceted and depends as much on mental and emotional well-being as it does physical," Ms. Crow said. "Sister Loretta has created a wonderful foundation upon which I am grateful and challenged to maintain and expand."

Interfaith Wellness Ministry encourages everyone to visit their website and consider making a donation. For more information visit our website: www.interfaithwellness.org or contact Donna M. Crow, Interfaith Wellness Ministry, 359 Richmond Road, Irvine Kentucky. Phone: 606-723-8505 or email director@interfaithwellness.org.

NOTE: According to another source, Interfaith Wellness was responsible for two-hundred \$20.00 gift cards to Save-A-Lot being distributed to needy families prior to Christmas at the Estill County Food Bank.

Estill takes hard loss at Woodford County, 50-46

Estill's Engineers took a hard loss at Woodford County, 50-46, last Friday night, January 10th, only their 5th loss of the 2019-20 season. Estill still holds a early season record of 10-5 that is the best in recent years.

Leading scorer senior Joe Benton was upstaged at Powell

County in the previous game when three underclassmen out-scored him, including junior Cobbe Click who led with 17 against the Pirates with sophomore Landon Napier getting 15 and juniors Dyllan Long and Will Isfort scoring 10, 8 respectfully. Benton was the top rebounder at Powell

with 12.

Despite the Estill loss, Benton got untracked at Woodford with 23 points to lead Estill. Napier and Long had 8 each.

It's about midway through the 2019-20 season but Estill was playing only its second home game of the year on Tuesday against Southwest-

ern. That game starts a 7-home-game stretch which goes through January 31st when Estill travels to Buckhorn.

Friday night, the Powell County Pirates come to town for a rematch and the Stanton team likely hasn't forgotten the 31-point loss they suffered at the hands of the Engineers

only two weeks ago. 65-34. The Pirates are 3-10 and 1-1 in the district.

A win over Powell will set Estill up for a rematch against Owsley on Tuesday night which will likely determine the regular season champion of the 56th District. The Owls are 6-6 with 1-1 in the district.

Riddell returns but Estill still falls to West Jessamine

The Estill County Lady Engineers had picked up another win on Monday night against Jackson City but dropped a close one on Saturday to visiting West Jessamine County.

Estill plays a young team composed of mostly sophomores and freshmen but many of the teams they play are similar and West Jessamine was no exception. Three sophomores carried the load

for the Colts as they outlasted Estill by 6, 55-49 despite a close game.

Lady Engineers sophomore Mia Hale continues to lead Estill and scored 27 against the Colts, and Estill 7th grader Jayci Long put in 14.

Estill's youthful team got some help from senior Kaylee Riddell who is an excellent player who has been sidelined with an injury. She

played with limited strength but still was able to score 3 points and pull down five rebounds.

Freshman Haley Angel continues to play strong. She only scored three but led Estill with seven rebounds. Sophomore Macy Reed pulled in six rebounds against the Colts.

Estill is only 4-9 at near mid-season but with the addition of Riddell should show

a lot of promise by the end of the year. Several of the current underclassmen were members of the team that was the winningest in Estill Middle School history with a record of 71-14. They were 6th grade season and tourney champions and runner-up in the conference tourney in the 7th and 8th grades.

Current leading scorer Mia Hale who scored 26 points

in her final middle school game had 1,586 total points at ECMS.

The Engineers have a rematch at home in the double-header on Friday against Powell County. The Lady Pirates are also 4-9 but are tied at 2-0 in the 56th District with Owsley County, Estill's opponent next Tuesday. The Lady Engineers lost earlier games to both Powell and Owsley.

Library Happenings

Estill Public Library

by Shannon Horn

The holidays being in the middle of the week has gotten me rather confused about when I'm supposed to submit things to the newspaper. I thought I forgot for last week, but I checked the paper and there was an article. So either I wrote one and forgot that I had written it or someone is ghost writing for me... and I seriously doubt that that is happening. Anyway, onto our programs.

Table Talk

Our Adult Services Librarian has begun a new program that is strictly for adults. It is called Table Talk. During this program adults can just get together and talk about topics that may be interesting to them. Our world is overrun with technology and we are losing the skills of face-to-face communication. Not only that we are losing the fun that comes from speaking to someone in person. The next Table Talk session will be January 18th at noon. If you can't make it that day there will be another opportunity on January 22nd at 1:30. If you have any ques-

tions, call the library and ask for Lesa.

Walking Group

The library walking group has started back again. They are meeting every Monday, Wednesday and Friday at 5:00. You don't have to sign up to participate. The meeting is currently taking place in the library meeting room.

Family Game Night

We have a ton of board games here at the library, as well as, some cards games and there are a few video games too. We would love to see families come into the library together, so a Family Game Night has been put together. If you would like to participate the next

one will be on the 24th of this month at 6:00 p.m.

Drop Your Drawers at the Library

You may remember that we were collecting children's underwear for the local Family Resource Centers. Our goal was to collect 150 pairs before January 1st. I can happily say that we did meet our goal. We collected 150 pairs of underwear plus three pairs of socks. I want to say thank you to everyone that participated in this program. I know that the schools will appreciate the donations.

Well, until next week I'm going to go work on some Summer Reading planning. Warmer days are ahead!

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