

**Kitchen Diva** by Angela Shelf Medearis

**Make Memorial Day More Than A Holiday**

Memorial Day is a federal holiday created to remember those who died while serving our country. Because of the battle we are currently waging against COVID-19, I think it also would be fitting to recognize all of the front-line medical personnel, health workers and essential workers who are putting their lives at risk or who have died fighting against this horrible disease.

The Memorial Day holiday originated after the American Civil War to commemorate the Union and Confederate soldiers. Today, the holiday commemorates all of those who sacrificed their lives for our country while serving in the U.S military. It is observed every year on the last Monday of May. Originally, Memorial Day was known as Decoration Day because the graves of dead soldiers were cleaned and beautified with flowers and flags.

Moina Michael is credited with the idea to wear red poppies on Memorial Day in honor of those who died. In 1915, she was the first to wear one, and sold poppies to raise money for charities serving soldiers in need. In 1922, the VFW began to sell poppies and expanded the program to selling artificial poppies made by disabled veterans.

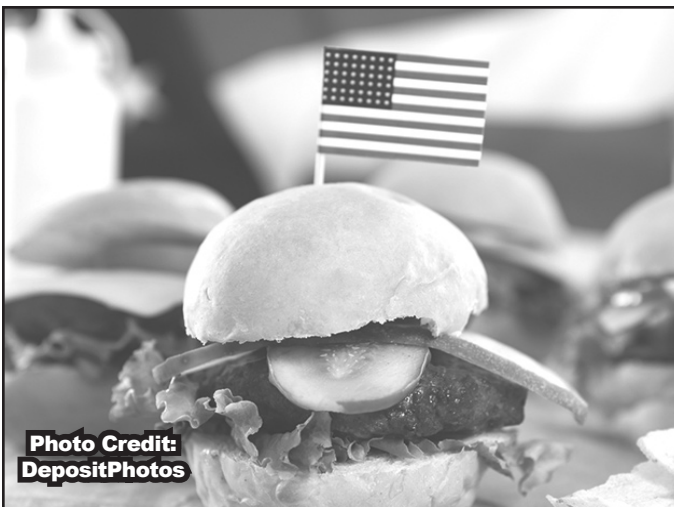
The "National Moment of Remembrance" resolution was passed in December 2000, and asks that at 3 p.m. local time, all Americans "voluntarily and informally observe in their own way a Moment of Remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to 'Taps.'"

This year, I would like to expand the Moment of Remembrance to include all the lives we've lost to COVID-19, especially those who were hospital staff and essential workers. On behalf of myself, my family and a grateful

nation, thank you to all those in the military who made the ultimate sacrifice, and to those who lost their lives fighting in the war against COVID-19. This Memorial Day holiday is dedicated to all of you.

In times past, Memorial Day was the unofficial start of the summer vacation season. As the country slowly re-opens, we may be able to have family gatherings again if we adhere to the health guidelines under our "new normal."

My family has always enjoyed getting together for a backyard barbecue. This year, our Memorial Day celebration will be even more meaningful because we have a newfound appreciation for each other, our health and for the sacrifices that have been made by so many to enable us to enjoy the American way of life and traditions that we hold so dear.



**Cheeseburger sliders w/Sriracha Mayo Sauce**

- For the burgers:**  
 1 pound ground beef (80/20 blend)  
 1 tablespoon chopped fresh flat-leaf parsley  
 1 tablespoon Worcestershire sauce  
 2 teaspoons steak sauce  
 1 teaspoon salt

- 1 teaspoon freshly ground pepper  
 1 tablespoon extra-virgin olive oil  
 1 tablespoon butter  
 1 small onion, finely chopped  
 1 1/2 ounces Meunster cheese, thinly sliced, cut into 1 1/2-inch squares  
 3 red tomatoes, sliced 1/4-inch thick  
 8 three-inch mini brioche buns, split in half

- SRIRACHA MAYO SAUCE**  
 1 cup mayonnaise  
 1/2 cup sour cream or plain Greek yogurt  
 1 1/2 tablespoons Sriracha  
 1 teaspoon honey or agave syrup  
 1 teaspoon lemon juice  
 1 teaspoon salt  
 1/2 teaspoon pepper

**To make the burgers:**  
 Gently combine the beef, parsley, 2 teaspoons of the Worcestershire sauce, the steak sauce, salt and pepper in a bowl. Set aside.

Heat the oil and butter in a small skillet over medium-high heat. Add the onion and the remaining teaspoon of the Worcestershire sauce and cook, stirring occasionally, until translucent, about 2 minutes. Remove from heat and let cool completely.

**To make the Sriracha Mayo Sauce:**  
 In a small bowl, combine the mayonnaise, sour cream or Greek yogurt, Sriracha, honey or agave, lemon juice, salt and pepper until well-combined. Set aside.

1. Heat grill to medium-high. Gently form meat mixture into 8 one-inch-thick patties. Grill 4 to 5 minutes per side for medium-rare. Top with a square of cheese after flipping the burger. Close the grill for 30 to 60 seconds to melt the cheese. Warm the buns on the grill.

2. Place the hamburger on the bun, top with the onions, a slice of tomato, the Sriracha mayo sauce and the remaining bun.

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**VA OIG Finds Pattern of Deficiencies**

**VETERANS POST**  
 by Freddy Groves

The Office of the Inspector General for the Department of Veterans Affairs has been busy following up on allegations and conducting inspections and investigations.

The OIG was asked to investigate deficient staffing and competencies in sterile processing at one of the VA's health care facilities. The end result: For six years the facility hadn't followed manufacturer instructions for sterilization. Specifically, medical staff reassembled gadgets before sterilizing.

No patients were

harmed, the OIG determined. But that same facility failed to follow guidelines for having a certain level of staff in the assistant chief position.

At another facility, the OIG's inspection determined that the cardiac care of five patients was deficient. Specifically, a cardiologist didn't follow up with a patient and didn't tell the patient's doctor about the results. The patient died.

In another assessment a cardiologist failed to provide follow-up care and did not correctly read electrocardiograms for four patients.

Another facility was

found deficient in mental health care. A homeless veteran received 90 days of in-house mental health care, at which time he was released.

The psychiatrist requested an extension of care beyond that 90 days. The request was denied because the patient had Medicaid and the VA could transfer his care elsewhere. The VISN Chief Medical Officer was not notified (as is required).

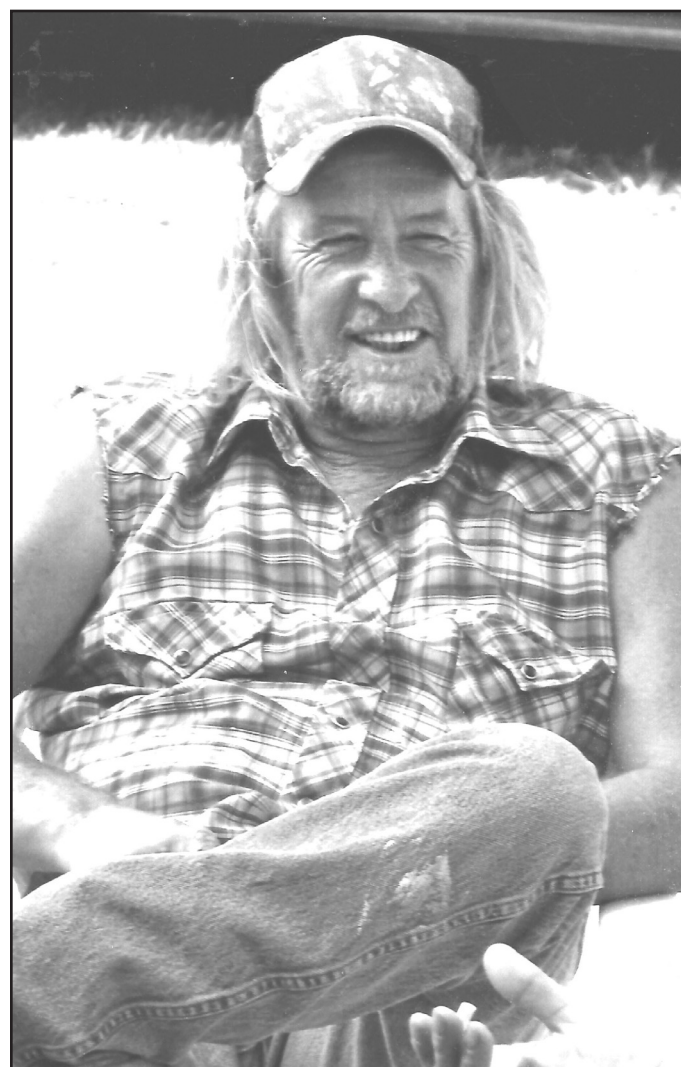
The physical and IT infrastructure upgrades at one VA facility were found to be deficient. The telecommunications rooms were not going to

be completed until four months after the scheduled start date. Some 31% of end user devices hadn't been upgraded. And authorization from the DOD to connect to the new health record system hadn't been received.

The OIG's opinion: The VA committed to the start date without asking the facility about the status of the center. A year before that, the VA had announced a start date without assessing facility infrastructures.

Did you notice the pattern in the cases above? The word for the day: deficient.

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**In Memory of Marion Riddell**

We have all heard the expression, "time flies and time waits on no one." We see this day to day and year to year as we lose loved ones. It has been three years since we lost you, and we miss you every day!

We believe God saw your pain and your road ahead would be rough; so, he closed your eyes and took you quickly and softly. Although we did not get to say 'good-bye', we know you're not in pain.

So, when God calls us home, I hope we all have learned to love one another and cherish our time together. A piece of all of us is with you!

**Loved and sadly missed by all,  
 Family and Friends**

**Groups of 10 or less can gather legally starting May 22 before Memorial Day**

**By Melissa Patrick**  
 Kentucky Health News

Gov. Andy Beshear has made May 22, the Friday before Memorial Day, the date that groups of 10 or fewer people can legally gather, instead of May 25, the holiday. He also said Kentucky's ban on travel to and from other states would expire the same day.

He said he was comfortable moving up the dates because "I've got to live in the real world, just like

everybody else," and said his goal was to try to get the best results, which is to put guidance in place to keep everyone safe that the maximum number of people will follow.

"Remember, this is a virus where one person doing the wrong thing can spread it to a bunch of people doing the right thing," he said, encouraging people to follow guidance on the website, because "it will help protect you."

He also encouraged people to gather outside whenever possible, and reminded them that unless it involves people who are part of your household, the six-foot social-distancing rule still stands.

He advised against sharing plates and utensils, and to avoid buffets and potlucks or any situation that involves asking people to share food.

He also reminded people to wash their hands frequently and to not

touch their eyes, nose or mouth. And if the gathering involves close proximity, wear a mask.

Parents should "plan ahead" for ways to entertain children that will allow them to remain six feet apart, Beshear said. For example, he said it would be better to play laser tag instead of basketball.

He also advised anyone 65 or older, or who has heart, lung or kidney disease, to avoid such gatherings.

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