



Remember the Hargett Panthers. This photo is from around 1969 or 70 and is courtesy of Virginia Freeman Horn. Left to right, front, the late Charlie Patrick (3rd string center), Daniel Arvin, Tom Rice. Middle: Tom Horn, Raymond Tipton, Steve Tipton, Ezra Freeman, Gerald Rader. Back: Coach Billy Joe Hounshell, Turner Rawlins, Tiffie Stone, Otis Freeman, Rick Tuttle, Ernie Woosley, Asa Witt and Robbie Powell.

Estill player sponsors PANDA Monium games this Sunday

The big matchup of the season so far, between Estill County and Powell County, was postponed from last Friday because of the weather and the girls matchup only, along with PANDAmonium, has been rescheduled for this coming Sunday, January 21st with games at 2:00 p.m. and 3:30 p.m. The Engineers and Pirates will be playing on Monday.

Estill will be hosting the Powell County Lady Pirates on Sunday, and as you know, the entire gym will be filled with black and red on the south and blue, white and black on the north.

However, Sunday's game against Powell County will be a special event because it will also be a "PANDAmonium" in which the gym will be filled with those wearing PANDA shirts in recognition of a disease that has afflicted one of Estill's own, junior guard Kiely Flynn, who is sponsoring the event.

Flynn has suffered from the disease called P.A.N.D.A.S since she was 8 years old. It is very rare for a child to get the correct diagnoses or be able to get treated since costs for treatment is so expensive. Flynn was only recently diagnosed with the disease.

"It is my mission in life to help raise awareness and money for P.A.N.D.A.S so we can help cure and treat other children," said Flynn. "I can't bear the thought of other children going through what I went through permanently."

"PANDA" shirts were preordered with the proceeds are going towards P.A.N.D.A.S. You may also donate in other ways, and if you do or just have special thoughts or prayers for Kiely, she says, "God bless!"

A story printed in The Estill County Tribune last

fall tell us that, in 2008, Kiely Flynn's family realized something was wrong with her. The usually funny, loud, intelligent, full of life little girl, had entered into what would later be described by her doctor as a "cave." She was unable to make decisions on her own. She has fits of rage and extreme obsessive compulsive behaviors. After taking Kiely to her pediatrician, her family still had no diagnosis and no help in finding a cure. A nurse, and family friend, Jamie Ballard, shared some information she had recently read on PANDAS. PANDAS stands for pediatric autoimmune neuropsychiatric disorders associated with streptococcal infection. Realizing that Kiely had all the symptoms, Kiely's family found help in Chicago, Illinois from a specialist, Dr. Kavocovic. Dr. K spent months helping Kiely get back to normal. He told her that the strep virus had attacked her brain instead of her throat. Her brain was inflamed, and that was causing her symptoms. After 2 day hospital stay and a \$12,000 treatment of IVIG (antibodies from healthy people), Kiely recovered. She still has to be placed back on antibiotics when she is exposed to the strep virus. Unfortunately, insurance companies do not pay for treatment for PANDAS, so Kiely's family, with the help of some great friends in our community, paid for the treatment.

Since that day, Kiely has had a heart for PANDAS. Research shows that one in 2000 children have PANDAS. Many go undetected because it is such a rare disease. Kiely is currently working on an FCCLA project to get information out to pediatricians and families in order to help children who are suffering. Kiely says

that the saddest part of the two year journey was that she knew something was wrong with her. She felt alone, scared, and at times, she just wanted her life to be over. She was afraid she would never be "normal" again.

As a part of her project, Kiely met with Judge Wallace Taylor to declare October, 9th 2017, as PANDAS Awareness Day in Estill County. Judge Taylor wrote the Proclamation, so Monday Oct. 9th was PANDAS Awareness Day in Estill County as was National PANDAS Awareness. PANDAS Patients all over America were asking that you wear green in support of this disease.

Letter from Kiely

Hello Everyone,
As most of you know I suffered from a disease called P.A.N.D.A.S when I was 8 years old. It is very rare for a child to get the



Kiely Flynn

correct diagnoses or be able to get treated since costs for treatment is so expensive. It is my mission in life to help raise awareness and money for P.A.N.D.A.S so we can help cure and treat other children. I can't bear the thought of other children going through what I went through permanently. I am hosting a "PANDAmonium" on Sunday January 21st. Our boys and girls basketball teams are playing Powell county and the proceeds are going towards P.A.N.D.A.S. Proceeds from the sale of T-shirts goes to PANDAS. God bless!

All We Have Now Are Memories

Today I visited a little cabin in the woods. Memories flood my heart, bring tears.

Every log, every rock that still lingers there, Reminds me of the two hands working so hard through the years.

Termites, time, and people too . . . Have just about brought your little cabin to the ground.

All the precious memories are still there; All the signs of your love and hard work can still be found.

God took my two older brothers in less than six years; It made such a difference in my life.

Each one was special, but oh, so different; Precious memories often bring tears to my eyes.

I can recall the times, you flipped us with a towel; Or throwing water in someone's face.

Just little things to get other's attention; You were always so full of life in our childhood days.

It has been almost twenty-four years since you have been gone; It is still difficult for us when we visit your little cabin there.

Then we go to Crowe Cemetery to place flowers on your grave; With your children and your grandchildren. I wish you could know how much we care.



We all love you, ORVAL Madalene Wasson, 2003

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Kitchen Diva Flu Fighters

by ANGELA SHELF MEDEARIS

Cold and flu season has arrived with record numbers of sick children and adults. There are antiviral medications available for the flu, but to be effective they must be taken within two days of the onset of symptoms. Antiviral medications don't cure the flu, but may make the symptoms less severe. Your health-care provider can help you decide whether you should take antiviral medications.

If in spite of all your efforts you become ill, take good care of yourself. Get plenty of rest, drink lots of fluids and pay attention to your symptoms. The common cold, the flu and pneumonia can have similar symptoms. Mistaking one for the other can mean serious complications. Don't gamble with your health. Contact your health-care provider immediately!

Of course, a flu shot is the best way to keep from getting some strains the flu, or to at least lessen its intensity if you do catch it. If can't get a flu shot, a pneumonia shot can protect you against this potentially serious flu complication. It's a one-time shot for anyone age 65 or older. Younger people with heart and lung diseases, diabetes or weak immune systems also should get this shot. Check with your or your child's health care provider before you get any of these shots.

While there are no guarantees, there are some things you can do to reduce your chances of becoming ill:

--Wash your hands often, particularly when you are around people who have colds or coughs.

--Avoid touching your eyes, nose or mouth. This is a common way that germs spread.

--Cover your mouth and nose with a tissue when coughing or sneezing.

--Avoid close contact with people who are sick. And if you're sick, stay home. Keeping your distance from others will protect them from getting sick too.

--Sanitize utensils, toys, equipment and furniture. This can help reduce the spread of colds, which then reduces your risk of developing more serious complications like pneumonia.

--If you're generally in good health, your immune system is better able to fight off illnesses. Get plenty of rest, exercise, eat right and learn how to manage your stress.

--Chicken soup is an old remedy for fighting respiratory illnesses; however, some recent scientific tests show that it actually may have medicinal value. Chicken soup has been found to be more effective than other hot liquids to increase the movement of nasal mucus. It also improves the function of cilia, tiny hairlike projections in the nose that prevent contagions from entering the body.

Eating chicken soup also inhibits the movement of a common white blood cell called neutrophils that defends against infection. By inhibiting the migration of these infection-fighting cells throughout body, chicken soup essentially helps focus the cells to reduce upper-respiratory cold symptoms.

This recipe for Chicken Noodle Soup with Lemon and Ginger will help you through this frigid flu and cold season! Be well!



Photo credit : Depositphotos.com

Chicken Noodle Soup with Lemon and Ginger

- 1 lemon
- 1/4 cup chopped fresh cilantro or flat-leaf parsley or basil leaves
- 1 teaspoon finely grated fresh ginger
- 2 serrano chiles, stemmed, halved and seeded
- 6 cups homemade or canned low-salt chicken broth
- 4 ounces fresh Chinese egg noodles (look in the produce section of your supermarket) or 4 ounces dried vermicelli noodles
- 1 medium carrot, cut into small coins
- 1 to 2 tablespoons fish sauce
- 1 boneless, skinless chicken breast half, cut into 1/4-inch-thick slices (this is easier if the chicken is partially frozen)
- 1. Finely grate 1 teaspoon of zest from the lemon and put in a small bowl. Add the cilantro, parsley or basil leaves and the ginger, and mix together. Cut the zested lemon in half and squeeze it into a small bowl to get 3 tablespoons of juice. Thinly slice two of the chile halves crosswise.
- 2. In a large saucepan, bring the broth to a boil over medium-high heat. Add the lemon juice, noodles, carrots, fish sauce and the 2 remaining chile halves to the boiling stock. Reduce heat, cover and simmer the soup until the noodles are almost cooked, about 3 minutes.
- 3. Remove the chile halves. Stir in the chicken and chile slices and return to a boil. Remove the pan from the heat, making sure the chicken slices are just cooked through. Taste and add a touch more fish sauce, if you like. Divide the soup evenly among four serving bowls. Divide the cilantro mixture among the bowls, stir and serve. Makes 4 servings.

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.

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Community News

Wednesday, January 17th @ 2:30pm

McGrath To Campaign in Ravenna

On Wednesday, January 17, retired U.S. Marine Lieutenant Colonel Amy McGrath, Democratic candidate for Congress in Kentucky's Sixth District, will host a community discussion at Michael's Restaurant, 100 3rd Street, Ravenna, Kentucky, from 2:30 p.m. until

4:00 p.m.

The visit is part of a week-long 20-stop, 19-county tour of the district. McGrath, who flew 89 combat missions as a Marine, considers her congressional campaign her 90th mission, and has dubbed this her "40th Mission Tour."