

Community News

Mail announcements to The Estill Tribune, 6135 Winchester Road, Irvine, KY 40336 Call (606) 723-5012; Fax to (606) 723-2743; or E-mail it to <News@EstillTribune.Com>

Register by Sunday, November 3rd

Christmas Arts & Crafts Show

The 16th annual "Christmas Arts & Crafts Show" will be Sat., Dec. 7, 10 a.m. - 4 p.m., at the Central Office Gymnasium, 253 Main Street in Irvine. The Estill Arts Council will offer unique items for sale from local artists and craftsmen, live performances by local musicians, a silent auction of arts and crafts items, food concessions, and 50/50 pot. Only original artwork, handmade crafts, baked goods, and products following the homebased processing rules are eligible for entry. Demonstrations are encouraged. Application forms are available from the Estill County Public Library's bulletin board or EAC's Facebook. The cost of a 10' x 10' space will be \$25 for Estill Arts Council members and \$35 for non-Estill Arts Council members before Nov. 3. Entries postmarked after Nov. 1 will be assessed an additional \$10. Payment may be made by cash, check, or PayPal. For more information call 606 723-5694 or 606 723-4678. Proceeds from the event will be used to support the activities and programs of the Estill Arts Council.

Wednesdays, now at 5:30pm

Beginner Yoga at Marcum-Wallace

Beginner Yoga class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30 to 6:30 p.m. with instructor Laritza Gomez. The cost is one non-perishable food item for Helping Hands Outreach Ministry.

Mondays and Wednesdays - 10-11am

Body Fitness Exercise Classes

Body Fitness Exercise Classes by Sister Loretta Spotila, RN, are held Monday and Wednesday mornings, 10-11 a.m. at the Estill County-UK Extension Office on Golden Court, off Stacy Lane Road in Irvine. These exercises are helpful for persons with arthritis, asthma and difficulty moving and involve gentle exercise and movement which builds flexibility. Donation is \$3.00 per class. For more information, call Sister Loretta at 723-8505.

Thursday, October 17th at 11:00am

Estill County Grandparents United

The Estill County Grandparents United support program for grandparents raising grandchildren will meet Thursday, October 17, 2019, and the third Thursday of each month at the Wisemantown Methodist Church on Wisemantown Road. The meeting starts at 11:30 a.m. Transitioning to a custodial grand parenting arrangement often presents emotional, relational, and financial hardships for grandparents and their grandchildren. Grandparent caregivers need to develop a support system to help them with the many tasks at hand and to know they are not alone. For more information feel free to contact Teresa Dawes at the Estill County Board of Education (606)723-2181. Hope to see you there!

Thursday, October 17th at 3:00pm

Four Seasons Garden Club

The Four Seasons Garden Club will meet Thursday, October 17 at 3:00 p.m. at Patti Reese's home. "Making Seasonal Cards" using photographs from the four seasons will be the program. The club welcomes new members. Contact Francine Bonny, Club President, for more information. The Four Seasons Garden Club is a member of the National Council of State Garden Club, Inc.

Thursday, October 17th at 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, October 17, 5:30 p.m. at Steam Engine Pizza on Main Street in Irvine. If you are interested in becoming a member of a service organization that has a sense of community, a source of fulfillment, and a 97 year history of impact, join us as we start a new club year. Becky Werner is club president.

Thursday, October 17th at 6pm

Board of Education Meeting

The Estill County Board of Education will be having its regular meeting on Thursday, October 17, 2019, at 6:00 p.m. in the Board Room of Central Office. The public is welcome to attend.

Thursday, October 17th at 6:00pm

Republican Fall Rally Postponed

The Estill County Republican Party's annual Fall Rally originally scheduled for Thursday, October 17, at the Estill County Fair Barn has been postponed. The Committee is working to reschedule this event in the near future. Watch for a new announcement and time and location where it will be held.

Thursday, October 17th at 6:00pm

Garden Thyme Herb Club

The Garden Thyme Herb Club will be meeting on Thursday, October 17, 2019, 6:00 p.m. at St. Elizabeth Catholic Church, 322 5th Street in Ravenna. The program will be "Extending Garden Growing" by Al Fritsch. The menu will be soup and chili. The public is welcome to attend.

Thursday, October 17th at 7:00pm

Community Chorus Practices

The Estill County Community Chorus meets Thursday, October 17th and each Thursday at 7:00 p.m. at the Irvine United Methodist Church on Main Street. Everyone is welcome and there are no auditions. We come together to promote choral music and stimulate musical appreciation in and around our community. Dues will remain the same. For more information contact Robin 606 723 4678 on email <appcraft@windstream.net>

Friday, October 18th - 11am-2pm

Turkey Manhattan Sandwich Lunch

Irvine Chapter #357 will be having a Turkey Manhattan Open Faced Sandwich Lunch on Friday, October 18, 2019. Will serve 11:00 a.m. until 2:00 p.m. Cost is \$5.00 per person. This will be at the Irvine Masonic Lodge Hall, Broadway, Irvine, Ky. Dine in or carry out. Call 606-723-2188 for delivery.

Saturday, October 19th - 9am-4pm

Estill Arts Council will be Sponsoring Watercolor Class with Bill Berryman

Estill Arts Council is sponsoring a Watercolor Class with artist Bill Berryman of Winchester, October 19 from 9 - 4. This workshop is designed for those that do not understand or have problems dealing with watercolors. Basic techniques will be shown and practiced for the first half of class, then a painting will be created. Materials will be provided, just come dressed in old clothes you can get paint on! October 19 at Wisemantown United Methodist Church. Cost for the class is \$55 and registration is at <https://www.estillartscouncil.org/workshops>.

Saturday, October 19th - 4-7pm

Final Ruritan Club Fish Fry

The final Cartersville Ruritan Club "All-You-Can-Eat" Fish Fry of 2019 will be held on Saturday, October 19 from 4 - 7 p.m. with deep fried fish, hush-puppies, coleslaw, chicken strips, potato wedges and more on the menu at the Club's covered shelter off of Harmons Lick Road in Berea. Cost is \$9 per adult, \$5 per child. First dessert complimentary, additional desserts \$0.50 each. Carry-out available.

Monday, October 28th - 6:30pm

Democratic Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, October 28 at 6:30 p.m. and the 4th Monday of every month at the Estill County Public Library, 246 Main Street. For additional information you can email Estillcountydemocrats@gmail.com.

Friday, November 1st at 9:00am

Retired Co. C Guard Breakfast

Attention: All retired and former National Guard members of Charlie Company 1/149th, there will be a breakfast at Cracker Barrel in Richmond, on Friday, Oct. 4th, and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

Sunday, November 3rd at 12:00 Noon

Annual Barnes Family Reunion

The annual Barnes Reunion for the family of Sam and Stanley Reed Barnes will be held Sunday, November 3, 2019, 12:00 Noon until ???, at the Estill County Fair Barn. A potluck lunch will begin at 1:00 p.m. All friends and family are invited to come and bring a dish or two to share.

Sunday, November 3rd at 2:00pm

Amvets Post 67 in Clay City

Amvets Post 67, located at 99 Veterans Lane, Clay City holds its meeting monthly 1st Sunday of each month at 2:00 p.m. Also, everyone is invited to Post 67 Clay City for Bingo every Monday. Doors open at 5:00 p.m. Bingo starts at 6:30 p.m. For more information, call 606-663-0071.

Tuesday, November 5th at 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Nov. 5th and on the first and third Tuesday of every month at the Irvine First Christian Church meeting room on Main Street at 6:30 p.m. Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world.

Wednesday, November 6th at 10:30am

Legal Planning for Alzheimer's

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. A program will be held on Wednesday, November 6th from 10:30 a.m.-12 p.m. at the Madison County Cooperative Extension Office located at 230 Duncannon Lane in Richmond. This workshop is for anyone who would like to know more about what legal and financial issues to consider and how to put plans in place. Learn what legal decisions must be made, and how to use those decisions to protect and provide the best care possible for the person with dementia. Explore the options available to pay for care, where to find additional resources, and how to make the best financial choices for both the person with dementia and the caregiver. Guest presenter will be elder law attorney Scott Collins. Registration is required. Please contact 1-800-272-3900.

Visit Our Website At <EstillTribune.Com>

Tuesday, November 12th, 5:30pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet on Tuesday, November 12th and the second Tuesday of each month at the Estill County Golf Club from 5:30-7 p.m. Come, join us. Together we can make a difference.

Tuesday, November 12th at 7:00pm

DAV Chapter 94, Estill County

DAV Chapter 94 will be meeting at 7 p.m., November 12th and the second Tuesday of each month at Estill County Senior Citizens Center, off Stacy Lane. If you are a veteran with 10 percent or more service connection, you are welcome. Call 1-606-663-2504 for more information. We are veterans and we would appreciate your attendance. Veterans from surrounding counties are also welcome.

Kitchen Diva

Tea and Therapy

My birthday is just around the corner. I know that not because of the date on the calendar, but because of the way my joints mimic the sound of one of my favorite childhood breakfast cereals when I get out of bed -- SNAP! CRACKLE! POP!

I've decided that my birthday gift to myself is to take better care of my body and my health. Like many folks my age, I've been prescribed a variety of pills and potions to alleviate joint pain. Recently, I started looking for more natural remedies.

According to the Arthritis Foundation, regular massaging of arthritic joints can help reduce pain and stiffness, and improve range of motion. During my research, I discovered Restore Hyper Wellness plus Cryotherapy, a health and wellness center founded in Austin, Texas, in 2015 by Jim Donnelly. The company has grown rapidly and now has numerous locations around the U.S.

I was fascinated by the variety of treatments that Restore offers to empower its clients to optimize their mental and physical performance and manage ailments and illnesses as part of a natural healing experience.

I've been to a few chiropractors and have had numerous massages, but the unique, gentle stretch therapy treatment at Restore has been by far the most effective for my chronic back and joint pain. I've decided to make its stretch therapy treatments a frequent gift to myself!

Being able to move freely and easily is one of the most important keys to quality of life. Stretching done properly is a very powerful treatment to enhance mobility, reduce chronic pain and promote longevity. Chiropractic adjustments and massages definitely have benefits; however, stretching/mobility is fundamental to being able to move properly. The more mobile you are, the more you can do the things that you enjoy.

Another healthy, natural remedy for joint pain is this flavorful recipe for Ginger and Turmeric Tea. Ginger is a natural anti-inflammatory and antioxidant that has been known to aid digestion and relieve nausea. Turmeric contains a compound called curcumin, which boasts amazing antioxidant and anti-inflammatory effects.

Apple cider vinegar is often used to relieve joint pain by rubbing it directly on the sore muscle or joint. Those who drink it typically mix it with water and honey to help with the sour taste, while others simply take a tablespoon full. Cayenne stimulates circulation, boosts metabolism, naturally relieves pain and can have an alkalizing effect in the body.

Before you explore any joint pain remedies, be sure to talk with your physician, and keep him or her informed about changes in your mobility or pain level. And don't forget to take care of yourself with a little tea and natural therapy!



Photo Credit: DepositPhotos

GINGER AND TURMERIC TEA

- 1 tablespoon fresh grated turmeric, packed, or 1/2 teaspoon ground turmeric
- 1 tablespoon fresh grated ginger, packed, or 1/2 teaspoon ground
- 2 tablespoons apple cider vinegar, or 1 tablespoon fresh lemon juice
- 2-3 teaspoons honey, stevia or maple syrup, to taste
- 1/8 teaspoon cayenne pepper, or 1/8 teaspoon cracked black pepper
- 3 cups water

1. To a small saucepan, add turmeric, ginger, vinegar, stevia, honey or maple syrup, cayenne or black pepper, and water.

2. Bring to a simmer (do not boil) over medium to medium-high heat for 3 minutes. Remove the pan from the heat, cover and let the tea steep for a minute.

3. Set a small strainer over serving glasses and divide between two mugs. If the tea is too strong for you, dilute with more hot/warm water. Store (strained) leftovers in the refrigerator up to 2-3 days. Reheat until warm, do not boil. Serves 2.

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) 2019 King Features Synd., Inc., and Angela Shelf Medearis