

# 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>

**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. Classes will end for the season on Monday, November 25th and will resume again in the spring.

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, November 21st at 9:00am**

## Help Wrap Toys for Children

Wrapping the toys for the annual Christmas Party for the children of Estill County continues as the date draws nearer. The books have all been wrapped, and part of the 500 toys for the party. More toys will be wrapped on Thursday, November 21 at 9 a.m. at Citizens Guaranty Bank on River Drive. Wrapping paper and tape may be donated.

Anyone wishing to help is welcome to attend to join the "elves" who have been busy wrapping to share the spirit of caring for the children 12 and under.

**Thursday, November 21st at 3:00pm**

## Four Seasons Garden Club

"Winter Porch Pots" will be the topic of the program and workshop for the Four Seasons Garden Club meeting at the Ravenna Florist & Greenhouse. It will be Thursday, November 21 at 3:00 p.m. New members are welcomed. For further information contact any club member.

**Thursday, November 21st at 6:00pm**

## Garden Thyme Herb Club

The Garden Thyme Herb Club will be meeting Thursday, November 21, 2019, 6:00 p.m., at St. Elizabeth Catholic Church, 322 5th Street in Ravenna. Herb of the month is 'corn,' and bingo returns. The menu will be Thanksgiving dinner. Larry and Deborah Carmichael will be hosting. New members and the public are welcome to attend.

**Thursday, November 21st at 6:00pm**

## Kiwanis Club Farm-City Banquet

The Kiwanis Club of Irvine-Ravenna will host the Farm-City Banquet at 6:00 p.m. on Thursday, November 21 at the Estill County Extension Office on Golden Court. The banquet, which is held annually, honors the farmers and farm-related businesses in Estill County. Heritage Farmers (Barry Jason Williams and Jack Stickney) and Heritage Business (Ravenna Food Mart) awards will be presented.

**Thursday, November 21st at 7:00pm**

## Community Chorus Practices

The Estill County Community Chorus meets Thursday, November 21st 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>

**Monday, November 25th - 6:30pm**

## Democratic Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, November 25 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](mailto:Estillcountydemocrats@gmail.com).

**Sunday, December 1st 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, December 3rd at 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Dec. 3rd 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.

**Tuesday, December 3rd at 6:30pm**

## Estill County Lions Club

The Estill County Historical and Genealogical Society Christmas Party is Tues., Dec. 3rd at 6 p.m. Join us at the Museum on 133 Broadway for food and fun. Bring a dish!

**Friday, December 6th 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, Dec. 6th, and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

**Friday, December 6th at 7:00pm**

## Kiwanis Club of Irvine's Annual Christmas Parade

The Kiwanis Club of Irvine will again sponsor the annual Christmas Parade! An evening parade with the theme, "Hillbilly Christmas" will be sure to delight young to old and allow the community to come together. It will be held Friday, December 6 with the parade line-up from 6 to 7 p.m. at Veterans Memorial Park in Ravenna.

At 7 p.m. the parade will proceed on River Drive to Main Street in Irvine and end at Estill Springs School allowing parade-watchers plenty of viewing opportunities.

Santa and Mrs. Claus will be riding in their sleigh. All groups, churches, schools, fire departments, businesses, and organizations are invited to participate by entering a float, band, antique car, or other related parade unit (no walkers).

For safety reasons, no animals, bicycles or unlicensed motorized vehicles will be entered. Parade participants will not be allowed to toss candy or other objects to the crowd in the interest of safety of the community. Prizes from the Kiwanis Club of Irvine-Ravenna will be awarded for the floats in the amount of \$125, \$100, and \$75 for first, second and third place respectively for the most attractive floats. Floats will be judged on creativity, originality, and beauty (use of lights).

To register entries in the parade contact Larry Stewart at 723-4002 or Richard Snowden at 723-2135, or email [thb@irvineonline.net](mailto:thb@irvineonline.net). There is not an entry fee.

**Saturday, December 7th, 10am**

## Elizabeth Witt Christmas Party

The tradition will continue again this year for the 39th annual Elizabeth Witt Christmas Party. It will be held as usual on the first Saturday of December which is December 7 at the Irvine First Christian Church, 270 Main Street. The party will start at 10 a.m. when Santa and Mrs. Claus arrive and gifts will be given until early afternoon.

The Elizabeth Witt party committee hope to make this a special day for Estill County children, age 12 and under. All are invited to attend the party.

Children will receive a Christmas necklace, kettle corn, candy, chocolate milk, apple, banana, orange, age appropriate toys, and book. Elizabeth Witt started the Christmas Party at her home for the children of Estill County in 1980 and wanted every gift to be wrapped with a ribbon. Upon her passing in 1990 a group of local citizens formed a committee to keep the tradition alive and with the generosity of the community it has continued.

Festive activities outside will include the Hillbilly Flywheelers with their antique gas engines and tractors and greetings from a special visitor. Contributions from the community are necessary for the party to continue. Donations can be made to the "Elizabeth Witt Christmas Party" at Citizens Guaranty Bank.

**Saturday, December 7th, 10-4**

## Christmas Arts & Crafts Show

Unique, handmade items featuring a variety of work by local based artists will be available to purchase at the 16th annual "Christmas Arts & Crafts Show". It is sponsored by the Estill Arts Council and will be Saturday, December 7, 2019, from 10 a.m. to 4 p.m. at the Central Office gymnasium, 253 Main Street, Irvine.

Other features of the event will include a silent auction of arts and crafts items, snowman photo booth, concessions by River City Players, and live music by Estill County Middle School choral and band students. Over 40 booths will feature a wide range of quality crafted items. A 50/50 pot winner will win half of the proceeds.

Donations of \$1 for adults or a can of food for the Food Bank will be accepted at the door. Proceeds from the event will be used to support the activities and programs of the Estill Arts Council.

Come, celebrate and spend the day! Enjoy the sights, sounds and tastes of the holidays.

**Tuesday, December 10th at 7:00pm**

## Estill DAV Chapter 94 to Meet

DAV Chapter 94 will be meeting at 7 p.m., December 10th and the second Tuesday of each month at Estill County Senior Citizens Center, off Stacy Lane. DAV Chapter 94 will be meeting at 7 p.m., December 10th 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.

**Tuesday, December 10th at 5:30pm**

## Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet on Tuesday, December 10th 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.

## Kitchen Diva

### Healthy Holiday Fare

November is traditionally about family, friends, food, feasting and abundance. While it may seem almost impossible to maintain healthy habits during the holiday season, the Tufts University Health & Nutrition Letter has come up with some simple steps on ways to enjoy the festivities without putting on weight. Choose healthy habits this holiday season and do without the regrets later!

#### Serve Turkey Twice

Turkey is a great source of protein that is low in fat, salt and calories. Consider serving turkey at both Thanksgiving and Christmas instead of beef roast or ham, which are higher in fat. Keep in mind that the healthiest part of the turkey is the breast.

#### Try Whole Grains in Dressing

Use whole-wheat bread instead of white in a traditional dressing recipe. Better yet, try brown or wild rice as the main ingredient -- you'll use less butter. Adding more flavorful veggies like onions, garlic or shallots to the mix increases aroma and flavor with fewer calories.

#### Roast Your Vegetables

According to the newsletter, roasting brings out the natural sweetness in vegetables, from carrots to asparagus to corn. Eliminating the soaking and cooking in boiling water also keeps nutrients locked in.

#### What's for Dessert?

Tufts does not suggest skipping dessert, but offers some ways to make a wise choice. For example, instead of three different pies, have just one favorite and serve it with a fresh fruit salad. To make it more festive, make the fruit into a parfait. Strawberry and kiwi slices layered with low-fat yogurt make a delicious and decorative finale to any meal.

#### Drink Fewer Calories

The "What America Drinks" study found that Americans consume 22% of total calories in liquid form. Why not serve water or low-calorie drinks and save the calories for other holiday festivities.

#### Get a Move On

Before, during or after watching the big football game, take a walk or have a touch-football game of your own. After consuming extra calories at the dinner table, gather your friends and family for an after-dinner walk to burn some of those calories and balance things out.

My delicious recipe for Roasted Vegetables With Herbs is healthy, easy and very versatile. You can use 2 pounds of high-moisture vegetables like eggplant, peppers, zucchini, fennel, onions, Brussels sprouts or the ingredients suggested below. Slice them and cut into chunks or wedges. Roast at 450 F until golden brown all over, 10 to 40 minutes depending on variety and the size of the pieces.

You also can use 1 to 2 pounds hardy green vegetables like broccoli rabe, snow peas, green beans, kale, collard greens, chard or cherry tomatoes, trimmed. Roast at 450 F for 7 to 15 minutes.



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#### ROASTED VEGETABLES WITH HERBS

2 to 3 pounds root or dense vegetable, peeled if you like, and cut into 1-inch chunks or wedges (carrots, beets, potatoes, sweet potatoes, turnips, Jerusalem artichokes, radishes, rutabaga, winter squashes)

1/2 cup oil (olive, coconut or grapeseed)

2 tablespoons poultry seasoning

1 teaspoon salt

1 teaspoon ground black pepper

Fresh herbs (basil, parsley, rosemary, thyme), torn or chopped

1. Heat oven to 425 F. Toss vegetables with oil, poultry seasoning, salt and pepper.

2. Roast 30 minutes to an hour, stirring at least once or twice and turning pan during roasting for even cooking and browning. Sprinkle with ground black pepper and plenty of torn herbs on top.

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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](http://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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