

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 Spotilla, RN, will be 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 and will end on Monday, November 25th. 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.

Wednesday, Nov. 13th & Thur., Nov. 21st

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 Wednesday, November 13 and 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 14th at 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, November 14 at 5:30 p.m. at Steam Engine Pizza. Tony White will give a program on "Veterans Day". Persons dedicated to improving the world one child and one community at a time are welcome to become members. Our community is stronger for Kiwanis' contributions in the last 97 years. You are invited. Come and make a difference.

Thursday, November 14th at 7:00pm

Community Chorus Practices

The Estill County Community Chorus meets Thursday, November 14th 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>

Saturday, November 16th

Toys for Estill County Kids

On Saturday, November 16, 2019, 9 a.m. - 12 Noon, all local fire departments and the American Legion Auxiliary will be having a road block for Toys for Estill County Kids. Sign ups will begin Monday, November 18 at Webb Rentals, 721 River Drive, Irvine, KY. If you have questions please call 606-614-5592.

Monday, November 18th at 1:30pm

Retired Teachers Insurance Meeting

Estill County Retired Teachers will meet Monday, November 18, 2019 at 1:30 p.m. in the Estill County Public Library's meeting room at 246 Main Street in Irvine. Margaret Sims, KRTA's Health/insurance co-chair will tell about the changes in our insurance. This is an important meeting.

Tuesday, November 19th at 6:30pm

Estill County Arts Council Meeting

The monthly meeting of the Estill Arts Council will be held at the Estill County Public Library meeting room, 246 Main Street, Irvine, at 6:30 p.m. on Tuesday, November 19, 2019. We will be working on final preparations for Yuletide. All current and prospective members are invited to attend. For more information contact Amy Hughes at anoland44@hotmail.com.

Tuesday, November 19th at 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Nov. 19th 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.

Ending Monday, November 25th

Body Fitness Classes to end

Body Fitness Exercise Classes led by Sister Loretta Spotilla, RN, will be ending Monday, November 25. For more information, call Sister Loretta 723-8505.

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.

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.

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. 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. 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. 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.

Kitchen Diva

Start A New Tradition This Thanksgiving

I've been preparing the same basic, traditional Thanksgiving menu for almost 35 years now. But in the past few years, our children have grown up, married and now have families of their own. Our tastes have changed, and our lives are more hectic. So what's a Diva to do? I've decided to create a new family Thanksgiving tradition with a schedule and menu that fits our lifestyle ... and you can, too!

I'm starting to look at specific dates for holidays as suggestions, not the rule. It's unbelievable how that simple decision has freed me from stress and allowed me to relax and enjoy the holidays with the people that I love most.

First, we're no longer celebrating our family Thanksgiving on Thursday. It's too difficult and stressful to get our large, multigenerational family together at the same time on Thanksgiving Day. In order to make everyone happy, some family members were traveling from one city to another to eat multiple Thanksgiving dinners at various times. It's hard to be thankful if you're bloated and stressed out from fighting traffic all day. To resolve this problem, we'll have individual Thanksgiving dinners and then gather on another day for our family celebration.

Second, it's easier for our family to get together on Sunday afternoons, so that's the day we're celebrating Thanksgiving as a group from now on. We've also decided to celebrate my birthday and my mother's birthday on that Sunday, since they both fall a few days before Thanksgiving.

Third, we're trying a new menu this year. As we've gotten older, our health issues and dietary preferences range from gluten-free to diabetic to vegetarian. So, move over green bean casserole with mushroom soup and canned fried onions! Goodbye sweet potatoes with toasted marshmallows! There's a new list of modern, flavorful dishes waiting in line to become the go-to side dishes for our non-Thanksgiving Thanksgiving!

And last, but not least, some Thanksgiving traditions will never change, no matter how untraditional our Thanksgiving holidays will be in years to come. We'll still stand in a family circle, join hands and thank the Lord for each other and all our blessings. My daughter gives everyone a thank-you card with a handwritten note that I treasure each year. My oldest sister will bring the corn dish that everyone loves and that we only get during the holidays. And I'll make a diabetic-friendly, gluten-free sweet potato cheesecake that will become a new holiday tradition that we can all enjoy!

So, Happy Thanksgiving everyone, and try something new this year, like this delicious recipe for sweet potato cheesecake.



Photo Credit: DepositPhotos

SPECIAL SWEET POTATO CHEESECAKE

This diabetic-friendly and gluten-free cheesecake recipe serves 12 and is a delicious new addition to our traditional Thanksgiving desserts. Best of all, you can make it up to three days before serving.

- Nonstick cooking spray
- 3 (8 ounce) packages fat-free cream cheese, warmed in a microwave for 15 seconds
- 1/3 cup Splenda Brown Sugar Blend (or 5 tablespoons Splenda and 5 tablespoons packed, light brown sugar)
- 3 large eggs
- 1 (15 ounce) can sweet potato puree
- 1/2 cup low-fat maple or vanilla yogurt, plus 1/2 cup for garnish
- 1 tablespoon cornstarch
- 1 1/2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon imitation maple or rum flavoring
- 1 teaspoon vanilla extract

1. Heat oven to 350 F. Coat the bottom and sides of a 9-inch springform pan with nonstick cooking spray.

2. Using an electric mixer, beat cream cheese and Splenda Brown Sugar Blend or the Splenda and brown sugar until smooth. Beat in eggs one at a time. Blend in sweet potato puree, yogurt, cornstarch, cinnamon, ground ginger, maple or rum flavoring, and vanilla.

3. Pour filling into prepared pan. Bake until outer rim is puffy and center is slightly wobbly, about 1 hour and 10 minutes. Remove from oven and run a butter knife around the inner edge but do not remove the pan side.

4. Let stand at room temperature 30 minutes. Refrigerate warm cake, uncovered, until cold. Then cover with foil and refrigerate at least 4 hours (or up to 3 days). Remove 1 hour before serving.

5. When ready to serve, carefully remove side of pan. Cut into 12 wedges with wet knife wiped clean between cuts. Garnish with a dollop of yogurt, if desired.

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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