

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.

These exercises are help-

ful 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, 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.

Thursday, November 7th at 9:00am

Christmas Party Volunteers

Volunteers are needed to wrap the 1,100 toys and books for the 39th annual Elizabeth Witt Christmas Party which will be held Saturday, December 7, 2019, at the First Christian Church in Irvine.

The gifts will be wrapped at Citizens Guaranty Bank on River Drive on Thursday, November 7 at 9 a.m. and Wednesday, November 13 at 9 a.m. Wrapping paper and tape may be donated.

The party is being planned for children in Estill County that are 12 years of age and younger. Further dates for wrapping gifts will be announced later as needed. The party has been able to continue through the years due to the generosity of the community.

Donations for the party can be given at Citizens Guaranty Bank. Contact Francine Bonny or Regina Robertson for more information.

Thursday, November 7th at 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, November 7 at 5:30 p.m. at Steam Engine Pizza. The program will be "Youth Protection Training." New members are welcome.

Kiwanis clubs focus on changing the world by serving children, one child and one community at a time. Service is at the heart of every Kiwanis club, no matter where in the world it's located.

Thursday, November 7th at 7:00pm

Community Chorus Practices

The Estill County Community Chorus meets Thursday, November 7th 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 <apprcraft@windstream.net>

Saturday, November 9th - 8am-1pm

Blood Donors Save Local Lives

Kentucky Blood Donors Save Local Lives! Every day, Kentucky Blood Center needs more than 400 donors to give the gift of life so that local patients' lives can be saved. Patients need blood for a variety of reasons - cancer treatments, premature births, car accidents, diseases, surgeries and more. Local blood donors are the reason why Kentucky Blood Center can provide the life-saving gifts needed to more than 70 hospitals.

Kentucky Blood Center is inviting generous donors to join our efforts by giving at the Estill County Community Blood Drive, Saturday, Novem-

ber 9, 2019, 8 a.m. - 1 p.m. at the First Christian Church Fellowship Hall, 270 Main Street, Irvine. As a thank you, donors will receive a "Kentucky Blood Donor" shirt.

Blood donors must be at least 17-years-old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org.

Walk-ins are welcome. To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

Monday, November 11th at 7:00pm

SEKY Gem, Mineral & Fossil

The Southeast KY Gem, Mineral & Fossil Club will meet Monday, November 11, 2019, at 7:00 p.m. at the Estill County Public Library, 246 Main Street, Irvine.

The program will be a "Show, Tell, & Trade". This will be an opportunity

to get questions answered. Samples will be on display and visitors are welcome to attend and bring any rocks, agates, gems, fossils, etc

Membership forms will be available for anyone interested in joining the group.

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 6:00pm

Crafts Booth Design Workshop

Your Mobile Storefront

Booth Design for Art & Craft Shows for Beginners to Intermediate, will be presented by Mary Reed, a 35-year veteran of retail and wholesale craft shows from Irvine to New York City, on Tuesday, November 12, 2019, at 6 p.m. at the Estill County Public Library.

The workshop is FREE

but REGISTRATION is required as space is limited. Light refreshments will be provided.

Your booth is your most important marketing tool. It is your #1 sales tool, providing a showcase for potential customers to see your work at its best.

Sponsored by the Estill Arts Council.

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 con-

nection, 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, 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.

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.

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 Bar-

rel, 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, "Hill-billy 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. There is not an entry fee.

Kitchen Diva

A Salute to Veterans Day

My father is a veteran of the Korean and Vietnam wars. His sacrifices for this country, along with thousands of other men and women, are recognized on Veterans Day.

While Veterans Day is a well-known American holiday, there are a few misconceptions about it -- like how it's spelled or whom exactly it celebrates. To clear some of that up, here are the important facts you should know courtesy of the U.S. Department of Defense:

Veterans Day does NOT have an apostrophe -- Many people think it's "Veteran's Day" or "Veterans' Day," but they're wrong. The holiday is not a day that "belongs" to one veteran or multiple veterans, which is what an apostrophe implies. It's a day for honoring all veterans -- so no apostrophe needed.

Veterans Day is NOT the same as Memorial Day -- A lot of Americans get this confused, and we'll be honest -- it can be a little annoying to all of the living veterans out there. Memorial Day is a time to remember those who gave their lives for our country, particularly in battle or from wounds they suffered in battle. Veterans Day honors all of those who have served the country in war or peace -- dead or alive -- although it's largely intended to thank living veterans for their sacrifices.

Veterans Day began as Armistice Day -- World War I officially ended when the Treaty of Versailles was signed on June 28, 1919. However, the fighting ended about seven months earlier when the Allies and Germany put into effect an armistice on the 11th hour of the 11th day of the 11th month. For that reason, Nov. 11, 1918, is largely considered the end of "the war to end all wars" and dubbed Armistice Day.

In 1926, Congress officially recognized it as the end of the war, and in 1938, it became an official holiday, primarily a day set aside to honor veterans of World War I. But then World War II and the Korean War happened, so on June 1, 1954, at the urging of veterans' service organizations, Congress amended the commemoration yet again by changing the word "armistice" to "veterans," so the day would honor American veterans of all wars.

For a while, the date of Veterans Day was changed, too, and it confused everybody. While Veterans Day is always celebrated on Nov. 11, under the Uniform Holiday Bill signed by Congress in 1968, the federal holiday can fall on other days, usually a Friday or Monday, depending on where it lands during the week. Our allies Great Britain, Canada and Australia also recognize their veterans on Nov. 11th; however, they call it "Remembrance Day."

We also have our military to thank for some unusual wartime contributions that are now part of our everyday life, including TV dinners, plastic cling film and these surprising culinary innovations:

McDonald's McRib

Restructured meat was pioneered in the 1960s by the Army food lab in Natick, Massachusetts, to lower the military meat bill by gluing together cheap cuts to look like more expensive ones in the new MREs (Meals Ready to Eat). McDonald's first used the technology in 1981 to create the McRib.

Cheetos

The U.S. military invented full-fat, tangy orange, powdered dehydrated cheese during World War II. Today, modern cheese dehydrators are used by snack food manufacturers.

Energy Bars

Energy bars are the result of an almost a century-long quest for an emergency ration that was light, compact and nutritious. The first modern energy bar was apricot, and was eaten by David Scott on the Apollo 15 space flight.

Here's my version of the No-Bake Apricot Energy Bites. They're out of this world!



Photo Credit: DepositPhotos

NO-BAKE APRICOT ENERGY BITES

- 1 1/2 cups raw almonds
- 1 cup (6 ounce bag) dried apricots
- 2 tablespoons almond or smooth peanut butter
- 1 tablespoon chia seeds
- 1/2 teaspoon orange zest
- 3 tablespoons orange juice
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon sea salt
- 1-2 tablespoons water (as needed; add 1 tablespoon at a time)
- 1/2 cup unsweetened shredded coconut

1. Combine all of the ingredients in the bowl of a food processor, except for the water and the shredded coconut. Process on low speed for several minutes, stopping to scrape the sides of the bowl as needed.

2. The ingredients will start to stick together after a few minutes. If the dough is too dry and loose, add 1 tablespoon of water at a time and continue to process until ingredients start to stick together.

3. Transfer the dough to a bowl and then place the bowl in the refrigerator for 30 minutes or in the freezer for 10 minutes until chilled.

4. Place 2 heaping tablespoons of the dough in your hand and roll it into a ball. Then roll the balls in the coconut shreds. Keep refrigerated.