

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.

Bring your own yoga mat. The instructor will guide the class through basic poses focused on relaxation, building core strength and flexibility. For class updates, please check the Marcum & Wallace Hospital Facebook page.

Wednesdays & Fridays @ 10:30am

Library's Storytime Happenings

No Storytime on Friday, November 10th due to staff training. Our Wednesday Storytime will be held as normal from 10:30 to 11:30.

Our new Starry Time Storytime is held on Monday eve-

nings at 5:00 pm to 6:00 pm for ages 0-8 years. We have activities for tall and small ones. For more information contact Amy Hughes, Children's Librarian, at 723-3030 at the Estill County Public Library.

Wednesdays and Mondays

Body Fitness Exercise Classes

Body Fitness Exercise Classes by instructor Sister Loretta Spotila, RN, are held on Monday and Wednesday mornings, 10-11 a.m. at the Estill County Extension Office, 70 Golden Court (off Stacy Lane Road).

The classes involve gentle exercise and movement that builds strength and flexibility and are helpful for persons with arthritis, asthma, difficulty moving. Donation is \$3.00 per class. For more information, call 723-8505.

Thursday, November 9th @ 9am

E. Witt Party Gift Wrapping

Volunteers are needed to wrap the 1,100 toys and books for the 37th annual Elizabeth Witt Christmas Party which will be held Saturday, December 2 at the First Christian Church in Irvine.

The gifts will be wrapped at Citizens Guaranty Bank on River Drive on Thursday, November 9, starting at 9 a.m. Paper, ribbon, and tape will be provided.

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.

Thursdays @ 4:00pm

Lego Club at Estill Public Library

The Estill County Public Library hosts a Lego Club each Thursday from 4 pm to 5 pm. The suggested ages for this group is 6 to 12. Come build

with us! For more information contact Amy Hughes, Children's Librarian, at 723-3030 at the Estill County Public Library.

Thursday, November 9th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, November 9th at 5:30 p.m. at Steam Engine Pizza. 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 95 years. Come and make a difference.

Thursday, November 9th @ 5:30pm

The Basics of Alzheimer's Disease

The Basics: Memory Loss, Dementia, and Alzheimer's Disease. If you have a loved one who is newly diagnosed, or if you just want to learn more about Alzheimer's disease, this program is for you. This presentation will explore what everyone should know about memory loss issues and what they mean for all of us.

The program will be held on

Thursday, November 9, 2017 from 11:00 a.m. - 12:00 p.m. at the Clark County Public Library located at 370 South Burns Ave., Winchester.

To register for this program, please call 1-800-272-3900. Registration is required. Program sponsored through a generous grant from the Margaret T. Stoeckinger Foundation.

Friday, December 1st @ 9am

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 Rich-

mond, on Friday, Dec. 1st and on the first Friday of each month at 9 a.m.

All are invited and welcome. Hope to see you there!

Fridays, 6-8pm at the Estill Library

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club will meet every Friday from 6 to 8 p.m. at the Estill County Library, 246 Main Street, Irvine, for anyone who plays an Appa-

lachian Dulcimer. Or anyone who is interested is playing one is welcome to attend.

The Appalachian Dulcimer was designated as the official state instrument of Kentucky.

Friday, November 10th @ 7pm

Estill Democratic Reunion Dinner

An Estill Democratic Reunion, hosted by the Estill County Democratic Executive Committee and the Democratic Women's Club, will be held Friday, November 10, 2017, 7-10 p.m. at the Estill County Fairbarn. Dinner will

be potluck style. Barbecue and drink will be provided but please bring a dish. There will be a "split the pot" raffle. Let us reconnect through communion, fellowship, and food to revitalize our Democratic family. "Divided we fall!"

Saturday, November 11th -- 9am-2pm

St. Elizabeth's Christmas Bazaar

Saint Elizabeth's Annual Christmas Bazaar and Basement Sale will be Saturday, November 11, from 9:00-2:00 at the church on 5th Street in Ravenna. In addition to the

usual basement sale items, the bazaar will have decorations, gift items, toys, baked goods -- something for everyone, and a good way to start your Christmas shopping.

Saturday, November 11th @ 1pm

Estill Veterans Showcase

The unveiling of the new installation "Estill County Veterans Showcase" will be Saturday, November 11th at 1

p.m. at the Estill County Public Library. Kentucky State Commander, Bill Stewart will be speaking.

Monday, November 13th @ 5pm

Library's Starrytime Happenings

We have begun our Starry Time Storytime. This new storytime will be held on Monday evenings at 5:00 p.m. to 6:00 p.m. for ages 0-8 years. We hope this will help our school

age children and siblings enjoy storytime. For more information contact Amy Hughes, Children's Librarian, at 723-3030 at the Estill County Public Library.

Monday, November 13th @ 7pm

SEKY Gem, Mineral & Fossil

The Southeast KY Gem, Mineral & Fossil Club will meet Monday, November 13 at 7 p.m. at the Estill County Public Library, 246 Main Street, Irvine. The program will be a "Show, Tell, and Trade."

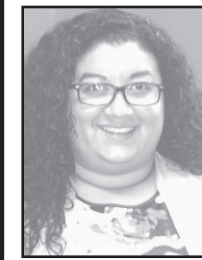
The group is organized for pursuing education in activities of rock hounding,

including, but not limited to field collection, and hands-on education in fabricating stones and mineralogical specimens into finished creations, by use of various art and lapidary skills.

Anyone interested in joining is welcome to attend. Yearly dues are \$20 per family and \$15 per individual.

UK COOPERATIVE EXTENSION SERVICE

University of Kentucky - College of Agriculture



Extension Notes Family & Consumer Sciences

Thays Flores
Estill County Extension Office

Monday, November 13, 2017 @ 12 Noon

Vegetarian 101 Program

Every day we make choices about what we will eat. Some of us choose foods without much thought. Others make choices based on their health goals. For approximately 6 to 8 million adults in the United States those food choices include no meat, fish, or poultry.

So why are so many people choosing a vegetarian diet? What are the health benefits? If they don't eat meat, where do they get their protein?

If you have questions like the ones above, make sure to come to the Vegetarian 101 program hosted by the Estill County Extension Office. The program will be held on Monday, November 13, 2017 at 12 noon.

Participants will learn about terms, concepts, health benefits and challenges associated with vegetarianism. They will also get the chance to sample an easy and quick vegetarian recipe.

For more information, contact Thays Flores, Estill County Family & Consumer Sciences Agent, at 606-723-4557.

Monday, November 13, 2017 @ 5:30pm

Cooking Around the World

If you love to try new foods and learn about different countries, the Estill County Extension Office has a program for you! Cooking Around the World is a hands on program where we get to cook and taste different dishes from around the world and also learn about that country and their culture. You will learn how to prepare easy and delicious recipes that represents each country. Each month there will be a different country, so you don't want to miss it. The first program will highlight the foods and culture of Panama and will be on Monday, November 13, 2017 at 5:30 p.m. at the Estill County Extension Office. If you would like to sign up for this program please call your Family and Consumer Sciences Agent, Thays Flores at 606-723-4557.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

Tuesday, November 14th @ 11:30am

Sylvania UAW Retirees Lunch

Winchester Sylvania/GTE/Osram/UAW retirees will gather for lunch Tuesday, November 14, 11:30 a.m., at the Winchester Country Club, 410

Boone Avenue in Winchester. All Winchester Sylvania retirees and former employees are welcome to join us for lunch.

Tuesday, November 14th @ 7pm

Estill County Community Chorus

The Estill County Community Chorus will be rehearsing next Tuesday night, November 14th, 2017 and each Tuesday night at 7:00 p.m. at Irvine United Methodist Church, 243 Main Street. Rose D. Daniels is chorus director.

All former members are invited to attend and new voices are welcome.

The Chorus will be performing its annual Christmas Concert on Sunday, December 3, 2017, at 3:00 p.m. at the Irvine United Methodist Church.

Thursday & Friday, November 16 & 17

Center Volunteer Orientation

Estill County Center for Pregnancy & Parenting will offer two "Volunteer Orientation" sessions, on Thursday, November 16th at 6:30 in the evening, & Friday, November 17th at 2:00 in the afternoon.

Part of the ministry vision for 2018 is to make some evening hours available in order

to better serve clients.

This will allow those who desire to volunteer during evening hours to be able to do that as well.

The Center is located at 126 Kentucky Avenue in Irvine. For more information, to register or make an appointment for services, call 606-723-0184.

Friday, November 17th @ 6:30pm

Madison County CW Roundtable

The next bi-monthly meeting of the Madison County Civil War Roundtable will be on Friday, November 17, 2017, at 6:30 p.m. at Smokehouse Grill & Buffet, Old Peggy Flat Road, I-75 Exit 77 in Berea.

Well known Battle of Perryville personality Chuck Lott will give a presentation entitled "Federal Major General Don Carols Buell."

Contact Phillip Seyfrit at 859-623-8979 with questions.

Saturday, November 18th, 9-5

2017 Light Up Rivertown

The 2017 Light Up Rivertown will be held on Saturday, November 18th, 2017 at the Estill County Courthouse.

Set up will begin at 8 a.m. with shopping hours from 9 a.m. - 5 p.m.

Come join us at Light Up Rivertown in the Estill County

Courthouse for crafts, food and more!

If you or someone you know would be interested in setting up a booth, please contact Paula Short at paula.short@estill.kyschools.us or call (606) 723-3537 and ask for Paula Short.

Tuesday, November 20th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, November 20th and on the first and third Tuesday of every month at Rader's River Restaurant. The meal is at 6:30 p.m. and business meeting begins at 7 p.m. Estill County Lions Club is part of Lions Club International,

with 1.35 million members in 205 countries around the world.

We invite those who feel a call to make our community a better place through service to attend and learn about how Lions around the world earn our motto, "We Serve..."

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Saturday, December 2nd, 10am-4pm

Christmas Arts & Crafts Show

The 14th annual "Christmas Arts & Crafts Show" will be Sat., Dec. 2, 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, Christmas music, a silent auction of arts and crafts items, concessions, and 50/50 pot.

Only original artwork, handmade crafts, and baked goods (individually wrapped) are eligible for entry. No canned goods can be sold unless home based processing approved. Demonstrations are encour-

aged.

Application forms are available from the Estill County Public Library, Ravenna Greenhouse 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. 3 will be an additional \$10. 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.

Saturday, December 2nd, 10am

37th Elizabeth Witt Christmas Party

The tradition will continue again this year for the 37th annual Elizabeth Witt Christmas Party. It will be held as usual on the first Saturday of December which is December 2 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. 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 the last 27 years.

Festive activities outside will include the Hillbilly Flyers 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.

Visit Our Website At
<EstillTribune.Com>