

# 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>

## Daytime

### Al-Anon Daytime Meetings

Al-Anon is a fellowship of families and friends of alcoholics who believe their lives have been affected by someone's drinking. Its single purpose is to help relatives and friend of alcoholics. If you would be interested in a daytime meeting, please contact Amanda Webb/West Care at 726-0385.

## Available Now

### Flu Shots Are Now Available

Flu shots are now available at the Estill County Health Department. Insurances accepted include Medicaid, Medicare and Humana (state employees). Cost for self-pay is \$25.00. Call 606-723-5181 for more information.

## Available Now

### FREE Tdap Vaccines At HD

The Estill County Health Department has FREE Tdap vaccines available for anyone 10 years and older. Tdap vaccinates against Tetanus, Diphtheria and Pertussis (Whooping Cough). Call or walk in any week-day morning for your FREE vaccine! 723-5181

## Fridays, 6:00 to 8:00pm

### Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine. Anyone who plays an Appalachian Dulcimer or anyone who is interested in playing one is welcome to attend.

## Tuesday, December 3rd @ 6pm

### Historical & Genealogical Society

The Estill County Historical and Genealogical Society will meet at 6 p.m. on Tuesday, December 3, 2013, at the Museum on Broadway for the Christmas Potluck. The 2014 calendar will be available soon. The Estill County Pictorial History, WWII Book, the School Book, and the two volumes of the Cemetery Books are still available at the Museum on Saturdays.

## Wednesday, December 4th, 7:30a-3:00p

### St. Elizabeth Basement Sale

St. Elizabeth Church on 5th Street in Ravenna, will have a Basement Sale on Wednesday, December 4th, from 7:30 a.m. until 3 p.m. Nice winter clothing for all the family, as well as household and misc. items. In addition to the Basement Sale there will be a Clearance Sale in the church hall, of all the Christmas Bazaar items. Many bargains!!!

## Thank You

The family of Jerry Brandenburg would like to thank everyone who offered prayer support with condolences during this time of difficult loss.

Words could never express the appreciation of comforting words, cards, gifts, flowers and food. Your outpouring of love will always be cherished.

Philippians 1:2-4

*Jimmie L. Johnson, DMD, PSC*

## Family Dentistry

87 Wildwood Place (off Court St.)  
Irvine, Kentucky  
(606) 723-3213



**IRVINE 606-726-9512**

## Flea Market

1197 Winchester Road Irvine, Kentucky  
Several Booths to Choose From  
**Primitives And Much More!**  
**Stop by and look around!**  
Antiques, Glassware & Much More  
**We • Buy • Sell • Trade**  
Always Looking for Good Furniture  
**Irvine Flea Market**  
1197 Winchester Road Irvine, KY  
Call 726-9512 Ask for Tammy

## Friday, Dec. 6th & Sunday, Dec. 8th

### An Estill Hometown Christmas

We invite you to join us as the Estill Chorus presents its annual musical concert to kick off the holiday season!

Featured on the program once again will be the lively offerings of the Estill High School Jazz Band as well as Estill County's own gifted pianist, Jeremie Michael.

Save the date! Friday, December 6 at 7:00 p.m. and Sunday, December 8 at 3:00 p.m. at Calvary Baptist Church.

## Saturday, December 7th, 10am-4pm

### Estill Arts Council's Annual Christmas Arts & Crafts Show

The 10th annual "Christmas Arts & Crafts Show" will be Saturday, December 7, 10 a.m. - 4 p.m. at the Central Office Gymnasium, 253 Main Street in Irvine.

The Estill Arts Council will offer unique gifts for sale from local artists and craftsmen, live entertainment, free children arts activities, visit from Santa, a silent auction of arts and crafts items, concession stand with chili and hot dogs, and 50/50 pot.

## Saturday, December 7th @ 10am

### Kiwanis Christmas Parade and Elizabeth Witt Christmas Party

The tradition continues! Elizabeth Witt started the Christmas Party for the children of Estill County 33 years ago and wanted every gift to be wrapped.

The tradition will continue with the Irvine-Ravenna Kiwanis Parade and the annual Elizabeth Witt Christmas Party on Saturday, December 7.

The parade will begin in Ravenna at 10:00 a.m. and proceed on Broadway to the Irvine First Christian Church on Main Street where the Elizabeth Witt Christmas Party will be held in the basement.

Upon the arrival of Santa Claus and Mrs. Claus gifts will be given. Gifts will be given until 1:00 p.m. The Kiwanis Club and Mrs. Witt's party committee hope to make this a special day for the children of Estill County.

Churches, schools, fire departments, businesses, and organizations can participate by entering a float, band, marching group, antique car, or other Christmas related parade unit. Prizes will be awarded for the parade in the amount of \$100, \$50, and \$25 for 1st, 2nd, and 3rd place respectively for the most attractive float. The float with the best children's theme will receive \$50.

Contact Kiwanis Club member, Richard Snowden, 723-2135, or Tom Bonny, 723-5694, about entering a unit in the parade. There is no entry fee to participate in the parade. Line-up for the parade will be in Ravenna on 5th St. at 9:15 a.m.

## Tuesday, December 10th @ 10:30am

### GTE/Sylvania Employees Meeting

Winchester GTE/Sylvania/Osram/UAW retirees will be meeting at 10:30 a.m., Tuesday, December 10, 2013 at the Union Hall on Bloomfield Road in Winchester.

After a short meeting, the group will travel to Mount Sterling for lunch at the Cattleman's. All Sylvania retirees and former Sylvania employees are welcome to join us for lunch!

View Recent Deaths At  
<EstillTribune.Com>

## Homemakers Events

### Friday, December 13th @ 10:00am

### Holiday Centerpiece Workshop

The Estill County Extension Service and the Estill County Extension Homemakers are sponsoring a Holiday Centerpiece Workshop on Friday, December 13th, 10:00 a.m. to Noon at the Extension Office. Anyone attending will need to bring their own standard size dinner plate. Mike Reed, Powell County Agriculture and Natural Resources Extension Agent, will show everyone how to take a dinner plate and make a centerpiece from natural materials found in the backyard. Cost of the class is \$10.00. You will need to pre-register and pre-pay by Wednesday, December 11th.

*Educational programs of the Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.*

**Rader's** 5 S. Irvine Road  
Irvine, Kentucky

**River Grill**  
Chris Rader, Owner  
Under the Irvine Bridge



"The Only Floating Restaurant in Ky."  
Now Open 6am For Breakfast!  
**(606) 723-6439**  
Try Our Sunday Buffet!

## Kitchen Diva New Ideas for Leftover Turkey

by **ANGELA SHELF MEDEARIS**

Some folks think that the leftovers are one of the best parts of the Thanksgiving holiday. With a little imagination and safe food handling, you can create a new twist on leftover turkey and side dishes.

When you reheat the turkey, stuffing or gravy, make sure it reaches a temperature of at least 165 F. Here are a few creative ideas for using your leftover turkey, dressing and vegetables that are sure to become new holiday traditions!



### 3-BEAN TURKEY CHILI

Adding the crushed tortilla chips helps to thicken the chili and adds a delicious corn flavor to the dish. It's a great way to use up those broken chips in the bottom of the bag!

- 2 teaspoons cooking oil
- 1 medium onion, chopped
- 1 cup chopped celery
- 3 cloves garlic, chopped
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 can (28-ounces) diced tomatoes, undrained
- 1 jar (16-ounces) hot or mild chunky salsa
- 1/2 to 1 cup turkey gravy (optional)
- 2 cups cubed cooked turkey
- 1 (15-ounce) can white beans, drained and rinsed
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can pinto beans, drained and rinsed
- 1/2 cup finely crushed tortilla chips

1. Heat the oil in a heavy saucepan over medium heat. Add onions, celery, garlic, chili powder, cumin, salt and pepper. Cook until onions are clear. Add the remaining ingredients and stir until well-combined.\*

2. Bring to a boil, cover and reduce heat to a simmer for 30 to 45 minutes, stirring occasionally. Serve with shredded Cheddar cheese, sour cream, chopped onions and/or jalapenos or the toppings of your choice. Serves 6.

\*Slow-Cooker Option: You can place all of the ingredients into a slower cooker at this point and cook it on low for 4 to 5 hours, if desired.

### TURKEY AMERICANA SALAD

Use your leftover turkey, vegetables (left-over Brussels sprouts, roasted vegetables, broccoli, cauliflower or asparagus also work well) and cranberry sauce in this salad, which is a tribute to traditional Thanksgiving flavors.

- 2 cups shredded leftover turkey meat
- 2 stalks celery, sliced
- 1/2 cup celery leaves, coarsely chopped, plus more whole leaves for garnish
- 1 crisp apple, such as Gala or Macintosh, cored and chopped
- 1/2 cup cooked whole kernel corn
- 1/2 cup cooked green beans
- 1/2 cup pecans, toasted, and coarsely chopped
- 1/2 cup cranberry sauce
- 1/2 cup non-fat yogurt
- 2 tablespoons mayonnaise
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 4 cups baby spinach

1. In a large bowl, gently toss the turkey, celery, celery leaves, apple, corn, green beans and pecans until combined. In a small bowl, whisk together the cranberry sauce, yogurt, mayonnaise, and salt and pepper until well-combined. Add the dressing to the turkey mixture and toss gently to evenly dress the ingredients.

2. To serve, spread the baby spinach evenly onto a serving platter, top with the dressed salad, garnish with celery leaves and serve immediately. Serves 4.

### TURKEY DAY WRAP

- 4 (10-inch) flour tortillas
- 2 tablespoons mayonnaise
- 4 large slices cooked turkey
- 1 cup leftover dressing, warmed (optional)
- 4 slices cooked bacon
- 4 slices of tomato
- 1 cups shredded coleslaw or lettuce
- 1/2 cup chopped purple onion
- 1/2 cup shredded Cheddar cheese

Wrap the tortillas in a paper towel. Sprinkle with water on both sides. Warm in microwave for 10 to 15 seconds. Spread each tortilla lightly with mayo. Divide the turkey and dressing, if desired, and put an equal amount on each tortilla. Add a slice of the bacon and tomato, and an equal amount of the coleslaw or lettuce, onions and shredded cheese to each tortilla. Wrap tightly and serve. Serves 4.

(Additional information provided by Jessica Kovarik, RD, LD, former Extension Associate, University of Missouri Extension.)

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Angela Shelf Medearis is an award-winning children's author, culinary historian and 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 and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.