

# 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 relatives and friend of alcoholics who believe their lives have been affected by someone's drinking. Its single purpose is to help families and friends 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.

## 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!!!

## 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 @ 5:00pm

### AL 40&8 Steak Dinner & Dance

American Legion Post #79 40&8 will be having a steak dinner and dance on Saturday, December 7, 2013, starting at 5:00 p.m. at the Legion Hall. Entertainment will be by Wes Thomas and Boot Scootin' Entertainment. Members and their guests are welcome.

## Monday, December 9th @ Noon

### Retired Teachers Christmas Potluck

Estill County Retired Teachers will meet at the home of Steve and Pat Garrett (135 Geneva Ave.) for their Christmas Pot-Luck. The meeting will be Monday, December 9 around noon. Besides bringing a dish, please bring \$5.00 for a charity. Spouses and or Friends are invited.

*Jimmie L. Johnson, DMD, PSC*  
**Family Dentistry**  
87 Wildwood Place (off Court St.)  
Irvine, Kentucky  
**(606) 723-3213**

5 S. Irvine Road  
Irvine, Kentucky  
**Rader's River Grill**  
Under the Irvine Bridge Chris Rader, Owner  
"The Only Floating Restaurant in Ky."  
**Now Open 6am For Breakfast!**  
**(606) 723-6439**  
**Try Our Sunday Buffet!**

## 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 Cattlemen's. All Sylvania retirees and former Sylvania employees are welcome to join us for lunch!

## Tuesday, December 10th @ 6:00pm

### DAV Chapter #94 Potluck Dinner

The Disabled American Veterans (DAV) Chapter #94 will be having a potluck dinner on Tuesday, December 10, 2013 at 6:00 p.m. at the Estill County Senior Citizens Center, 100 Golden Veterans (DAV) Chapter #94 will be having a potluck dinner on Tuesday, December 10, 2013 at 6:00 p.m. at the Estill County Senior Citizens Center, 100 Golden Veterans Court (off Stacy Lane Road) in Irvine. All members are welcome. Meat will be furnished by the chapter.

## Tuesday, December 10th @ 6:30pm

### Estill Relay For Life Meeting

The Relay For Life of Estill County will hold their next meeting on Tuesday, December 10, 2013 at 6:30 p.m. in the Fellowship Hall of South Irvine Baptist Church. If you are interested in forming a team or participating in Relay, please attend.

# Homemakers Events

## Monday, December 9th @ 6:00pm

### Old Fashioned Candy Workshop

Estill County Extension Homemakers and the Estill County Extension Office will be hosting an Old Fashioned Candy Workshop on Monday, December 9th at 6:00 p.m. at the Extension Office. Cost: \$3.00. Please call to register, 723-4557.

## 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.*

## Saturday & Sunday, Dec. 14th & 15th

### River City Players To Present Program, "A Tuna Christmas"

The River City Players and Sunday, December 15th will be presenting, "A Tuna Christmas," Saturday, December 14, 2013 at 7:00 p.m. and Sunday, December 15th at 2:00 p.m. at the ECHS auditorium. Admission \$7.00, tickets available at the door.

*Estill Chorus*  
Presents  
**Hometown Christmas**  
*A Musical Concert of the Season*  
~  
with Special Guests,  
*Estill County High School Jazz Band*  
&  
*Jeremie Michael, pianist*

Friday, December 6  
7:00 pm  
Sunday, December 8  
3:00pm  
Calvary Baptist Church  
Irvine, KY

*Estill Chorus*  
Lynne Thomas Parks, Director  
Jeremie Michael, pianist



## Kitchen Diva

# The Kitchen Diva's Gift Guide

by ANGELA SHELF MEDEARIS

I love testing new food products and kitchen appliances. I've selected two of my favorites from a new line of Crock-Pot appliances for this gift-giving guide.

The Crock-Pot revolution started in August 1970 with a simple bean-cooker: a glazed brown crock liner, white steel housing and aluminum lid. By associating the crockery liner with its pot-like shape, out came the name Crock-Pot. This slow cooker introduced a new category of appliances and revolutionized the way Americans cooked for their families. Crock-Pot products are time-savers, energy-savers, space-savers and are reasonably priced. They're the perfect gift and come in a variety of sizes and colors.



Photo provided by Crock-Pot

I was amused to find that a recent holiday meal-preparation survey listed the inability to serve all of the food at the same temperature at the same time as the No. 1 fear of home cooks! I've often struggled to get a huge family holiday meal on the table. This year, my worries are over, thanks to The Crock-Pot Hook Up Connectable Entertaining System (MSRP: \$39.99-\$49.99), which completely replaces the old chafing dishes, sterno cans, tea-lights and buffet-table clutter!

The new system features individual slow-cooker units that connect by plugging into each other to create an impressive entertaining spread that can be customized to suit groups of any size. Up to six units can hook up using a single outlet, and all may be used together or apart.

Connectable units are sold individually or as a kit, so you can mix and match units to create your own system. They include a round 2-quart cooker, an oval 3.5-quart cooker and an oval 2-by-1-quart double cooker. Each unit has individual low, high and warm manual settings, and all removable stoneware and lids are dishwasher safe. They also are stackable for easy storage.

My second gift choice from Crock-Pot is the new LunchCrock Food Warmer (MSRP: \$24.99). It holds up to 20 ounces of food and warms while you work for delicious on-the-go meals that are ready when you are. Convenience food now can be as warm, comforting and flavorful as home cooking. This handy gadget heats low and slow to transform leftovers, soups, oatmeal and any number of favorites into meals away from home. My husband takes his lunch to work with him and often eats in the car while running errands. We were limited to what we could pack in his lunch bag until I discovered the LunchCrock. There's a plug adapter in our car, so my husband can have a hot lunch whether he's in the car or at his desk. Handling is easy thanks to a spill-proof lid, cool-touch exterior and cord storage. The removable food-storage container and lid are dishwasher safe.

Another Crock-Pot innovation is the Versaware line of slow cookers that allow you to saute, cook, serve, store and reheat all in one pot.

If you're fortunate enough to receive a new Crock-Pot as a gift, try this wonderful recipe for Sweet and Sour Chicken. Happy holidays!

### SWEET AND SOUR CHICKEN

You can place the marinade and the chicken in a sealed bag, refrigerate it overnight, and then place all of the ingredients in the Crock-Pot the next day, if desired.

1 whole chicken (cut into 8 pieces; breast split), or if preferred, 8 chicken breasts or 8 chicken thighs or any combination of 8 pieces

- 1 teaspoon salt
- 1 teaspoon freshly cracked black pepper
- 1/4 cup vegetable oil
- 1 (13-ounce) jar orange marmalade
- 1 (20-ounce) can pineapple chunks and juice
- 3 tablespoons soy sauce
- 3 tablespoons BBQ sauce
- 3 tablespoons rice vinegar
- 1/2 cup water
- 2 teaspoons red chile flakes
- 2 cloves garlic, chopped
- 1 inch fresh ginger (peeled and sliced into coins)
- 1 bunch green onions, green and white parts -- white parts roughly chopped; green parts sliced on bias

Combine salt, pepper, oil, marmalade, pineapple chunks and juice, soy sauce, BBQ sauce, vinegar, water, chile flakes and ginger together in a bowl, and whisk to combine. Pour the sauce over the chicken. Cook for 2-3 hours on high or 5-6 hours on low. Serve chicken with sauce over rice. Garnish with the sliced green onions.

You also can make any leftovers into a delicious chicken taco by shredding the chicken meat, folding it into warm tortillas, and topping with lettuce, avocado and a drizzle of the remaining sauce.

For more information about Crock-Pot products or to find great recipes go to [www.crock-pot.com](http://www.crock-pot.com).

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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](http://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.*