

Susan L. Starling Receives AHA's Shirley Ann Munroe Leadership Award

Susan L. Starling, president and CEO of Marcum & Wallace Memorial Hospital (MWMH) in Irvine, Ky. and a member of Catholic Health Partners, is the 2013 winner of the American Hospital Association's (AHA) Shirley Ann Munroe Leadership Award. The award recognizes the accomplishments of small or rural hospital leaders who have improved health care delivery in their communities through innovative and progressive efforts.

Starling is respected by the staff, the board of directors, the community and public officials as a leader who fosters strong collaborative relationship that improve the health care of the rural community. Her coalition-building acumen results in continuous success for the facility, as well as statewide partnerships that have improved the quality of and access to health care in rural Kentucky.

MWMH serves a community of approximately 15,000, covering several counties that experience health care challenges related to issues such as access to care. Many of the patients they serve do not have a hospital in their county and travel more than 30 miles—MWMH is truly critical to the community. In 2010, under Starling's groundbreaking direc-

tion, MWMH received state certification as the first Level IV Trauma Center in Kentucky.

Starling has dedicated 30 years of service at MWMH. From 1991 to 2001, she filled the role of chief operating officer and was selected as president and CEO in 2001. In 2012 she received the Kentucky Rural Health Association's Dan Martin Award for her dedication to rural health care in Kentucky. The AHAPAC recognized her as a "Most Valuable Player" for her significant outreach and advocacy efforts.

"The accomplishments that are recognized by this award would not have been possible without the talented team at MWMH. Everyone at MWMH is committed to the community and those we serve," said Starling. "I am humbled and grateful."

Shirley Ann Munroe was an advocate for small and rural hospitals and was instrumental in the creation of the AHA's Section for Small or Rural Hospitals, a forum working to support small and rural hospitals as they improve their community's health.

The award is sponsored by the AHA's Section for Small or Rural Hospitals. It is presented annually to a hospital ad-



Susan L. Starling

ministrators and chief executive officer who has displayed outstanding leadership in meeting the ongoing challenge of small or rural hospital management. The American Hospital Association (AHA) is a not-for-profit association of health care provider organizations and individuals that are committed to the health improvement of their communities.

Kitchen Diva

Faith, Family and Food!

by ANGELA SHELF MEDEARIS

My father, Howard, was in the Air Force, and my mother, Angeline, was a homemaker. They didn't have a lot of money to buy Christmas presents for my three siblings and me. One thing they did give us was lots of love, great food and faith in God and in the future, no matter how bleak things might look in the present. The beauty of my childhood is that I never knew that we didn't have much money.

When I became an adult, I made a personal decision to accept Jesus Christ and become a Christian. My decision has beautifully and wonderfully shaped my life and my faith. It takes a great faith to carry on in the midst of the challenges that we all face day in and day out. Unlike earthly things, which become worn and depleted when used time after time, faith becomes even stronger and more abundant the more it's used.

I often hear about people "losing faith." If you feel like that, all I can say is that lost things are often found in the most unexpected places and at the most unexpected times. I've misplaced things, thinking that they were lost, only to find them when I was looking for something else. The thing I'd thought I'd lost was there all the time, waiting for me to discover it again. Faith is like that. Sometimes when you think you've reached the end of your ability to believe, something or someone comes along to shore you up so that you can go on.

I have great faith in the future and in the ability of the American people to persevere in these difficult times. We must love our country and hold fast to the faith and the moral principles America was founded upon. No matter what your circumstances might be, hold on to hope, preserve and cherish your family's heritage and memories, and most importantly in these difficult times, keep the faith.

While the holidays pose their own special set of personal and financial challenges, it's also a time to appreciate and treasure the priceless things in our lives -- love, faith and family. While I live my life in a way that celebrates Christ everyday, Christmas is a special time and one of my favorite holidays.

Some of my best Christmas memories are linked to the dishes my mother made during the holidays. This recipe for my Mom's Butter Cookies is a simple dessert from my childhood. Making and sharing these delicious cookies is almost as fun as eating them!

Merry Christmas, keep the faith, and have a blessed holiday season!



MOM'S BUTTER COOKIES

- 1 cup butter
- 1 cup sugar
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour, sifted or stirred before measuring
- 1/8 teaspoon salt
- 1 teaspoon baking powder
- Walnut, pecan or almond halves, toasted (optional)

1. Preheat oven to 300 F. Using a food processor or mixer, cream butter and sugar until light and fluffy. Add vanilla. Sift together flour, salt and baking powder. Stir dry ingredients into butter mixture; mixing until well-blended.

2. Shape dough into small balls. Place on ungreased cookie sheets; press a nut half into the top of each ball, if desired. Bake butter cookies for 20 minutes, or until just lightly browned. Place on a rack to cool. Store in an airtight container. Makes 5 to 6 dozen butter cookies

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.

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Christmas Tree Safety Tips

Melissa A. Jessie PIO
Estill County EMA/CSEPP

The Estill County EMA/CSEPP office wishes everyone safe and happy holidays with these safety tips. Many of you have already put your tree up and many are getting ready. Please take a moment and read the following safety tips to ensure that you and your family are safe this holiday season.

A fire on any day seems bad, but a fire on Christmas seems to be the worst. Some 300 Christmas trees caught fire in one recent year, with electrical problems the most common culprit. Here's how to keep your tree green and

your presents safe.

When you buy your tree, have the vendor make a fresh cut an inch from the bottom; this will help the tree drink.

If you buy your tree early and keep it outside, store it away from wind and sun, and keep the bottom in a bucket of water.

Make sure your lights are safe. If you need outdoor lights, make sure the ones you buy are meant for outdoor use. Make sure your lights carry certification from a testing laboratory.

Don't use electric lights on a metal tree.

Discard any strings of lights that are frayed or broken.

Unplug your Christmas tree before you leave or go to bed.

Don't buy a tree that is dry and dropping needles. To check for freshness, loosely grip the end of a branch and pull your hand over it. Only a few needles should fall off.

Make sure your tree stand holds plenty of water, and don't let it run out.

If your tree seems wobbly, center it in the stand more securely and redo the bolts or screws.

If you buy an artificial tree, make sure it is fire-retardant.

Keep your tree at least three feet from furnaces, ra-

diators and fireplaces.

Try to position it near an outlet so that cords are not running long distances. Do not place the tree where it may block exits.

When Christmas is over or when the tree starts to drop needles, dispose of it. Don't leave it in your house or put it in your garage.

Keep a close eye on small children when they are around the tree; many small decorations and ornaments are sharp, breakable and can be swallowed

For more information contact the Estill County EMA/CSEPP office at 723-6533.

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>

First Monday of the Month

Twin City Kruzerz Car Club

Twin City Kruzerz Car Club will be holding their monthly meeting on the first Monday of each month at Irvine City Hall at 7:00 p.m. If the meeting falls on a holiday it will be held the following

day (Tuesday).

All members and anyone wishing to join the club are welcome. If you have any questions please call Loyd Flynn at 723-6776, or Kenneth Tipton at 723-7554.

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.

Saturday, December 14th @12:00 Noon

Post #79 Christmas Party

The 40/8th will be having their Christmas party with Santa for 40/8th members, American Legion families

and all veterans' children on Saturday, December 14 at 12 noon at the American Legion hall.

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.

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. tickets available at the door.

Monday, December 16th @12:00 Noon

Extension District Board & Co. Ext. Council Meetings

There will be a District Board meeting Monday, December 16th, noon, at the Estill County Extension Office.

The County Extension Council will meet afterwards around 1:00 p.m.

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Irvine, Kentucky

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