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Leftover Turkey Talk

The holidays are finally here, and with them, the season of great eating! Every year I look forward to eating a big Thanksgiving dinner at both my Grandma and Grandpa's and at my Granny Grethel and Papaw Venice's. I feel very fortunate to still have both of my grandmothers around to fix a home-cooked Thanksgiving meal. It seems to be coming more and more of a tradition for families to go out to eat at a restaurant somewhere on Thanksgiving, which is good too I'm sure; but nothing beats my Grandma's and Granny Grethel's home-cooking. I'm getting hungry just thinking about it!

But along with eating a big meal at home come the leftovers! Soon, many of y'all will have more turkey and dressing than you'll know what to do with.

It's a great idea to save your Thanksgiving leftovers. When I was growing up it seemed that my family would be eating Thanksgiving leftovers every day for at least a week afterwards, so much so that I was usually pretty happy when they were finally all gone. But by doing this, it stretched our holiday food dollars and provided quick meals for my family. Just remember, though, if you save the leftovers; then, they must be stored and reheated safely to prevent food borne illnesses. Follow these tips to make sure your leftovers are safe to eat:

- Refrigerate leftovers within two hours of the food sitting at room temperature. Bacteria grow best at temperatures between 40 and 140 degrees F. Use an appliance thermometer to make sure your refrigerator is set below 40 degrees.

- For quicker cooling, divide leftovers into smaller portions in shallow containers. Place the hot food directly into the refrigerator.

- Once you are ready to eat your leftovers, reheat them so the internal temperature of the food reaches 165 degrees F. Check the temperature with a food thermometer. Safely reheat soups, sauces and gravies by bringing them to a boil.

- When reheating in a microwave, make sure there are no cold spots in the food where bacteria could survive. Stir and rotate food for even heating.

- Eat or freeze any remaining leftovers within three to four days. Consume or freeze gravy within two days.

As previously mentioned, you can prepare many leftovers from your Thanksgiving meal as well. Here's a recipe suggestion from the University of Kentucky Cooperative Extension Service to put some of those leftovers to use in a different way:

Leftover Thanksgiving Casserole

Servings: 6

Ingredients

- 1 package of stuffing mix (6 ounces)
- 2 ½ cups cubed, cooked turkey or chicken
- 2 cups frozen cut green beans, thawed or 1 can (14.5 ounces) vegetables of your choice
- 1 jar (12 ounces) turkey gravy or 1 can cream of chicken soup.

Directions

Preheat oven to 350 F
Prepare stuffing mix according to package directions. Transfer to a greased 2-quart casserole dish.
Top with turkey, green beans and gravy.
Cover and bake for 30-35 minutes or until heated through, or microwave 10-12 minutes on high.

Nutrition information per serving: 260 calories; 21g protein; 20g carbohydrates; 10g total fat; 45mg cholesterol; 730mg sodium.

For more information on holiday ideas, food and nutrition, contact the Estill County Cooperative Extension Service by calling 723-4557 or stop by our office. I wish you all the happiest of Thanksgivings!

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

Our Conscience?

by **BOB CASEY, Preacher**
Church of Christ, 262 Broadway, Irvine, KY

In **Proverbs 18:24**, it says, "A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother."

One of the greatest traits that one can possess is the ability to meet and make new friends. This is probably the most important attribute of anyone; especially concerning a gospel preacher.

I have always been interested in people; nothing upon this planet is more important. I have been fortunate while living and working here and elsewhere, nearby, in meeting and attempting to show an interest in their well-being. Especially, am I interested in their connections with religion. I have many friends whom I am highly fond of, whom do not accept with my beliefs on certain Bible passages, but when we meet and may or may not discuss the Bible, no attempt is made purposely to drive a wedge of resentment toward them. After all, our Lord lived and died that the whole world might be saved. (See John 3:16). So, the whole of mankind are equally important to God. But, strong bridges can only be built upon the truths taught in the Bible. In Hebrews 5:8-9, it is firmly established "that only Christ is the author of eternal salvation unto all them that obey him." So, there should be no doubt in the mind of anyone, if we go to Heaven, we must obey him. Our Lord says clearly in **Luke 6:46**, "And why call ye me, Lord, Lord, and do not the things which I say?" Sadly, many of my acquaintances can plainly read and understand Bible passages but will not obey or comply with them. I believe that, for the most part, religious upbringings have become so ingrained into them that they, for different reasons, will not accept all of the Lord's teachings. So, without going into great details, I will only mention our Lord's teachings related to conversion of one's soul. Our Lord plainly, clearly said to his hand-picked, trained apostles, Matthew 28:18-20, Mark 16:15-16, Acts 2:14-47), saying, "Go into all the world and preach the Gospel, to every creature, he that believeth and is baptized shall be saved, he that believeth not shall be damned." And the purpose of this baptism was for-onto the remission of sin. Then, in Romans 6:3-6, it plainly says that baptism is to reach the blood of Christ that he shed in his death. So, the point is very clear, if we want to be saved, we will obey our Lord's teachings, by being repentant in our hearts and being baptized for the putting away all our past sins. This equals salvation. So, I never desire to build a bridge of resentment but on of fellowship in our Lord's word. So, I am fully convinced that salvation is no wholly based upon emotional friendships but upon what the word plainly teaches. So, today, I ask, have you fully obeyed our Lord? No other way will get you to where Heaven awaits.

Call 1-859-369-4165, Sincerely, Bob Casey



Times Remembered
Betty A. Young
BYoung505@Windstream.Net

I am thankful for ...

our government- it means that we have freedom of speech

-The parking space at the end of Wal-Mart's parking lot-it means that I am able to walk and have transportation-

-The heat bill-it means that I am warm

-The lady behind me in church that sings off key-it means that I can hear

-The pile of laundry and ironing-it means that I Have clothes to wear

-Weariness and aching muscles - it means that I am able to work

-The alarm that goes off early in the morning-it means that I am alive and have another day to thank God for the many blessings he has given me!

Think about this---What if you received today only the things that you than ked God for yesterday.

-Author Unknown

UK COOPERATIVE EXTENSION SERVICE

University of Kentucky - College of Agriculture

EXTENSION NOTES

Family And Consumer Sciences

December 3rd-18th, 11am-1pm

Taking Ownership of Your Diabetes

Taking steps to improve the health of Estill Countians!

from **Chelsea K. Bicknell, Estill County Extension Agent for Family and Consumer Sciences**

Beginning Wednesday, December 3rd from 11:00 a.m.-1:00 p.m., the Estill County Cooperative Extension Service, in partnership with the Estill County Adult Learning Center, is offering a 3-week series of classes that will help individuals with type 2 diabetes and their families take the necessary steps to manage the disease. Topics to be covered include understanding your diabetes, managing your diabetes, physical activity, meal planning, and much more. Samples of recipes will be available at each class. Classes will be held December 3rd, 4th, 10th, 11th, 17th, and 18th from 11:00 a.m.-1:00 p.m., at the Mountain Crest Community Center. These sessions are free and open to the public. For more information, call 723-4557 or 723-7323. We hope to see you there!

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UK COOPERATIVE EXTENSION SERVICE

University of Kentucky - College of Agriculture

EXTENSION NOTES

Family And Consumer Sciences

Tuesday, December 9th @ 6pm

Pull Cream Candy Workshop

Estill County Family & Consumer Sciences and the Estill County Extension Homemakers will be hosting a Pull Cream Candy Workshop on Tuesday, December 9th at 6:00 p.m. Cost: \$5.00. Please call to register, 723-4557.

Friday, December 12th @ 10am

Holiday Centerpiece Workshop

Estill County Family & Consumer Sciences and the Estill County Extension Homemakers are sponsoring a Holiday Centerpiece Workshop on Friday, December 12th, 10:00 a.m. to noon at the Estill County Extension Office. 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. Anyone attending will need to bring their own standard size dinner plate. Cost of the class is \$10.00. Pre-paid registration for this workshop is required by Wednesday, December 10th.

Equal Opportunity Provider

Estill Arts Council presents

Christmas Arts & Crafts Show

Saturday, December 6, 2014
10 a.m. until 4 p.m.

ECBE Central Office gymnasium
253 Main Street, Irvine, KY

EVERYONE WELCOME!
Over 30 Craft Booths
Silent Auction Items
Children's Art Activities
50/50 Pot
Food Concessions
Live Performances

Donations at the door: \$1.00 or
1 can of food for the local food bank
Handicapped Accessible

For more information, call 723-5694 or 4678

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