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The holidays are a time to eat and eat and eat some more. With all of the good food and fellowship around, it is sometimes easy to get carried away at the dinner table. If you have diabetes, this can especially be a problem. A healthy diet is so important to controlling and lessening the effects of diabetes, but eating healthy

Managing Diabetes During The Holidays

can be a struggle and challenge for some people with diabetes, particularly those who have been recently diagnosed with the disease. And the upcoming holidays pose additional challenges and present more temptations.

If you have diabetes and you eat a moderate amount of foods that are high in nutrients and low in fat and calories, then eating during the holidays should be no different from the way you eat every day. If you do not eat this way, then try to create daily, healthy eating habits before the holidays begin. These habits should include consuming a well-balanced breakfast, fruits and vegetables in a variety of colors, whole grains and a variety of lean proteins in the appropriate portion size.

During the holidays, most people have the tendency to

go overboard with desserts, because they are at every function and these treats are available in large quantities. This year my weakness has been the pumpkin roll. I have eaten more of that this year than I have in any years past, but it's just been tasting so good! Unfortunately though, my pumpkin rolls, and desserts in general, often contain very few nutrients and are heavy in carbs and fat that can quickly raise your blood sugar levels. Healthier options include eating fruit for dessert, splitting a dessert with someone, removing high-fat whipped topping and frosting from desserts and eating fewer carbohydrates during the main course so you can have a small dessert.

You can reduce the amount of sugar in many holiday dishes by making healthy adjustments to your

recipes. Use vanilla or cinnamon as a sugar substitute in recipes. Unsweetened applesauce or sugar-free syrups can be used in place of regular syrup. You can also try using fresh fruit or fruits canned in their own juices rather than fruits canned in heavy syrup.

For more information about gaining control of your diabetes or extension program offerings for diabetics, contact the Estill County Extension office of the University of Kentucky Cooperative Extension Service.

I hope each and every one of you has a very Merry Christmas, and a Happy New Year! And remember; try not to go overboard on the foods! Happy Holidays!

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

Tuesday, January 6th @ 6pm

Estill Historical Society Meeting

The Estill County Historical and Genealogical Society will meet at 6 p.m. on Tuesday, January 6, 2015 at the meeting room of the Estill County Library for a business meeting. The 2015 Calendar is now available at the Museum on

Saturdays between 10 a.m. and 4 p.m. or see a member.

The Estill County Pictorial History, WW II Book, the School Book, and the two volumes of the Cemetery Books are still available.

First and Third Tuesdays at Raders'

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, January 6th and on the first and third Tuesday of every month at Raders' 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 Inter-

national, 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..."

2015 Mountain Mushroom Festival

Food Court Applications Are Now Available

Food Court applications for the 2015 Mountain Mushroom Festival are now available at Irvine City Hall located at 101 Chestnut Street.

Food vendors must carry a minimum \$500,000 commercial vendor liability insurance. Application, fees and proof of liability insurance must be submitted by deadline date of Friday, January 30, 2015 at 4:00 p.m. Mailed applications must be postmarked by the deadline date. No late entries will be accepted. The application

fee is \$150 per food booth space plus a \$75.00 Early Departure/Closing fee, if applicable. For more information, you may call Kim Williams at 723-4235.

The 2015 festival dates are Saturday, April 25th & Sunday, April 26th.

NEW FOR 2015 – We will accept one food vendor to set up at the car show on Saturday ONLY. The fee for the one day setup will be \$75. All rules/guidelines apply. If more than one application is received for that space, a drawing will be held.

This time of the year, I tend to think of the things I have to be thankful for. My family, my home, health, and most of all, our Saviour, who was born at the Holy time. Often we get sidetracked by things of this life and we forget our many blessings. On November 12, I lost half of my thumb and two fingers on my left hand. It was a very difficult time for me. I still can't use my hand very much, but God is good. He let me keep two fingers and half of my thumb, which in time I will be able to use. Shortly after my accident, I read about the woman who lost her arm in a car wreck. I know that I am truly blessed.

I often think of something I heard years ago: "I complained because I had no shoes; then, I saw a man who had no feet." No matter what our problems are, we can always see someone who is worse off than we are if we put ourselves out of the way and think of others.

You might have trials in this life, but if you live for God, He will never forsake you. He made us this promise and He keeps his promises.

I want to thank everyone who said a prayer for me. Thank you to the Special People who did, and still do things for me that I can't yet do for myself.

May God bless each of you.

I love you all,
Faye Bunch

Kitchen Diva Christmas Bread

by ANGELA SHELF MEDEARIS and GINA HARLOW

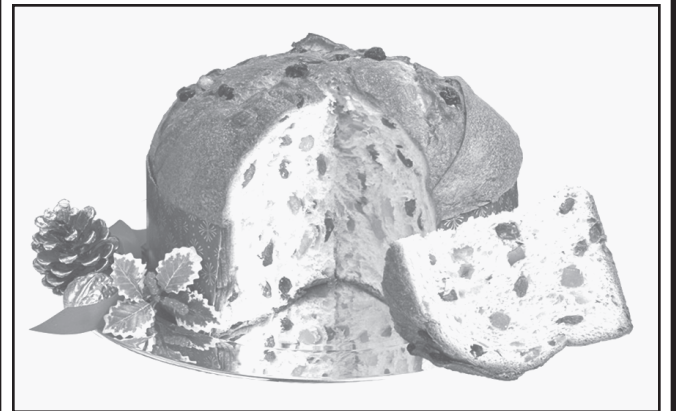
When we think of Christmas baking, we usually think of cookies and cakes, and even the tradition of homemade candies. But in Europe, and especially in Italy, sweet luscious breads -- doughs enriched with eggs and butter and loaded with dried fruits and cream -- have special prominence during the holidays.

While it's been a long-held custom the world over to mark Christmas with special food, in the 1300s and 1400s in Italy, Christmas treats were especially anticipated. At that time, wheat was a rare commodity, and during the rest of the year, bread was made with harder, poorer-quality grains. In Milan, controls were so strict that the bakers were not allowed to use wheat flour except on Christmas Eve. So it was an extraordinary event indeed when Christmas came and bakers were able to make tender loaves of simple bread from flour made from those soft kernels.

Later, a sweet, buttery, yeasted "cake" began to appear in the same city. Legend says that Panettone is named after a creative, quick-thinking kitchen attendant to the 13th-century Duke of Milan named Toni. He combined leavened dough with butter, sugar and raisins to replace a dessert that had burned. Pan del Toni, the unmistakable yeasty, fruit-studded, heaven-scented bread, has become the Panettone we relish today. During the holiday season, tender, moist loaves of Panettone are shipped to us from across the sea.

The traditional way of making of Panettone is a drawn-out affair and involves using a natural yeast and a two-day dough fermentation process. The extended fermentation gives the bread a long shelf life. This complex process is why preparing and eating Panettone is a seasonal event.

Our recipe for Cranberry Panettone Muffins reflects the unique flavors and opulent tastes of traditional Panettone, but it is more accessible to the home cook.



CRANBERRY PANETTONE MUFFINS

- 2 packages dry yeast (about 4 1/2 teaspoons)
- 1 1/4 cups warm water (100 F to 110 F)
- 5 3/4 cups all-purpose flour, divided
- 3/4 cup sugar
- 7 tablespoons butter
- 1 tablespoon finely chopped fresh orange rind
- 1/2 teaspoon salt
- 2 large eggs
- 2 1/2 cups sweetened dried cranberries
- 1/4 cup finely chopped crystallized ginger
- Cooking spray
- 2 tablespoons almonds, chopped finely

1. Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Lightly spoon 1 1/4 cups flour into a dry measuring cup; level with a knife. Add to yeast mixture, stirring with a whisk to combine. Cover; let rise in a warm place (85 F), free from drafts, for 1 hour.

2. Combine sugar, butter, rind and salt in a large bowl; beat with a heavy-duty stand mixer at medium speed until light and fluffy (about 3 minutes). Add eggs, beating until combined; beat in yeast mixture.

3. Lightly spoon remaining 4 cups flour into dry measuring cup; level with a knife. Add flour to egg mixture, beating at medium speed until smooth. Turn dough out onto a floured surface. Knead until smooth and elastic (about 3 minutes); add enough of remaining 1/2 cup flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky). Knead in cranberries and ginger until well incorporated.

4. Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85 F), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)

5. Coat 6 (1-cup) muffin cups with cooking spray. Cut 6 (5 by 12-inch) strips of parchment paper; place paper in muffin cups to extend 3 inches from the top of the cups. (Lining the muffin cups with strips of parchment makes it easy to remove the Panettones after baking.)

6. Divide dough evenly among muffin cups. Lightly spray each muffin with cooking spray; sprinkle evenly with nuts. Let rise in a warm place (85 F), free from drafts, 1 hour or until doubled in size. (You also can prepare this recipe in traditional muffin tins for a yield of 18; trim the parchment paper for the muffin cups to 2 1/2 x 6 inches, and shorten the baking time to 20 minutes.)

7. While muffins rise, preheat the oven to 375 F.

8. After muffins have doubled in size, bake at 375 F for 25 minutes or until muffins are lightly browned. Makes 24 (1/4 muffin) servings.

TIP: To store muffins, line bottom of an airtight container with paper towels, place muffins inside, add another layer of paper towels on top of muffins to absorb any moisture. Seal the lid. Muffins will keep up to four days. Reheat muffins in the microwave for 30 seconds before serving.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. Read Gina Harlow's blog about food, gardening and horses at www.peachesandprosciutto.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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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>

Now Available

"Save the Mack" T Shirts

"Save the Mack" T-shirts are now available.

Short Sleeve XL & smaller sizes: \$15. 2XL & larger sizes: \$20. Long Sleeve: \$20.

Visit our booth at the EAC Arts and Crafts show December 6th to buy a T-shirt, a RCP Refrigerator Magnet, or

a "share" on a set of Longaberger Santa Belly baskets.

Shirts will be sold at both RCP performances December 13th & December 14th.

Visit Citizen's Guaranty Bank if you would like to order T-shirts in sizes we do not have readily available.

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, for anyone who plays an Appalachian Dulcimer or anyone

who is interested in playing one is welcome to attend.

The Appalachian Dulcimer was designated as the official state instrument of Kentucky in 2001.

Monday, December 29th @ 7pm

Rock & Gem Club To Meet

There will be an organizational meeting of a local rock, gem and mineral club at 7:00 p.m. in the meeting room of the Estill County Public Library on Monday, December 29th.

anyone who has an interest in hunting or refining stones for jewelry, collections or sales. This includes items such as the Kentucky Agate or other similar local, naturally produced items.

The club will be formed for

Everyone is welcome.

Saturday, January 3rd @ 6pm

Masonic Lodge Annual Fish Supper

Irvine Masonic Lodge #137 F & AM will be having their annual fish supper on Saturday, January 3, 2015 at the Lodge building located at the corner of Lilly Avenue and Broadway in Irvine.

puppies, dessert and drinks will be served.

The public, all Masons, their families and friends are invited to attend.

The supper will be served at 6:00 p.m. Fried fish, shrimp, French fries, cole slaw, hush

The cost of the supper will be \$10 and includes all you want to eat. Children 12 and under eat for free.

Monday, January 5th @ 7pm

Twin City Kruzers next meeting

Twin City Kruzers would like to wish everyone a Merry Christmas and a Happy New Year!

7:00 p.m. at Irvine City Hall. All meetings are over around 8:00 p.m.

Twin City Kruzers would also like to Thank everyone that helped support us this past year. We are looking forward to the New Year.

Anyone interested in joining Twin City Kruzers needs to come to our meeting or call for more information.

Our first meeting for 2014 will be Monday, January 5 at

President Kenneth Tipton 723-7554

Vice President Darrell Hall 723-3612

**To Family, Friends & Patrons of
Johnetta's BERGMAN HOUSE
BED & BREAKFAST
Thanks . . . and have
a blessed Merry
Christmas . . . remember
"Jesus is the reason
for the Season"
Closed in January & February**

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