

Small steps lead to a healthier new year

**Estill County Extension Service
Family and Consumer Sciences**

Happy Holidays! Can you believe this year is almost over? I know that the holidays can be a stressful time and it's so easy for us to get out of our normal routine. Most of the time we wait until January to get back on track or decide we want to be healthier ("New Year, New Me" as we like to say). How about we switch it up in 2020 and start on the path to a healthier you before the new year starts?

One of the hardest things during the winter months is having the motivation to be physically active. It's cold, rainy, snowy, and muddy outside and the last thing we want to do is get out and be active. Well, here's some great news: You can be physically active without ever leaving your home!

Housework is a great way to be physically active in the home, and if you are anything like me, with a busy two year old at home and a sometimes messy husband, the housework never ends. Climbing stairs would also be a good alternative exercise to do in the home. There are thousands of free online workout programs available. You just have to take the time to search to find the one that fits you.

One of my favorite home physical activities is dancing. Crank up your favorite tune, or turn on some holiday music (in my house the song usually contains the word shark...) and get your groovy on. Make it fun so that the family will join in. There are just so many fun ways to incorporate physical activity into your daily life without even thinking about it. Even if you start out dancing to one song a day, that's a step in a healthier direction.

I hope everyone has a fun, safe, and active holiday season. If you would like more fun ideas for physical activities and great recipes, or a free 2021 Food and Nutrition calendar, feel free to contact me at the Estill County Extension Service at 606-723-4557. Don't forget to try Hearty Comfort Soup recipe, included.

Hearty Comfort Soup

Ingredients

- 1 pound ground pork
- 1 ½ tablespoons garlic powder
- 1 small onion, chopped
- 4 cups vegetable stock or broth
- 1 (15 ounce) can crushed tomatoes
- 2 tablespoons Italian seasoning
- 2 (15 ounce) cans cannellini beans, drained
- 1 (15 ounce) can carrots, drained
- 3 large handfuls kale, chopped
- ¼ teaspoon salt
- ¼ teaspoon black pepper

1. Sauté ground pork in a large stock pot over medium heat for 2-3 minutes, breaking pork into small crumbles. Add garlic powder and onions. Sauté for another 2-3 minutes, until pork has browned, stirring often.

2. Add vegetable stock, crushed tomatoes and Italian seasoning. Cover and let cook until boiling. Stir occasionally.

3. Add cannellini beans, carrots and kale. Cook just until kale has softened.

4. Season with salt and pepper.

Makes 10 servings. Serving size: 1 cup; Cost per recipe: \$10.19; Cost per serving: \$1.02

Nutrition facts per serving: 160 calories; 3.5g total fat; 1 g saturated fat; 0g trans fat; 35mg cholesterol; 500mg sodium; 16g carbohydrate; 4g fiber; 5g sugar; 0g added sugar; 18g protein; 0% daily value of vitamin D; 4% daily value of calcium; 10% daily value of iron; 10% daily value of potassium.

Source: Jean Najor, NEP Program Coordinator, University of Kentucky Cooperative Extension Service

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Church & Community

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>

Most children in decades

Witt Christmas Party A Success

Elizabeth Witt Christmas Party Drive Through gave gifts to 578 children on Saturday. That was the most that we have had in decades.

Through Friday, December 11th

Kiwanis Christmas Light Contest

The Irvine-Ravenna Kiwanis Club will be hosting a Christmas Light Contest in the cities of Irvine and Ravenna from now until Friday December 11th. This has been a difficult year for everyone and it is our hope that this contest will bring some Christmas cheer to our community. There will be no cost to enter this contest and no registration to bother with. All you have to do is get out the lights and decorations, decorate to the best of your ability and enjoy the beauty of the Christmas Season. The categories for awards are "Most Creative" "Overall Appearance" and "Best Use of Lights"

Judging will take place on December 11th and awards will be distributed on December 12th.

Tuesday, December 15th at 5:30pm

Estill Co. Board of Health to Meet

The Estill County Board of Health meeting will be held on Tuesday, December 15, 2020 at 5:30 p.m. at the Estill County Health Department. The public is welcome to attend.

Tuesday, December 15th at 6:30pm

Estill Arts Council Meeting

After the Board Members trying Zoom meetings for a couple of months, we are ready to invite our Estill Arts Council members to our monthly meeting.

We will be meeting on Tuesday, December 15th at 6:30 p.m. via Zoom.

Please email Michele Benton at webeben-ton@yahoo.com. She will send you the invitation code for the meeting.

You need to download the Zoom app to an electronic device that has a camera, if you can. Then, open the app a few minutes before the meeting to make sure that everything is working properly.

Michele will let everyone join the meeting around 6:30 p.m.

December 18-20 - 6-8:30pm

Outdoor Christmas Drama

Salem Baptist Church located at 4470 Spout Springs Road, Irvine invites everyone to an outdoor drama drive entitled "CHRISTmas: HIS Story". The event will be held December 18th, 19th, and 20th from 6pm-8:30pm around Salem's outdoor pavilion. Attendees can experience and learn about the true meaning of Christmas as they witness scenes depicting the Christmas message. Each vehicle will be provided with a safe method to hear the narration: either a non-returnable CD or thumb drive, or a downloadable file from Salem's website. All greeters will be taking necessary Covid-19 precautions. This event is free and open to the public. We encourage everyone to attend. In case of inclement weather, please watch for updates on Salem Baptist Facebook page and website: www.salembaptistchurch.co.

Tips for Remaining
PHYSICALLY ACTIVE
in Winter Months

IF THERE IS NO ICE AND YOU ARE STILL ABLE TO GO OUTSIDE, BE SURE TO DRESS FOR THE WEATHER

WEAR LAYERS AND DON'T FORGET GLOVES & HATS

IF YOU CANNOT GO OUTSIDE, TRY SOME OF THESE ACTIVITIES:



HOUSEWORK (VACUUMING, SWEEPING, ETC.)



A FREE ONLINE WORKOUT OR A WORKOUT DVD FROM YOUR LOCAL LIBRARY



STAIR CLIMBING



DANCING

University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service

USDA Supplemental Nutrition Assistance Program Helping Healthy Food Choices

SOURCE: HEALTHY CHOICES FOR HEALTHY FAMILIES NEWSLETTER VOLUME 13 ISSUE 2 DECEMBER 2016/JANUARY 2017 PREPARING FOR COLDER WEATHER / WWW.HEART.ORG



Sharon Niece loaded gifts into vehicles, according to the ages and number of children. The drivers had to open doors and trucks.



Magistrate Gerry Flannery and Roy Fowler, courthouse custodian, worked Wednesday on the lights on the large tree at the courthouse. Tradition has it to light up on the day of the Elizabeth Witt Christmas Party.

Tree Trimming

GET-R-DONE
Tree Trimming & Removal
Also, NEW! Pressure Washing!
Homes, Decks, Driveways, Sidewalks
Contact Anthony Conrad
FREE Estimates! 606-975-3799
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