

# 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>

**Wednesday, December 2nd @ 5:30pm**

## ECHS SMDM Council To Meet

The Estill County High School SMDM Council will meet Wednesday, December 2nd at 5:30 in the High School Library. The meeting will be to conduct Principal Selection Training.

**Friday, December 4th - 7:30am-2:30pm**

## St. Elizabeth Basement Sale

St. Elizabeth Church, 322 Fifth Street, Ravenna will have their basement sale on Friday, December 4th, 7:30 a.m. to 2:30 p.m. Something for everyone.

## Attention Veterans

A Veterans Benefits Field Representative will be at the National Guard Armory, 335 Cow Creek Road, Ravenna, on Thursday, December 3rd and normally the first Thursday of each month. The hours are 1:30 p.m. until 3:30 p.m. Veterans and their dependants will receive assistance filing for Federal and state veterans benefits. This service is provided free of charge by the Kentucky Department of Veterans Affairs. To apply, veterans need to furnish copies of pertinent documentation to verify eligibility. For further information, please call toll free within Kentucky, 1-866-376-0308, to speak with a Veterans Benefits Field Representative.

**Friday, December 4th, 6-8pm**

## Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets Friday, December 4th and 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.

**Saturdays, December 5th, 12th & 19th**

## Salvation Army Bell Ringers

Again this year, the Salvation Army Red Kettles will be in place at Price Less Foods, Save-A-Lot, and Stop & Shop on the first three Saturdays in December, starting this coming Saturday, December 5th. Club and other community volunteers will attend the kettles and accept donations each Saturday from 10:00 a.m. to 4:00 p.m. Volunteers to ring the bells are still needed. If you would like to volunteer for 2 hours of bell-ringing on a Saturday in December, please all Steve Garrett at 723-3049.

**Saturday, December 5th, 10am**

## Christmas Parade & 35th Annual Elizabeth Witt Christmas Party

The Christmas Parade and the 35th annual Elizabeth Witt Christmas Party will be held Saturday, December 5, 2015. The parade will begin in Ravenna at 10 a.m. and proceed on Broadway to the Irvine First Christian Church, 270 Main Street, where the Elizabeth Witt Christmas Party will be held. All groups, churches, fire departments, businesses, and organizations are invited to participate in the parade by entering a float, band, marching group, antique car, or other related parade unit. Prizes from the Kiwanis Club of Irvine-Ravenna will be awarded for the floats in the amount of \$75, \$50, and \$25 for first, second and third place respectively for the most attractive floats. The Kiwanis Club and Mrs. Witt's party committee hope to make this a special day for children, age 12 and under, of Estill County. To register entries in the parade contact Tom Whitaker at 723-7232, Richard Snowden at 723-2135, or Tom/Francine Bonny at 723-5694. Contributions from the community are appreciated.

**Saturday, December 5th, 10am-4pm**

## Christmas Arts & Crafts Show

Unique, handmade items will be available to purchase at the 12th annual "Christmas Arts & Crafts Show". It is sponsored by the Estill Arts Council and will be Sat., Dec. 5 from 10 a.m. to 4 p.m. at the Central Office gymnasium, 253 Main Street, Irvine. Other features of the event will include silent auction of arts and crafts items, 50/50 pot, concession booth with chili/hot dogs, and live entertainment. Over 30 booths will feature a wide range of quality made items such as home décor, holiday decorations, jewelry, burlap purses, embroidered textile items, wooden toys, embellished gourds, original artwork, handmade cloth dolls/clothing, aprons, baby blankets, wooden bowls, handmade greeting cards, KY agates, leather items,

body products made of organic/natural ingredients, and baked goods. A silent auction will include items donated by artists and craftsmen and a 50/50 pot winner will win half of the proceeds. Local entertainment will include the Joyful Ringers handbell choir, Debbie Carlyle, Sheila Niece, and David/Donna Witt. Donations of \$1 for adults or a can of food for the Food Bank will be accepted at the door. Proceeds from the event will be used to support the activities and programs of the Estill Arts Council. Come celebrate and spend the day! Enjoy the sights, sounds and tastes of the holidays. *Proceeds from the event will be used to support the activities and programs of the Estill Arts Council.*

**Saturday, December 5th - 8am-4pm**

## BGAD Chemical Plant Testing

The Blue Grass Chemical Agent-Destruction Pilot Plant (BGCAPP), located on the Blue Grass Army Depot (BGAD), will conduct a test of its Public Address (PA) system on Saturday, Dec. 5, 2015, between 8 a.m. and 4 p.m. Nearby residents are not expected to hear the tones and announcements, but if so, should ignore any directives contained in the announcements.

**Saturday, December 5th**

## Sons of American Legion Dance

The Sons of the American Legion will be having a dance on Saturday, December 5, 2015 at the Legion Hall on Miller's Creek Road. Featured group will be The Farm House from Richmond. Members and their guests are welcome.

**Sunday, December 6th @ 3pm**

## Estill Chorus Christmas Concert

The 9th Annual Estill County Community Chorus Christmas Concert will be held on Sunday, December 6, 2015 at 3:00 p.m. at the Irvine United Methodist Church, 243 Main Street, Irvine. Admission is free, with donations accepted. Please come out and support the chorus and hear some songs of the season! Donations to Estill County Community Chorus are tax deductible and accepted at the door. Make checks payable to Estill Arts Council. Carol Anne Wilson is the director and Nancy Farmer is the accompanist. Special guests will be the Estill County Dulcimer Club and the Irvine United Methodist Church Handbell Choir. Call 859-556-0163 or Email: cawilson44@gmail.com for more information.

**Tuesday, December 8th @ 11:30am**

## Winchester Retirees Lunch Meet

The Winchester GTE/Sylvania/Osram/UAW retirees will meet for lunch at 11:30 a.m. Tuesday, December 8 at D.J.'s on the Bypass in Winchester.

**Tuesday, December 8th @ 6:30pm**

## Relay for Life of Estill County Meeting

Relay for Life of Estill County will be meeting on Tuesday, December 8th at 6:30 p.m. at the South Irvine Baptist Church fellowship hall.

**Dec. 11th @ 7pm & Dec. 13th @ 3pm**

## Irvine-Ravenna Kiwanis To Hold A Christmas Lighting Contest

The Irvine-Ravenna Kiwanis Club will be "rekindling the Christmas spirit" with a Christmas lighting contest to be held for the cities of Irvine and Ravenna with judging to take place on December 11 & 12, 2015. pull out the inflatables and start decorating! Whether you're a Clark Griswald or a Norman Rockwell, dazzle us with your creation. Be creative and festive to make the Twin Cities into a magical wonderland that people will come to see from near and far, every homeowner's efforts to make the message of hope, peace, love, joy and Spirit of Christmas come alive with your lighting displays. Judging will take place based on 1) Creativeness, 2) Overall appearance, 3) Originality, and 4) Lights and appearance. There will be one overall winner and a Griswald Award. So, untangle those lights,

**Dec. 11th @ 7pm & Dec. 13th @ 3pm**

## River City Players To Perform "Best Christmas Pageant Ever"

River City Players will perform "The Best Christmas Pageant Ever" at the Estill County High School auditorium on Friday, December 11th at 7:00 p.m. and Sunday, December 13th at 3:00 p.m. General admission tickets can be bought at River View Place, from RCP members, or at the door; Children 6 to 12 - \$8, 5 & under free; Adults - \$10. Each performance will have 90 Premium Seating Tickets available for \$12 each; call Jo Ann Smith at (606) 723-3528 for information.

**Monday, December 14th @ 12 Noon**

## Healthier Alzheimer's Habits

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. The program will take place at the Madison County Cooperative Extension Office located at 230 Duncannon Lane, Richmond, on Monday, December 14th from 12-1pm. To register for this program, please call 1-800-272-3900. Registration is required.

**Tuesday, December 15th @ 6:30pm**

## Estill County Lions Club

The Estill County Lions Club will meet Tuesday, December 15th 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 International, 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..."

## Kitchen Diva Holiday Dining with Diabetes

by ANGELA SHELF MEDEARIS

Holiday dining and celebrations are a culinary challenge for most Americans, especially those with diet-related illnesses. While I'm not a diabetic, my family medical history provides a cautionary tale. The American Diabetes Association estimates that 52 percent of Americans either have diabetes or are pre-diabetic. This means millions of people have diabetes and don't know it.

Because so many Americans -- including my husband, mother, father, youngest sister and many other family members and friends -- are diabetics, I decided to collect 150 of my favorite, healthy recipes and create "The Kitchen Diva's Diabetic Cookbook: 150 Healthy, Delicious Recipes for Diabetics and Those Who Dine with Them." It addresses the health and dietary needs of pre-diabetics, juvenile diabetes, Type 1 and Type 2 diabetics, women with gestational diabetes (related to pregnancy) and those with diabetic-related complications, along with anyone seeking to embrace a healthier diet and lifestyle.

Diabetes symptoms vary depending on how high your blood sugar is elevated. Some people, especially those with prediabetes or Type 2 diabetes, may not experience symptoms initially. In Type 1 diabetes, however, symptoms tend to come on quickly and be more severe. Some of the signs of Type 1 and Type 2 diabetes are increased thirst, frequent urination, extreme hunger, unexplained weight loss, presence in the urine of ketones (a byproduct of the breakdown of muscle and fat that happens when there's not enough insulin), fatigue, blurred vision, slow-healing sores, mild high blood pressure and frequent infections, such as gum or skin infections and vaginal or bladder infections.

Throughout "The Kitchen Diva's Diabetic Cookbook," I've prepared recipes suitable for the dietary needs of a diabetic but also satisfying for non-diabetics. I use these recipes when entertaining family and friends, including this one for Crispy Roasted Chicken. It's easy and delicious, and provides a healthy meal for diabetics and those who dine with them during the holidays and every day!

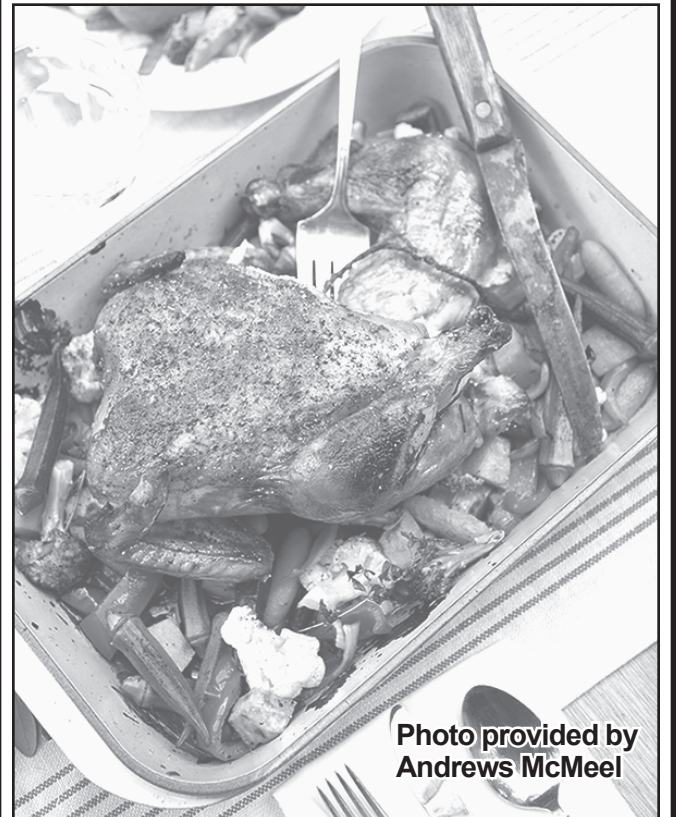


Photo provided by Andrews McMeel

### Crispy Roasted Chicken

This is one of my family's favorite chicken dishes. I usually prepare it for Sunday dinner after church and for holiday celebrations. Sprinkling the skin with baking powder helps draw out the moisture, so the skin gets crackling crisp in the oven.

1 (5 1/2 to 6 pounds) or 5 pounds breast, drumsticks and thigh parts  
1/2 tablespoon baking powder  
1 tablespoon olive oil  
2 tablespoons garlic powder  
2 tablespoons poultry seasoning  
1 teaspoon salt  
1 teaspoons freshly ground black pepper  
1 small onion, halved  
1 lemon, halved  
8 sprigs rosemary  
4 cloves garlic cloves, smashed  
2 teaspoons minced fresh thyme  
Cooking oil spray

1. Remove the neck and giblets and any pieces of fat inside of the bird. Rinse the bird with cold water inside and out. Remove any excess fat and leftover pin feathers. Pat the chicken dry with paper towels. Sprinkle the chicken skin (breast side only) with the baking powder. Place the chicken on a roasting rack in a large baking pan and let it air-dry in the refrigerator for 30 minutes. Pat dry with more paper towels.

2. Spray a large baking pan with cooking oil spray. Rub the olive oil all over the chicken. Turn the chicken breast side up, twist the wing tips and tuck them behind the bird. Sprinkle chicken inside and out with the garlic powder, poultry seasoning, salt and pepper. Rub the spices inside and out of the bird, or if using parts, on both sides. Stuff the cavity with the onion, lemon, rosemary, garlic and thyme, or place aromatics under the chicken parts

3. Heat oven to 425 F. Place the chicken in the upper half of the oven and cook, uncovered, for 15 minutes to brown and crisp the skin. Lower the oven temperature to 350 F. Spray the chicken with the cooking oil spray. Roast the chicken for an additional 35 to 40 minutes, or until juices run clear when a thigh is pierced with a knife, or an instant-read thermometer inserted in the thigh and not touching bone registers 165 F.

4. Remove chicken from oven and allow to rest, uncovered, for at least 10 minutes before carving. Do not cover the meat, because it will steam and soften the crispy skin. Makes 10 servings.

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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](http://www.divapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook.

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