

Marcum & Wallace Foundation Invites You to Give the Gift of Hope and Healing This Holiday Season with an End-of-Year Donation

Marcum & Wallace Hospital (MWMH), which provides advanced, quality care with compassion in your neighborhood, announces that the Marcum & Wallace Hospital Foundation is inviting the community to care for our neighbors in need of vital health care this holiday season with a tax-deductible donation.

Visit <https://foundation.mercy.com/give/year-end/> and select "Marcum & Wallace Hospital Foundation - Irvine, KY" to make your donation. Any amount makes a difference and the Foundation accepts all major credit cards. You may also call 606-726-2119 for additional

information about making a gift via check or cash.

MWMH takes seriously its mission to provide healing to the poor and under-served — especially in dangerously cold and financially taxing winter months. With an end-of-year donation, you can make an impact in the lives of our neighbors.

Marcum & Wallace Hospital Foundation raises funds to provide healthcare services to our community's most vulnerable, regardless of their ability to pay. MWMH provides care 24 hours a day, seven days a week, for every person who needs it — even when no one else will. Your donations also ensure that pa-

tients get the resources they need to stay well. Together, we can care for the community when they need it most — and bless our communities with health, dignity and peace this holiday season.

Founded in 1956, MWMH is a licensed 25-bed Critical Access Hospital providing inpatient acute care, outpatient services, emergency services with a Level IV Trauma Center, and primary care with clinics in Irvine, Beattyville and Clay City. MWMH is characterized by its family-centered care, community involvement, and progressive ideas in healthcare. MWMH is recognized by Becker's Hospital Review

as a top "100 Great Community Hospital." MWMH has extended the healing ministry of Jesus by improving the health of our communities for more than 50 years and is a major source of jobs for the region. MWMH has modern facilities, state-of-the-art equipment, highly-skilled professional personnel and a medical staff that offers primary care and a wide range of specialty services. MWMH is a member of Mercy Health, one of the largest Catholic healthcare systems in the nation. For more information, visit www.marcumandwallace.org and Marcum & Wallace Hospital on Facebook.

Kitchen Diva From the Heart and Made by Hand

by ANGELA SHELF MEDEARIS

With the holidays approaching, many people begin to feel the financial stress of the season. You can lessen the anxiety by planning purchases in advance. Consider the following tips for a more enjoyable holiday, and remember, some of the best gifts are the ones from the heart and made by hand:

- * Make a list of the people you will need to buy for and how much you plan to spend on each person.

- * Determine the total that you plan to spend, and if this figure seems too high, make adjustments.

- * Avoid the temptation of charging all your purchases with a credit card when you don't have enough money to pay for it. Avoid thinking that you'll just "pay it off later." If you cannot afford a particular item, look for something similar but less expensive, or search for an alternative present. Set a limit and try to stick to it.

- * Be wary of store promotions. Offers of "buy now and pay later" sometimes have hidden clauses that allow interest to accrue until your first payment. Read through all paperwork before signing it, and don't be afraid to ask the store clerk questions about the promotion. Remember, if it sounds too good to be true, it probably is.

- * A donation to a local charity may make more of a lasting impression than a store-bought gift. Use money that you would spend on friends and family to make one larger donation to one specific charity, or give smaller donations to each family member's favorite charity. Call local food pantries, shelters and charities to find out what they need during the busy holiday season.

- * Ask others to bring a dish if you're hosting a family dinner or holiday party.

- * Pay attention to return policies, and keep your receipts. If you need to return something later, having a receipt will speed up the process, and you'll have a better chance of getting your money back.

- * Shop alone. A tired spouse or child may encourage you to impulsively buy some items so they can get home sooner.

- * Avoid high-pressure sales tactics. Know what you're looking for before you enter a store, or tell the sales clerk that you are just looking and will let them know if you need help.

- * Search clearance racks for sale items. Shop at discount stores for gifts for children, neighbors and co-workers.

- * Don't wait for the last minute to do your shopping. You may be tempted to purchase higher-priced items if you are in a hurry or don't have time to comparison shop. If you spread your shopping out over several weeks, or even months, you won't have to come up with so much money all at once.

- * After the holiday season, start saving for the next one. Put aside a little each month, or look for sale items throughout the year that could be saved for the holiday season.

- * Be creative with your gifts. Try giving personalized gifts that offer your services for things such as an evening of free babysitting, or make simple, homemade items like my Chocolate Peppermint Holiday Bark Candy.

Remember, relax, enjoy the holiday season and make memories with the ones you love that are priceless. Merry Christmas and Happy New Year!



Chocolate Peppermint Holiday Bark Candy

The pretzel sticks taste like pecans but are far less expensive in this easy-to-make candy. Wrap this candy in clear cellophane paper and use a candy cane and some festive ribbon to tie it up for gift giving!

- 1 teaspoon butter
- 3 (11.5 ounce) packages milk chocolate chips or morsels
- 12 cream-and-mint-filled chocolate sandwich cookies (like Oreos) broken into pieces
- 1 cup small pretzel sticks
- 1 1/4 cups coarsely crushed or chopped peppermint candies or peppermint sticks, divided

- Line a 15 by 10-inch jelly-roll pan with wax or parchment paper; grease with butter. Microwave milk chocolate chips in a large bowl on HIGH for 1 to 2 minutes, or until melted and smooth, stirring at 15-second intervals. Gently stir in cookie pieces, pretzel sticks and 3/4 cup coarsely chopped candies. Spread in prepared pan.

- Sprinkle with remaining 1/2 cup coarsely chopped candies. Let stand until firm (about 6 hours). Break or cut into pieces. Store in a cool place up to 3 days. Do not freeze! Freezing the bark will cause a powdery white coating called bloom. Makes 16 servings.

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. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook.

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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>

Thursday, December 17th @ 6pm

Time for Tea, dulcimers at Garden Thyme

The Garden Thyme Herb Club will meet Thursday, December 17, at 6 p.m. at St. Elizabeth Catholic Church Fellowship Hall.

There will be a tea with finger foods. Deborah Carmichael will present sassafras as the herb of the month. Finger foods will be served

along with tea.

The Estill County Dulcimer Club will be playing Christmas carols, followed by Clayton Hedge.

Everyone is invited to attend, who is interested in growing herbs and/or using them for either culinary or medicinal purposes.

Thursday, December 17th @ 7pm

Kiwanis Club To Visit Nursing Home

The Irvine-Ravenna Kiwanis Club will attend the Irvine Health & Rehabilitation Home's Christmas Party Thursday, Dec. 17 at 7 p.m. Members will sing Christmas carols and songs with the patients.

Make a difference in the community by getting involved with Kiwanis that has 93 years of service to our community. New members are welcome. Anyone interested can contact any Kiwanis member.

Friday, December 18th, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets Friday, December 18th and every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine, for anyone who plays an Appala-

chian 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 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 Saturday, December 19.

Members of the Irvine-Ravenna Kiwanis Club along with the Estill County Lions 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 call Steve Garrett at 723-3049.

Tuesday, December 29th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, December 29th 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..."

Closed December 23rd thru January 3rd

Health Department Holiday Schedule

The Estill County Health Department will be closed on December 23rd for a staff meeting. In observance of Christmas and New Year the

Estill County Health Department will be closed December 24, 2015 through January 3, 2016. We will re-open on January 4, 2016 at 8:00 a.m.

Attention Veterans

A Veterans Benefits Field Representative will be at the National Guard Armory, 335 Cow Creek Road, Ravenna, on Thursday, January 7th 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.

COOPERATIVE EXTENSION SERVICE

University of Kentucky - College of Agriculture

Estill County

Family & Consumer Sciences

Chelsea K. Bicknell
Estill County Extension Office

Friday, December 18th @ 10am

Holiday Centerpiece Workshop

The Estill County Extension Service and the Estill County Extension Homemakers are sponsoring a Holiday Centerpiece Workshop on Friday, December 18th, 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 \$12.00. You will need to pre-register and pre-pay by Wednesday, December 16th.

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

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Switch

GANECH _____

Kindling

RIDENT _____

Snap

CLACKER _____

Smirk

PRIMES _____

TODAY'S WORD

"Could you speed it up?"

He's _____."