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

pital (MWMH), which pro- gift via check or cash. vides advanced, quality care neighborhood, announces that the Marcum & Wallace for our neighbors in need of season with a tax-deductible donation.

mercy.com/give/year-end/ and select "Marcum & Wallace Hospital Foundation Irvine, KY" to make your donation. Any amount makes a difference and the Founda-

Marcum & Wallace Hos- information about making a tients get the resources they as a top "100 Great Commu-

to the poor and under-served Hospital Foundation is invit- cold and financially taxing peace this holiday season. of our neighbors.

606-726-2119 for additional donations also ensure that pa- Becker's Hospital Review Hospital on Facebook.

The Estill County Dul-

Everyone is invited to at-

Make a difference in the

by Clayton Hedge.

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>

Time for Tea, dulcimers at Garden Thyme

December 17, at 6 p.m. at St. cimer Club will be playing

Elizabeth Catholic Church Christmas carols, followed

finger foods. Deborah Car- tend, who is interested in

michael will present sassa- growing herbs and/or using

fras as the herb of the month. them for either culinary or

Kiwanis Club To Visit Nursing Home

wanis Club will attend the community by getting in-

Irvine Health & Rehabilita- volved with Kiwanis that

tion Home's Christmas Party has 93 years of service to our

Thursday, Dec. 17 at 7 p.m. community. New members

Members will sing Christ- are welcome. Anyone inter-

Finger foods will be served medicinal purposes.

Thursday, December 17th @ 7pm

Thursday, December 17th @ 6pm

The Garden Thyme Herb along with tea.

Club will meet Thursday,

There will be a tea with

The Irvine-Ravenna Ki-

Fellowship Hall.

need to stay well. Together, nity Hospital." MWMH has MWMH takes seriously we can care for the commu- extended the healing minwith compassion in your its mission to provide healing nity when they need it most istry of Jesus by improving — and bless our communithe health of our communi-— especially in dangerously ties with health, dignity and ties for more than 50 years and is a major source of jobs ing the community to care winter months. With an end- Founded in 1956, MWMH is for the region. MWMH has of-year donation, you can a licensed 25-bed Critical Ac- modern facilities, state-ofvital health care this holiday make an impact in the lives cess Hospital providing in- the-art equipment, highlypatient acute care, outpatient skilled professional person-Marcum & Wallace Hos-services, emergency services nel and a medical staff that Visit https://foundation. pital Foundation raises funds with a Level IV Trauma Cen- offers primary care and a to provide healthcare servicter, and primary care with wide range of specialty seres to our community's most clinics in Irvine, Beattyville vices. MWMH is a memvulnerable, regardless of and Clay City. MWMH is ber of Mercy Health, one of their ability to pay. MWMH characterized by its family- the largest Catholic healthprovides care 24 hours a day, centered care, community care systems in the nation. seven days a week, for every involvement, and progres- For more information, visit tion accepts all major credit person who needs it — even sive ideas in healthcare. www.marcumandwallace. cards. You may also call when no one else will. Your MWMH is recognized by org and Marcum & Wallace

Friday, December 18th, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appala- chian Dulcimer or anyone Friday, December 18th and one is welcome to attend. every Friday from 6 to 8 p.m. one who plays an Appala- in 2001.

chian Dulcimer Club meets who is interested in playing

The Appalachian Dulcimer at the First Christian Church, was designated as the official Main Street, Irvine, for any-state instrument of Kentucky

Saturdays, December 19th

Salvation Army Bell Ringers

Again this year, the Sal- volunteers will attend the Foods, Save-A-Lot, and Stop a.m. to 4:00 p.m. & Shop on Saturday, Decem-

Club and other community Steve Garrett at 723-3049.

vation Army Red Kettles kettles and accept donations will be in place at Price Less each Saturday from 10:00

Volunteers to ring the bells are still needed. If you would Members of the Irvine- like to volunteer for 2 hours Ravenna Kiwanis Club along of bell-ringing on a Saturwith the Estill County Lions day in December, please call

Tuesday, December 29th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club national, with 1.35 million

part of Lions Club Inter- Serve..

will meet Tuesday, December members in 205 countries 29th and on the first and third around the world. We invite Tuesday of every month at those who feel a call to make Raders' River Restaurant. The our community a better place meal is at 6:30 p.m. and busi- through service to attend and ness meeting begins at 7 p.m. learn about how Lions around Estill County Lions Club the world earn our motto, "We

Closed December 23rd thru January 3rd Health Department Holiday Schedule

The Estill County Health Estill County Health Depart-Department will be closed ment will be closed Decemon December 23rd for a staff ber 24, 2015 through January meeting. In observance of 3, 2016. We will re-open on Christmas and New Year the January 4, 2016 at 8:00 a.m.

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.

mas carols and songs with ested can contact any Kiwanthe patients. is member. **COOPERATIVE EXTENSION SERVICE** University of Kentucky – College of Agriculture **Estill County**



Family & Consumer Sciences

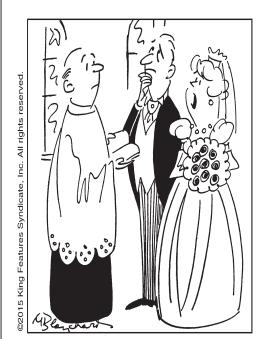
Chelsea K. Bicknell **Estill County Extension Office**

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 preregister 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.



"Could you speed it up?

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!

rearrange the boxes lett	ters to form the mystery from a, finite finite of proce the gag.
Switch GANECH	
Kindling RIDENT	
Snap CLACKER	
Smirk PRIMES	
	TODAY'S WORD

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

* 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

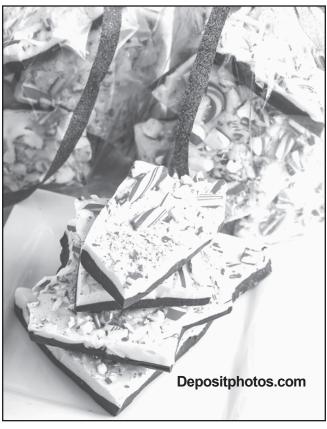
* Search clearance racks for sale items. Shop at discount stores for gifts for children, neighbors and co-workers.

* 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

* 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

1. 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.

2. 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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