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 "Talk about bad luck — when the mower repair people picked up my mower, they left me a \_\_\_\_\_."

## 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!

Doze	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
PESEL	_____	_____	_____	_____
Mess	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
GALENT	_____	_____	_____	_____
Bundle	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
GREHAT	_____	_____	_____	_____
Grimace	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
WOLCS	_____	_____	_____	_____

**TODAY'S WORD**

## 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>

### Wednesdays @ 5:30 pm

#### Beginner Yoga at Marcum-Wallace

Beginner Yoga class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30 to 6:30 p.m. with instructor Laritza Gomez. The cost in one non-perishable food item for Helping Hands Outreach Ministry. Bring your own yoga mat. The instructor will guide the class through basic poses focused on relaxation, building core strength and flexibility. For more information, call 606-726-2119.

### Fridays, 6-8pm

#### Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club will meet every Friday from 6 to 8 p.m. at the Estill County Library, 246 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.

### Wednesday-Tuesday, January 4-11

#### ECMS SBDM Parent Vacancy

Estill County Middle School will be taking nominations to fill a parent vacancy on the school's council January 4-10, 2017. Nominations can be made at the school during the regular school day through this period. Nominees must be a parent or legal guardian of a child enrolled during the 2016-2017 school year. Voting will take place January 11-13, 2017. The term of office will be January 17 - June 30, 2017.

### Friday, January 6th @ 9am

#### Retired Co. C Guard Breakfast

Attention: All retired and old National Guard members of Charlie Company 1/149th. There will be a breakfast at Cracker Barrel, in Richmond, on Friday, January 6th and on the first Friday of each month at 9 a.m. All are invited and welcome. Hope to see you there!

### Saturday, January 7th @ 6pm

#### Masonic Lodge Annual Supper

Irvine Masonic Lodge #137 F & AM will be having their annual supper on January 7, 2017 at the Lodge building, located at the corner of Lilly Avenue and Broadway in Irvine. The supper will be served at 6:00 p.m. Fried fish, shrimp, French fries, cole slaw, hush puppies, dessert and drinks will be served. The public, all Masons, their families and friends are invited to attend. The cost of the supper will be \$10 and includes all you want to eat. Children 12 and under eat for free.

### Tuesday, January 10th @ 11:30 am

#### Sylvania/Osram/UAW retirees

Winchester GTE/Sylvania/Osram/UAW retirees will return to Blue Isle on Tuesday, January 10, 2017 at 11:30 a.m. for the monthly meeting and lunch. All Winchester Sylvania retirees and former employees are welcome to join us for lunch!

### Wednesday, January 11th @ 10am

#### Memory Loss, Dementia & Alzheimer's

If you have a loved one who is newly diagnosed, or if you just want to learn more about Alzheimer's disease, this program is for you. This presentation will explore what everyone should know about memory loss issues and what they mean for all of us. The program will take place January 11, 2017, at the Berea Senior Center located at 214 West Jefferson Street in Berea from 10:00 a.m. - 11:00 a.m. To register for this program, please call 1-800-272-3900. Registration is required.

### Saturday, January 14th

#### Estill County GED Test Site

You no longer have to travel to a galaxy far far away in order to take your official GED test. You can take your GED test here in Estill County on January 14, 2017 & February 11, 2017. Call us today to find out more information on how you can sign up. **Estill County Adult Learning Center** 200 Wallace Circle Irvine, Kentucky 40336 606-723-7323

### Tuesday, January 17th @ 6:30pm

#### Estill County Lions Club

The Estill County Lions Club will meet Tuesday, Jan. 17th 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..."

### Jan. 17 - Feb. 28th @ 6 pm

#### Memoir Writing for Adults

The Estill County Public Library is pleased to sponsor another free writing workshop "Memoir Writing for Adults" Local writer Donna Crow will again be teaching a free six-week memoir writing workshop in Estill County Public Library's community room. The workshop will begin on January 17th and run through February 28, 2017, but won't meet on February 7th. Workshops will occur on Tuesday evenings from 6:00 to 7:30 p.m. Please call the library at 723-3030 for more information, or to sign up for the workshop. Space is limited.

### Friday, January 20th @ 6:30pm

#### Madison County CW Roundtable

The next bi-monthly meeting of the Madison County Civil War Roundtable will be on Friday, January 20, 1017 at 6:30 p.m. at the Dinner Bell Restaurant, just off I-75 Exit 76 in Berea. Noted Civil War historian, Perryville tour guide and Madison County Civil War Roundtable member Doug Lippman will give a presentation entitled "Perryville 101." Please call Phillip Seyfrit at 859-623-8979 with questions.

## Where Do We Go From Here?

by **BOB CASEY**, preacher  
 Cornerstone Church of Christ  
 70 Bond Street at Camp Avenue in West Irvine

Well, we have lived to see another year arrive upon us and just what will we do with it? Many probably made some resolution to bring about some changes and so on and on we go. So this much I know, that we will give an accounting of this new one as well.

I would suggest that knowing this would have us to resolve to prepare for the conclusion of our days here upon the earth. I know it is hard to think about things like this at the beginning of a new year, but the possibility exists that we may not see another.

When we reflect back upon the old year we have seen so many changes in things, especially the lives of our past friends and acquaintances that have gone on in death. So we are living in a world that will be bringing forth so many changes in the New Year. What would be my suggestions to myself and all that will consider what I say. My hope would be that all will base their future on Christ Jesus who never changes. **Hebrews 13:8**, "Jesus Christ, the same, yesterday, today, and forever."

David wrote in **Psalm 34:11-16** saying: "Come my children and listen to me. I will teach you the fear of the Lord, whosoever of you loves life, and desires to see many good days. Keep your tongue from evil and your lips from speaking lies. Turn from evil and do good, seek peace and pursue it. For the eyes of the Lord are on the righteous and his ears are attentive to their days. The face of the Lord is against those that do evil to cut off the memory of them from the earth."

So what greater admonition, encouragement, and warnings, could we receive from these passages. My hope is that this year will begin a new life for you and you ponder all the attributes concerning just what life is all about. Obey the Lord in all His teaching and this will bring about the desire of your heart.

Visit with us this year at Cornerstone. We will study together, believe what is written and the New Year will be better for sure.

Sincerely, Bob Casey 1-859-369-4165

Visit Our Website At  
**<EstillTribune.Com>**

## Kitchen Diva

### Quesadillas Get A Healthy Makeover

by **ANGELA SHELF MEDEARIS**

Quesadilla is a Spanish word for "little cheese thing." The recipe typically calls for mounds of cheese and pork chorizo between two corn tortillas. Although there's just a small amount of cheese in this recipe, it's the lean ground chicken, the spices and the delicious salsa that are the stars of this healthy dish.

The substitution of lean ground chicken breast for pork chorizo cuts down on the calories without sacrificing any of the flavor. Chorizo sausage is usually made with ground pork and combined with fat, wine, paprika and salt, and stuffed into a casing made of tripe. Paprika and red chilies are the primary spices in Mexican chorizo and infuse it with a deep reddish color.

This recipe uses the same spices that are used in the pungent Mexican sausage to marinate the ground chicken. This allows you to mimic the flavor of chorizo while cutting out the fat. Small, diced potatoes add a distinctive texture and also absorb the spices. The avocado salsa completes the dish and adds a burst of fresh citrus with the addition of the lime juice.

Try one of these healthy quesadillas, accompanied by a dab of fat-free sour cream, if desired, for breakfast, lunch or dinner. You'll never miss the original recipe!



Photo by Phil Curry  
 www.phillights.com

#### Chicken Chorizo and Potato Quesadillas

- 1/2 pound ground all-natural chicken breast
- 2 tablespoons chili powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 small bay leaf, ground in a spice grinder
- 1/2 teaspoon ground cinnamon
- 1 teaspoon Italian seasoning
- 1/8 teaspoon ground cloves
- 1 tablespoon cider vinegar
- 1 cup diced and peeled potato
- 2 teaspoons canola oil
- 1/2 cup diced, purple onion
- 1/2 cup shredded reduced-fat Cheddar cheese
- 8 corn or whole-wheat tortillas

#### The Salsa:

- 1/2 ripe avocado
- 1/2 cup chopped tomato
- 1/2 cup diced purple onion
- 1 large garlic clove, minced
- 1/4 cup chopped fresh cilantro leaves
- 1/2 serrano chili, minced
- 2 teaspoon fresh lime juice
- 1 teaspoon salt
- 1 teaspoon pepper

#### To prepare the Quesadillas:

1. Combine the chicken, chili powder, salt, pepper, bay leaf, cinnamon, Italian seasoning, cloves and vinegar in a bowl, mix well. Set aside.

2. Boil the potato in lightly salted water in a saucepan until tender, drain. Heat 1 teaspoon canola oil in a nonstick skillet over medium-high heat. Saute the chicken mixture, stirring to break up the pieces, until the chicken is almost cooked through.

3. Add the potato, onion and remaining canola oil, cook until the potatoes begin to brown. Remove from heat and mash mixture. Top each of 4 tortillas with an equal amount of chicken mixture. Top with shredded Cheddar cheese, then another tortilla. Spray a griddle or nonstick skillet with non-stick cooking spray.

4. Cook the quesadillas over medium heat until both sides are crisp, turning once.

#### To prepare the Salsa:

In a small bowl, mix together the avocado, tomato, onion, garlic, cilantro, chili, lime juice, salt and pepper until well-combined. Cut quesadillas into wedges and serve with the salsa. Makes 4 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. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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## The Ascension (Acts 1:9-11)

9And when he had spoken these things, while they beheld, he was taken up; and a cloud received him out of their sight. 10And while they looked stedfastly toward heaven as he went up, behold, two men stood by them in white apparel; 11Which also said, Ye men of Galilee, why stand ye gazing up into heaven? this same Jesus, which is taken up from you into heaven, shall so come in like manner as ye have seen him go into heaven.

Sponsored by Crooked Creek Christian Church Inc.  
 1980 Crooked Creek Road, Irvine, Kentucky