

KHA elects Susan Starling As Chair

The Kentucky Hospital Association (KHA) held its Annual Awards Luncheon on May 13 during the KHA 87th Annual Convention in Lexington. The highlight of the luncheon was the installation of Susan Starling as the 2016-2017 Chair of the KHA Board of Trustees. Her term will officially begin on July 1.

Originally from Washington, DC, Starling moved to Kentucky in the 1980s and has made the state her home since that time. She has served as the chief executive officer of Marcum and Wallace Memorial Hospital (MWMH) in Irvine for over 15 years.

During her tenure, Starling has led the hospital through many notable successes. MWMH was the first hospital in Kentucky to be licensed as a critical access hospital. Under her leadership, the hospital was also the first Level 4 Trauma Center in the state and now serves as a model for other hospitals.

Starling is a fierce advocate for health care issues at all levels, and has even spoken on Capitol Hill in Washington to share concerns about how policies and regulations are impacting the ability of hospitals to provide care to patients in rural communities. Starling is a nationally recognized award winner for rural health care leadership including the American Hospital Association's Shirley Ann Munroe Leadership Award and Becker's Hospital Review 50 Rural Hospital CEOs to Know and 130 Women Hospital and Health System Leaders to Know.

"I look forward to serving as chair of the KHA Board of Trustees and working with my fellow board members and colleagues from across the Commonwealth and nation," said Starling. "It's so important that we work together to advocate for the patients we serve. We have the opportunity to be their voice for access to quality healthcare. No one knows the needs of the community better than the people who live and work there."

Founded in 1959, 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" and "6th Cleanest Hospital in Kentucky." 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



Marcum & Wallace Hospital President & CEO Susan Starling accepts the gavel from the current Kentucky Hospital Association Board Chairman Kevin Halter. Starling's term as the 2016-2017 Chair of the KHA Board of Trustees will officially begin on July 1.

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.

KHA was established in 1929. The Association represents hospitals, related health care organizations and integrated health care systems dedicated to sustaining and improving the health status of the citizens of Kentucky. The Association is headquartered in Louisville.

Kitchen Diva Simplify Summer

by ANGELA SHELF MEDEARIS

Schools are letting out, summer's almost here and the kids are hungry! Simplify your summer this year by planning ahead to make mealtime part of your child's summer fun! Here are some tips for creating an easy, time-saving meal plan for summer ... or all year-round

1) Enlist your children to help plan the meals they'd like to eat. You can plan meals based on three- or six-month lists; Spring/Summer and Fall/Winter. Planning ahead will save you time and money that you can use for a fabulous family vacation!

2) Make a list of menu items based on breakfast, lunch, snacks, dinner and dessert categories. Select at least seven dishes for each category, and rotate them at least twice to ensure plenty of variety.

3) Choose some easy recipes that can be made at least 30 minutes ahead of time and/or ones that can be doubled and frozen.

4) Set a budget and stick to it. Shop for your ingredients based on what's already in your pantry, fridge and freezer; what's in season; weekly sales and farmer's market finds. The freezer is your friend, especially when it comes to bargain buys on seasonal fruits and vegetables.

5) Let your child be the "assistant chef" for their favorite meals, and encourage them to help you with the planning and preparation. You're not only making a great meal, you're making precious memories.

Here are some delicious kid-friendly recipes that are perfect for summer meals!

BANANA BREAKFAST BAGELS

2 tablespoons natural nut butter, such as almond, cashew or peanut
 1 teaspoon honey
 1 teaspoon vanilla
 1 teaspoon cinnamon
 1/8 teaspoon salt
 1 whole-wheat bagel, split and toasted
 1 small banana, sliced
 1/4 cup sliced almonds

Stir together nut butter, honey, vanilla, cinnamon and salt in a small bowl. Divide the mixture between bagel halves and top with banana slices and a sprinkle of almonds. Makes 2 servings.

MEXI-MELT WRAPS

8 large whole-wheat tortillas
 1 (8-ounce) can nonfat refried beans
 1/2 cup prepared mild to medium salsa
 1 tablespoon chili powder
 1/2 cup shredded coleslaw
 1/2 cup shredded cheese, such as Mexican blend or Jack

1. Wrap the tortillas in a damp, food-safe paper towel. Microwave on HIGH for 10-15 seconds until the tortillas are hot.

2. Meanwhile, in a small bowl, mix together the beans, 1/4 cup of the salsa and the chili powder. Microwave on High until the beans are hot, about 45 seconds.

3. Spread beans on tortillas. Top with coleslaw, the remaining salsa and the cheese. Fold the tortillas in half. Makes 4 servings.



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SPAGHETTI PIZZA

8 ounces (1/2 box) spaghetti
 3 cups marinara sauce
 1 tablespoon Italian seasoning
 1 teaspoon salt
 1 tsp. black pepper
 1/8 teaspoon nutmeg
 1/8 tsp. cayenne pepper
 2 eggs, beaten
 4 ounces (1 cup) grated pizza cheese blend (mozzarella, Parmesan, Romano, etc.)
 2 teaspoons olive oil
 4-6 ounces sliced pepperoni

1. Cook spaghetti according to the package directions. Drain and return to the pot.

2. Heat oven to 425 F. Toss the spaghetti with 2 cups of marinara sauce, Italian seasoning, salt, pepper, nutmeg and the cayenne pepper. Mix well. Add eggs and 1/2 cup of the pizza cheese blend. Mix well.

3. Heat 1 teaspoon oil in a 10-inch ovenproof skillet over medium-high heat. Add the spaghetti mixture and gently press it down. Top with the remaining 1 cup of marinara and 1/2 cup of the cheese blend. Place the pepperoni evenly over the spaghetti. Bake until browned, 18 to 20 minutes. Serves 6.

BLUEBERRY WATERMELON FREEZER POPS

You'll need 10 (3 ounce or similar-size) freezer-pop molds to make these pops. You can prepare them ahead of time and freeze for up to 3 weeks.

3 3/4 cups chopped seedless watermelon
 2 tablespoons lime juice
 1 to 2 tablespoons sugar or stevia
 1 cup fresh blueberries

1. Puree watermelon, lime juice and sugar to taste in a food processor or blender until smooth.

2. Divide blueberries among freezer-pop molds. Top with watermelon mixture. Insert sticks and freeze until completely firm, about 6 hours. Dip the molds briefly in hot water before unmolding. Makes about 10 (3-ounce) freezer pops.

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. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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I Love America

A Patriotic Cantata

by John W. Peterson & Don Wyrzten

Sunday, June 5th – 3:00 p.m.
 Irvine United Methodist Church
 243 Main St., Irvine, KY

Presented by:

Estill County Community Chorus
 & The Winchester Singers
 Director: Carol Anne Wilson

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Chemical Board Meeting

Mark your calendar for the Kentucky Chemical Demilitarization Citizens' Advisory Commission and Chemical Destruction Community Advisory Board Meeting on Wednesday, June 8 at 1:30 p.m. at E-K-U's Carl D. Perkins Building, Rooms A and B. This meeting is a good opportunity to learn more about the Blue Grass Chemical Agent-Destruction Pilot Plant at the Blue Grass Army Depot. For more information, call 6-2-6-8-9-4-4.

Jimmie L. Johnson, DMD, PSC Family Dentistry

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