

Stay off the SoFAS

Many of us consume more solid fats and added sugars (SoFAS) than we should. As a result, our waistlines expand, because these foods contribute more to weight gain than any other source of calories.

Solid fats are found in fatty, animal-based foods, such as fatty meats, poultry skin and whole milk. They are also in foods prepared with shortening, butter, stick margarine and hydrogenated and partially hydrogenated oils, such as pastries and snacks. Added sugars are added to foods during processing or preparation or are consumed separately. Added sugars can be found under a variety of names including dextrose, fructose, honey, molasses and fruit juice concentrates.

Most of us should get no more than 150 to 300 calories per day from foods containing SoFAS, but the typical American consumes more than 800 calories a day from these. If not limited, the 800 excess calories could cause a person to gain 6 pounds in a month,

which could lead to overweight and obesity issues. Overweight or obesity has been linked to chronic health problems like diabetes and heart disease.

Here are some ways you can limit SoFAS in your diet:

- (Replace foods containing solid fats with those containing polyunsaturated or monounsaturated fats such as liquid vegetable oils and high plant-based foods. Examples of these include canola, olive, peanut and soybean oils and olives, avocados and a variety of nuts and seeds.

- (Select foods with little or no added sugar.

- (Eat more nutrient-dense foods including vegetables, fruits, whole grains, seafood and lean cuts of meat and poultry.

- (Sodas, sports drinks and energy drinks are just some of the beverages high in added sugar. Replace these with water, fat-free milk, 100 percent fruit juices or unsweetened tea or coffee.

- (Save high-calorie desserts for special occasions such as holidays and birthdays.

More information on limiting SoFAS is available in the University of Kentucky Cooperative Extension publication FCS3-576, Staying off the SoFAS: Ways to Limit Solid Fats and Added Sugars. It is available online at HYPERLINK "http://www2.ca.uky.edu/agc/pubs/FCS3576/FCS3576.pdf" or through local Extension offices.

For more information about nutrition and health topics, contact the Estill County Extension Office, 76 Golden Court, Irvine (723-4557) of the UK Cooperative Extension Service.

Source: Ingrid Adams, UK Assistant Extension Professor for Nutrition and Weight Management

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

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>

First Monday of the Month

Twin City Kruzerz Car Club

Twin City Kruzerz Car Club will be holding their monthly meeting on the first Monday of each month at Irvine City Hall at 7:00 p.m. If the meeting falls on a holiday it will be held the following day (Tuesday). All members and anyone wishing to join the club are welcome. If you have any questions please call Loyd Flynn at 723-6776, or Kenneth Tipton at 723-7554.

Daytime

Al-Anon Daytime Meetings

Al-Anon is a fellowship of relatives and friend of alcoholics who believe their lives have been affected by someone's drinking. Its single purpose is to help families and friends of alcoholics. If you would be interested in a daytime meeting, please contact Amanda Webb/West Care at 726-0385.

Available Now

Flu Shots Are Now Available

Flu shots are now available at the Estill County Health Department. Insurances accepted include Medicaid, Medicare and Humana (state employees). Cost for self-pay is \$25.00 Call 606-723-5181 for more information.

Available Now

FREE Tdap Vaccines At HD

The Estill County Health Department has FREE Tdap vaccines available for anyone 10 years and older. Tdap vaccinates against Tetanus, Diphtheria and Pertussis (Whooping Cough). Call or walk in any week-day morning for your FREE vaccine! 723-5181

Fridays, 6:00 to 8:00pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine. Anyone who plays an Appalachian Dulcimer or anyone who is interested in playing one is welcome to attend.

THE ILLUSTRATED BIBLE

...I saw another angel flying in midair, and he had the eternal gospel to proclaim to those who live on the earth, to every nation, tribe, language and people. He said in a loud voice, "Fear God and give Him glory, because the hour of His judgment has come."

REVELATION 14: 6,7

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Saturday, January 4th @ 6:00pm

Masonic Lodge Annual Supper


Irvine Masonic Lodge #137 F & AM will be having their annual supper on Saturday, January 4, 2014 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 7, 2014

Estill Historical Society Meets

The Estill County Historical and Genealogical Society will meet at 7 p.m. on Tuesday, January 7, 2014 at the Estill County Public Library. The speaker will be Jim Rose. The 2014 calendar is now available at the Museum on Saturdays. There should be a correction in the calendar for the month of July: "Anne Rainey Clark" should be listed as "Nancy Ann Rainey Clark."

The Estill County Pictorial History, World War II Book, the School Book, and the two volumes of the Cemetery Books are still available.



Attention Veterans

A Veterans Benefits Field Representative will be at the National Guard Armory, 335 Cow Creek Road, Ravenna, on Thursday, January 2, 2013 and 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.

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Kitchen Diva A Relaxing Start to the New Year

by ANGELA SHELF MEDEARIS

I visited the Hyatt Regency Lost Pines Resort and Spa for the first time recently with my college-age grandchild. It's a luxurious resort in the Lost Pines Region of Bastrop County, Texas, in the midst of a large forest of Loblolly pines. The 491-room destination resort, located just 13 miles from Austin-Bergstrom International Airport, adjoins the 1,100-acre McKinney Roughs Nature Park and has 1 mile of river frontage on the Lower Colorado River.

My grandchild composed her vacation itinerary by viewing the activity page on the Lost Pines website. It contains something for everyone, from outdoor activities to peaceful reflection by the river. She wanted to go fishing, take archery and skeet-shooting lessons, kayak, raft down the river, rock climb, ride horses and bikes, swim and float down the Crooked River Water Park, and visit the Spa Django for a facial, and a manicure and pedicure.

I wanted to sample the food and talk to the chefs, get some recipe ideas (I'll share those in an upcoming column devoted to all the fabulous food there), bask in the scenery and relax at the spa. We both got exactly what we were looking for in a "glamping" vacation -- a mix of luxury, outdoor activities and rustic relaxation. She loved everything she experienced and said it was "one of the best vacations ever!" That's high praise from someone who has visited almost every major amusement park in the United States.

We both loved our visit to the full-service Spa Django. There are 18 treatment rooms and some 50 different treatments, including a holiday-special Buttered Rum Body Ritual and the Pecan Pie Manicure and Pedicure. Whether you seek motivation or inspiration, this sumptuous three-step body scrub composed of butter brulee milk, rum, brown sugar and rice bran, and a luxurious manicure and pedicure featuring a whole milk hand-and-foot soak scented with notes of creme brulee (!) definitely are something to sing about!

To honor the turning of the calendar page, Lost Pines hosts its annual New Year's Eve Family Jamboree, an inclusive vacation package for a family of four (two adults and two children under 12). Starting from \$509, it includes accommodations, barbecue dinner, carnival-inspired games and rides, raffles, Ferris wheel, wagon rides, live music and a family dance, fireworks, champagne toast and a New Year's Day breakfast buffet.

Hyatt Lost Pines guests also will find recreation offerings for all ages and interests. In addition to hiking along the numerous trails, guests are encouraged to take advantage of activities offered at 1,100-acre McKinney Roughs Nature Park. It features summer camp programs for children, a ropes course, zip line and nature-learning center. McKinney Roughs also operates guided river rafting and kayaking excursions.

It's beautiful place year-round thanks to our Central Texas weather, but the pine trees and scenic river location make it the perfect spot to ring in the New Year, enjoy a family vacation, a girlfriends spa getaway, weddings, parties or business meetings. The Wolfdancer Golf Club features an 18-hole championship golf course. A large clubhouse is home to the Major Neighbors Grill, private dining room, pro shop and chief's pavilion.

Lost Pines Resort and Spa is the perfect place to kick-off a more relaxed, healthier and happier New Year! To learn more, call 1-800-55-HYATT or visit www.lost-pines.hyatt.com.

To get a jumpstart on your spa vacation, try this recipe for a Spa "Ahh" Green Smoothie. Happy and Healthy New Year's, ya'll!



SPA "AHH" GREEN SMOOTHIE

Start a healthier, new "you" with this nutritious green smoothie. Avocado has a significant portion of healthy fats and vitamin E, while the coconut water works like nature's sports drink to hydrate and regenerate your skin from the inside out.

- 2 cups spinach, fresh
- 2 cups coconut water
- 2 cups pineapple
- 1 avocado
- 1 cup ice cubes

Blend spinach and coconut water until smooth. Next add the remaining fruits and the ice and blend again until smooth. Serves 2.

Angela Shelf Medearis is an award-winning children's author, culinary historian and 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 and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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