

Nourish Your Brain

The brain is the boss of our bodies. It runs the whole show, allowing us to use our senses, interact with the world and understand our surroundings. Our brain allows us to think, feel, act and get along with others. But like a muscle, if you don't use it, you lose it. This means that the health and function of the brain can improve with proper brain exercise. Brain exercise includes mental stimulation and social and physical activity.

Mental stimulation is about staying curious and involved. You can remain mentally active through reading, writing, playing games, keeping up with technology, attending events or through activities such as gardening. Social activity should stimulate the mind and body, provide emotional support and contribute to personal relationships. You can be socially active at school, in the work place or while volunteering. Clubs, cultural activities and travel are also

outlets for social activity.

Exercise does not have to be strenuous for a healthy brain. The USDA recommendation is 30 minutes of moderate exercise, 5 days per week. Exercise that is heart healthy, such as aerobic activity is also brain healthy. Such physical activity helps to maintain blood flow to the brain and encourages new brain cells. Exercise also protects against heart attack, stroke, diabetes, Alzheimer's disease and other dementias.

In addition to brain activity, a healthy well-balanced diet is a key component to brain health. Adding foods like blueberries, nuts, and fish to your diet can help nourish your brain. Dark chocolate is high in antioxidants however you generally need only about 1 ounce a day. A brain healthy diet that contains antioxidants, Omega-3 fatty acids and is low in calories and sodium can help lower the risk of heart disease and Alzheimer's disease.

Lastly, brain health depends on sleep. It is critical to be well rested both physically and mentally.

On Monday, January 13, 2014, the Estill County Extension Homemakers and the Estill County Cooperative Extension Service will co-host a "Nourish Your Brain" Workshop at 1:00 p.m. at the Extension Office. Gina Noe, Madison County FCS Extension Agent will be the presenter. If you have ever walked into and forgotten why you are there, this lesson is for you. This presentation is about nourishing your brain with food and activities. The lesson will include brain exercises, tips on building your memory and samples of brain healthy foods. Join us for this free, fun and informative class by calling 723-4557 to pre-register.

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.

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.

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.

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.

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.

Tuesday, January 14, 2014

GTE/Sylvania Retirees Meeting

Winchester GTE/Sylvania/Osram/UAW retirees will be meeting at 10:30 a.m., Tuesday, January 14, 2014 at the Union Hall in Winchester for a short business meeting. Members and guests will then travel to Mt. Sterling for lunch at Cattleman's Roadhouse.

Kitchen Diva Dip Into Health

by ANGELA SHELF MEDEARIS

If you're looking for a delicious and healthy dip for couch-potato snacking or as a treat for your guests during the next big game, serve up some black-eyed peas. Black-eyed peas are actually a bean. They get their names from their characteristic appearance. They are white legumes with a small black dot resembling an eye.

Black-eyed peas are included in the "Meat and Beans" section of the Food Guide Pyramid, created by the U.S. Department of Agriculture. The bean can be used as an alternative protein source to meat. In fact, many vegetarians use legumes like black-eyed peas to substitute for meat when planning meals.

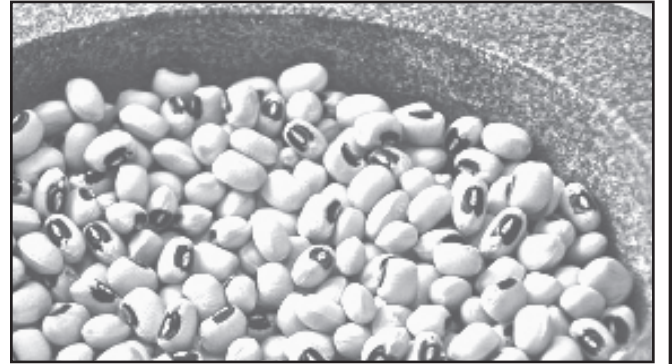
One serving of black-eyed peas is equal to one-half cup and contains 70 calories. They are a low-calorie option when served without additional condiments. The majority of calories come from carbohydrate sources (16 grams). Each serving also contains three grams of protein. The beans do not contain any fat or cholesterol. Black-eyed peas are especially rich sources of potassium, zinc and iron.

One of the main health benefits of black-eyed peas is their high fiber content. One-half cup of dry black-eyed peas that are cooked have 5.6 grams of fiber, while a 1/2 cup of canned black-eyed peas contains 4 grams. These amounts will vary among brands.

Fiber is a nutrient that helps regulate your digestive system, and increasing your intake could help alleviate constipation and symptoms of irritable bowel syndrome. Fiber also helps keep your cholesterol levels healthy by preventing cholesterol from being absorbed into your bloodstream, which reduces your risk of developing heart disease. Additionally, high-fiber foods keep you feeling full, since they are digested slowly -- which is important for weight control.

Black-eyed peas make a good addition to soups, stews and salads and also are a healthy side dish. They are available dried, frozen and canned. Dried black-eyed peas are usually the best bargain; however, using rinsed and drained canned peas or frozen and thawed black-eyed peas in a recipe also are a good deal.

Dip into these recipes for Texas Black-Eye Pea "Caviar" and Cheesy Black-Eye Peas. It's a great way to start off your New Year!



TEXAS BLACK-EYE PEA "CAVIAR"

- 3/4 cup vegetable or olive oil
- 1/4 cup red wine vinegar
- 1 can (15-ounce) black eye peas, drained
- 2 (15-ounces) cans black-eye peas with chopped jalapeno peppers, drained
- 1 large purple onion, chopped
- 3 cloves garlic, finely minced
- 1 green bell pepper, seeds and ribs removed, chopped
- 1 red bell pepper, seeds and ribs removed, chopped
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 tablespoon poultry seasoning or Italian seasoning
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon sugar (optional)

In a large bowl, mix all of the ingredients together until well-combined. Cover tightly and refrigerate overnight to allow flavors to mingle. Taste; if the mixture is too tart, stir in the sugar. Stir before serving with tortilla or pita chips, or crackers. The dip will keep up to two weeks in the refrigerator. Serves 8 to 10.

CHEESY BLACK-EYE PEA DIP

- 1 tablespoon olive oil or canola oil
- 1 tablespoon butter
- 1/2 cup chopped onion
- 1 tablespoon Italian seasoning or poultry seasoning
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1/2 clove garlic, finely minced
- 1 1/2 cups (12-ounces) shredded sharp Cheddar cheese
- 1/2 teaspoon mustard (yellow, stone ground, etc.)
- 2 cans (15-ounces each) black-eyed peas, drained and rinsed; 4 cups frozen and thawed; or 4 cups cooked and drained
- 1 jalapeno pepper, seeds removed, finely chopped
- 1 can (4-ounces) chopped green chilies

1. In a medium saucepan over medium-low heat, add oil and melt butter. Add chopped onion, poultry seasoning, salt and pepper, and saute until golden in color. Add garlic and cook for 30 seconds longer.

2. Turn heat to low and add cheese and mustard, stirring until melted. Add the black-eyed peas, chopped jalapeno and green chiles. Cook 5 minutes, stirring constantly. Serve hot in slow cooker or chafing dish. Serves 8.

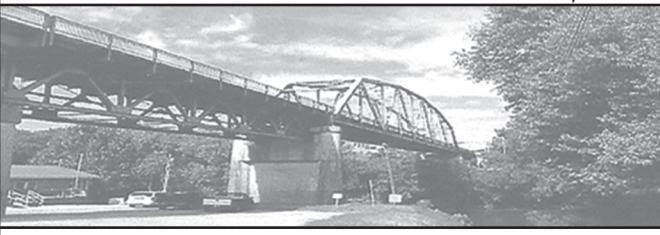
Angela Shelf Medearis is an award-winning children's author, culinary historian and author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva!, on Facebook and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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