

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.

Thursdays @ 7:00pm

Estill Chorus Spring Rehearsals

Estill chorus rehearsals have begun for the spring semester! The Chorus is open to any singer who desires a high level of choral experience. There is no audition. Rehearsals are held Thursday evenings from 7:00 to 8:30 at Irvine First Christian in the Fellowship Hall. The chorus especially is in need of more men, and high schoolers are also welcome. Please, join us. For more information, e-mail <estillchorus@gmail.com>.

BODY FITNESS CLASSES

The **BODY FITNESS EXERCISE CLASSES** led by **Sister Loretta Spotila, RN** began the **Winter/Spring Sessions**

Classes are on **Mondays and Wednesdays, 9:30 a.m. to 10:30 a.m. at the Central Office Building gym**
For more information, call **723-8505**.

UK COOPERATIVE EXTENSION SERVICE

University of Kentucky – College of Agriculture

EXTENSION NOTES

Family And Consumer Sciences

Protect Your Heart

Heart disease is the No. 1 cause of illness and death for North American women and kills more women than all forms of cancer combined. February is Women's Heart Health Month, and it is a great time for women to start taking better care of their hearts all year round.

It's important to know your personal risk for heart disease and family history. Common risk factors for heart disease include elevated blood pressure, high cholesterol levels, smoking, diabetes, a sedentary lifestyle and overweight or obesity.

Obesity increases women's risk for at least five leading causes of death including heart disease, stroke, arteriosclerosis (hardening of the arteries) and some types of cancer. Two of the best ways to improve your heart health is to change your diet and to exercise.

You have many different options to change your diet for the better. Most of them include incorporating more vegetables and fruits and fiber sources into your diet. The U.S. Department of Agriculture's MyPlate encourages people to fill half of their plates with fruits and vegetables. Fiber not only helps prevent heart disease but also can help prevent diabetes, manage weight and improve digestion. Good sources of fiber are beans, barley and oats.

You can also start incorporating more Mediterranean meals into your diet. People in Mediterranean countries tend to have lower rates of heart disease because they eat a diet rich in monounsaturated fat and linolenic acid. They consume more olive oil, fish, fruits and vegetables.

High blood pressure can be a major contributing factor to heart disease and arteriosclerosis. If you have high blood pressure, learning to control it can greatly reduce your risk of developing heart disease. The Dietary Approaches to Stop Hypertension (DASH) diet has been proven to significantly lower blood pressure. This diet involves limiting your salt intake and consuming plenty of fruits, vegetables, low-fat dairy products, fiber, and lean meats. More information about the DASH diet is available on the National Heart, Lung and Blood Institute's website, <http://www.nhlbi.nih.gov/health/health-topics/topics/dash/followdash.html>.

More than two-thirds of Kentuckians are not active, and 71 percent of women in the state report being sedentary. You can become more heart healthy by incorporating more movement into your day. That doesn't necessarily mean you have to spend hours at the gym. If you lead a sedentary lifestyle, you can start small by doing things like taking the stairs instead of the elevator, parking further away from a store entrance, playing tag with your kids or walking around your neighborhood. Every bit of movement helps.

For more information on ways you can get healthy and protect your heart, contact the Estill County Extension Office, 76 Golden Court, Irvine (723-4557) of the UK Cooperative Extension Service.

Source: **Janet Mullins, Associate Extension Professor for Food and Nutrition American Heart Association**

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

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.

Thursday, February 6th @ 1pm

Tai-Chi For Health & Balance

The Estill County Senior Center, located at 100 Golden Court, off Stacy Lane Road in Irvine, is offering a new exercise program, Tai-Chi for Health and Balance. The gentle movements of Tai-Chi reduce stress and provide other health benefits. Tai-Chi covers five different important kinds of exercise in one – aerobic, strength training, core stability, flexibility and balance. It improves physical condition, confidence in movement, stress reduction, increased body awareness, balance and decreases pain.

Classes will be offered every Tuesday and Thursday at 1 p.m. and Saturdays, February 8th and 22nd, at 9 a.m. There is no charge for the class and it is open to anyone age 55 or older. For more information please call 723-4787.

Monday & Tuesday, February 10th & 11th

Dinner Theater Auditions

River City Players will be doing their first dinner theater performance in March. They will be holding auditions for "Designing Murders," a Designing Women parody, on Monday, February 10th and Tuesday February 11th, 6-8 p.m., at the EDA building on Broadway.

No auditions will be held after February 11th.

Tuesday, February 11th

Free Tax Prep In Estill County

The Eastern KY Asset Building Coalition is offering free tax preparation services on Tuesday, February 11, 2014 at the Estill County Public Library, 246 Main Street in Irvine.

Tax preparation at this site is by appointment only. Please call 502-209-5382 to schedule an appointment and mention that you would like to utilize the Estill County location. **Please bring with you...**

- Picture identification for each taxpayer
- Social Security cards for self, dependents, and spouse, if applicable
- All forms, W-2 and 1099 statements
- Information on all other income
- Information for all deductions and credits (i. e., child care, education)
- A copy of last year's return, if available
- Checking and/or savings account information for direct deposit of refund (routing number and account number).

Tuesday, February 11th @ 10:30am

GTE/Sylvania Retirees To Meet

Winchester GTE/Sylvania/Osram/UAW retirees will meet at 10:30 a.m., Tuesday, February 11th at the Union Hall for their monthly business meeting; then travel to Richmond for lunch at Ryan's. All Winchester Sylvania retirees and former employees are welcome for lunch.

Tuesday, February 11th @ 6:30pm

Estill County Relay For Life

Relay For Life of Estill County will meet on Tuesday, February 11, 2014 at 6:30 p.m. in the Fellowship Hall of South Irvine Baptist Church, 1215 South Irvine Road.

Tuesday, February 11th, 6-8pm

Valentine's Day Ball For Special Needs Persons

Individuals with Special Needs can "dance the night away" at a Valentine's Day Ball with Berea Parks & Recreation on Tuesday, February 11th, 6-8 p.m. at the Russel Acton Folk Center! This is a free event and semi-formal attire is required! Snacks and a DJ will be provided! Call (859) 986-9402!

Tuesday, February 18th, 6-8pm

SKYWARN® Weather Spotter Training

The National Weather Service in Jackson, Kentucky, and Estill County Emergency Management will be presenting a free SKYWARN® Weather Spotter training on Tuesday, February 18, 2014, 6-8 p.m., at the Irvine Fire Department, 231 Collins Street in Irvine. Weather spotters are taught to identify and report significant events such as damaging winds, heavy rain, tornadoes, ice and snow, along with other events that have an impact on the safety of the community.

This class is open to the public, free of charge, and no registration is required. Go to <www.weather.gov/jkl/?n=spotter> for more information about SKYWARN®.

Friday, February 21st @ 6:30 p.m.

C. Ky. World War II Roundtable

The bi-monthly meeting of the Central Kentucky World War II Roundtable will be held at 6:30 p.m. on Friday, February 21, 2014 at Ryan's Restaurant in Richmond. Dr. Ralph Thompson will give a presentation entitled "Deceptions of World War II." If you have questions, please call Phillip Seyfrit, at (859) 623-8979.

Closed Until Further Notice

Johnetta's BERGMAN HOUSE
BED & BREAKFAST
233 Main St. *Irvine, Ky*
513-205-9113
Theme Rooms WIFI
Reasonable Rates
joneta@aol.com www.bergmanhouse.com

Kitchen Diva

A Valentine for Your Heart

by **ANGELA SHELF MEDEARIS**

I enjoy preparing dinner for my husband, especially for special holiday meals. Since he has some health issues, I try to make sure that the dishes I prepare contain ingredients that are nutritious and delicious -- and that includes almonds. Of all the things to love about almonds, this one will really get your heart pumping: Research shows that a diet high in heart-healthy foods like almonds can help to reduce cholesterol levels.

That's good news for just about everyone, as cardiovascular disease is the No. 1 cause of death among men and women in the U.S. Almonds also are one of the richest sources of vitamin E, a powerful antioxidant that helps to reduce the risk of cancer and heart disease. A study published in the Journal of Nutrition found that consuming whole almonds, including the skin, doubles the antioxidant intake.

Just 1 ounce (about 22 almonds) packs more protein than an egg and more than 3 grams of dietary fiber. This same portion provides about 160 calories, and the high protein content staves off hunger. Almonds also are a rich source of riboflavin, magnesium, manganese and copper.

Shelled almonds may be whole, sliced or slivered with skin on, or blanched with the skin removed. Look for dry-roasted almonds that contain no additional ingredients such as sugar or preservatives. Store them in a tightly sealed container in a cool, dry place to prevent them from going rancid or absorbing the odors of other foods. Refrigerated almonds will last several months, and up to a year frozen.

This recipe for Sole with Grapes and Almonds is an easy, yet elegant recipe for Valentine's Day ... or any day. Heart-healthy almonds add a lovely crunch and texture to the silky fish fillets.



SOLE WITH GRAPES AND ALMONDS

- 4 sole fillets (or tilapia)
- 1/4 cup flour
- 1 tablespoon poultry seasoning
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon unsalted butter
- 1 tablespoon olive or canola oil
- 1 teaspoon grated ginger root
- 1/2 cup dry white wine, white balsamic vinegar or vegetable broth
- 1 cup green grapes, cut in half
- 1 teaspoon sugar or honey
- 1/2 cup toasted sliced almonds

1. In large shallow dish, combine flour, poultry seasoning, salt and pepper to taste and coat fish fillets in this mixture. Melt butter and oil in nonstick skillet over medium heat and add ginger root. Stir, then add the coated fillets. Saute for 3-4 minutes on each side until the fish begins to turn golden and flakes easily when tested with a fork. Remove to an ovenproof dish, cover and keep warm in low oven.

2. Add wine, vinegar or broth to the pan and cook, stirring to incorporate bits from the bottom of the pan. Cook for 4-5 minutes to reduce the liquid, then add grapes and sugar or honey. Cook 4 minutes longer, stirring constantly. Season with salt and pepper. Add the fillets and sprinkle with almonds. Serve immediately. Serves 4.

(Additional information, courtesy of Susan Mills-Gray, Nutrition and Health Education Specialist, University of Missouri Extension, the American Heart Association and the California Almond Board.)

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.

(c) 2013 King Features Synd., Inc., and Angela Shelf Medearis

Sammy's Furniture & Appliances

722 Main St., Ravenna • 723-6562
Open Mon.-Fri., 9-6, and Sat., 9-5

- New Appliances
- Dutch Craft Amish-Made Bedding
- New Bedroom Suites
- Bushline Living Room Suites
- Tables & Chairs
- Special Orders

Free Delivery & Set Up
90 Days Same As Cash*
*With Approved Credit



5 S. Irvine Road
Irvine, Kentucky

Rader's River Grill

Under the Irvine Bridge Chris Rader, Owner



"The Only Floating Restaurant in Ky."
Now Open 6am For Breakfast!
(606) 723-6439
Try Our Sunday Buffet!