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 day (Tuesday). Club will be holding their it will be held the following neth Tipton at 723-7554.

All members and anyone monthly meeting on the first wishing to join the club are Monday of each month at Ir- welcome. If you have any vine City Hall at 7:00 p.m. If questions please call Loyd the meeting falls on a holiday Flynn at 723-6776, or Ken-

Thursdays @ 7:00pm

Estill Chorus Spring Rehearsals

of choral experience. There is also welcome.

day evenings from 7:00 to 8:30 rus@gmail.com>.

Estill chorus rehearsals have at Irvine First Christian in the begun for the spring semes- Fellowship Hall. The chorus ter! The Chorus is open to any especially is in need of more singer who desires a high level men, and high schoolers are

Please, join us. For more Rehearsals are held Thurs- information, e-mail <estillcho-

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

For more information, call 723-8505.

Central Office Building gym

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 increases women's risk for at least five leading causes of death including heart disease, stroke, arteriosclero-

sis (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.

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Fridays, 6:00 to 8:00pm

Estill Appalachian Dulcimers

The Estill County Appala-Main Street, Irvine

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

Thursday, February 6th @ 1pm

Tai-Chi For Health & Balance

exercise program, Tai-Chi for balance and decreases pain. Health and Balance.

provide other health benefits. 8th and 22nd, at 9 a.m. Tai-Chi covers five different

The Estill County Senior ity and balance. It improves Center, located at 100 Golden physical condition, confidence Court, off Stacy Lane Road in movement, stress reduction, in Irvine, is offering a new increased body awareness,

Classes will be offered ev-The gentle movements of ery Tuesday and Thursday at 1 Tai-Chi reduce stress and p.m. and Saturdays, February

There is no charge for the important kinds of exercise in class and it is open to anyone one – aerobic, strength train- age 55 or older. For more inforing, core stability, flexibil- mation please call 723-4787.

Monday & Tuesday, February 10th &11th

Dinner Theater Auditions

performance in March.

tions for "Designing Murders," a Designing Women ter February 11th.

River City Players will be parody, on Monday, February doing their first dinner theater 10th and Tuesday February 11th, 6-8 p.m., at the EDA They will be holding audibuilding on Broadway.

No auditions will be held af-

Tuesday, February 11th

Free Tax Prep In Estill County

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

Tax preparation at this site call 502-209-5382 to schedule an appointment and mention that you would like to utilize turn, if available the Estill County location. Please bring with you . . .

each taxpayer

- Social Security cards for
- All forms, W-2 and 1099 statements
- Information on all other
- Information for all deducis by appointment only. Please tions and credits (i. e., child care, education)
 - · A copy of last year's re-
- Checking and/or savings account information for di-• Picture identification for rect deposit of refund (routing number and account number).

Tuesday, February 11th @ 10:30am

GTE/Sylvania Retirees To Meet

Osram/UAW retirees will meet for lunch at Ryan's. at 10:30 a.m., Tuesday, February 11th at the Union Hall for tirees and former employees their monthly business meet- are welcome for lunch.

Winchester GTE/Sylvania/ ing; then travel to Richmond

All Winchester Sylvania re-

Tuesday, February 11th @ 6:30pm

Estill County Relay For Life

day, February 11, 2014 at 6:30 1215 South Irvine Road.

Relay For Life of Estill p.m. in the Fellowship Hall of County will meet on Tues- South Irvine Baptist Church,

Tuesday, February 11th, 6-8pm

Valentine's Day Ball For **Special Needs Persons**

on Tuesday, February 11th, 6-8 vided! Call (859) 986-9402!

Individuals with Special p.m. at the Russel Acton Folk Needs can "dance the night Center! This is a free event and away" at a Valentine's Day Ball semi-formal attire is required! with Berea Parks & Recreation Snacks and a DJ will be pro-

Tuesday, February 18th, 6-8pm

SKYWARN® Weather Spotter Training

free SKYWARN® Weather Spotter training on Tuesday, February 18, 2014, 6-8 p.m., public, free of charge, and no at the Irvine Fire Department, 231 Collins Street in Irvine.

The National Weather Ser- cant events such as damaging vice in Jackson, Kentucky, and winds, heavy rain, tornadoes, Estill County Emergency Man- ice and snow, along with other agement will be presenting a events that have an impact on the safety of the community.

This class is open to the registration is required.

Go to <www.weather.gov/ Weather spotters are taught jkl/?n=spotter> for more inforto identify and report signifi- mation about SKYWARN®.

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

C. Ky. World War II Roundtable

The bi-monthly meeting of the Central Kentucky World give a presentation entitled War II Roundtable will be held at 6:30 p.m. on Friday, February 21, 2014 at Ryan's Restau-call Phillip Seyfrit, at (859) rant in Richmond.

Dr. Ralph Thompson will "Deceptions of World War II." If you have questions, please

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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, poutry 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 eas-

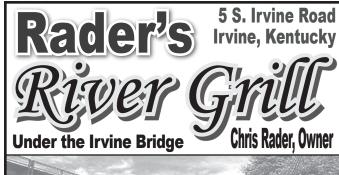
ily when tested with a fork. Remove to an ovenproof

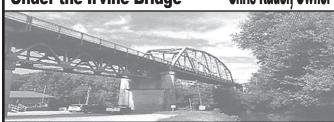
dish, cover and keep warm in low oven. 2. Add wine, vinegar or broth to the pan and cook, stirring to incorporate bits from the bottom of the pan. Cook for 4-5 minutes to reduce the liquid, then add grapes and sugar or honey. Cook 4 minutes longer, stirring constantly. Season with salt and pepper. Add 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

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