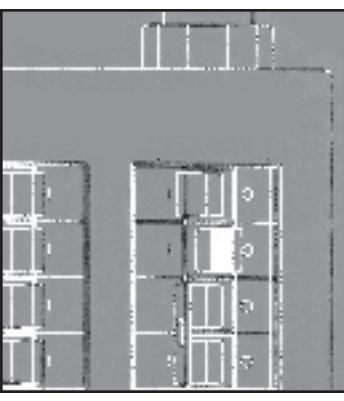
Classifieds

Buy, Sell, Trade or Giveaway, Call (606) 723-5012

Landscaping

YARD MASTER
"Weed the Best!"
For All Your Landscaping Needs
Call the best! (859) 408-3057

Electrical



Eastern Kentucky Electric
Working together to make things brighter
Daniel Muchow, Owner
(859) 351-4001
Irvine, KY 40336
CE65199 ME #64934
easternkyelectric@yahoo.com

Tree Removal

Davidson Tree Service
We treat our customers right!
Tree and stump removal.
Professional pruning and shaping.
Landscaping, etc. Firewood for sale!
Bucket truck now available!
Fully Insured!
Billy 1-859-625-2683
Mike 1-606-723-9227
Tommy 1-606-253-8826

Auto Repair

NEAL'S STEREO SHOP
(606) 975-3796
River Drive & Main in Ravenna

NEAL'S AUTO CENTER & BODY SHOP
Mechanical Work
Main Street in Ravenna
Call 606-975-3796

Public Notice

Jessica Spangler,
Can you please come and get your stuff at 306 Poplar Street?

Classifieds

$2 for 20 Words
Additional Words
10 cents each.
Send with payment to
Estill Tribune,
6135 Winchester Road
Must be Prepaid
No Billing!

Tree Trimming

GET-R-DONE
Tree Trimming & Removal
Also, NEW! Pressure Washing!
Homes, Decks, Driveways, Sidewalks
Contact Anthony Conrad
FREE Estimates! 606-975-3799
Available 24 Hours For Storm Damage!

Gravel Hauling

Jack Walling
GRAVEL HAULING & DOZIER WORK
Free Estimates!
606-643-5925

Furniture

Sammie's
Furniture
722 Main Street, Ravenna • 723-6562
Open MON-FRI 9-6 and SATURDAY 9-5
- Tables & Chairs (We do special orders!)
- New Mattresses and Box Springs
- New Bedroom Suites
- New Living Room Suites
- New Recliners & Lift Chairs

NO CREDIT? BAD CREDIT? **NO PROBLEM!**
EASY FINANCING BY
MERCHANTS**PREFERRED**
LEASE **PURCHASE** SERVICES
Free Delivery & Set Up

Real Estate

JOYCE MARCUM REALTY.COM
Call (606) 723-0080

Joyce Marcum
BROKER/OWNER
859-624-0088
<jmarcum21@aol.com>

Bill Van Winkle
859-582-2810
<bvanwinkle@windstream.com>

James Woolery
859-358-0691
<james.woolery@live.com>

www.joycemarcumrealty.com
(International internet advertising, Using drones & property tours)

Americanisms

"A stumbling block to the pessimist is a stepping-stone to the optimist."
— *Eleanor Roosevelt*

UK COOPERATIVE EXTENSION SERVICE
University of Kentucky – College of Agriculture

Estill County
Family & Consumer Sciences
Estill County Extension Office

Nutrition Facts labels get an update

Source: *Courtney Luecking, assistant extension professor*

You may have noticed some changes recently to the Nutrition Facts labels on common grocery items. The U.S. Food and Drug Administration has changed the labels on packaged foods and drinks, marking the first major changes to the labels in 20 years.

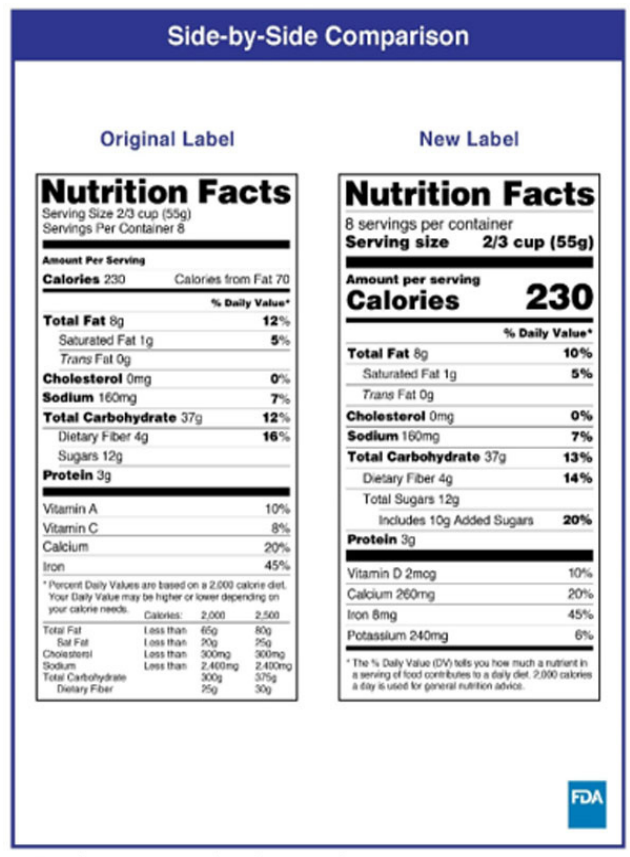
Changes to the serving size, calories, percent daily values and nutrients on the label are the result of updated scientific information, new research and public input. The goals of the new labels are to make it easier for you to make informed decisions about food and live a healthier life.

The FDA made changes to the serving size to reflect how much people usually eat and drink. However, you should note that a serving size is not a daily nutrition recommendation.

Calorie changes include making the calorie font bolder and bigger, so you can clearly see how many calories are in a serving size. The number of calories you should eat every day varies by person. You can determine what your daily calories needs are by visiting the MyPlate website at https://www.myplate.gov/myplate-plan.

The percent daily value shows you the amount of a particular nutrient available in each serving of food or drink. Nutrients shown on the food label include fat, carbohydrates, protein, cholesterol and select vitamins and minerals. The FDA updated these daily nutrient values, which could make those values higher or lower than before. As a general rule, if the label shows 5% or less daily value of a nutrient, then it is considered low in that particular nutrient. If the daily value is 20% or above, then the food contains a high level of that nutrient.

In addition to changes to the daily values, the FDA removed and added nutrients to food labels. Added sugars are now required to be on the label. This change was made because added sugars make it harder for you to get the nutrients you need and stay within your daily calorie limit. Nutrients that were added include potassium and vitamin D. American diets often lack in these two nutrients. Potassium can lower your risk of developing high blood pressure, and vitamin D can reduce your risk of developing osteoporosis. Vitamins A and C are nutrients that the FDA removed, because most of us get the daily recommended amounts of these vitamins in our diets. They also removed calories from fat as research has determined the type of fat you consume is more important than the amount.



Graphic: U.S. Food and Drug Administration

For more information about nutrient label changes, how to read nutrition labels and general nutrition questions, contact the Estill County office of the University of Kentucky Cooperative Extension Service at 606-723-4557.

Equal Opportunity Service Provider