

Making Our Lives Count by BOB CASEY, preacher Cornerstone Church of Christ Bond Street at Camp Avenue in West Irvine

I remember very clearly seeing those amazing pictures taken from space by our astronauts revealing the told circumference of our planet. There was just as Job said in **Job 26:7**, “*And he hangeth the earth upon nothing.*” I cannot, and shall not forget the magnificentness of that photograph. Job also says in **13:10-14**, “*He hath compassed the waters with bounds, until the day and night come to an end. The pillars of heaven tremble and are astonished at his reproof. He divideth the sea with his power; and by his understanding he smiteth through the proud. By his spirit he hath garnished the heavens; his hand hath formed the crooked serpent. Lo, these are parts of his ways: but how little a portion is heard of him? but the thunder of his power who can understand?*” Paul wrote in **Romans 11:33**, “*And his ways are past finding out.*”

There are many people within our society that are making attempts to try the mighty power of God. When men deny the written word of God related to the creation, they will openly challenge his power by teaching evolutions of nearly everything. One day they will experience the righteous might of God, but to repent, it will be too late.

Then there are those in the world who are challenging the righteous might of God by denying that He sent Jesus into this world to save men from their sins. Sadly, most of the modern day Jews still reject the Christ as the promised Messiah. Let me make this point clear! God is not now blessing the Jews, and will not bless them until they acknowledge Jesus to be His Son. Just read **Matthew 23:37-39**. See if the Bible is true!

Thirdly, many are challenging the righteous might of God by denying the plan He gave through Jesus to save them. By altering His plan in any way voids the contract of salvation. **Hebrews 5:9-10**, “*And being made perfect he became the author eternal salvation unto all them that obey him.*” If you had submitted to a plan of man that does not include hearing the truth, taught, to repent, of every past sin, by believing all things that our Lord has told us, by making a public confession before men that we believe that Jesus is the Christ, and to complete our obedience, be baptized in enough water to be immersed, and submerged to have been buried, raised from the dead in trespasses and sins to walk in the state of forgiveness, newness of life. Just read **Romans 6:1-6**. See what the Bible teaches.

Then again, there are many who claim to be in the state of salvation, who challenge the righteous might of our Lord when He said in **Hebrews 10:25**, “*Not forsaking the assembling of ourselves together as the manner of some is, but exhorting one another, and so much the more as ye see the day approaching.*” So if, you claim to be a Christian, and may not be faithfully attending a faithful church each Lord’s day, this is what you are doing, you are challenging the righteous might of our Saviour who paid for your salvation with His own blood. So if you are not attending, you are sinning willfully, and if you continue doing this you will one day come up before the mighty righteousness, of the Christ who will reject your entry into Heaven. The Hebrew writer says in **verse 31**: “*It is a fearful thing to fall into the hands of the living God.*” Friends, don’t challenge the righteous Lord. You will fail every time.

P.S. Attend with us this Lord’s day at Bond Street and Camp Avenue, West Irvine.

Our phone number is **1-859-369-4165**.
Sincerely, Bob Casey

seeds of Hope



Forgiveness, above everything else, is a sign of love. The more we love and value another person, the quicker we are to forgive that one if they have hurt or harmed us, injured or insulted us. Love, especially deep love, will forgive quickly and completely.

On the other hand, when someone does something to us that is on purpose, knowing that it will offend us deeply or cause us great pain, that’s another matter completely. We may replace forgiveness with grudges and wait for an appropriate opportunity to get even or settle the score.

David was threatened by his guilt and needed God’s forgiveness. It is obvious in the opening verses of Psalm 51. His guilt was destroying and overwhelming him. And, he could find nothing within himself that

provided him any assurance that God would forgive him. He knew that he did not deserve God’s forgiveness. So, he appealed to God’s “loving-kindness, his steadfast love, his great compassion, his eternal compassion” - all words that are included in the translation of God’s hesed B God’s love. Why did he find it necessary to ask God to “blot out my transgressions, wash away all my iniquity and cleanse me from my sin?” He feared God’s wrath.

David realized the significance and seriousness of his sins. According to the laws that governed the children of Israel at that time, God would not forgive him for what he had done. He was frightened! Where could he go? What could he do?

Appeal to God for His mercy, faithfulness and love. And that mercy, forgiveness and love have always been and always will be available. “If we confess our sins He is faithful and just to forgive us our sins and cleanse of all unrighteousness.”

Visit us at: SowerMinistries.org
PS 114



Attention Veterans



A Veterans Benefits Field Representative will be at the National Guard Armory, 335 Cow Creek Road, Ravenna, on Thursday, February 4th and normally 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.

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>

Wednesdays @ 5:30pm

Beginner Yoga at Marcum & Wallace

Beginner Yoga Class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30-6:30 p.m. with instructor Laritza Gomez. The cost is one non-perishable food item for Help-

ing Hands Outreach Ministry. The instructor will guide the class through basic poses focused on relaxation, building core strength, and flexibility. Regularly practicing yoga has many health benefits!

Estill Health Department Reminder

January is Radon Awareness Month

The Estill County Health Department would like to remind you that January is National RADON awareness month. Radon is the 2nd leading cause of lung cancer, with smoking being the number one cause.

Radon is a naturally occurring radioactive gas that gets into your home through cracks and crevices in your foundations, basements, and crawl spaces.

It is odorless, tasteless, and invisible.

The only way to know if you have Radon gas present in your home is to test. Your local health department has Radon test kits available for free.

Testing is simple and easy. Testing could save your life. Contact the Estill County health department for your free test kit now at (606) 723-5181.

Thursday, January 21st @ 5:30pm

Irvine-Ravenna Kiwanis Wants You

The Irvine-Ravenna Kiwanis Club will host its meeting this Thursday (January 21) for anyone who is interested in becoming a member of this

historically important local civic group. We will meet at 5:30 p.m. at Michael’s Restaurant. At left is some information regarding our club.

Thursday, January 21st @ 6:00pm

Garden Thyme Herb Club

Garden Thyme Herb Club will meet at 6 p.m. Thursday, January 21st in the fellowship hall of St. Elizabeth Church on 6th Street, Ravenna.

The herb of the year (Pepers) will be presented by Richard Ramsdale, and Deborah Carmichael will introduce using sprouts in salads and on sandwiches.

Delores Rowland will present a lesson on “Five Minute

No-Knead Bread.” You don’t need a bread machine or any equipment to make this yeast bread.

For more information, please call 723-3096 and leave your number.

If there is no school in Estill County on Thursday, the herb meeting will be cancelled. The meeting will also cancelled if there is inclement weather at the time of the meeting.

Tuesday, January 26th @ 5:30pm

Irvine-Ravenna Woman’s Club

The Irvine-Ravenna Woman’s Club will meet Tuesday, January 26 at 5:30 p.m. at the Eagle’s Roost, 214 Main Street, Irvine. Members will be doing a service project making Valentine cards for the Irvine Nursing & Rehabilitation Center residents and Marcum-Wallace Hospital patients. Woman’s Club is a civic organization with the motto “Committed to Service”. The local club was organized in 1954 and has served the needs

of the community through a broad range of projects and programs throughout the years.

Membership is open to all women who are interested in community service in an atmosphere of fellowship. Become a volunteer and make new friends. The club meets on the 4th Tuesday evening of each month. If school is cancelled for the day because of bad weather the meeting will be cancelled.

Tuesday, February 2nd @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, February 2, 2016, and on the first and third Tuesday of every month at Raders’ River Restaurant. The meal is at 6:30 p.m. and business meeting begins at 7 p.m.

Estill County Lions Club is part of Lions Club Inter-

national, with 1.35 million members in 205 countries around the world. We invite those who feel a call to make our community a better place through service to attend and learn about how Lions around the world earn our motto, “We Serve . . .”

Tuesday, February 2nd @ 7pm

Estill County Historical To Meet

The Estill County Historical and Genealogical Society will meet at the Estill County Public Library meeting room on Tuesday, February 2, 2016 at

7 p.m. William Hardy will be the speaker.

The 2016 Calendar is available at the Museum for \$7.00 each.

Friday, February 5th @ 9am

Retired Co. C Guard Breakfast

Attention: All retired and old National Guard members of Charlie Company 1/149th. There will be a breakfast at Cracker Barrel, in Richmond,

on Friday, February 5th and on the first Friday of each month at 9 a.m.

All are invited and welcome. Hope to see you there!

Friday, February 13th, 8-11pm

“Save The Mack” Valentines Fundraiser

“Save the Mack” Valentines Gala Fundraiser, will be held Saturday, February 13th, 8-11 p.m., sponsored by Eagles Roost Sports Bar and River City Players.

Reservation required, \$20

per person. Hors d’oeuvres, Dessert/Punch Table, Music/Dancing, Silent Auction. Come and enjoy a special evening here at home. Proceeds go to the “Save the Mack” fund.

Kitchen Diva

Drink Your Almonds

by ANGELA SHELF MEDEARIS

Almonds are a healthy food choice. They’re high in protein, vitamin E, fiber and minerals such as magnesium, selenium, manganese, zinc, potassium, iron, phosphorus, omega-3 fatty acids and calcium.

Almond milk also is a healthy food choice. Drinking almond milk can help to lower LDL cholesterol and protect against heart disease. Almond milk has zero saturated fats and is lower in calories than cow’s milk. It has been used by many people who have allergies, lactose intolerance, diabetes or heart disease. Some consumers prefer almond milk solely because of taste and flavor.

Many people are using plant-based milks like almond milk in the place of cow’s milk. Why is it so popular? And which milk is better for you -- almond milk or cow’s milk?

Cow’s milk provides many nutrients your body needs. It contains calcium, potassium, vitamin D and protein, all of which help to improve bone health and manage blood pressure. Because of its health benefits, the USDA recommends three servings of dairy per day for the average adult.

Despite the many nutrients cow’s milk provides, the U.S. has seen a decline in sales of cow’s milk and an increase in sales in plant-based milks. Almond milk in particular has grown in popularity since 2011. While it has many healthy factors to consider, almond milk falls short nutritionally in many ways in comparison to cow’s milk.

Although many almond milk brands are lower in calories than cow’s milk (unsweetened almond milk has about 40 calories per cup), it’s also very low in protein. Most of the protein is lost during processing, resulting in water and almond water as the main ingredients. Most almond milk provides only 1 gram of protein per serving compared to 8 grams of protein per serving from cow’s milk. Almond milk also is lower in potassium than cow’s milk.

Almond milk comes in many varieties, including sweetened, unsweetened, dark chocolate and vanilla. Some of these versions have added sugars, which the USDA warns will count against your maximum limit of “empty calories” (calories from solid fats and added sugars).

The U.S. Department of Agriculture states that calcium-fortified beverages such as almond milk may provide the recommended amount of calcium, but may not provide other nutrients found in dairy products. The important thing to remember is to check the nutrition-facts label -- look for milk or milk products that have adequate amounts of calcium, vitamin D and protein. Aim for products that are low in added sugars and saturated fats.

The bottom line is simple, whether its cow’s milk or almond milk, the value of the product you choose depends on its composition, your nutrient needs and any underlying medical conditions. If you consume dairy, you may want to purchase both almond milk and cow’s milk and incorporate both into your diet to take advantage of their mutual benefits.

My recipe for Creamed Spinach with Crunchy Almond Topping uses almond milk in the place of dairy to create a creamy, delicious side dish that’s lower in calories but full of flavor.



Depositphotos.com

Creamed Spinach with Crunchy Almond Topping

4 (5-ounce) bags baby spinach
4 tablespoons unsalted butter, plus 1 tablespoon for greasing baking dish
1/2 small sweet onion, thinly sliced
3 tablespoons all-purpose flour
1 teaspoon salt
1 teaspoon lemon pepper
2 cups unsweetened almond milk
1/2 cup grated Parmigiano-Reggiano or Cotija cheese
1/8 teaspoon ground nutmeg
3/4 cup panko (Japanese bread crumbs)
2 tablespoons finely chopped marcona almonds

1. Heat oven to 425 F. In a large saucepan, heat 1 inch of water. Add the spinach by the handful; allow each handful to wilt before adding more. When the spinach is wilted, drain it, pressing out as much water as possible. Wipe out the pot.

2. Melt 2 tablespoons of the butter in the pot. Add the onions; cook over moderate heat until softened. Stir in flour, salt and lemon pepper, and cook for 1 minute. Add almond milk and simmer until very thick, whisking occasionally, 5 minutes. Stir in cheese, nutmeg and spinach. Spoon into a buttered, 2-quart baking dish.

3. In a small bowl, melt remaining 2 tablespoons of butter. Stir in the panko and almonds, and sprinkle over the creamed spinach. Bake for 15 minutes, until golden. Makes 4-6 servings.

Angela Shelf Medearis is an award-winning children’s author, culinary historian and the 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.

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