

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>

Entire Month of February

Hearts for Hospice at CGB

Throughout February, Citizens Guaranty Bank in Irvine will offer customers Hearts for Hospice.

will receive a memorial heart, which will be displayed at the bank throughout the month.

All proceeds support Hospice Care Plus.

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!

Thursday, February 4th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, February 4 at 5:30 p.m. at Michael's Restaurant. Donations of \$1,000 were given by the club in January to the Joe Ohr Scholarship

recipients. The program will be given by Fred Brown of Brown Farm Meats.

Persons dedicated to "improving the world one child and one community at a time" are welcome to become members.

Thursday, February 4th @ 7pm

Mountain Mushroom Festival

The 26th annual Mountain Mushroom Festival will be April 23-24, 2016.

More volunteers and groups are needed to assist in the events and activities.

A planning session will be Thursday, February 4 at 7 p.m. in Irvine City Hall, 101 Chestnut Street. The theme will be "Mountain Mushroom Festival: Pride in Commu-

Anyone interested in assisting with the festival is welcome. For further information contact City Hall at 723-2554 or Francine Bonny, 723-5694.

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!

Monday, February 8th @ 7pm

SE Ky. Gem, Mineral & Fossil Club

The Southeast KY Gem, Mineral, & Fossil Club will meet Monday, February 8th at 7 p.m. at the Estill County Public Library. The program will be a "Show, Tell, and Trade".

for the Agate, Gem, and Mineral Show on April 22, 23, and 24 at the Mountain Mushroom Festival.

Anyone interested in joining is welcome to attend. Yearly dues are \$20 per family and \$15 per individual.

Tuesday, February 9th @ 6:30pm

GTE/Sylvania UAW Retirees To Meet

Winchester GTE/Sylvania/Osram/UAW retirees will meet for lunch at 11:30 a.m., Tuesday, February 9th at the Broadway Cafe, 26

East Broadway Street in Winchester. All Winchester Sylvania retirees and former employees are welcome to join us for lunch.

seeds of Hope



After a sermon on "Hospitality Evangelism" the Harts were convinced that they should invite their unsaved neighbors to dinner. Their pastor clearly and carefully explained a process to witness God's plan of salvation after the meal.

On the night of the dinner, the host and hostess were both anxious to begin and end the evening with real-life situations and Christian standards that presented "God at work in their household."

After sitting down for dinner, Mr. Hart said to five-year-old Bruce, "Would you please say grace?"

Shy and overcome by the drama of the situation he said, "I don't know what to say." Naturally, there was an awkward pause while they attempted to recover from this serious setback to their strategy to witness

to their neighbors.

"Well, dear," said Mrs. Hart with a forced smile, "just say what Daddy said at breakfast this morning."

Obediently, Bruce folded his hands, bowed his head and said, "Oh, God, we've got those horrible neighbors coming to dinner tonight."

Truth came straight from Bruce's heart because he was filled with innocence and openness, trust and honesty. Bruce spoke the truth naturally because his heart was pure!

But what about the rest of us? Do we speak the truth?

Truth comes from our hearts when we have nothing to hide and our hearts are filled with God's wisdom. David explained it this way: "You desire truth in the inner parts; you teach me wisdom in the innermost place." Our God is a God of truth and wants His character to be within us and flow from us. If we fill our hearts with His Word, His truth will flow from us.

Visit us at: SowerMinistries.org PS 116

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.

Tuesday, February 16th @ 1:30pm

Afternoon Yoga At The Library

Afternoon yoga at the Estill County Public Library starts Tuesday, February 16th at 1:30 p.m.

Yoga relieves stress, builds strength and improves flexibility. Even if you've never tried

yoga before, please come and join us - you will love the way it makes you feel! All ages and abilities are welcome and admission is free.

Call the library at 723-3030 if you have any questions.

Tuesday, February 16th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, February 16, 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 International, 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..."

BIBLE TRIVIA

by Wilson Casey

1. Is the book of 1 Samuel in the Old or New Testament or neither?
2. "All things are possible to him that believeth" is from what book's 9:23? Psalms, Malachi, Mark, Ephesians
3. What/where is the

longest verse of the Bible? Matthew 2:6, Esther 8:9, Romans 9:7, Luke 6:1

4. "Absent in body, but present in spirit" is from what book's 5:3? 1 Corinthians, 1 Timothy, 1 Peter, 1 John

5. From Judges 14, who called his wife a heifer? Saul, Elijah, Samson, Peter

6. What was the Hebrew name of Paul? Simon Peter, Andrew, Haggai, Saul

Answers on bottom of Page 13

Wilson Casey's mainstream UFO book, "Swamp Gas & High Hopes 101," is now available from TouchPointPress.com

The Climatic Events of This World

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

Even as we write, many may think I am referring to weather words, but today I am going to use these terms to point out the events of world conditions.

The definition of climatic also refers to the thought: "the bringing together or to form a climax." When this thought is used in the spiritual sense, there can be no doubt that world conditions are now very fast, coming together to bring about a climax of great world troubles. All the middle east is at this present time being formed to involve the world in their strength in hope of world domination.

The book of Revelation 11:17-19, especially **verse 18**, "The nations were angry and thy wrath is come, and the time of the dead that they should be judged." Many believe that the book of Revelation really consists of two books, **the first chapters 1 through 4 and the second Revelation 12 through 22**. Either way, we can see the power of God unfold in the forthcoming judgment promised to the obedient and also to the disobedient in **chapters 12-22**. We see the planned salvation of God as He sent Christ to die for our sins by the death on the cross.

But notice that before this climatic judgment that the "nations were angry." At this present time a great deal of world nations are faithful and angry at the same time. So this type of climate, if continued in, will bring about terrible events.

Satan will have his final assaults upon mankind, and I believe that with the bombing of the world trade center this climatic events had its beginning. **Revelation 12:12 Satan knows that he has but a short time.**

In **Luke 21:25-36** here is a passage that is dealing specifically upon end time events. After our Lord gives us all these indications such as **distress of nations with perplexity meaning**, "doubts or confusion." No one has the answer to stop all the madness, politicians say they have the answers, but they don't because the end-time events are already set in motion. I personally believe that all these things will be brought to pass because for the most part is because of the rejection of God and Christ right here at home. Notice here that our Lord says, "When these things begin to come to pass, then look up and lift up your heads, for your redemption draweth nigh." It is high time that men and women everywhere need to get their heads out of the sands of worldly pleasure and turn their attention to **what sayeth the Lord**, and then obey Him. We must never think that when we are caught up in the sin of wait until we see the Lord coming and then make an attempt of repentance, because if we do it will be to no avail. **Notice verse 14**, "And take heed to yourselves, lest at any time your hearts be overcharged with eating and drinking, and cares of this life, and so that day come upon you unawares." He goes on to tell us watch and pray. So that we may be counted as worthy to escape all these things that shall come to pass and to stand before the Son of Man. I **once again** believe that we are all ready when those climatic days preceding the Lord's coming. Are you prepared for the good future? You can be, and all need to be.

If we can be of help call us or attend with us at Bond Street and Camp Ave., West Irvine.

Home phone 1-859-369-4164

Cell 1-859-358-0393.

Sincerely, Bob Casey

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.

Kitchen Diva

Give Your Heart Some Love

by ANGELA SHELF MEDEARIS

Heart disease often is described as the silent disease because it can develop over many years before it shows any symptoms. Heart disease can include many conditions. Among them are congestive heart failure, stroke, congenital heart defects and coronary heart disease, which includes heart attack and angina. Among the risk factors that can lead to heart disease are high blood pressure, diabetes and high cholesterol.

Healthy lifestyles are important for heart health for people of all ages. Implementing the following healthy habits will help prevent or delay the onset of heart disease and the risk factors associated with it:

* Consume a diet rich in fruits and vegetables, whole grains and high-fiber foods. Fruits and vegetables may help you control your weight and your blood pressure. Soluble fiber helps control cholesterol, and insoluble fiber has been shown to decrease the progression of cardiovascular disease in high-risk individuals.

* Limit fat to no more than 20 percent to 35 percent of total calories. The average American man should consume about 2,000 calories per day, the average woman around 1,500. If 30 percent of the calories came from fat, total fat should be no more than 67 grams, and saturated fat should be less than 22 grams. Of course, you don't need any saturated fat, so less is better.

* Sodium can contribute to high blood pressure. Aim to eat less than 2,300 milligrams of sodium per day. If you're at risk for high blood pressure, your goal should be to consume 1,500 milligrams or less per day.

* Eat fish, especially oily fish, such as salmon, trout and herring, at least twice per week. Oily fish contribute omega-3 fatty acids, which are associated with a reduced risk of death from coronary artery disease.

* Get plenty of physical activity. Moderate exercise, like a brisk walk, should make you feel slightly out of breath. If you don't have 30 minutes, you can do it in 10-minute increments and still enjoy the health benefits. My recipe for Cajun Pan-Fried Trout with Collard Greens is a great way to incorporate an oily fish and hearty greens into your healthy heart diet.



ajafoto

Cajun Pan-Fried Trout with Collard Greens

If you can't find frozen collard greens, you can substitute frozen mustard, kale or turnip greens, as desired.

- 2 1/2 teaspoons Cajun seasoning, divided use
- 2 1/2 teaspoons light brown sugar, divided use
- 1 1/2 teaspoons poultry seasoning, divided use
- 4 4-to-5-ounce trout fillets, pin bones removed, patted dry

- 2 tablespoons extra-virgin olive oil, divided use
- 2 stalks celery, finely chopped
- 5 green onions, sliced (white and green parts separated)
- 2 cloves garlic, finely chopped

- 2 (15-ounce) cans pinto beans, drained and rinsed
- 1 (15-ounce) can no-salt-added diced tomatoes
- 1/2 teaspoon salt

- 3 cups frozen collard greens (about 8 ounces)
- 1/2 tablespoon Louisiana-style green hot sauce
- Lemon wedges, for serving

1. Mix together 1 1/2 teaspoons each Cajun seasoning and brown sugar and 1/2 teaspoon poultry season. Sprinkle mixture on the flesh side of each fish fillet, and set fish aside in the refrigerator.

2. Heat 1 tablespoon olive oil in a medium saucepan over medium-high heat. Add celery and green-onion whites and cook, stirring occasionally, until soft, 4 to 5 minutes. Add garlic and remaining 1 teaspoon each Cajun seasoning, brown sugar and poultry seasoning. Cook, stirring, 30 seconds. Add the beans, tomatoes and salt, and 3/4 cup water.

3. Bring the mixture to a simmer, and cook until the liquid is slightly reduced, 10 to 12 minutes. Stir in collard greens and cook until tender, about 5 minutes. Add green onion tops and a few dashes of hot sauce.

4. Heat 1/2 tablespoon olive oil in a large nonstick skillet over medium-high heat; add 2 of the fish fillets, seasoned-side down, and cook, undisturbed, until the skin has turned a dark reddish-brown color on the bottom, 3 to 4 minutes. Carefully turn the fillets and cook until flesh turns from clear and translucent to white and firm, about 1 more minute. Transfer fillet to a plate and cover loosely with foil. Repeat with the remaining 1/2 tablespoon olive oil and 2 fish fillets. Serve with bean and collard green mixture, and lemon wedges.

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. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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