

Classifieds

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

BUYING ROOTS
Cranesbill, Beth root, yellow root, yellow root tops, wild yam, blood root, Virginia Snake Root and May Apple Root. Call Thackers at (606) 723-4404.

FOR RENT
Small, total electric (Jackson Energy) house. Stove furnished, you furnish refrigerator. Pet restrictions. Deposit and first month's rent required. Call (606) 723-2420

09/25

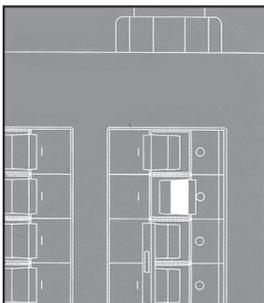
09/12

Public Notice

PUBLIC NOTICE

Crooked Creek Christian Church Incorporated will be having its annual meeting on Thursday, September 13, 2017 at 6:00 p.m. at 645 Crooked Creek Road in Irvine.

Electrical



Eastern Kentucky Electric, LLC
1075 Rice Station Rd.
Irvine, KY 40336

Daniel Muchow
Owner, ME #64934
(859) 351-4001
EasternKyElectric@yahoo.com

Stickeler's Answer

Stickelers Answer

- 1) ground WATER front
- 2) spin DRIFT wood
- 3) child PROOF read
- 4) cart WHEEL base

Stickeler's Puzzle on Page 12

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

Paving

MILLER MAINTENANCE COMPANY
• Paving • Sealcoating • Striping
"Free Estimates"
JAKE MILLER GAINUS ROGERS
859-893-4884 606-422-1166

Apt. Rentals

FOR RENT
1-BEDROOM APARTMENTS
229 Broadway, Irvine
Available Immediately!

Appliances furnished, including dishwasher, water, sewer and trash paid. Total electric with central heat and air. Coin operated washers and dryers in basement.

NO SMOKING BUILDING - HANDICAPPED ACCESSIBLE

Call (606) 723-0288, Mon.-Wed., 9:00-1:00 or (606) 401-5889 after 1:00

Equal Opportunity Housing

Manager Position

Job Opportunity

IRVINE NURSING & REHABILITATION CENTER

OPEN POSITION FOR A

FULL TIME RN UNIT MANAGER

Please contact

Kristy Canter, Administrator or Cindy Freeman, Director of Nursing, if interested, at

606-723-5153

Equal Opportunity Employer

Gravel Hauling

Jack Walling
GRAVEL HAULING & DOZIER WORK
Free Estimates!
606-975-1736 or 606-643-5925

Tree Trimming

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

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)

Kitchen Diva

Turmeric: Ancient Spice Has Modern Benefits

by **ANGELA SHELF MEDEARIS**

Turmeric has "spiced up" the news over the past few years! It's a unique ingredient with an ancient history. Turmeric is thought to have originated in India over 5,000 years ago. It's also a common ingredient in Chinese medicine and is the centerpiece of Ayurveda, a traditional Indian medicine.

Turmeric is a spice present in nearly every Indian curry dish, and its flavor is best described as earthy. Indians also use turmeric in pre-wedding rituals and apply it to their face as a mask. Marco Polo was introduced to turmeric on his journey to China in 1280. Since then it's been hailed as the poor man's saffron. However, the only thing the spices have in common is their bright color.

Turmeric is the root of the curcuma longa plant. The root's flesh has an intense orange color that becomes yellow when dried. Turmeric gives ball-park mustard its bright yellow shade and also is used as a textile dye.

Curcumin, the compound responsible for turmeric's vibrant yellow pigment, is believed to have anti-inflammatory, anticancer and antioxidant properties, according to early findings from animal and lab studies. It's often used as a natural remedy for joint pain. It's also well known for its antiseptic properties and is commonly applied to wounds.

Research shows turmeric may be effective for relieving an upset stomach and for reducing osteoarthritis pain. In some studies, the effectiveness of the spice compared favorably with that reported for pharmaceuticals, according to a National Institutes of Health report.

"Turmeric's benefits are attributed to its anti-inflammatory and antioxidant action," said Dr. Pam Duitsman, nutrition and health education specialist with University of Missouri Extension.

"The best news is that turmeric is a spice that can accomplish its health-promoting work with virtually no adverse side effects. It is easy to reap the health benefits of turmeric by cooking with it, rather than taking it as a supplement."

I've enjoyed finding ways to use this beautiful golden spice in my daily recipes. I love the intense color and flavors that result when I add a 1/2 teaspoon of turmeric and some lemon pepper to my scrambled eggs. No matter what the weather looks like outside, it's always sunny in my kitchen! I've also added turmeric to the variety of spices I mix together to season meats and vegetables.

Use turmeric sparingly, as it can impart a medicinal flavor to food when used in large quantities. That's why some chefs warn that "you should see it but not taste it."

Typically, most recipes recommend combining turmeric with black pepper. Black pepper contains a compound called piperine, which inhibits the metabolic breakdown of turmeric in the gut and the liver. This allows higher levels of turmeric compounds to remain in the body (i.e., it increases its bioavailability), which may increase the effects of turmeric. However, it also can affect the breakdown of other compounds, including certain drugs. If you're unsure about how combining turmeric and black pepper will affect your prescription medicines, consult your doctor.

Turmeric is the star of this spice blend and adds a burst of flavor to my recipe for Spiced Golden Milk. You also may want to add 1/2 teaspoon of Turmeric Spice Blend to recipes for vinaigrettes, pizza dough, rice dishes, eggs and egg salad, sauteed vegetables, lentils, soups and smoothies.



Photo Credit: DepositPhotos

TURMERIC SPICE BLEND

- | | |
|---------------------------|------------------------|
| 2 tablespoons turmeric | 2 tsp. ground cardamom |
| 2 teaspoons ground ginger | 2 tsp. black pepper |
| 1 teaspoon cinnamon | 1 tsp. ground nutmeg |

Combine ingredients in a jar. Cover tightly and shake before using. Keep in a cool, dark place. Makes about 1/2 cup.

SPICED GOLDEN MILK

Drinking Spiced Golden Milk before going to bed helps to relieve joint pain and induce sleep.

- 1 cup water
- 2 tablespoons turmeric spice blend
- 1 cup unsweetened non-dairy milk, preferably coconut milk or almond milk
- 1 tablespoon honey, agave syrup or stevia
- 1 tablespoon virgin coconut oil

1. Place water in a medium saucepan over high heat. Whisk in turmeric spice blend and stir until the mixture is well-combined, about 2 to 3 minutes. Add coconut or almond milk, honey and coconut oil to the turmeric mixture in the saucepan. Bring to a low boil. Reduce heat to low and simmer, stirring occasionally, until flavors have melded, about 6 to 7 minutes.

2. Golden milk can be made up to 5 days ahead of time. Allow the milk to cool, store it in an airtight glass container and keep it refrigerated. Shake the milk to combine, and warm before serving. Makes 2 cups.

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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