

# 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>

**Thursdays @ 7:00pm**

## Estill Chorus Spring Rehearsals

Estill chorus rehearsals have begun for the spring semester! The Chorus is open to any singer who desires a high level of choral experience. There is no audition.

Rehearsals are held Thursday evenings from 7:00 to 8:30

at Irvine First Christian in the Fellowship Hall. The chorus especially is in need of more men, and high schoolers are also welcome.

Please, join us. For more information, e-mail <estillchorus@gmail.com>.

**Daytime**

## Al-Anon Daytime Meetings

Al-Anon is a fellowship of relatives and friend of alcoholics who believe their lives have been affected by someone's drinking.

Its single purpose is to help

families and friends of alcoholics.

If you would be interested in a daytime meeting, please contact Amanda Webb/West Care at 726-0385.

**Fridays, 6:00 to 8:00pm**

## Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine

Anyone who plays an Appalachian Dulcimer or anyone who is interested in playing one is welcome to attend.

**Thursday, February 13th, 5:30pm**

## Irvine/Ravenna Kiwanis Club Meeting

The Kiwanis Club of Irvine-Ravenna will meet Thursday, February 13, 2014 at 5:30 p.m. at Micheal's Restaurant in Ravenna.

Rene Alexander, WestCare Kentucky, Inc, will present the program.

Donations were given by the club in January to Boy

Scout Troop 144, Boy Scout Troop 89, Girl Scout Troop 68, Pregnancy Help Center, and Joe Ohr Kiwanis Scholarship winners.

Kiwanis is a global organization of volunteers dedicated to *improving the world one child and one community at a time.*

**Friday, February 14th, 8-12:30**

## AmVets Valentine's Day Dance

A Valentine's Day dance will be held Friday, February 14, 2014, 8-12:30, at AmVets Post #79, 710 Lake View Drive in Clay City.

Music will be provided by

DJ Wes Thomas.

There is a \$5.00 cover charge. Adults only!

For more information, contact Commander Ray Montgomery at (606) 481-9160.

**Tuesday, February 18th, 6-8pm**

## SKYWARN® Weather Spotter Training To Be Held At Irvine Fire Department

The National Weather Service in Jackson, Kentucky, and Estill County Emergency Management will be presenting a free SKYWARN® Weather Spotter training on Tuesday, February 18, 2014, 6-8 p.m., at the Irvine Fire Department, 231 Collins Street in Irvine.

Weather spotters are taught to identify and report signifi-

cant events such as damaging winds, heavy rain, tornadoes, ice and snow, along with other events that have an impact on the safety of the community.

This class is open to the public, free of charge, and no registration is required.

Go to <www.weather.gov/jkl/?n=spotter> for more information about SKYWARN®.

## Closed Until Further Notice

**Jhnetta's BERGMAN HOUSE  
BED & BREAKFAST**

233 Main St. *Irvine, Ky*

**513-205-9113**

Theme Rooms WIFI

Reasonable Rates

joneta@aol.com www.bergmanhouse.com

**Sammie's  
Furniture & Appliances**

722 Main St., Ravenna • 723-6562  
Open Mon.-Fri., 9-6, and Sat., 9-5

- New Appliances
- Dutch Craft Amish-Made Bedding
- New Bedroom Suites
- Bushline Living Room Suites
- Tables & Chairs
- Special Orders

Free Delivery & Set Up  
90 Days Same As Cash\*

\*With Approved Credit

Now  
Accepting



**UK COOPERATIVE EXTENSION SERVICE**  
University of Kentucky – College of Agriculture

## EXTENSION NOTES

### Family And Consumer Sciences

**Monday, February 17th @ 1pm**

## Disaster Preparedness -- Keeping Your Finances Together and Restoring Power After The Storm

Disasters can strike anywhere and at any time. You never know when the next storm will knock your power out or if the next storm will take everything you have worked hard for. Many times we think that disasters will strike others before us. On Monday, February 17, 2014 at 1:00 p.m. the Estill County Cooperative Extension Service will hold a learning session called "Disaster Preparedness-Keeping Your Finances Together and Restoring Power After the Storm." From this session you will learn how to have your finances in order before a disaster strikes and what steps are taken to restore power to everyone.

This lesson will be presented by Sara Talbott, Fayette County Family and Consumer Sciences Extension Agent. Denise Meyers from Bluegrass Energy will also be there to answer all your energy and power questions. If interested in attending this learning session, all you need to do is call 723-4557 to pre-register.

**Friday, February 21st @ 12:00 Noon**

## Quick Breads Workshop

The Estill County Extension Service and the Clark County Extension Service are co-sponsoring a workshop on "Quick Breads." This free workshop will be taught by Jennifer Howard, Clark County FCS Extension Agent, on Friday, February 21st, at 12:00 Noon at the Estill County Extension Office located at 76 Golden Court, Irvine. Everyone is welcome. For more information on this workshop or any UK Extension program, contact the UK Estill County Cooperative Extension Service at 723-4557.

*Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.*

**Thursday, February 20th, 2-3pm**

## "Coffee With Your Congressman"

Congressman Andy Barr will hold a "Coffee with your Congressman" in Irvine on Thursday, February 20th, 2-3 p.m., at Thyme on Broadway in Irvine.

The event is a casual, come-and-go opportunity for constituents to visit directly with Andy. This is a part of an ongoing series of events Congressman Barr has held across the Sixth District since being sworn into office.

"I look forward to returning to Estill County and lis-

tening to the concerns of my constituents in a more informal and direct setting than your typical town hall," said Congressman Barr. "I encourage people to stop by to share their thoughts on legislation, to get help with federal agencies, or to just chat over a cup of coffee."

The event is open to the public and press. No RSVP is required. Please contact Catherine Gatewood if you would like to schedule an interview with Congressman Barr.

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

## C. Ky. World War II Roundtable

The bi-monthly meeting of the Central Kentucky World War II Roundtable will be held at 6:30 p.m. on Friday, February 21, 2014 at Ryan's Restaurant in Richmond.

Dr. Ralph Thompson will give a presentation entitled "Deceptions of World War II."

If you have questions, please call Phillip Seyfrit, at (859) 623-8979.

**Saturday, April 12th, 9am-Noon**

## Water Quality Training Workshop Needs Volunteers To Be Trained To Sample Estill County Streams

There will be a water quality training workshop held at the Estill County Extension office on Saturday, April 12th from 9:00 a.m. until noon.

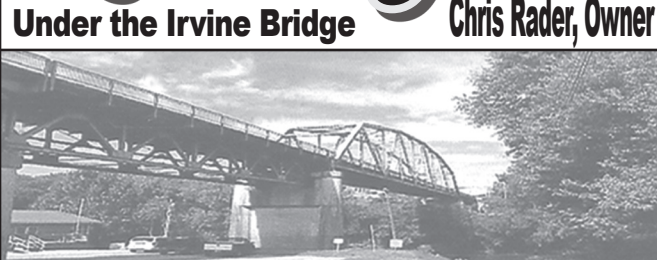
Several have indicated that they would like to participate in the project but organizers would like to have a few more participate; so, if you know of anyone who would like to do this or if you can

recruit someone whom you feel would be interested, please have them contact Tom Bonny with their name and e-mail address and/or phone number.

The amount of time required will be minimal (once in the spring and once in the fall) and will take only a few minutes to do the test at your designated stream.

**Rader's** 5 S. Irvine Road  
Irvine, Kentucky

**River Grill**  
Chris Rader, Owner



"The Only Floating Restaurant in Ky."

Now Open 6am For Breakfast!

**(606) 723-6439**

Try Our Sunday Buffet!

## Kitchen Diva

### Good Mood Food

by **ANGELA SHELF MEDEARIS**

The cold and gloom of winter often bring with them a change in mood that matches the climate. Need a boost? According to new research, some foods have the same effect on your body as taking a prescription mood-enhancing drug.

Do you reach for food or caffeine during the day in an attempt to feel calm, find a jolt of energy or a moment of bliss? But above all else, do you just really crave a better mood?

While good habits such as eating breakfast every morning and regular meals and snacks throughout the day form the cornerstone of an energized outlook, science is revealing the vital ways in which food impacts our mood. And it might surprise you that some of the best weapons to help cure crankiness and boost energy can be found in your local grocery store.

The following foods will help your mood in two ways. First, they deliver some key nutrients that help support brain chemistry to reduce the risk of depression and help improve the quality of your sleep. And they do something equally important: Powerful combinations of vitamins, minerals and antioxidants help you build up your energy and capacity to handle life from your body's deepest levels (your cell's metabolic and energy pathways). This is what we all should aim for, not the quick burst of stimulation from a sugar or caffeine fix that ultimately leaves you feeling cranky or tired.

Make these feel-good foods a part of a new happiness and health routine.

**Dark Chocolate:** Not only is it delicious, dark chocolate is high in magnesium, a mineral that calms your muscles and reduces anxiety. It also contains tryptophan, which helps reduce symptoms of depression.

**Salmon and Walnuts:** Salmon and walnuts are packed with omega-3s, which help fight off depression and mood swings. Bonus: They also can help improve memory and focus.

**Spinach:** This leafy green is stocked with folic acid, a B vitamin that has been found to boost your mood. It's also an antioxidant that works to protect your brain cells from free radicals, which can lead to low energy and mood swings.

**Chicken?** The white meat contains B-12, a vitamin that helps to keep you calm. Low B-12 levels can make you moody and tired?

**Tofu:** Tofu helps muscles relax, causing a calming effect on your body?

**Avocado:** Contains serotonin, a feel-good neurotransmitter. It's also really good for your skin, hair and nails.

**Greek Yogurt** Not only is it a wonder-food, the probiotics in Greek yogurt help boost your mood and immune system.

**Green Tea?** It's full of theanine, an antioxidant that acts as a calming agent?

**Berries:** Blueberries, strawberries and raspberries contain anthocyanidins and anthocyanins -- nutrients that help reduce stress and depression?

**Chia and Flax Seeds:** They have about the same amount of protein per ounce, at 4.4 grams and 5.1 grams respectively. However, chia is one of just a few plant sources that is a complete protein, meaning that it contains all of the needed protein-forming amino acids. Both of these seeds are a great way to get more fiber in your diet, but chia has the edge: an ounce gives you 10.6 grams of fiber, or 42 percent of your recommended daily intake, versus 7.6 grams and 31 percent for flax.

These seeds also provide different types of fiber. Chia is one of the richest sources of soluble fiber, the kind that takes longer to get through your digestive tract, which adds bulk and slows glucose absorption. The fiber in flax has been tied to lower LDL (bad) cholesterol. In fact, research has shown an association between daily flax consumption and lower cholesterol.



**GOOD MOOD SALAD**

Serve a tall glass of green tea along with this mood-enhancing salad, and follow with 2 ounces of dark chocolate as a sweet finish to lift your mood and nourish your body and your mind!

8 ounces smoked salmon, roughly chopped or 8 ounces of cooked chicken breast, roughly chopped

- 1 avocado, peeled, pitted and diced
- 4 cups baby spinach
- 1/2 cup fresh blueberries
- 1/4 cup light feta or blue cheese crumbles
- 1/4 cup toasted, chopped walnuts
- Half a medium red onion, thinly sliced

Toss all ingredients together until combined. Drizzle or toss with Greek Yogurt Dressing (recipe follows). Makes 2 servings.

### Greek Yogurt Dressing

- 1/2 cup Greek yogurt
- 4 ounces of soft, silken tofu
- 2 tablespoons apple cider vinegar
- 1 tablespoon chia or flax seeds
- 1 tablespoon honey
- 2 teaspoons stone-ground or grainy mustard
- 1 teaspoon salt
- 1 teaspoon black pepper

Using a blender or a whisk, stir together all ingredients until combined and emulsified. This dressing will keep in an airtight container in the refrigerator for 7 days.

(Additional information provided by Kate Geagan, RD, author of "Go Green Get Lean"; nutritionist Stephanie Middleberg, RD; and nutritionist Heather Bauer, RD, CDN.)

\*\*\*

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](http://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](http://Hulu.com). Recipes may not be reprinted without permission from Angela Shelf Medearis.