

Seniors, caretakers and grandparents raising children invited to E. Cen. KY "Fair on Aging"

More than 30 exhibitors are expected to present information and free materials at the East Central Kentucky "Fair on Aging" to be held on Saturday, May 10, 2014 at West Irvine Elementary School, 155 River View Road in Irvine.

The event is open to the public at no charge with the purpose to provide area senior citizens and their caregivers, plus grandparents raising grandchildren, with information regarding the services available to them. Attendees learn about retirement planning, Social Security, grandparent rights, financial planning, Power of Attorney and Living Wills, caring for

aging parents, Senior nutrition, Alzheimer's and other mind altering diseases of the elderly, fall prevention, public and personal safety, housing, extended care services and much more. No solicitation or sales takes place during or after the resource fair.

Organizations set up exhibits, provided informative lectures and submitted information for the Fair on Aging resource guide. Rather than charging a booth registration fee, booth participants provide a door prize with a value of \$25.00. Lunch and a light breakfast are provided at no charge to all participants. The event is

also being held in one of the newly constructed elementary schools that is fully accessible to the aging population.

This event is a community-wide, collaborative event that is sponsored by several agencies. The fair is expected to be well attended and greatly appreciated by everyone involved. There are no other events of this magnitude in the eastern Kentucky are that focus primarily on the information programs and services for our aging citizens.

For more information, contact Isaac Hollon, Estill County 4-H Youth Development agent at 723-4557.

UK COOPERATIVE EXTENSION SERVICE University of Kentucky - College of Agriculture

EXTENSION NOTES

Family And Consumer Sciences

Improve Your Health by Reducing Your Sodium

Source: Ingrid Adams, Associate Extension Specialist for Nutrition and Weight Management

We are a nation that loves salt. Unfortunately, too much sodium can cause you to retain excess fluid in the body, putting pressure on your heart. This can lead to high blood pressure, one of the major risk factors for heart disease. The American Heart Association estimates that about one in three Americans will be diagnosed with high blood pressure at some point in their lives. For people with diabetes, their chances of also getting high blood pressure are doubled.

The American Heart Association suggests people consume no more than 1,500 milligrams of sodium each day. That equals a little more than half a teaspoon. Most Americans 2 years old and up consume twice that amount-- more than 3,400 milligrams a day.

Fortunately, you can make dietary changes that can help you reduce your risk for both diseases by reducing your sodium intake.

Reducing sodium can be difficult, because it is in so much more than just the salt we sprinkle onto our foods at the dinner table. About 75 percent of the sodium we consume is added to food during processing; it is used to lengthen the food's shelf life and improve the texture. The CDC did a study to determine the major sources of sodium in the American diet. The following foods topped the list (in order): bread and

rolls, cold cuts and cured meats, pizza, fresh and processed chicken and canned soups.

High amounts of sodium are also found in unexpected places including condiments, dairy products, chewing tobacco and snuff.

The National Institutes of Health suggest the following tips for reducing or cutting back on your sodium:

- Buy fresh, plain, frozen or canned vegetables labeled no salt added.
- Use fresh poultry, fish and lean meats rather than canned or processed.
- Season with herbs, spices and other salt-free seasonings instead of salt.
- Cook rice, pasta and hot cereal without added salt.
- Choose convenience foods that are lower in salt.
- Rinse canned foods that contain salt to remove some of the sodium.
- Purchase foods with low sodium, reduced sodium or no salt added when available.
- Choose ready-to-eat breakfast cereals that are lower in sodium.

By reading food labels at the grocery store, you can get an idea of the amount of sodium in individual foods. Focus particularly on the Percent Daily Value information on the nutrition label to see the percent of your daily allowance you're getting from a serving of a particular food. This will help you compare products and make healthier choices.

Since salt does add flavor to foods, it may take you a week or two to get used to eating items with less or without salt.

For more information on healthy eating, contact the Estill County Office of the University of Kentucky Cooperative Extension Service at 76 Golden Court, Irvine.

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

Kitchen Diva

Mother's Day the Healthy Way

by ANGELA SHELF MEDEARIS

Mother's Day is a wonderful time to celebrate mothers and mothers-to-be. It's also a good time for women who want to become pregnant to focus on a plan for a healthy future. To have a healthy baby, you should practice good nutrition before, during and after pregnancy. The Dietary Guidelines for Americans include recommendations that can help women consume adequate nutrients, limit possible toxins and be physically active.

Women of childbearing age who may become pregnant:

- For adequate iron intake, eat food high in heme-iron (such as meats) and iron-rich plant foods (dark green, leafy vegetables such as spinach) or iron-fortified foods. To help increase the absorption of iron from plants and iron-fortified foods, pair them with ones high in vitamin C.

- To decrease the risk of birth defects, consume 400 mcg (micrograms) of folic acid daily from fortified foods or supplements, in addition to eating foods that contain folate. Folate is a naturally occurring form of vitamin B-9, found in food, while folic acid is synthetically produced. As with most vitamins, the natural form is preferred, and better for absorption. It is required for numerous body functions, including DNA synthesis and repair, cell division and cell growth. A deficiency of vitamin B-9 can lead to anemia in adults, and slower development in children.

- Limit fish consumption to two servings per week to avoid high levels of mercury. Include fish or shellfish that is low in mercury, such as shrimp, light canned tuna, salmon, pollock and catfish.

- Avoid consuming alcoholic beverages.

Pregnant women:

- To decrease the risk of birth defects, consume 600 mcg per day of vitamin B9 from fortified foods or supplements, in addition to consuming foods that naturally contain folate. Vitamin B-9 is especially important for proper fetal development.

- If no medical or obstetric complications are present, do at least 30 minutes of moderate-intensity physical activity on most, if not all, days of the week.

- Avoid physical activity that has a high risk of falling or abdominal trauma.

- Limit fish consumption to two servings per week to avoid high levels of mercury. Include fish or shellfish that is low in mercury.

- Avoid consuming alcoholic beverages.

- Avoid eating or drinking unpasteurized milk or any products made from unpasteurized milk; raw or partially cooked eggs, or foods that contain raw eggs; raw or undercooked meat and poultry; raw or undercooked fish or shellfish; unpasteurized juices; raw sprouts.

- Eat certain deli meats and hot dogs/frankfurters only if they have been reheated to steaming hot.

Breastfeeding women:

- If you need to lose weight, moderate weight reduction is safe and does not compromise weight gain for your nursing infant.

- Regular exercise does not negatively affect the mother's ability to breastfeed successfully.

- Limit fish consumption to two servings per week to avoid high levels of mercury. Seafood such as shrimp, light canned tuna, salmon, pollock and catfish are low in mercury.

- Avoid alcohol.

Have a happy and healthy Mother's Day!

(Additional information adapted from Dietary Guidelines for Americans, U.S. Department of Health and Human Services and U.S. Department of Agriculture.)



BABY BUMP SALAD

This delicious salad features mixed greens with avocados and chickpeas, and orange juice dressing -- foods that are high in vitamin B9, a water-soluble B vitamin with many rich, natural sources and especially important for women of childbearing age and pregnant women.

- 4 cups of mixed greens (spinach, romaine and arugula)
- 2 large avocados, peeled and sliced
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 teaspoon salt
- 1 teaspoon fresh ground black pepper
- 1/8 teaspoon cayenne pepper
- 1 cup whole-wheat croutons

Toss ingredients together in a large bowl. Drizzle with Orange Juice dressing. Makes 4 servings.

For the Orange Juice Dressing:

- 1/4 cup orange juice
- 2 tablespoons canola oil
- 2 tablespoons white or dark balsamic vinegar
- 1 tablespoon Dijon-style prepared mustard
- 2 teaspoons honey
- 1/2 teaspoon salt
- 1/8 teaspoon cracked black pepper

1. In a small jar with a tight-fitting cover, combine the orange juice, oil, vinegar, mustard, honey, salt and pepper. Cover and shake well until combined. Makes 4 servings.
2. To store, refrigerate for up to 1 week. Shake well before serving.

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. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva!, on Facebook and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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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>

Thursday, May 1st @ 7:00 p.m.

ECHS Class of 1974

The ECHS Class of 1974 will be having a class reunion meeting on Thursday, May 1, 2014, at the Irvine Fire Department behind City Hall. The meeting will begin at 7:00 p.m. Hope to see our classmates there.

Monday, May 5th @ 7:00pm

Twin City Kruzerz Car Club

Twin City Kruzerz Car Club will be holding their monthly meeting on the first Monday of each month at Irvine City Hall at 7:00 p.m. If the meeting falls on a holiday it will be held the following day (Tuesday). All members and anyone wishing to join the club are welcome. If you have any questions please call Loyd Flynn at 723-6776, or Kenneth Tipton at 723-7554.

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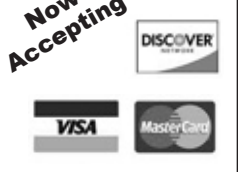
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Tuesday, May 6th @ 6:00pm

Estill Historical May Meeting

The Estill County Historical and Genealogical Society will meet at Aldersgate Camp on Tuesday, May 6th at 6 p.m.

The meal will be a choice of steak for \$14.50 or chicken for \$12.50. To make a reservation, please contact Diane Arthur at 606-723-2636 by April 30.

The 2014 calendar is still available at the Museum on Saturdays. There should be a correction in the calendar for the month of July: "Anne Rainey Clark" should be listed as "Nancy Ann Rainey Clark".

Saturday, May 10th

Letter Carriers' Food Drive Takes Place Sat., May 10th

Every year the National Association of Letter Carriers (NALC) and the United States Postal Service conduct a food drive to supplement the food banks in the local area.

There are many families located throughout the country who depend on these food banks for help. Please help us make 2014 the best year ever for food collection here in Estill County, and to help our neighbors in their time of need.

Info on Class Members Needed

1984 ECHS Class Reunion

The Class of 1984 planning committee has been working hard on planning a fun-filled, 30-year class reunion.

Wow, 30 years, can you believe it!! However, we need your help, we need your address and names of any other classmate that you might know. Please call or text Belinda Fox Puckett at (859) 358-1403 or Vickie Miller Singleton at (859) 582-8138. You can also join our "ECHS Class of '84" facebook page and leave your address on there or private message for Vicki or Belinda.

Saturday, July 26th

IHS 1964 Class Anniversary

The Irvine High School Class of 1964 will celebrate the 50th anniversary of its graduation at Natural Bridge State Park on July 26th.

If you are a classmate of this group please contact either Tim Monson (859-224-2368) or Tom Bonny (606-723-5694) or thb@irvineonline.net). The classmates that we have not been able to make contact

with are: Alvin Ballard, Robert (Bobby) Farris, Myra French, Jimmy Hall, Alonzo Horn, Sue Northern, Beverly Shearer, Donna Shearer, Margaret Tipton, Ronnie Welch, Harold Dean Wells, and Frankie Yeager. If anyone has contact information regarding any of these people, please let one of us know, or ask them to contact us.