

Classifieds

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

HOUSE FOR RENT
FOR RENT: 4-5 Bedroom, 1-Bath house at 422 Edge-wood Drive in Irvine. Central heat/air. Newly remodeled! \$700. per month plus deposit. Call (859) 983-4533.

CAREGIVER WANTED
Caregiver: Compassionate, caring and trustworthy caregiver position in Estill County. 10-20 hours per week. Call Haven Home Care for information. 859-314-4791.

Electrical



Eastern Kentucky Electric
Working together to make things brighter
Daniel Muchow, Owner
(859) 351-4001
Irvine, KY 40336
CE65199 ME #64934
easternkyelectric@yahoo.com

Construction

D & G Construction

Amish Crew

- New Homes • Roofs
- Decks • Remodeling
- Garages • Pole Barns
- Room Additions

Call 859-585-9498

If no answer, leave message

Auto Repair

NEAL'S STEREO SHOP
(606) 975-3796
River Drive & Main in Ravenna

NEAL'S AUTO CENTER & BODY SHOP

Mechanical Work
Main Street in Ravenna
Call 606-975-3796

Tax Services



FLORINE ARTHUR TAX SERVICE
For appointment, call
(859) 473-4159 or (606) 726-0538

Stickeler's Answer

Stickelers Answer

- 1) auctioned — cautioned, education
- 2) mastering — emigrants, streaming
- 3) introduces — discounter, reductions
- 4) restrain — retrains, strainer, terrains, trainers
- 5) teardrop — prorated, parroted, predator

Stickeler's Puzzle on Page 10

\$2 for 20 Words

Additional Words 10 cents each.
Send with payment to
Estill Tribune,
6135 Winchester Road

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

Gravel Hauling

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

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

Small Changes Build Healthy Eating Habits

A new year brings about a desire for change, so let's start with your health! When it comes to our daily meal routine, change can sometimes be challenging. Studies have shown that it takes from two to eight months to form a new habit. You can create a positive eating "habit" by making small changes over time, like eliminating sugary drinks and high-sodium foods.

Consider making healthy changes that reflect your personal preferences, culture and traditions. Think of each change as a "win" as you build good habits and find solutions that reflect your new healthy eating style. Use the tips below courtesy of My Plate (www.choosemyplate.gov/start-small-changes) to find little victories that work for you!

Make Half Your Plate Fruits and Vegetables

Focus on whole fruits more often than drinking 100% juice. Snack on fresh, frozen, canned or dried fruits instead of cookies, brownies or other sugar-sweetened treats. Offer whole fruits without saturated fat, sodium or added sugars as dessert.

Vary your veggies to include green, red and orange choices. Add fresh, frozen or canned vegetables to salads, side dishes and recipes. Prepare your vegetables without sauces, gravies or glazes to lower the amount of sodium, saturated fat and added sugars.

MAKE HALF YOUR GRAINS WHOLE GRAINS

Choose whole-grain foods more often than refined grains. Make at least half the amount of grains you eat each day whole grains. Find high fiber, whole-grain foods by reading the Nutrition Facts label and ingredients list. Some common whole grains include oatmeal, whole-wheat flour and popcorn.

MOVE TO LOW-FAT AND FAT-FREE DAIRY

Choose low-fat or fat-free milk and yogurt. Buy low-fat or fat-free cheese more often than regular cheese. Regular cream cheese, butter and cream are not in the dairy food group because they have little or no calcium. They also are high in saturated fat.

VARY YOUR PROTEIN ROUTINE

Mix up protein foods to include seafood, beans, nuts, seeds, soy, eggs, lean meats and poultry. Select seafood twice a week, including fish and shellfish. Add beans or peas, unsalted nuts and seeds, and soy in main dishes and snacks.

When planning your daily meals, try healthy new ways to prepare family favorites. This recipe for Greek Pork Chops With Veggie Rice incorporates fresh fruit and juices into savory dishes and mixes grains and vegetables.



GREEK PORK CHOPS WITH VEGGIE RICE

- 1 pound pork cutlets (or 4 boneless pork chops)
- 2 tablespoons vegetable oil
- 1/2 cup orange juice
- 2 teaspoons soy sauce
- 1 tablespoon dried oregano
- 2 cloves garlic (peeled and minced)
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 1/4 teaspoon dried crushed red pepper
- 4 (1/4-inch-thick) orange slices

1. Make a marinade for the pork by combining 1 tablespoon of the oil, the orange juice, soy sauce, oregano and garlic in a glass bowl or re-sealable plastic bag; mix well. Cover bowl, if using, and refrigerate the pork chops for at least 4 hours or overnight.

2. Remove the pork chops from the marinade and discard the marinade. Sprinkle pork chops with the salt and the black and red pepper.

3. Place a large skillet on the stove over high heat. When hot, add the remaining tablespoon of oil to the skillet. Add the pork chops to the pan, waiting about 30 seconds between each addition.

4. Cook about 3 minutes on each side until crispy. Set pork chops aside on a plate and add the orange slices to the pan; cook on each side about 30 seconds. Serve pork chops over a bed of Mixed Veggie Rice and top with the orange slices. Serves 4.

MIXED VEGGIE RICE

If using leftover, already cooked vegetables, add them to the hot cooked rice immediately, cover and let them come up to temperature for 3 to 5 minutes before serving.

- 1 tablespoon olive oil
- 1 cup uncooked long grain rice
- 1/2 onion, diced
- 2 cloves garlic, minced
- 2 teaspoons dried oregano
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 cups water (or 1 cup water and 1 cup low-sodium chicken or vegetable broth)
- 2 cups frozen mixed vegetables or 2 cups fresh, diced vegetables.

1. In a large saucepan over medium-high heat, add the oil. Add in the rice, onion, garlic, oregano and the salt and pepper. Cook, stirring, for 2 minutes to toast the rice.

2. Pour in the water and/or the broth. Stir and bring the rice to a boil. Add the vegetables; return to a boil. Reduce heat to low and cover pot with a tight-fitting lid. Do not remove lid during the cooking process!

3. After 15 minutes, cut off the heat and let the rice sit, covered, for another 5 minutes to steam. Fluff rice and vegetables with a fork and serve immediately. Serves 4 to 6.

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.

(c) 2019 King Features Synd., Inc., and Angela Shelf Medearis