

I America

Calling ALL NATIONAL GUARD AND JR ROTC SINGERS IN ESTILL County – Your Voices Are Requested – This CONCERT is for You!!!!!!

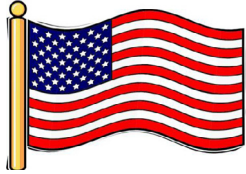
The Estill County Community Chorus meets every Thursday evening at 7:00 p.m. at Irvine United Methodist Church-243 Main St., Irvine, KY. We rehearse for about 1 hour & 15-30 minutes, maximum. It's really not that long to make your Community of Estill County, and America PROUD!!!!

We've been eagerly practicing an exciting and beautiful Patriotic selection of music, which is from our Theme: "I LOVE AMERICA," for the Spring Session and Concert. We have added new singers, (including a few from High School, and we have even recruited some singers and musicians from Winchester, KY, who will be joining us for this Concert.)

We are extending this invitation to ALL Active and Veteran Military. This is a chance for the Men and Women, Boys and Girls, young and not so young, who are in our area, to show their musical talents and abilities, and represent our country, The United States of America.

Come commit (7) weeks to make this the BEST BLENDING OF PATRIOTIC Sopranos, Altos, Tenors and Basses. We'll find a place for you, even if you don't know what part you sing. Don't worry if you can't read music, because we have FUN and Learn together!

NO AUDITIONS! We look forward to seeing YOU, and hearing YOUR VOICES!!! We will be performing this Concert on Sunday, June 5, 2016, at 3:00 p.m. Our Director is Carol Anne Wilson. Our Accompanist will be Nancy Farmer, and our Assistant Accompanist is Ann Siudmak. There will be other instruments and instrumentalists that will make it more full and embodied.



Guess Who's 85? Happy Birthday Love, Your Family

Kitchen Diva Under Pressure

by ANGELA SHELF MEDEARIS

There's a silent killer in America preying on more than 50 million people -- it's high blood pressure. High blood pressure, also known as hypertension, is called the "silent killer" because many people are unaware that they have the condition.

Untreated hypertension increases the risk of heart disease and stroke, the No. 1 and No. 3 causes of death in the U.S. Hypertension also can damage the kidneys and increase the risk of blindness and dementia. For this reason, it is important to have your blood pressure checked regularly.

Blood pressure is the force exerted against the arteries when the heart pumps blood through the body. It is written as a ratio called systolic (top number) and diastolic (bottom number). The systolic number shows the pressure in your blood vessels when your heart beats. The diastolic bottom number is the pressure in your blood vessels when your heart rests. Normal blood pressure is less than 120/80 mm Hg. Prehypertension is 120-139/80-89. High blood pressure is 140/90 or higher.

The good news about hypertension is that it can be prevented. If you have already been diagnosed with high blood pressure, there also are ways you can control it. Follow these tips to maintain a normal blood pressure:

- * Follow the DASH eating plan composed of a diet high in fruits, vegetables and low-fat dairy, and low in fat and calories (no more than 2,000 per day). Limit sodium to 2,400 milligrams per day and meat to twice a week.

- * Do 30 minutes of physical activity most days of the week.
- * If overweight, losing 10 pounds can help prevent or reduce high blood pressure.

- * Reduce daily sodium intake to less than 2,300 mg/day (1,500 mg/day for those age 51 and older, those of any age who are African-American or those who have hypertension, diabetes or chronic kidney disease).

- * Stop smoking. It damages blood vessels and accelerates hardening of the arteries.

- * Eliminate alcohol intake. Alcohol increases blood pressure.
- * Manage stress.

- * Take your blood-pressure medication as directed if you already have been diagnosed.

There also are uncontrollable risk factors that could lead to hypertension such as race (African-Americans have a higher risk), heredity and age (the older you are, the greater chance for developing hypertension).

Try my "blood-pressure friendly" recipe for turkey tenderloins with fresh balsamic and blueberry sauce. And remember, check your blood pressure regularly and add more flavorful, high potassium, low-fat foods into your diet.



Turkey Tenderloin with Balsamic and Blueberry Sauce

A tenderloin is the all-white meat that is cut from the rib side of the turkey breast. Each tenderloin weighs 7-14 ounces. To save time and money, use the same spices to season your favorite vegetables, and roast them in a separate pan while the turkey is in the oven.

- 2 pounds turkey tenderloin (4 pieces)
- 1 tablespoon poultry seasoning, divided
- 1 teaspoon salt, divided
- 1 teaspoon freshly ground black pepper, divided
- 1/2 cup all-purpose flour
- 1/8 teaspoon cayenne pepper
- 3 tablespoons extra-virgin olive oil
- 1/2 medium yellow onion, chopped
- 2 cloves garlic, peeled and minced
- 2 cups blueberries
- 4 tablespoons balsamic vinegar

1. Heat oven to 450 F. Season turkey with 1/2 tablespoon of the poultry seasoning, 1/4 teaspoon salt and 1/2 teaspoon pepper. Mix flour, 1/2 teaspoon salt, the rest of the pepper, and the cayenne in a shallow dish. Dredge turkey in the mixture. (Discard any leftover flour.)

2. Heat oil in a large ovenproof skillet over high heat. Add the turkey; cook until golden brown on one side, 3 to 5 minutes. Turn the turkey over and transfer pan to the oven. Roast until the turkey is just cooked through and no longer pink in the middle, 15 to 20 minutes. Transfer turkey to a plate and tent with foil to keep warm.

3. Place the skillet over medium heat (take care, handle will still be very hot!). Add onions and garlic, and cook 30 seconds to 1 minute. Add blueberries, vinegar and the remaining 1/4 teaspoon salt; stir, scraping up any brown bits. Cook until the blueberries burst and mixture becomes syrupy, 4 to 5 minutes. Serve immediately.

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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SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Club	<input type="text"/>	<input type="text"/>
LAMELT	<input type="text"/>	<input type="text"/>
Noble	<input type="text"/>	<input type="text"/>
DROUP	<input type="text"/>	<input type="text"/>
Scoop	<input type="text"/>	<input type="text"/>
PERROT	<input type="text"/>	<input type="text"/>
Fleece	<input type="text"/>	<input type="text"/>
CLASP	<input type="text"/>	<input type="text"/>

TODAY'S WORD



"Your uncle was specific. He wanted you to have this heirloom _____."

Mountain Mushroom Festival T-Shirts



The 2016 Irvine Mountain Mushroom Festival t-shirts will be for sale in Irvine City Hall, 101 Chestnut St., until Friday, April 22 at noon. The festival shirts range in size from youth to adult sizes with a mushroom design to celebrate the 26 years of the festival. The sand color t-shirts are short-sleeve. Prices are \$10 for the youth xx-small to adult XL and adults XXL and XXXL are \$12. During the festival the t-shirts will be for sale in the gazebo on Broadway.

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BIBLE TRIVIA

by Wilson Casey

1. Is the Book of Ezra in the Old or New Testament or neither?
2. From Proverbs 15, what does a soft answer turneth away? Wisdom, Scorn, Wrath, Fear
3. Which apostle was shipwrecked three different times? Paul, Peter, Philip, James
4. Who worked seven years to earn a wife? Isaiah, Abraham, Jacob, Joshua
5. From Joel 3, what was the mountain of the Lord? Sinai, Zion, Nebo, Moriah
6. In Joshua 2, who hid two spies on a roof? Hosea, Ezra, Satan, Rahab

Answers on bottom of Page 13
Wilson Casey's mainstream UFO book, "Swamp Gas & High Hopes 101," is now available from TouchPointPress.com

seeds of Hope

Fear is a gift from God. It is actually one of God's great gifts. It alerts us to dangers that may be waiting in dark alleys. It awakens us at night when we hear strange sounds that make no sense. It causes us to take precautions when accidents happen. It summons our senses when things are out of "the ordinary." It's God's "early warning system" that notifies us that something unusual or unique is about to happen. Fear, after all is said and done, is necessary for us to survive.

Some fears are helpful, some are harmful. Dr. Samuel Johnson, for example, would never step into a room with his left foot. He sincerely believed that something terrible would happen to him in that room if he "stuck" his left foot in first. Julius Caesar was terrified by the sound of thunder and would hide. Even Peter the Great, with all of his power, cried out in fear when he was forced to cross a bridge. Those, we might say, are harmful.

David also had his fears. His friends forsook him, his confidants betrayed him and his family was not loyal to him. But he overcame all of his fears by his faith in the faithfulness of God. "When I am afraid," he said, "I will trust in You - In my God, whose Word I praise." He was not fear free. He was faith focused.

When doubts surfaced and threats surrounded him, when times were uncertain and days filled with dangers, he always turned to God in faith knowing that God had His hands over him and His arms around him.

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EPS 128

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