

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>

Wednesdays @ 5:30pm

Beginner Yoga at Marcum & Wallace

Beginner Yoga class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30-6:30 p.m. with instructor Laritza Gomez. The cost in one non-perishable food item

for Helping Hands Outreach Ministry. Bring your own yoga mat.

The instructor will guide the class through basic poses focused on relaxation, building core strength and flexibility.

Fridays, 6-8pm

Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club will meet every Friday from 6 to 8 p.m. at the Estill County Library, 246 Main Street, Irvine, for anyone who plays an Appa-

lachian Dulcimer. Or anyone who is interested is playing one is welcome to attend.

The Appalachian Dulcimer was designated as the official state instrument of Kentucky.

Friday, July 1st @ 9am

Retired Co. C Guard Breakfast

Attention: All retired and old National Guard members of Charlie Company 1/149th. There will be a breakfast at Cracker Barrel, in Richmond,

on Friday, July 1st and on the first Friday of each month at 9 a.m.

All are invited and welcome. Hope to see you there!

Tuesday, July 5th @ 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, July 5, 2016, and on the first and third Tuesday of every month at Raders' River Restaurant. The meal is at 6:30 p.m. and business meeting begins at 7 p.m.

Estill County Lions Club is part of Lions Club International,

with 1.35 million members in 205 countries around the world.

We invite those who feel a call to make our community a better place through service to attend and learn about how Lions around the world earn our motto, "We Serve..."

Tuesday, July 5th @ 7 pm

Estill Historical Society Meeting

The Estill County Historical and Genealogical Society will meet on July 5, 2016, at 7 p.m. The speaker will be Tom Bonny.

In addition, there will be a business meeting to prepare for the Back Porch Homecoming (the Internet Gang), which is scheduled, July 29 and 30.

Tuesday, July 5th, 7-8pm

Twin City Kruzers' cruise-in

The next meeting of the Twin City Kruzerz will be Tuesday, June 5th, 7-8 p.m., at Irvine City Hall because of the holiday..

The Twin-City Kruzers will have a cruise-in on Saturday, July 9 in downtown Irvine.

Twin City Kruzerz Cruise-Ins are free and open to the public. The Club is planning several cruises and cookouts for members this year.

Cruise-Ins are held at the

Courthouse on the second Saturday of the month from 5 until 9 p.m. Meetings are held at Irvine City Hall from 7-8 p.m. on the first Monday of the month.

Anyone interested in joining needs to talk to a Club member or call Melvin Williams @ 723-5447 or Tobo Bryant @ 723-7248 or 3858.

July 5th - meeting

July 9th - cruise in

August 1st - meeting

Friday and Saturday, July 29-30

Estill Historical Backporch Homecoming

The Estill County Historical and Genealogical Society will host the Back Porch Homecoming "the Internet Gang" at the Research Museum on Broadway on Friday and Saturday, July 29 and July 30.

This will be a time when people from various states, including Kentucky, can come to Irvine for research of their family history. The 2016 calendar is still available at the Museum on Saturdays.

Seeds of Hope



It's not a popular topic to talk about but it is a common feeling we all have at one time or another. No matter how great our achievements or how powerful we become, no one seems to escape feelings of defeat that come our way as we make our way through life.

It started in the Garden of Eden when Adam and Eve rejected the guidance of God. They decided to go their own way and do their own thing and leave God out of their lives. It is impossible to imagine the beauty they enjoyed or the tranquility they were given. They were not satisfied with God's plan and chose to reject it.

We read in God's Word that when Israel was faithful to God, God was faith-

ful to Israel. The army was triumphant and the people prospered. And when the people were disobedient, discontent and doubting, they were defeated, and at times, nearly destroyed.

What was true then is equally true today. God cannot and will not bless any one or any nation that defies Him or His teachings. He will only bless those who follow His teachings and obey His laws. His nature demands righteousness and if we are faithful to Him we can count on His being faithful to us, giving us His best blessings individually and as a nation.

David experienced the rejection of God because of His disobedience. He could not restore his soul or the souls of his people. Only God could restore him when he repented. He knew this and prayed, "You have rejected us...You have been angry...now restore us!"

Visit us at: SowerMinistries.org
EPS 138

Kitchen Diva Lose the Salt, Keep the Flavor

by ANGELA SHELF MEDEARIS

Sodium overload is a major health problem in the United States. The average American consumes about 3,400 milligrams of sodium a day, more than twice the 1,500 milligrams recommended by the American Heart Association. That's largely due to our food choices. More than 75 percent of the sodium we eat comes from packaged and restaurant foods.

The American Heart Association has introduced the "Salty Six" to raise awareness of commonly eaten foods that may be loaded with sodium.

- 1) Breads and rolls -- One slice can contain as much as 230 milligrams.
- 2) Cold cuts and cured meats -- Deli or pre-packaged meats can have as much as 1,050 milligrams.
- 3) Pizza with meat -- one slice can contain up to 760 milligrams.
- 4) Poultry -- Avoid poultry products "enhanced" with a sodium solution. Three ounces of chicken nuggets can contain almost 600 milligrams.
- 5) Canned soup -- One cup of chicken noodle soup has up to 940 milligrams.
- 6) Sandwiches -- Meat, cheese, condiments and bread, up to 1,500 milligrams!

Here are a few tips on how to decrease your sodium intake.

When shopping for food:
* Choose packaged and prepared foods carefully. Compare labels and choose the product with the lowest amount of sodium (per serving).

* Pick fresh and frozen poultry that hasn't been injected with a sodium solution. Check the fine print on the packaging for terms like "broth," "saline" or "sodium solution." In unseasoned fresh meats, typical sodium levels are 100 milligrams or less per 4-ounce serving.

* Choose condiments carefully. For example, soy sauce, bottled salad dressings, dips, ketchup, jarred salsas, capers, mustard, pickles, olives and relish can be sky-high in sodium.

* Choose canned vegetables labeled "no salt added" and frozen vegetables without salty sauces. When you add these to a casserole, soup or other mixed dish, there will be so many other ingredients involved that you won't miss the salt.

When preparing food:

* Use onions, garlic, herbs, spices, citrus juices and vinegars in place of some or all of the salt to add flavor to foods.

* Drain and rinse canned beans (like chickpeas, kidney beans, etc.) and vegetables -- this can cut the sodium by up to 40 percent.

* Cook pasta, rice and hot cereal without salt.

* Cook by grilling, braising, roasting, searing and sauteing to bring out the natural flavors in foods, reducing the need to add salt.

* Incorporate foods with potassium, like sweet potatoes, potatoes, greens, tomatoes and lower-sodium tomato sauce, white beans, kidney beans, nonfat yogurt, oranges, bananas and cantaloupe. Potassium helps counter the effects of sodium and may help lower your blood pressure.

At restaurants:

* Request that your menu selection be prepared without salt.

* Taste your food before adding salt. If you think it needs a boost of flavor, add freshly ground black pepper or a squeeze of fresh lemon or lime, and test it again before adding salt. Lemon and pepper are especially good on fish, chicken and vegetables.

* Watch out for foods described using the words pickled, brined, barbecued, cured, smoked, broth, au jus, soy sauce, miso or teriyaki sauce. These tend to be high in sodium. Foods that are steamed, baked, grilled, poached or roasted may have less sodium.

* Sample the many salt substitutes on the market. Some of them replace part or all of the sodium with potassium. Talk with your health-care professional about whether a salt substitute is right for you.

Over time, your taste buds will adjust to prefer less salt. Studies have shown that when people are placed on a lower sodium diet for a period of time, they begin to prefer lower-sodium foods, and the foods they used to enjoy taste too salty. Try it and see for yourself.

Deposit Photos, Inc.



SALT-FREE FLAVOR BOOSTER

This combination of herbs and spices is a delicious way to replace salt without sacrificing flavor!

- 1/2 cup (4-ounces) salt-free Italian seasoning
- 1/3 cup garlic powder
- 1/3 onion powder
- 1 tablespoon parsley flakes
- 1 teaspoon ground black pepper
- 1/8 teaspoon stevia or sugar substitute
- 1/8 teaspoon ground cayenne pepper
- 1/8 teaspoon ground cloves

Combine all of the ingredients and mix thoroughly. Store in an airtight container away from heat and light. Makes about 1 1/4 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.

(c) 2016 King Features Synd., Inc., and Angela Shelf Medearis

CHURCH NEWS

Church News is published as a free service of The Estill County Tribune. Call your announcement to (606) 723-5012; fax it to (606) 723-2743; or E-mail it to <News@EstillTribune.Com> or mail to 6135 Winchester Road, Irvine, KY 40336

Sundays @ 2:30 p.m.

Furnace Church Bible Study

Interested in learning about the Bible? and learn with us. Sunday afternoons at 2:30 p.m.

The Furnace Church of Christ invites you to come Need a ride, give us a call: (606) 723-8733.

Friday-Sunday, July 1-3

52nd Mt. Mission Conference

The 52nd Annual Mountain Mission Conference will be held at South Irvine Baptist Church, 1215 South Irvine Road, Friday-Sunday, July 1-3, 2016.

Friday, July 1st services begin at 7:00 p.m. with Bro. Jayson Minix from Cornerstone Baptist Mission in Salt Lick and Pastor Charles Kim Landrum from Grace Baptist Church in La Porte, Indiana.

Services begin at 9:30 a.m. on Saturday, July 2nd with Pastor Bob Hugan, Flat Rock Missionary Baptist Church in

Michigan, Bro. David Mitchell from Charleston, West Virginia; and Pastor Jimmy Nelson, Landmark Baptist Church in Haltom City, Texas; followed by lunch. No afternoon or evening services.

Sunday, July 3rd services begin at 10:00 a.m. with Bro. Harold Becknell from Island City; and Pastor Jimmy Nelson. There will be no afternoon or evening services after lunch.

Everyone is welcome to attend. Bro. Donnie Burford is the pastor at South Irvine.

Saturday, July 2nd, 7:30am-1:30pm

St. Elizabeth Basement Sale

The St. Elizabeth Catholic Church, 322 5th Street in Ravenna, will be having a Basement Sale this coming

Saturday, July 2nd, 7:30 a.m. until 1:30 p.m.

There will be something for everyone.

Saturday, July 2nd @ 6pm

Pine Hill Baptist Gospel Singing

There will be Gospel Singing at Pine Hill Baptist Church at Doe Creek on Saturday, July 2nd, starting at 6:00 p.m.

God's Family Connection will be the featured singers.

Everyone is welcome.

Sunday, July 3rd @ 10:45am

64 to Grayson at 1st Christian

Zach Shelton and 64 Grayson will be at First Christian Church, 270 Main Street in Irvine, Sunday morning,

July 3rd, starting at 10:45 a.m. A love offering will be taken. For more information, call (606) 723-2924.

Tuesday-Friday, July 5-8, 9am-Noon

VBS at Williams Memorial

Williams Memorial Baptist Church, 402 Poplar Street in Ravenna, will be having Vacation Bible School, Tuesday-Friday, July 5-8, from 9 a.m.

until 12:00 Noon.

The theme will be "Submerged: Finding Truth Below the Surface." Everyone is welcome.

Tuesday-Friday, July 5-8, 6:30-8:30pm

Bible School at Thomas Baptist

Thomas Baptist Church, 2875 Dug Hill Road, will be having Vacation Bible School, Tuesday July 5th through Fri-

day, July 8th, 6:30-8:30 p.m.

The theme of is "Submerged" Everyone is welcome and invited to attend.

Saturday, July 9th @ 7pm

Gospel Singing at House of Prayer

House of Prayer, 535 Dark Hollow Road, will be having a Gospel Singing on Saturday, July 9th, starting at 7 p.m.

Featured group is New Har-

vest from Breathitt County along with The Praise Singers.

Everyone is welcome! Refreshments afterwards.

Sunday-Wed., July 10-13, 6-8:30pm

VBS at Irvine Free Methodist

The Irvine Free Methodist Church at 113 North Plum Street, will be having Vacation Bible School "with purpose," Sunday-Wednesday, July 10-13, 6-8:30 p.m.

The theme is "Barnyard Roundup where Jesus gathers us together."

Everyone is welcome! For more information, call (606) 531-0465.

Sunday-Friday, July 10-15, 6-8pm

Friendship Baptist Bible School

Friendship Baptist Church, 124 South Hudson Avenue, invites everyone to come and "Submerge" yourself into God's word.

Vacation Bible School starts Sunday, July 10th and contin-

ues through Friday, July 15th, 6-8 p.m. daily. We have classes from babies through adults.

If you need transportation please call the church at 723-4816.

Sunday-Thursday, July 24-28, 6-9pm

Calvary & Irvine Nazarene VBS

Calvary Baptist Church, Irvine, and the Irvine First Church of the Nazarene, Irvine, will be partnering together again this year for Vacation Bible School.

The event will be held at Calvary Baptist, 21 Glory Street, West Irvine, beginning on Sunday, July 24, and going

through Thursday, July 28, 6-9 p.m.

Everyone, adults and children alike, are invited to attend the services. Adult and children Bible lessons will be presented during each service. Anyone needing a ride to any or all of the events may call Calvary Baptist at 606 723-2416.