

Classifieds

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

SWEET POTATOES

Sweet potatoes for sale; red and white. \$15.00 per bushel. See Bruce Coffey on Crooked Creek Road or call (606) 723-9999.

10/17

YARD SALE

There will be a church yard sale at New Vision Full Gospel, 300 5th Street in Ravenna, this coming Saturday, October 6th, starting at 8:00 a.m. "We have a lot of good things to sell!"

10/03

FOR RENT

301 Sixth Street, Ravenna. \$650 a month. 4 bedrooms and 2 baths. (859) 983-4533.

10/03

BIG YARD SALE

139 Glory Street, West Irvine. on Friday and Saturday, October 5th & 6th. Turn left between the church and cemetery.

10/03

3-FAMILY YARD SALE

Yard sale with 3 or 4 families on Friday, October 5th at 630 Main Street, corner of 7th Street, in Ravenna, 9:00 a.m. - ???

10/03

FOR RENT

2 bedroom, 1 bath trailer on Cow Creek Road, Ravenna, Ky. Suited for 1-2 persons. 1 car garage and 1 storage building. Call (606) 723-5003.

10/03

Yard Sale

YARD SALE
Friday & Saturday
October 5th & 6th
55 Ridge Road
(Whispering Woods)
Old television, Beans, home interior, picture, household items and much more!

Claim Adjuster



ASSOCIATE CLAIM ADJUSTER

Kentucky Farm Bureau Mutual Insurance Company

is currently offering an Associate Claim Adjuster position in our Jackson Regional office. The associate claim adjuster will provide prompt, courteous, and fair claim service within an eleven-county territory serviced by the Jackson Regional Office

(Johnson, Pike, Owsley, Wolfe, Lee, Martin, Knott, Breathitt, Magoffin, Floyd, and Letcher).

Qualified applicants would need to have a Bachelor's degree or previous claim experience and will be required to obtain the Commonwealth of Kentucky Independent Adjuster License within six months of employment.

Interested applicants **MUST** apply at www.kfbjobs.com

Mailed, faxed or emailed resumes will not be reviewed.

Equal Opportunity Employer

Stickeler's Answer

Stickelers Answer

1) P + Q + R

Stickeler's Puzzle on Page 12

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

Paving

MILLER MAINTENANCE COMPANY
• Paving • Sealcoating • Striping
"Free Estimates"
JAKE MILLER GAINUS ROGERS
859-893-4884 606-422-1166

Apt. Rentals

FOR RENT
1-BEDROOM APARTMENTS
229 Broadway, Irvine
Available Immediately!

Appliances furnished, including dishwasher, water, sewer and trash paid. Total electric with central heat and air. Coin operated washers and dryers in basement.
NO SMOKING BUILDING - HANDICAPPED ACCESSIBLE
Call (606) 723-0288, Mon.-Wed., 9:00-1:00 or (606) 401-5889 after 1:00
Equal Opportunity Housing

Property Adjuster



ASSOCIATE PROPERTY ADJUSTER

Kentucky Farm Bureau Mutual Insurance Company

is currently offering an Associate Property Adjuster position in our London Regional office. The associate property adjuster will provide prompt, courteous, and fair claim service on major property claims within an eight-county territory serviced by the London Regional Office

(Laurel, Clay, Whitley, Knox, Bell, Leslie, Perry, Harlan). The associate property claim adjuster will also function as a catastrophe team member when the team is mobilized.

Qualified applicants would need to have a Bachelor's degree or previous claim experience and will be required to obtain the Commonwealth of Kentucky Independent Adjuster License within six months of employment.

Interested applicants **MUST** apply at www.kfbjobs.com

Mailed, faxed or emailed resumes will not be reviewed.

Equal Opportunity Employer

Electrical

Eastern Kentucky Electric, LLC
1075 Rice Station Rd.
Irvine, KY 40336
Daniel Muchow
Owner, ME #64934
(859) 351-4001
EasternKyElectric@yahoo.com

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

Under Pressure

by ANGELA SHELF MEDEARIS

If you didn't have high blood pressure before, there's a good chance you do now.

Last year, new guidelines from the American Heart Association, the American College of Cardiology and nine other health organizations lowered the numbers for the diagnosis of high blood pressure to 130/80 millimeters of mercury (mm Hg) and higher for all adults. The previous guidelines set the threshold at 140/90 mm Hg and 150/80 mm Hg for those 65 and older.

What Is Blood Pressure?

Blood pressure is the force of blood against the walls of the arteries. Systolic pressure is the pressure as the heart beats. Diastolic pressure is the pressure while the heart is at rest. Blood pressure is written systolic over diastolic. For example, in 110/75, 110 is the systolic pressure and 75 is the diastolic pressure.

What Is Hypertension?

Hypertension is another term for high blood pressure. Hypertension is diagnosed as a measure of at least 140/90 on three separate occasions.

Why Is This Important?

High blood pressure makes the heart work too hard, it can make the walls of arteries harden, and it is a major risk factor for heart disease and stroke. High blood pressure has many complications, including heart failure, kidney disease and blindness.

Who Can Develop High Blood Pressure?

Anyone. Especially at risk are African Americans, adults over 60, overweight individuals and those who have "high normal" blood pressures: 135-139/85-89 mm Hg.

Prevention and Treatment

A major part of both preventing and treating hypertension is lifestyle modification: adopting a healthy lifestyle, following a healthy eating pattern, maintaining a healthy weight, physical activity, limiting alcohol and quitting smoking.

-- Eat plenty of fresh and frozen vegetables instead of canned vegetables. If canned vegetables are used, rinse under running water for two to three minutes before cooking. This will decrease the sodium content by approximately 40 percent.

-- Read the "Nutrition Facts" information on the label to find the sodium content of a packaged food. You will find the sodium content in milligrams for a single serving. The percentage Daily Value for sodium also is also given, based on 2,400 mg of sodium for the day.

-- Choose low-sodium products. Read the label and look for words such as "unsalted," "no-salt-added," "reduced sodium," "sodium-free" or "low in sodium."

-- Avoid adding extra salt to your foods; ask for sauces or dressings on the side, since they often are high in sodium. For a salad, use a twist of lemon, a splash of vinegar or a light drizzle of dressing. Use low-fat or fat-free products.

-- Weight reduction will help lower blood pressure.

-- Consume enough calcium by including low-fat dairy products in your diet three times per day.

-- Take a walk for 20 to 30 minutes on most days of the week. Increasing your activity will improve your overall since of well-being as you lower your blood pressure.

Season your recipes with herbs, spices, herbed vinegar, herb rub and fruit juices, or prepare easy salt-free herb blends like the ones in the recipes below. They are a delicious, salt-free way to marinate meats when combined with olive oil.



Photo Credit: DepositPhotos

SALT-FREE HERB BLENDS

Combine the ingredients in a jar. Cover tightly and shake. Keep in a cool, dark, dry place. Use in place of commercial mixes. Makes 1/2 cup.

Chinese Five-Spice: Blend 1/4 cup ground ginger, 2 tablespoons ground cinnamon, 1 tablespoon each of ground allspice and anise seeds, and 2 teaspoons ground cloves.

Mixed Herb Blend: Blend 1/4 cup dried parsley flakes, 2 tablespoons dried tarragon, 1 tablespoon each of dried oregano, dill weed and celery flakes.

Italian Blend: Blend 2 tablespoons each of dried basil and dried marjoram, 1 tablespoon each of garlic powder and dried oregano, and 2 teaspoons each of thyme, crushed dried rosemary and crushed red pepper.

Curry Blend: Blend 2 tablespoons each of turmeric and ground coriander, 1 tablespoon ground cumin, 2 teaspoons each of ground cardamom, ground ginger and black pepper, and 1 teaspoon each of powdered cloves, cinnamon and ground nutmeg.

Mexican Chili Blend: Blend 1/4 cup chili powder, 1 tablespoon each of ground cumin and onion powder, 1 teaspoon each of dried oregano, garlic powder and ground red pepper, and 1/2 teaspoon cinnamon.

Greek Blend: Blend 3 tablespoons each of garlic powder and dried lemon peel, 2 tablespoons dried oregano and 1 teaspoon black pepper.

Easy Dip Blend: or use when mixing with cottage cheese, yogurt, cheese or low-fat sour cream. Blend 1/4 cup dried dill weed and 1 tablespoon each of dried chives, garlic powder, dried lemon peel and dried chervil.

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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