

# Functional foods and their possible benefits

**Dear Dietitian:** Over the last several months, I’ve heard more about functional foods and their health benefits. Is there science to back these health claims, or is this just crafty market-

ing? Thanks, Jerry  
**Dear Jerry:** A functional food provides a benefit beyond that of nutrition. Some of us drink a strong cup of coffee every morning to help us wake up. Others eat prunes to assist with regularity. Still, others sip chamomile tea to help them sleep at night. In these examples, food and drinks provide a purpose beyond calories and nutrients.

To some degree, all foods are functional. While there is no legal definition of functional food, the Academy of Nutrition and Dietetics (AND) defines them as “whole foods along with fortified, enriched or enhanced foods that have a potentially beneficial effect on health when consumed as part of a varied diet regularly at

effective levels.”  
The term “functional food” is considered to be marketing by some, while others believe these foods make us feel



better and help prevent diseases. When making health claims, the Food and Drug Administration (FDA) regulates what food manufacturers can place on packaging labels. That is why you will see claims that state “may help reduce cholesterol when used as part of a diet that is low in saturated fats and low in cholesterol.”

Try one of these functional foods.  
Fatty fish. You’ve probably heard of the omega-3 fatty acids in salmon, tuna, trout, sardines and mackerel. Health experts recommend two servings per week to possibly reduce the risk of heart disease.  
Nuts are a great source of fiber and monounsaturated fats that may promote heart health. Try one ounce of your favorite nuts mixed with a few raisins for a healthy afternoon snack.  
Leafy greens contain folate for your heart and the antioxidants lutein and zeaxanthin that protect the eye from damaging sunlight. These nutrients are plentiful in kale, spinach and turnip greens.  
Berries contain phytochemicals known as anthocyanin pigments, which give them color. Anthocyanins have been found to have anti-cancer effects in laboratories and animal studies. However, this does not mean the same thing occurs in the human body. More studies are needed to provide a meaningful link. Whether you prefer strawberries, blueberries, blackberries

or raspberries, these colorful fruits are not only pleasing to the palate, they may promote better health.  
Orange juice with added calcium is an example of a fortified functional food. Of course, calcium is not found naturally in orange juice, and adding it promotes strong bones.  
A little common sense goes a long way when it comes to sizing up functional foods. In some cases, it is difficult to recommend how much of a particular food to consume for health benefits simply because it has yet to be hammered out in the research. As part of a varied diet and a healthy lifestyle that includes exercise and good mental health, functional foods may help you live a healthier life.  
Until next time, be healthy!  
Dear Dietitian

**LEANNE McCRATE**, RDN, LD, aka Dear Dietitian, is based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at deardietitian411@gmail.com. Dear Dietitian does not endorse any products, health programs or diet plans.

## PUBLIC NOTICES

**PUBLIC NOTICE**  
KRS: 926.011 and KRS: 424.120 and 424.340

Administration has been granted in the District Court of Carter County upon the following Fiduciary appointments.

Donald Roar, deceased, fiduciary. Executor, Phillip Kaurich, 369 Flatridge Drive, Olive Hill, KY 41164. Attorney for Estate, Hon. Robert W. Miller, P O Box 357, Grayson, KY 41143. Date of appointment April 26th, 2023.

Alma Lou Stephens, deceased, fiduciary. Executor, Van Gregory Stephens, 197 Dogwood Lane, Grayson, KY 41143. Date of appointment April 25th, 2023.

Mary Lou Riffe, deceased, fiduciary. Executrix, Barbara Flaughter, 5216 East Highway 60, Rush, KY 41168. Attorney for Estate, Hon. Robert W. Miller, P O Box 357, Grayson, KY 41143. Date of appointment April 25th, 2023.

James R. Cline, Sr., deceased, fiduciary Administrator, James R. Cline Jr., 105 West Third Street, Grayson, KY 41143. Attorney for Estate, Hon. Patrick C. Flannery, P O Box 1269, Olive Hill, KY 41164. Date of appointment April 25th, 2023.

Johnnie Ray Burton, deceased, fiduciary. Administratrix, Rebecca L. Burton, 115 Sawgrass Lane, Apt 20, Grayson, KY 41143. Date of appointment April 24th, 2023.

Everette Rice, deceased, fiduciary. Executrix, Anna Holbrook, 2732 Rose Ridge, Olive Hill, KY 41164. Attorney for Estate, Hon. Robert W Miller, P O Box 357, Grayson, KY 41143. Date of appointment April 24th, 2023.

Walter E. Limings, deceased, fiduciary. Executrix, Mary Lou Limings, 713 Stovall Lane, Grayson, KY 41143. Attorney for Estate, Hon. W. Jeffrey Scott, P O Box 608, Grayson, KY 41143. Date of appointment April 24th, 2023.

Charles Ray Lambert, deceased, fiduciary. Executor, Stephen Ray Lambert, 1200 Delrose Drive, Kingsport, TN 37660. Date of appointment April 13th, 2023.

Florence Bellew, deceased, fiduciary. Executrix, Diana Pfau, P O Box 1423, Grayson, KY 41143. Date of appointment April 12th, 2023.

Glen W. Day, deceased, fiduciary. Executrix, Susanna Ward, 222 Midland Avenue, Apt 2104, Lexington, KY 40508. Attorney for Estate, Hon. Jonas S. Bastien, McBrayer Pllc, 201 East Main Street, Suite 900, Lexington, KY 40507. Date of appointment April 10th, 2023.

Betty Raybourn, deceased, fiduciary. Co-Executrix/Executor, Nicola Raybourn, P O Box 392, Olive Hill, KY 41164, Tim Raybourn, 60 Hillman Hollow, Olive Hill, KY 41164 and Jerri Ann Lowe, 11109 Cherokee Drive, Saint Petersburg, FL 33708. Attorney for Estate, Hon. Paula Richardson Barber, 603 West Main Street, Morehead, KY 40351. Date of appointment April 10th, 2023.

Wanda Lou Lyons Wallen Peters, deceased, fiduciary. Executor, Gary Eugene Puckett, 349 Kati Street, Pikeville, KY 41501. Attorney for Estate, Hon. W. Jeffrey Scott, P O Box 608, Grayson, KY 41143. Date of appointment April 10th, 2023.

Carla Holland, deceased, fiduciary. Executor, Kyle Carter, PSC 47, Box 1168, APO, AE, 09470. Date of appointment March 27th, 2023.

Ruth Alice Miller, deceased, fiduciary. Co-Administratrix, Lisa Beard, 245 Paradise Hill, Grayson, KY 41143, and Sarah Kinney, 10725 Pathfinder Trail, Lakeland, FL 33809. Attorney for Estate, Hon. Derrick Willis, 117 S. Hord Street, Grayson, KY 41143, Date of appointment April 12th, 2023.

Morris R. Shufflebarger, deceased, fiduciary. Executrix, Vickie R Bear, 1277 Blueberry Ridge, Olive Hill, KY 41164. Attorney for Estate, Hon. Lance E. McComis, P O Box 1111, Ashland, KY 41105-1111. Date of appointment March 22nd, 2023.

Emogene Burchett Hamilton, deceased, fiduciary. Administrator, Dwight D. Hamilton, 585 Sherwood Drive, Grayson, KY 41143. Attorney for Estate, Hon. R. Jason Greer, P O Box 145, Grayson, KY 41143. Date of appointment March 22nd, 2023.

Anna Lee Davis, deceased, fiduciary. Executor, L. Thomas Elliott, 382 Sherwood Drive, Grayson, KY 41143. Attorney for Estate, Hon. W. Jeffrey Scott, P O Box 608, Grayson, KY 41143. Date of appointment March 21st, 2023.

Donna Jean Tolliver, deceased, fiduciary. Administratrix, Bonnie McDavid Johns, 46 Empress Drive, Grayson, KY 41143. Attorney for Estate, Hon. Robert W. Miller, P O Box 357, Grayson, KY 41143. Date of appointment March 22nd, 2023.

All persons having claims against the above estates are notified to present same to the fiduciary or Attorney, verified according to law no later than (6) months from the date of this publication.

Published: April 29, 2023

## PUBLIC NOTICES

### CLERK’S NOTICE OF FIDUCIARIES ACCOUNTING

Under the requirements of the Section 424.130 Kentucky Revised Statutes, the following fiduciaries have been filed with the Boyd District Court Clerk, the settlement or accounting trust as set forth herein:

Periodic Settlement	03-P-359	Toni Bailey, Administratrix of the Estate of Carl William Bailey, Jr.
Periodic Settlement	09-P-054	Mary Elizabeth Spurlock, Guardian of Bryson Elias Hale
Periodic Settlement	14-P-010	Jimmy Layne, Guardian of Brenton Atkins
Periodic Settlement	14-P-011	Jimmy Layne, Guardian of Brayden Worsley
Periodic Settlement	16-P-350	Deborah Hulett, Executrix of the Estate of Mollie Blair
Periodic Settlement	17-P-156	Margaret Layne, Administratrix of the Estate of Ida Myrtle Allen
Periodic Settlement	17-P-454	Earl Davis, Executor of the Estate of Ralph Smith
Periodic Settlement	19-P-051	Eli C. Martin II, Executor of the Estate of Eli C. Martin
Periodic Settlement	20-P-049	Eric Staley, Administrator of the Estate of Crystal Staley
Periodic Settlement	20-P-066	Christopher Moore, Executor of the Estate of Christine Moore
Periodic Settlement	21-P-384	Chelsee Davis, Guardian of Destiny Davis
Periodic Settlement	22-P-006	Aaron Nicholas Hemlepp, Executor of the Estate of Vicki R. Hemlepp
Final Settlement	03-P-042	Herbert Roberts, Executor of the Estate of Emalena Roberts
Final Settlement	19-P-020	Anita Carol Watts and Deanna Joy Lucas, Co-Executors of the Estate Charles Franklin Vanover
Final Settlement	19-P-041	Lesla Willis, Administratrix of the Estate of Pauline Frazier
Final Settlement	21-P-007	Gregory Adkins, Executor of the Estate of Robert Gerald Coleman
Final Settlement	21-P-085	Deena Michell McClelland, Executrix of the Estate of Curtis L. McClelland
Final Settlement	22-P-033	Jacqueline Lewis, Administratrix of the Estate of Florence Lewis
Final Settlement	22-P-196	Delilah B. Arthur, Executrix of the Estate of Gary Lionel Arthur, Sr.
Final Settlement	22-P-321	Kim Ehlers, Executrix of the Estate of Betty McFarland
Final Settlement	22-P-356	Christina May, Guardian of Candice Elise Marinich
Final Settlement	22-P-394	Elizabeth Martin, Executrix of the Estate of Elizabeth Dingess

1:30 PM June 6, 2023 having been set as date of hearing. Exceptions must be filed before date of hearing. No cause for exceptions having been shown, the settlement will be confirmed at date of hearing.

Published: April 29, 2023

## LEGAL NOTICE NOTICE OF APPOINTMENT COMMONWEALTH OF KENTUCKY, COUNTY OF BOYD

I, Tracey L. Kelley, Clerk of the Boyd District Court, certify that the following have been appointed fiduciaries. Creditors having claims against said estates must file same with fiduciary within (6) six months from date of appointment.

CASE#	DATE OF APPT.	ESTATE	FIDUCIARY	ATTORNEY
12-P-370	04/10/2023	David A. Rankin	Natasha Kinnan	Public Administrator
16-P-246	04/10/2023	Lacey Isabella Elswick	Natasha Kinnan	Public Administrator
17-P-166	04/18/2023	Robert Allen Gross	Christina Smith	Public Administrator
18-P-094	04/10/2023	Delpha Stewart	Natasha Kinnan	Public Administrator
19-P-213	04/10/2023	Sandra Stapleton	Natasha Kinnan	Public Administrator
19-P-383	04/10/2023	Charles Edward Turner	Natasha Kinnan	Public Administrator
20-P-258	04/10/2023	Charles Richard Moore	Natasha Kinnan	Public Administrator
20-P-317	04/10/2023	Floretta K. Cameron	Natasha Kinnan	Public Administrator
20-P-348	04/10/2023	Kinsleigh Shelton	Natasha Kinnan	Public Administrator
21-P-093	04/11/2023	Dale S. Litchfield	Natasha Kinnan	Public Administrator
21-P-213	04/10/2023	Norma Siple	Natasha Kinnan	Public Administrator
21-P-403	04/10/2023	Janet Elaine Preston	Natasha Kinnan	Public Administrator
21-P-405	04/10/2023	Tommy R. Edmonds	Natasha Kinnan	Public Administrator
22-P-225	04/10/2023	Vivian Lee Maynard	Natasha Kinnan	Public Administrator
22-P-106	04/04/2023	Daniel Day	Virginia Day	R. Stephen McGinnis
23-P-113	04/06/2023	William Bowen	Jaime Bowen	
23-P-118	03/27/2023	Christopher Nelson Brewer	Sherry Brewer	
23-P-125	03/29/2023	George Gary Scott	Kimberly S. McCann	Lance E. McComis
23-P-126	03/30/2023	Harry V. Sigler	Cherie Keever	
23-P-131	03/31/2023	Evelyn B. George	Douglas Blanton	
			John Blanton	
23-P-132	04/03/2023	Janet Lee Cornette	William Cornette	Richard W. Martin
23-P-134	04/04/2023	David Keith Burroughs	Vickie Church	Jennifer Bailey Dalenberg
23-P-135	04/04/2023	Judith Wessel	Stephen Wessel	
23-P-136	04/05/2023	Berna Elizabeth George	Jessica George	
			Kristina George	
23-P-137	04/03/2023	Stephen Alan Morman	Jeffrey T. Morman	
23-P-138	04/15/2023	Mary Elizabeth Bowling	Aaron Bowling	
23-P-143	04/10/2023	Hilda D. Holmes	Anna H. Ruth	
			Thomas L. Holmes	
23-P-144	04/17/2023	Betty Jo Porter	David B. Porter	
23-P-146	04/12/2023	Donald Joe Rose, Jr.	Susan Rose	Lance E. McComis
23-P-148	04/17/2023	Mary Roman	Tracy Hillman	
23-P-151	04/17/2023	Proctor R. Lyon, Jr.	Tammy Jo Lyon	
23-P-154	04/19/2023	Robert B. Hamilton	Kimberly Smithson	James Stavros
23-P-155	04/19/2023	Ernest Howard Richardson	Joseph Richardson	Wendell S. Roberts

Published: April 29, 2023

## THIS WEEK IN THE TRI-STATE

### Sunday

- 5 p.m. — International Folklanders Dance Group, Folk Dance House, Ponderosa Estates. For more information, call (606) 928-9372.

### Monday

- 8 to 9 a.m. — Ashland Community Kitchen, serving free breakfast; 25th Street and Carter Avenue.
- 11:30 a.m. to 12:15 p.m. — Ashland Community Kitchen, serving free lunch; 25th Street and Carter Avenue.
- Noon — Ashland Rotary Club, Ashland Elks Lodge, 900 Carter Ave. Lunch is \$9; public welcome.
- 4:30 to 5:15 p.m. — Ashland Community Kitchen, serving free dinner; 25th Street and Carter Avenue.
- 5:30 p.m. — Boyd County Republican Women’s Club, first Monday of each month, Belle Fonte Restaurant, 1320 Carter Ave., Ashland.
- 5:30 p.m. — The Ukelele Club, first Monday of each month, Greenup County Extension Office in Wurtland.
- 6 p.m. — Boyd County Democratic Women’s Club, second Monday of each month, Belle Fonte Restaurant at 1320 Carter Ave., Ashland.

### Tuesday

- 7 a.m. — Kiwanis Breakfast Club, Ashland YMCA.
- 8 to 9 p.m. — Ashland Community Kitchen, serving free breakfast; 25th Street and Carter Avenue.
- 11 a.m. — Story Hour, Flatwoods branch, Greenup County Public Library.
- 11:30 a.m. to 12:15 p.m. — Ashland Community Kitchen, serving free lunch; 25th Street and Carter Avenue.
- Noon — Downtown Ashland Lions Club, Elks Lodge, 900 Carter Ave.
- 4 to 5 p.m. — Men’s Grief Support Group, first and third Tuesdays, Community Hospice Care Center, 2330 Pollard Road, Ashland. (606) 329-1890.
- 4 to 5 p.m. — Women’s Grief Support

- Group, second and fourth Tuesdays, Community Hospice Care Center, 2330 Pollard Road, Ashland. (606) 329-1890.
- 4:30 to 5:15 p.m. — Ashland Community Kitchen, serving free dinner; 25th Street and Carter Avenue.
- 7 p.m. — Tri-State Camera Club, second Tuesday of the month, Bellefonte Center Fifth Floor, 1000 Ashland Drive.
- 6 p.m. — First Tuesday of the month: Little Sandy Beekeepers, Carter County Extension Office. (606) 474-6686.
- 7 p.m. — Cricut Club, Flatwoods branch, Greenup County Public Library.

### Wednesday

- 8 to 9 p.m. — Ashland Community Kitchen, serving free breakfast; 25th Street and Carter Avenue.
- 11 a.m. — Story Hour, main branch, Greenup County Public Library.
- 11 a.m. — Book Club, McKell branch, Greenup County Public Library.
- 11:30 a.m. to 12:15 p.m. — Ashland Community Kitchen, serving free lunch; 25th Street and Carter Avenue.
- Noon — Ashland Kiwanis Club, Gattiland.
- 4:30 to 5:15 p.m. — Ashland Community Kitchen, serving free dinner; 25th Street and Carter Avenue.

### Thursday

- 8 to 9 p.m. — Ashland Community Kitchen, serving free breakfast; 25th Street and Carter Avenue.
- Noon — Optimist Club of Ashland, Ashland Elks Lodge, 900 Carter Ave.
- Noon — Russell Rotary Club, Bridges Christian Church. New members welcome.
- 11:30 a.m. to 12:15 p.m. — Ashland Community Kitchen, serving free lunch; 25th Street and Carter Avenue.
- 1 p.m. — Story Hour, McKell branch, Greenup County Public Library.
- 3:30 p.m. — Teen Program, Flatwoods branch, Greenup County