

UK COOPERATIVE EXTENSION SERVICE
University of Kentucky – College of Agriculture

EXTENSION NOTES

Family And Consumer Sciences

Raising Responsible Children and Youth

All parents want their children to grow up to be responsible, self-sufficient adults, but the transition from childhood to adulthood – the teenage years – can be rocky for parents and children. It's during this time that children often test parent's limits and start requesting things like cell phones, later curfews and less adult supervision. This is also the time when many parents have to decide where they stand on many issues, financially and morally, and learn how to graciously and responsibly let go.

Letting go, while at the same time raising children to be responsible adults, is a huge task for anyone, but fortunately it's one that millions of parents have accomplished since the beginning of time, and it's something you can do too.

While to you your child may always be your little baby, children grow up quickly. College and adulthood will be here before you know it. Many parents play an active role in the child's early life and some might even admit to be-

ing overly involved. Now is the time to start seeing your teenagers as the young adults they are becoming. You have helped shape their beliefs since they were little. You can now work specifically to help them develop a sense of responsibility as they grow older.

One of the most important things you can do as a parent is to listen to your children. They have valuable ideas and reasons for their actions. Chances are you can glean important information about their friends at school and their habits, their teachers, schoolwork and their developing views of the world. If you don't agree with everything your child thinks or does, don't be quick to scold. They may start hiding parts of their lives from you altogether. Instead, ask them questions that make them critically think through their actions and help them realize there are consequences for inappropriate behaviors.

At the same time, you need to set clear limits and develop clear consequences for unacceptable behavior. This way your children understand what happens if they don't do their homework, receive failing grades or lie about the people they are with. If your child has a group of close friends, make it a point to meet the parents, if you haven't already. Discuss with them how you feel about all of these new freedoms your child is requesting and ask where they stand on these with their child, such as the appropriate amount of adult supervision at parties. You may be able to talk about establishing similar guidelines for your child's

core group. For example, if all teens have the same curfew, chances are one isn't going to feel they are being treated unfairly by their parents.

When kids are babies and toddlers many parents praise them for every milestone they hit, such as saying their first words, walking, reciting their ABC's, etc. But as kids get older, these praises seem to decline. Don't always focus on what your child goes wrong. Praise them when they do something right. Tell them you're proud of them when they get good grades, are kind to others, say no to smoking, etc. You can attach specific rewards, such as going over to a friend's house or getting the car for the night when they cheerfully complete chores without having to be reminded.

These seemingly mundane, routine tasks, learned over time as children and youth, form the basis for responsible behavior as adults. It is a parent's responsibility to model such behavior as they train their young ones toward maturity.

For more information on parenting topics, contact the Estill County office of the University of Kentucky Cooperative Extension Service at 723-4557.

Source: Carole Gnatuk, Senior Extension Specialist for Child Development

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.



Tam's Front Porch Ponderings
Tammy Terry
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People do crazy things when it snows, especially when there's been so many days of it, like this winter! The very mention of a snow comin' and people rush to the store (me included) for the basic gallon of milk and

People Do Crazy Things When It Snows

loaf of bread. I don't know what it is about an ice storm or snow prediction that causes all mankind to panic and turn to drinking lots of milk and eating loaves of bread, but, like I said, people do crazy things.

Even our Governor is no exception to "Crazy" when it comes to snow. The Federal Government closed down; schools were closed; colleges cancelled classes; County and City Government closed or had a delay but not the State offices! No siree . . . rain nor sleet nor dark of night, ice or snow let them risk their life . . . the State must go on! No wait a minute, that's the show must go on and something about the mailman but ANYWAY, State offices weren't closed.

Talk about crazy? Interstate 75 was shut down because of accidents, our County is out of salt along with numerous others and STILL our Governor required State workers to report to work. Now I'm a deep blue, dyed in the wool Democrat but c'mon Frankfort, let's think about the workin' man!

Those folks are what we refer to as "High Dollar Crazy" but people like me are just "regular ol' crazy". We get out our four-wheel drive vehicles and see how far and how fast we can go without sliding into a ditch. It's great fun! We make excuses to go to town like yesterday for example, Corky decided the dog needed an ice cream from the Burger Barn (and I needed a large diet Coke, 1/2

cup of ice), so we all piled in the Tahoe. Corky and Dylan up front, me and Rankin in the back and we were on our way. We passed a field with a dozen deer and of course we had to stop and let the dog watch them. He rode along like a child in a car seat, enjoying the scenery and like a kid, he eventually nodded off to sleep with his head bobbing from one side to the other.

Once at Burger Barn, everyone had their drinks and Rankin had his ice cream. I have to feed it to him a spoonful at a time or he eats too fast and gets a brain freeze. That's when Dylan noticed the Sea Gulls in Save-a-Lot's parking lot. Yes, I said Sea Gulls! We decided we needed a closer look so we drove over and parked to watch the birds. They descended on us like something from an Alfred Hitchcock movie, a flock of white, flapping wings, swooping and circling around our vehicle. Rankin forgot all about his ice cream as we rolled down the windows to observe the strange snow dance of the Sea Gulls. People were out of their cars, taking pictures and someone had even thrown out some bread. Heaven's no! Not a precious loaf of bread, in this weather? Were they crazy? Yep . . . and so were we! Sitting in a parking lot covered in 5 inches of snow, in Eastern Kentucky, watching SEA GULLS while your dog eats ice cream with a spoon. Some people do crazy things when it snows!

Applications Being Accepted For 3 Scholarships

The Kentucky Manufactured Housing Institute (KMHI) is currently accepting applications for three (3) \$1,000 scholarship awards. Entries must be post marked no later than April 15, 2014, and winners will be announced in May, 2014 Eligible graduating high school seniors or GED recipients must currently reside in a manufactured or mobile home in Kentucky and have the desire to further their education at a university, college, technical or vocational school To get an application, students should contact their local KMHI member Retail Sales

Center or call Betty C. Whittaker at (502) 223-0490 or email at bwhittaker@kmhi.org or senior counselor Melissa Neal at ECHS.

Members of the Kentucky Manufactured Housing Institute are pleased that they can help make continuing education possible for young people living in manufactured or mobile homes in Kentucky.

KMHI is an industry trade association that represents retailers, manufacturers, service/supply companies and communities in the manufactured and modular home industries and doing business in Kentucky.

ESTILL COUNTY SCHOOLS MENUS				
Milk is included with every meal; plus assorted juices included with breakfast				
MONDAY March 10	TUESDAY March 11	WEDNESDAY March 12	THURSDAY March 13	FRIDAY March 14
SOUTH IRVINE BREAKFASTS				
Breakfast Pizza Assorted Juice	Cereal & Toast Assorted Juice	Biscuit & Gravy Assorted Juice	Muffins Assorted Juice	Mini Cinnis Assorted Juice
SOUTH IRVINE LUNCHES				
Chicken Tenders Roll Mashed Potatoes Green Beans Applesauce	Bologna Sand- wich Glazed Carrots Broccoli & Cheese Tropical Fruit	Cheeseburger on Bun Tater Tots Pork 'n Beans Peach Cup	Pepperoni Pizza Corn Dill Pickle Spears Pineapple	Chicken Pattie on Bun, Sweet Potato Fries Green Beans Peaches
ESTILL SPRINGS & WEST IRVINE BREAKFASTS				
Breakfast Pizza Assorted Juice	Sausage & Biscuit Assorted Juice	Mini Cinnis Roll Assorted Juice	Pop Tart, Cereal Assorted Juice	Blueberry Muffins Assorted Juice
ESTILL SPRINGS LUNCHES				
Chicken Pattie on Bun Mashed Potatoes Green Beans Fruit Cocktail	Pepperoni Pizza Romaine Salad Grape Tomatoes Pineapples	Cheeseburger on Bun Let./Tom./Pickles Baby Bakers Oranges	Corn Dog Corn Normandy Blend Peach Cup	Chicken Fajita w/Soft Shell, Fruit Let./Tom./Cheese Carrot Sticks/dip Refried Beans
WEST IRVINE LUNCHES				
Chicken Pattie or Mr. Rib on Bun Mashed Potatoes Green Beans Fruit Cocktail	Pepperoni Pizza Romaine Salad Grape Tomatoes Pineapples	Cheeseburger on Bun, Oranges Let./Tom./Pickles Baby Bakers Pork & Beans	Corn Dog or Pork Chop on Bun Corn Normandy Blend Peach Cup	Pizza Munchable or Ham & Cheese on bun Carrot sticks/dip Raisins
ESTILL COUNTY MIDDLE SCHOOL BREAKFAST				
Breakfast Bar, Cereal, Pop Tart, Fruit, Juice	Sausage & Biscuit Cereal, Pop Tart, Fruit, Milk	Pancake Porky Cereal, Pop Tart, Fruit, Milk	Cinnamon Roll Cereal pop tarts, Fruit, juice	Blueberry Mini Muffins, Cereal Pop Tart, Fruit
ESTILL COUNTY MIDDLE SCHOOL LUNCH				
Bosco w/Marinara Sauce or Pep- peroni Sub Romaine Salad Corn Applesauce	Cheeseburger or Chuck Wagon on Bun Let./Tom./Pickles Peach Cups	Chicken Tenders or Buffalo Tenders Roll Mashed Potatoes Green Beans Apples	Nacho Cheese & Chips or Chili Crispito Salsa Refried Beans Pears	Chili, Crackers P-butter sandwich or Grilled Cheese Carrot Sticks Broccoli & Cauli. Bits, Oranges
ESTILL COUNTY HIGH SCHOOL BREAKFAST				
Cereal, Pop Tarts Yogurt, Juices Banana or Apple	Sausage Biscuit, Cereal, Yogurt Banana or Apple	Chicken Biscuit Cereal, Pop Tart, Yogurt, Fruit	Egg & Cheese Biscuit, Cereal Pop Tart, Yogurt	Breakfast Pizza Cereal Pop Tarts
ESTILL COUNTY HIGH SCHOOL LUNCH				
Bosco w/Marinara Sauce or Pork Chop on Bun Glazed Carrots Peas Fruit	Cheeseburger or Hot Dog on Bun Baby Bakers Let./Tom./Pickle Mandarin Oranges Peaches	Chicken Rings w/Roll or Chicken Pattie on Bun Green Beans Mashed Potatoes Pears, Applesauce	Taco or Chicken Fajita w/shell Refried Beans Let./Tom./Cheese Sal;sa, Peaches Mandarin Oranges	Chicken Noodle Soup, Grilled Cheese Sandwich Carrot Sticks Broccoli Bits Fruit

ESTILL PUBLIC LIBRARY

246 Main Street, Irvine, KY – Call 723-3030
If school is cancelled due to icy roads, the bookmobile will run two weeks after the scheduled date.

Week of March 10-13, 2014			
BOOKMOBILE SCHEDULE			
MON.	TUES.	WED.	THUR.
No Bookmobile Service	No Bookmobile Service	Horizon Daycare Angel Keepers Ravenna Wagersville Drip Rock	Sugar Hollow Rd. Buck Creek Doe Creek Barnes Mountain
"Mommie & Me" and Storytime			
Wednesdays at 10:00 a.m. and Fridays at 10:30 a.m.			

2014 Estill Senior Calendar

Condensed from Information prepared by Estill High School Counselor Melissa Neal

- Wednesday, March 5th**
- Vocational Rehabilitation Counselor here to meet with eligible seniors
 - ETS "Individual Meetings" as needed
- Friday, March 7th**
- Individual Appointments available for help with finalizing your FAFSA (changing estimated numbers to "real numbers" after you have filed your taxes). Call the Guidance Office for an appt. time; slots available from 8 a.m. – 12:30 p.m.
 - End of 2nd Trimester (maybe, depending on snow...)
 - Registration Deadline for the April 12 ACT Test
- Saturday, March 8th**
- SAT Test Date
- Sunday, March 9th**
- EKU Mid-Term grades due to the registrar (should be on EKU Direct within 24 hours)
- Monday-Friday, March 10th-14th**
- EKU's Spring Break
- Wednesday, March 12th**
- Vocational Rehabilitation Counselor here to meet with eligible seniors
- Thursday, March 13th**
- Prom Fashion Show
- Friday, March 14th**
- Kohl's Kids Who Care Scholarship Application Deadline. Go to: www.kohlsincorporation.com/CommunityRelation/Community02.htm

Cox Insurance, Inc.

606-723-4013

407 Richmond Road
Irvine, Kentucky



John Cox

We Can Help If You Do Not Have Insurance Now!

Even If You Have Other Problems With Your Insurance, Come See Us!

See Us Today! ♦ Free Consulting ♦ Free Quotes

We Have Several New Companies Now With Affordably Rates To Fit Your Needs

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