

UK COOPERATIVE EXTENSION SERVICE
University of Kentucky – College of Agriculture

EXTENSION NOTES

Family And Consumer Sciences

Monday, March 17, 2014 @ 1:00 p.m.

Life Story: How Your History Can Help You

Do you remember when you met your spouse? How much did you pay for your first house? What was your experience like when you went to school or started your

first job? Perhaps these things seem ordinary to you. But what if you were asking your parents or grandparents these questions? Would their stories seem uninteresting? Most likely not! Many of us wish we knew more about our family history and family experiences.

Life story is an account of the series of events that make up your life and define who you are. This account starts at birth and continues throughout life. But it's an account that very few of us document over time. No one is too young or too old to start writing down their life story. But the sooner you start, the more accurate or detailed your stories will be. Life story can be captured many ways – journaling, photographs, voice recordings and formal life story programs. Recording and sharing life story is important because it helps explain to you

and to others who you are, where you've been, how you got there, where you are now and even where and what you will be doing in the future. Writing and sharing life story also promotes an active brain, quality relationships, mental healthiness and legacy building.

On Monday, March 17, 2014, the Estill County Cooperative Extension Service will host "Life Story: How Your History Can Help You" at 1:00 p.m. Harrison County Family & Consumer Sciences Extension Agent, Benita Peoples will present this lesson. Consider taking this opportunity to explore ways to document your life story. Bring a friend!

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

Estill School News

Thursday, March 13, 2014 @ 4:00 p.m.

Estill Springs SBDM Council

The Estill Springs Elementary Site-Based, Decision-Making Council meeting will be this Thursday, March 13th at 4:00 p.m. in the Estill Springs Library. The public is welcome to attend.

Reward offered for February burglary at Wisemantown

A reward is being offered for information leading to the arrest and conviction the person or persons involved in a burglary at 2590 Wisemantown Road, Irvine, which occurred on February

25, 2014. According to a report by the investigating deputy, Josh Rison, someone broke into the residence by breaking in the front door.

A large quantity of jewelry was taken, along with a jewelry box, a dresser drawer full of jewelry, and a case knife.

A value of the jewelry has not been determined, but much of the jewelry has sentimental value to the family which cannot be replaced.

If you have information, please contact the sheriff's office 723-2323 during business hours or 723-2201 after hours.

A theft was reported by Donny Rogers of Meadows Lane, Ravenna on March 6.

Deputy Rison is also investigating that theft.

Rogers said that a known person had taken a generator from his residence and had pawned it at a pawn shop in \$150 in Clay City.

ESTILL PUBLIC LIBRARY

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

Week of March 17-20, 2014			
BOOKMOBILE SCHEDULE			
MON.	TUES.	WED.	THUR.
Old Fox Road Furnace Jct. Miller's Creek Cow Creek	Winston Trotting Ridge Sandhill	Wisemantown Station Camp Red Lick Crooked Creek	Spout Springs Hudson Mill New Fox Road Hargett-Parvin Road
"Mommie & Me" and Storytime			
Wednesdays at 10:00 a.m. and Fridays at 10:30 a.m.			

ESTILL COUNTY SCHOOLS MENUS

Milk is included with every meal; plus assorted juices included with breakfast

MONDAY March 17	TUESDAY March 18	WEDNESDAY March 19	THURSDAY March 20	FRIDAY March 21
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SOUTH IRVINE BREAKFASTS

Breakfast Pizza Assorted Juice	Sausage & Biscuit Applesauce	Cereal & Gravy Assorted Juice	Mini Pancakes Assorted Juice	Pop Tarts, Cereal Assorted Juice
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SOUTH IRVINE LUNCHES

Chicken Nuggets Teas Toast Peas Glazed Carrots Tropical Fruit	Open Face Turkey on Bread Green Beans Mashed Potatoes Pineapple	Taco w/Shell Let./Tom./Cheese Salsa Corn Pears	Chili w/Crackers Grilled Cheese Broccoli & Grape Tomatoes Mandarin Oranges	Hot Dog on Bun Cheetos Baked Beans Carrot Sticks Gold Fish Cookie
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ESTILL SPRINGS & WEST IRVINE BREAKFASTS

Breakfast Pizza Assorted Juice	Gravy & Biscuit Assorted Juice	Mini Pancakes Assorted Juice	Toast & Cereal Assorted Juice	Pot Tart, Cereal Assorted Juice
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ESTILL SPRINGS LUNCHES

Chicken Nuggets Roll Mashed Potatoes Peas Peach Cup	Cheese Pizza Corn Romaine Salad Pears	Chili w/crackers Grilled Cheese Carrot Sticks w/dip Mandarin Orange	Bosco w/Marinara Sauce Slaw Green Beans Applesauce	Hamburger on Bun, Cool Ranch Doritos, LTP Baked Beans Apple
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WEST IRVINE LUNCHES

Chicken Nuggets Roll Mashed Potatoes Peas Peach Cup	Cheese Pizza Corn Romaine Salad Pears	Chili w/crackers PB&J Sandwich Celery Sticks Mandarin Orange	Bosco w/Marinara Sauce or BBQ on Bun, Slaw Green Beans Applesauce	Hamburger on Bun, Cool Ranch Doritos, LTP Baked Beans Apple
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ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Toast, Cereal, Pop Tart, Fruit, Assorted Juice	Gravy & Biscuit Cereal, Pop Tart, Fruit, Milk	Funnel Cake Cereal, Pop Tart, Fruit, Milk	Toast, Cereal Pop Tart, Fruit Assorted Juice	Mini Muffins Cereal Pop Tart, Fruit
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ESTILL COUNTY MIDDLE SCHOOL LUNCH

Stuffed Crust cheese Pizza or Burrito Corn Carrot Sticks Peach Cups	Hot Dog or Pork Chop on bun Baked Beans Baby Bakers Pineapples	Chicken Nuggets w/Texas toast or Fish on Bun Mashed Potatoes Broccoli & Chz. Mandarin Oranges	Chicken Pattie or Deli Turkey on Bun French Fries Pork & Beans Applesauce	Spaghetti w/Meat Sauce & Bread- stick or Mr. Rib on Bun, Pears Green Beans Glazed Carrots
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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
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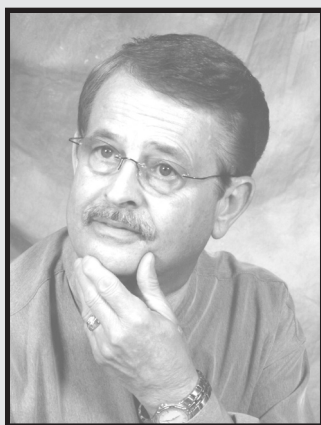
ESTILL COUNTY HIGH SCHOOL LUNCH

Bosco w/Marinara Sauce or Chicken Quesadilla w/Sal- sa, Green Beans Normandy Blend Fruit	Chicken Pattie or Hot Ham & Cheese on bun Broccoli & Chz. Mashed Potatoes Fruit	BBQ on Bun or Mr. Rib on bun Glazed Carrots Green Beans Pears Apple	Spicy chicken or Deli Turkey on Bun, Let./Tom./Pickles Potato Wedges Applesauce Tropical Fruit	Corn Dog or Fish on Bun Baked Beans Slaw Carrot Sticks Fruit
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John Cox

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

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top ten
Money-Losing MOVIES

1. Cutthroat Island
2. The Alamo
3. Adventures of Pluto Nash
4. Sahara
5. Mars Needs Moms
6. The 13th Warrior
7. Town & Country
8. Speed Racer
9. Heaven's Gate
10. Stealth

Source: Time Business

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HUGE YARD SALE

Indoors & Outdoors
SATURDAY, MARCH 15TH
9am-7pm
7665 Winchester Road (KY-89N)
(at Patricks Northside Grocery)
One Mile North of KY-82 Intersection
Antiques, New & Used Tools
Used Furniture & Much More
Call for more information
(606) 643-5445 or 723-7155