



**Chelsea K. Bicknell**  
Estill County Extension  
Agent for Family and  
Consumer Sciences

Valentine's Day is coming up! Celebrating Valentine's Day is a centuries-old tradition to express love and friendship to people near and dear to us. Although the origin of Valentine's Day is uncertain, it apparently originated with Saint Valentine, a priest and martyr who lived in Rome during the Third Century. Saint Valentine was killed because he had the courage to follow his heart, express selfless love, and talk to others about his beliefs.

Love is something that is

## The Healthful Benefits of Love

often talked about and has become somewhat glamorized over the years, but did you know that modern science has found that the power of true love has some remarkable and healthful effects?

Couples romantically in love are less tired because they have reduced levels of lactic acid in their blood. They enjoy mild euphoric feelings and are less subject to pain since their bodies naturally produce higher levels of body chemicals called "endorphins." And, because their white blood cells respond better to infections, people in love seem to catch fewer colds!

The health benefits are not limited solely to romantic love either; in any of its forms, love appears to give health benefits to people. Research suggests that people who give help and love regularly are healthier overall. They have less pain and can cope better with chronic diseases and stress-related disorders. People who give love often feel a gentle rush

of inner warmth and a variety of positive feelings. These people also have increased energy followed by a somewhat longer-lasting sense of calm, emotional well-being, and heightened self-worth.

Research has shown that the absence of love takes a terrible toll. For example, infants who don't receive love tend to do poorly physically, even under the best sanitation and nutrition conditions.

An important part of being in love is communication and sometimes a relationship that seems irreparable just needs some good communication skills. To help with that, we are offering a Love Languages Dinner Program at the Extension Office on Thursday, February 12th from 6:00pm to 8:00pm. This program will include a free three-course dinner, information about positive communication in relationships, and learning what your love language is, as well as your partners, and how that information

can help you better communicate with them. This is a program open to all couples in a committed relationship who are 18 years old or older. If you are interested, call our office today (723-4557) and reserve your spot; we can only take the first 10 couples!

Over the years, we have observed Valentine's Day as a celebration of the heart. It's a time to remember dear ones and share our love. We often hear that love is worth sharing and research shows that to be true. As one of my most favorite bands say, "All you need is love!" Be sure and go spread it all you can this Valentine's season and beyond! For more information about positive communication and relationship skills, contact the Estill County Extension Office at 723-4557.

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

## 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

**Wednesday, February 4, 7:30am-2:30pm**

### St. Elizabeth Basement Sale

The St. Elizabeth Church basement sale will be held on Wednesday, February 4, 2015, from 7:30 a.m. until 2:30 p.m.

There will be clothing for all the family, shoes, household items, books and many other items. All are welcome!

**Saturday, February 7th @ 6pm**

### Pine Hill Gospel Singing

Pine Hill Baptist Church will be having a Gospel Singing this coming Saturday, February 7, 2015, at 6:00 p.m.

Guest singers will be The Smith Singers but other singers are welcome. Everyone is invited.

**Sunday, February 8th @ 6pm**

### Quarterly Singspiration at River Drive

The River Drive Christian Church will host the Quarterly Singspiration on Sunday, February 8th at 6:00 p.m.

Make plans to join us for a great night of worship, fellowship and food. Everyone is welcome!

## OBITUARIES

Printed free as a public service. Contact the funeral home to have an obituary included. Photos included at no charge. Local obituary lines -- Lewis (723-8558) & Toler (723-4242) Contact the Estill County Tribune at (606) 723-5012 to have any out-of-county obituaries placed in this newspaper.

**Thursday, January 29, 2015**

### Elbert Cox, 97



VETERAN

Elbert "Burnam" Cox, 97, of the Knob Lick community in Estill County, Kentucky, passed away Thursday, January 29, 2015 at his home place where he was born.

Mr. Cox was born on October 15, 1917 in Estill County to the late ROLLIE and MOLLIE HARRIS COX. He served his country as a Combat Medic in the United States Army, and was a life-long farmer. He was a member of the Panola Baptist Church.

Mr. Cox was the widower of Darlene Chrisman Cox who passed away in 1953.

Survivors include: his son, Larry R. Cox (Peggy); two granddaughters: Tina Lynch (James) and Amanda Gibson (Jason); and six great-grandchildren: Ashley Lynch, Makena Cox, Micah

Lynch, Taylor Gibson, Logan Gibson and Izzy Gibson.

Mr. Cox was also preceded in death by his three brothers, Dewey, Ralph and Clyde Cox.

Funeral Services were conducted at 1:30 p.m., Monday, February 2nd at the Combs, Parsons & Collins Funeral Home, 328 West Main Street, Richmond, with Rev. James Chrisman officiating. Burial followed in the Richmond Cemetery with full military honors. Visitation was from 3-8 p.m., Sunday, February 1st at the funeral home.

Pallbearers were James Lynch, Jason Gibson, Patrick Tudor, Bruce Chrisman, Russell Rose, Leslie Rose, Dwight Evans and Rodney Rose.

<CPCFH.com>

**Thursday, January 29, 2015**

### Freda Mae Gaylord, 76



**Freda Mae Gaylord**

Freda Mae Patrick Gaylord, age 76, of Stanton, Kentucky, widow of Russell Gaylord, passed away Thursday, January 29, 2015 at the Clark Regional Medical Center in Winchester, with her family at her side.

She was born December 18, 1938, in Powell County, the daughter of the late General and Flora Tipton Patrick. She was retired from Sylvania and was a member of the West Bend Church of God where she was a Sunday school teacher for years. Freda loved her church and church family and spent her last full day here on earth at church with the ones she loved so dearly.

Mrs. Gaylord is survived by four daughters: Karen Kirk of Stanton, Connie Reed (Hugh) of Clay City, Vickie Miller (Chris) of Atlanta, Texas; and Kathy Catron (Donald) of Stanton; six grandchildren and three great grandchildren; two brothers: Hubert Patrick of Clay City and Raymond Patrick of Stanton; and six sisters: Irene Tapp of Oklahoma, Patty Patrick of Irvine, Emma Lee Estes of Beattyville, Velma Estes of Beattyville, Charlene

Warner of Irvine, and Bobbi Mulford of Stanton.

She was preceded in death by her parents, General and Flora Patrick; her husband, Russell Gaylord; two brothers: Allen Patrick and Elmer Joe Patrick; and one sister, Mary Ethel Warner.

Funeral services were held at 12:00 Noon, Saturday, January 31st at the West Bend Church of God with Bro. Ray Wyatt officiating. Friends visited Friday, January 30th at the church from 5-9 p.m. Burial was in the Rest Haven Cemetery.

Grayson Funeral Home of Clay City was in charge of services.

<GraysonFuneral.net>

**Tuesday, January 27, 2015**

### Millard Edward Dixon, 47

Millard Edward Dixon, age 47, of Sugar Hollow Road in Irvine, Kentucky, passed away Tuesday, January 27, 2015, at the Marcum & Wallace Memorial Hospital.

He was born June 28, 1967 in Estill County and was the son of Donna Arvin Dixon. He was a logger and had lived in Estill County all of his life.

Mr. Dixon is survived by his mother, Donna Arvin Dixon; one daughter, Alicia Marie Dixon, Estill County; one son, Johnathon Dixon, Estill County; five grandchildren: Calijah Stone, Chase Stone, Christopher Stone, Kyra Danielle Dixon and Benson Kelley; his fian-

cé, Crystal Rawlins; and one step-son, Jaxson Rawlins.

He was preceded in death by two brothers: Marvin Ray Dixon and Anthony Kyle Dixon.

Funeral services were conducted at 1:00 p.m., Saturday, January 31st at the Warren F. Toler Funeral Home Chapel by Bro. Kevin Chaney. Burial was at the South Irvine Cemetery. Friends called from 11:00 a.m. until service time on Saturday at the funeral home.

Pallbearers were Joe Rawlins, Jeff Dixon, Ronnie Flannery, Steve Howell, Stewart Arvin, Chris Stone and Donnie Seals.

<TolerFuneralHome.com>

**Tuesday, January 27, 2015**

### J.B. Meadors, 86

J.B. Meadors, age 86, of Madison Hills, Richmond, Kentucky, a former employee of Meade's Do-It-Center in Irvine, passed away Tuesday, January 27, 2015, at the Good Samaritan Hospital in Lexington, after a sudden illness.

He was a native of Corbin, born November 28, 1928, the son of the late James and Martha Kidd Meadors. Mr. Meadors was the former owner of Waco Carpet, which he founded in 1984. He also worked at General Electric in Louisville, in addition to Meade's. He was a member of a protestant congregation in Madison County. He was a former member of the Richmond Chamber of Commerce, and enjoyed fishing, and the outdoors.

Mr. Meadors was preceded in death by his siblings:

Buford, Cy, and Ethel.

Survivors include his son, Michael Meadows (Denise) of Richmond; his daughters: Nancy Zils (James) of Goshen, Kentucky, and Sherie Gower (Art) of Louisville; his brothers: J.M. and Lin Meadors; his sisters: Stella Elias, Hazel Rich, and Bobbi Ferguson; his grandchildren: Matthew, Micah, Jennifer, Justus, and Hope; and his great-grandchild, Vespera.

Services were held at 12:00 Noon, Saturday, January 31st at Heritage Funeral Home, 237 North 2nd Street in Richmond. Friends called Friday, January 30th, 4-9 p.m., at the funeral home. Burial was in the Calvary Cemetery in Louisville on Monday, February 2nd.

<HeritageofRichmond.com>

## Thank You

The family of Ellen Charlene Townsend would like to thank everyone in Estill County for their support and prayers, and standing beside us, during our recent loss. A special thanks to Warren F. Toler Funeral Home for their kindness.

With love and kindness,  
Opal Mays, mother



**Ellen C. Townsend**

## GET-R-DONE

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## NOTICE

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