

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 beliefs.

# The Healthful Benefits of Love

often talked about and has of inner warmth and a va- can help you better commufects?

Couples romantically in lactic acid in their blood. 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 infeccatch fewer colds!

forms, love appears to give Office on Thursday, Februhealth benefits to people. ary 12th from 6:00pm to Research suggests that people who give help and love include a free three-course regularly are healthier overhad the courage to follow his all. They have less pain and positive communication in vice serve all people regardless heart, express selfless love, can cope better with chronic relationships, and learning of race, color, sex, religion, disand talk to others about his diseases and stress-related what your love language ability or national origin. Love is something that is love often feel a gentle rush and how that information

did you know that modern creased energy followed by science has found that the a somewhat longer-lasting power of true love has some sense of calm, emotional self-worth.

love are less tired because the absence of love takes a couples! they have reduced levels of terrible toll. For example, They enjoy mild euphoric love tend to do poorly physsanitation and nutrition conditions.

An important part of being in love is communication and sometimes a relationship that seems irreparable tions, people in love seem to just needs some good communication skills. To help 8:00pm. This program will disorders. People who give is, as well as your partners,

become somewhat glam- riety of positive feelings. nicate with them. This is a orized over the years, but These people also have in- program open to all couples in a committed relationship who are 18 years old or older. If you are interested, remarkable and healthful ef- well-being, and heightened call our office today (723-4557) and reserve your spot; Research has shown that we can only take the first 10

Over the years, we have infants who don't receive observed Valentine's Day as a celebration of the heart. ically, even under the best 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 The health benefits are with that, we are offering and beyond! For more innot limited solely to roman- a Love Languages Dinner formation about positive tic love either; in any of its Program at the Extension communication and relationship skills, contact the Estill County Extension Office at 723-4557.

> Educational programs of dinner, information about the Cooperative Extension Ser-

# **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 2015, from 7:30 a.m. until other items. 2:30 p.m.

There will be clothing for basement sale will be held all the family, shoes, houseon Wednesday, February 4, hold items, books and many

All are welcome!

### Saturday, February 7th @ 6pm

## **Pine Hill Gospel Singing**

Pine Hill Baptist Church ing this coming Saturday, ers are welcome. February 7, 2015, at 6:00 p.m.

Guest singers will be The will be having a Gospel Sing- Smith Singers but other sing-

Everyone is invited.

### Sunday, February 8th @ 6pm

### **Quarterly Singspiration at River Drive**

**NOTICE** 

**Free Computer Training** 

**Beginning Level** 

**Call the Estill County Adult** 

**Education Center to sign up.** 

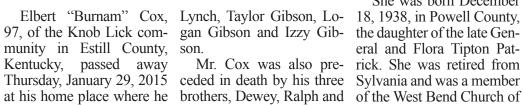
The River Drive Christian Church will host the Quarter- a great night of worship, felly Singspiration on Sunday, lowship and food. February 8th at 6:00 p.m.

Make plans to join us for

Everyone is welcome!

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



was born. Mr. Cox was born on October 15, 1917 in Es- conducted at 1:30 p.m., Freda loved her church and till County to the late Rol- Monday, February 2nd at lie and Mollie Harris Cox. the Combs, Parsons & Col-He served his country as a lins Funeral Home, 328 Combat Medic in the Unit- West Main Street, Riched States Army, and was a mond, with Rev. James life-long farmer. He was a Chrisman officiating. Burial by four daughters: Karen Elmer Joe Patrick; and one member of the Panola Bap- follow ed in the Richmond Kirk of Stanton, Connie sister, Mary Ethel Warner. tist Church.

who passed away in 1953.

Survivors include: his Lynch (James) and Aman- man, Russell Rose, Leslie rick of Clay City and Raygreat-grandchildren: Ashley Lynch, Makena Cox, Micah

Mr. Cox was also pre-Clyde Cox.

Cemetery with full military Reed (Hugh) of Clay City, Mr. Cox was the widow- honors. Visitation was from Vickie Miller (Chris) of held at 12:00 Noon, Saturer of Darlene Chrisman Cox 3-8 p.m., Sunday, February Atlanta, Texas; and Kathy day, January 31st at the West 1st at the funeral home.

son, Larry R. Cox (Peggy); Lynch, Jason Gibson, Pattwo granddaughters: Tina rick Tudor, Bruce Chrisda Gibson (Jason); and six Rose, Dwight Evans and Rodney Rose.

< CPCFH.com>

## Thursday, January 29, 2015 Freda Mae Gaylord, 76

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 the daughter of the late General and Flora Tipton Patrick. She was retired from God where she was a Sun-Funeral Services were day school teacher for years. church family and spent her last full day here on earth at church with the ones she loved so dearly.

Catron (Donald) of Stan-Pallbearers were James ton; six grandchildren and three great grandchildren; two brothers: Hubert Patmond Patrick of Stanton; and six sisters: Irene Tapp of Oklahoma, Patty Patrick of Irvine, Emma Lee Estes of Beattyville, Velma Estes of Beattyville, Charlene



Freda Mae Gaylord

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 Mrs. Gaylord is survived brothers: Allen Patrick and

Funeral services were 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

age 47, of Sugar Hollow Road in Irvine. Kentucky. & Wallace Memorial Hos-

1967 in Estill County and had lived in Estill County all of his life.

Dixon; one daughter, Alicia Marie Dixon, Estill County; one son, Johnathon Dixon, children: Calijah Stone, Chase Stone, Christopher Stone, Kyra Danielle Dixon and Donnie Seals. and Benson Kelley; his fian-

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

He was preceded in death passed away Tuesday, Janu- by two brothers: Marvin ary 27, 2015, at the Marcum Ray Dixon and Anthony Kyle Dixon.

Funeral services were He was born June 28, conducted at 1:00 p.m., Saturday, January 31st at was the son of Donna Arvin the Warren F. Toler Funeral Dixon. He was a logger and Home Chapel by Bro. Kevin Chaney. Burial was at the South Irvine Cemetery. Mr. Dixon is survived by Friends called from 11:00 his mother, Donna Arvin a.m. until service time on Saturday at the funeral

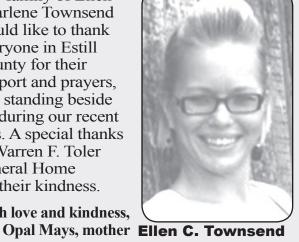
Estill County; five grand- Rawlins, Jeff Dixon, Ronnie Flannery, Steve Howell, Stewart Arvin, Chris Stone Electric in Louisville, in ad-

<TolerFuneralHome.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,



### Tuesday, January 27, 2015 J.B. Meadors, 86

J.B. Meadors, age 86, of Buford, Cy, and Ethel. Madison Hills, Richmond, in Irvine, passed away Tuesday, January 27, 2015, at the Good Samaritan Hospital in Lexington, after a sudden

He was a native of Corbin, born November 28, 1928, the son of the late James and Martha Kidd Meadors. Mr. Meadors was the for-Pallbearers were Joe mer owner of Waco Carpet, which he founded in 1984. member of a protestant congregation in Madison County. He was a former member of Commerce, and enjoyed fishing, and the outdoors.

Mr. Meadors was preceded in death by his siblings:

Survivors include his son, Kentucky, a former employ- Michael Meadows (Denise) ee of Meade's Do-It-Center 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 He also worked at General 12:00 Noon, Saturday, January 31st at Heritage Funeral dition to Meade's. He was a Home, 237 North 2nd Street in Richmond. Friends called Friday, January 30th, 4-9 p.m., at the funeral home. of the Richmond Chamber Burial was in the Calvary Cemetery in Louisville on Monday, February 2nd.

<HeritageofRichmond.com>

# **GET-R-DONE Tree Trimming & Removal**

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