

Irvine student returns to ECU after studying in London

Continued from Page 1

Sabrina added the drinks were sweeter because natural sugars were used.

Mayonnaise was served with french fries instead of ketchup. Salsa was often served on hamburgers and chicken sandwiches.

The Londoners are slim because of their smaller portions, limits on soft drinks, and exercise by walking. As a result, Sabrina said clothing sizes were not the same as ours. A size 2X in England was about the same as our large.

The students toured the city and visited the Tower of London, Oxford Center, Stone Hinge, St. Paul's Cathedral and other cathedrals, and Buckingham Palace.

"We were actually there

when the baby was born," Sabrina said.

They went to the downtown celebration that night. "They had the whole town lit up in blue because it was a boy."

One of her favorite places to go was a cafe called Eagle and Child, where C.S. Lewis and Tolkien had been before.

"A lot of famous authors used to go there and talk about their works," she said.

One weekend Sabrina and her friend took the train to Wales.

Sabrina laughs as she tells about her visit to Brighton and Dover beaches. She and her friend took their large beach towels and flip flops to enjoy a day laying on the beach.

"It's all rocks, not sand like at home," she said.

When she first arrived in London, Sabrina and the other students in the group didn't know which coins to use to pay for food at McDonald's. Employees at the restaurant gave the students a lesson on coins.

Sabrina went to a market which reminded her of the Mushroom Festival

She's already looking at going back for a London-Dublin class during the break between the fall and spring semesters at ECU with her older sister, Stephanie.

Sabrina graduated from Estill High in 2011. She had already completed 15 credit hours equivalent to one semester of college work.

She is majoring in math

and minoring in computer science. She will be a college senior when she enrolls for the spring semester.

Sabrina said she will be debt free when she graduates because she has received scholarships and worked two or three jobs. She teaches in a math lab at ECU and works as a secretary at the Turley House. She also works as a private and professional tutor.

Her younger sister, Shau-na Moore, graduated from Estill in the spring and will be majoring in nursing at ECU.

Stephanie is a senior at ECU and is majoring in environmental health science. The girls are the daughters of Beulah Moore of Irvine and Keith Moore.



Above is the statue of Peter Pan, which Sabrina said was one of her favorite things to see in London. During the art class, she sketched the statue and watercolored the picture. Below is her watercolor of the statue. She plans to return to London after Christmas and take a class with her older sister, Stephanie Moore.



Sabrina Moore said she has always been interested in art, so taking an art class abroad was not surprising. Above is her watercolor of the building at Kings College where she stayed in London.



Sabrina had some British coins left over from her trip. Above are one pence, two pence, five pence, 10 pence, 20 pence, 50 pence, one pound and two pound coins. A pound is equal to about \$2.00 in American money. England also has bank notes (paper money) in denominations of five, ten, 20 and 50 pounds.



Writing Your Life Story

Memories can be very powerful and remind us of life's ups and downs and times of growth, maturity and happiness. Do you remember what your first job was like? What was the make and model of your first car? How did you feel when you held your first child?

Your special memories may not only be important to you, but they could be important to family and friends as well. Many people wish they knew more about their family history. Writing your life story can help. The account of the series of events and experiences that make you the person you are today can be written, recorded or both.

Life stories include information about family and friends, the different locations and dwellings that you've called home, your education, work, hobbies, spirituality and how you were affected by important world events, such as the end of the Vietnam War or 9/11. Life stories should also include family medical history as this can provide useful information for both you and future generations. Knowing your family medical history can encourage preventative measures and even lead to early detection of certain health problems or disorders.

Documenting and sharing a life story has many mental and social benefits.

The process contributes to overall mental healthiness, reinforces a sense of purpose and strengthens family and caregiver relationships. In addition, the legacy of a life story and family history influences future generations.

Writing a life story takes time and careful thought. The University of Kentucky Cooperative Extension publication FCS7-200, "Life Story: What Is It and How Do You Write It?" has a worksheet with sample questions that encourage you to think about significant events and memories. It is available online at <http://www.ca.uky.edu/agc/pubs/fcs7/fcs7200/fcs7200.pdf> or at your local extension office.

Photographs, mementos and talking to others can also be helpful tools that jar memories. If you don't feel comfortable writing or recording your life story by yourself, ask a family member, friend or caregiver to help. The Estill County Extension Homemakers and the Extension Service will be co-sponsoring a Writing Your Life Story Seminar in early spring of 2014. This seminar will be free of charge and open to the public.

For more information on life stories, contact the Estill County Cooperative Extension Service, 76 Golden Court, Irvine at 606-723-4557.

Investigations by sheriff's deputies

Driver injured in wreck

A driver was reportedly injured during a wreck on Monday, August 12 on White Oak Road.

Deputy Josh Rison reported that Rebekah J. Smith of Eades Drive, Irvine was traveling on White Oak Road, about one mile south from Irvine when she wrecked her truck.

The officer reported that Smith apparently lost control of her 2005 Dodge Ram because of heavy rain.

He said the truck slid into a ditch and struck a tree. Smith was transported by Estill County EMS to Marcum & Wallace Memorial Hospital. Her injuries were described as minor.

The truck was severely damaged in the front.

Lawnmower Is Stolen

A self-propelled lawn mower was stolen from a porch on the Winchester Road.

Charlie Tipton reported that the mower was taken between August 2 and August 17 while he was in the hospital.

Deputy Farthing is investigating the theft.

Saws stolen during burglary

A third degree burglary occurred around August 18 at the residence of Danny Centers on Kiskey Branch Road.

Centers said he noticed that his barn door had been left open on August 17 and he shut it.

He discovered the two saws were missing the following day. They were described as a Husqvarna 18" chain saw and a Dewalt cordless saws-all.

The deputy said that a corner of Centers' barn had been partitioned off into a room. He added the door entering the room was locked.

However, the room has no ceiling. Farthing reported that someone had climbed over the top of the wall and taken the two saws.

Anyone with information on these crimes is asked to call the sheriff's department at 723-2323 during business hours or 723-2201 after hours.

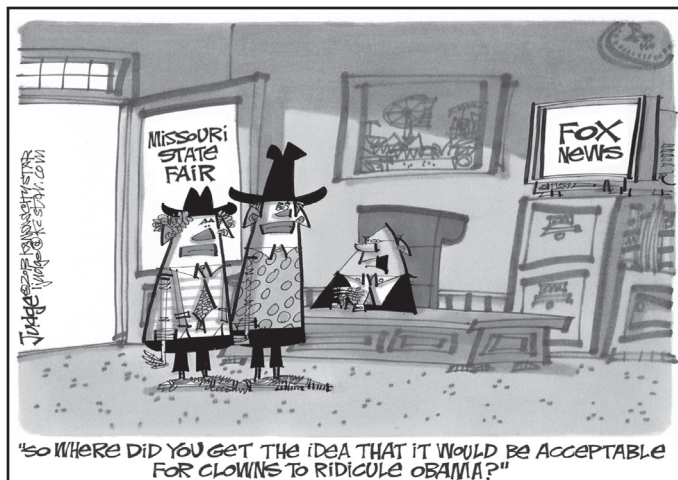
Cigarettes are stolen

Continued from Page 1

Brand name of the cigarettes and their value were not available.

Farthing said he located Rose's boyfriend later that day. He checked the boyfriend's residence and vehicle and did not find the store keys or cigarettes. The deputy also said the boyfriend denied stealing the keys or the cigarettes.

The deputy is continuing an investigation.



LISTINGS OF THE WEEK

Traci Dean, Your Fulltime REALTOR
Quality Service Producer
We're not just local, We're GLOBAL
859-582-9675



\$134,316. **MLS#R45535A**
1119 BREEZY LANE IN BERE A

Great location with a country atmosphere, off Dreyfus Road in Madison County. This home has lots to offer any family, whether you are a first time home-buyer, or need a little extra room to move. Situated on a little over an acre, large back deck for plenty of family gatherings and an above ground pool. Inside has hardwood floors in the living room and a wood burning fireplace. For those warm and cozy nights home. Call 859-582-9675 today for your personal showing.



\$229,900. **MLS#R46069A**
671 THREE LINKS ROAD IN LIVINGSTON

Only 9 miles off US-421 at Big Hill. You will fall in love with this farm! All 43+/- acres of it. If you are looking for privacy, room to roam, lots of trees, (& fruit trees) cliffs and wildlife. Then you MUST take a look at this place. Has a beautiful 3bd/2bth brick ranch home on full unfinished basement that has tons of space & has wood burner stove for back up heat. Also has an extra house site that has separate septic and all hook ups ready. Lots of grazing areas for horses & enjoy the gorgeous drive on your way. You are about 45 minutes to Richmond or only about 20 to Berea. Call today to view this magnificent farm.

From Start to Finish . . .
One Agent is all you need!
Whether you are Buying or Selling!

Century 21
 ADVANTAGE REALTY. A ROBINSON COMPANY.
SMARTER. BOLDER. FASTER.

Traci Dean **859-582-9675**
www.tracidean.net