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ESTATE YARD SALE:
 Thursday, Friday & Saturday, March 20, 21 & 22 - 9:00 a.m. - 4:00 p.m. at 118 Hudson Avenue in Irvine - 2 lift chairs, walkers, some furniture, dishes, misc. items.

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Office Manager

OFFICE MANAGER WANTED
 (small, wellness-based, non-profit agency)

- General Office Management duties
- Excellent Customer Service skills
- Experience with MS Office, Quick Books and Internet

Part Time: 10am-4pm
3 days per week

Send resumé to:

Sister Loretta Spotila, RN
Interfaith Wellness Ministry
PO Box 582, Irvine, KY 40336

Part-Time Library Aide

Part-Time Library Aide Position at the Estill County Public Library

The Estill County Public Library is currently looking for a part-time Library Aide to begin work on April 21st, 2014.

Compensation will be set at \$7.60 per hour for 25 hours per week on a rotating schedule.

Week 1 Schedule: Monday through Friday, Noon to 5 p.m.

Week 2 Schedule: Monday, Tuesday, Thursday, Friday, Noon to 5 p.m. and Saturday, 9 a.m. to 2 p.m.

Flexibility in filling scheduling gaps is preferred.

Minimum requirements: High school diploma or equivalent, ability to work independently, and attention to detail in accomplishing tasks.

Applicants are encouraged to include any computer experience with standard office software, including Microsoft Office products, email, and internet usage.

Job duties to include: Shelving of library materials (books, magazines, videos, audio books, etc.), ensuring proper arrangement, neatness, and maintenance of materials in the library, assisting at the circulation desk, and other duties as assigned.

Physical requirements include: Reaching, bending, kneeling, and crouching to retrieve and replace library materials, movement throughout the library shelving materials and retrieving materials to assist patrons, ability to lift up to 30 pounds and push fully loaded book carts weighing 50 or more pounds.

Applicants chosen for interview will be asked to complete a brief test on properly shelving library materials with directions given.

Application deadline is at the close of business on April 4th. Please mail a resumé and list of 3 (three) references to:

Estill County Public Library
 246 Main Street
 Irvine, KY 40336

The Estill County Public Library is an Equal Opportunity Employer

Community News

Mail announcements to The Estill Tribune, 6135 Winchester Road, Irvine, KY 40336
 Call (606) 723-5012; Fax to (606) 723-2743; or E-mail it to <News@EstillTribune.Com>

Thursday, March 20th @ 11:30am

Estill County Grandparents United

ECGU support program for the Wisemantown Methodist grandparents raising grand-children will meet Thursday, March 20th @ 11:30 a.m. at Church. Everyone is invited to attend!

Thursday, March 20th @ 5:30pm

Kiwanis Club of Irvine-Ravenna

The Kiwanis Club of Irvine-Ravenna will meet Thursday, March 20, 5:30 p.m., at Michael's Restaurant. The program will be "Academic Teams". It will be presented by Greg Horn, ECHS Academic Coach, and Leslie Cornett, ECMS Academic Coach.

The club will also be making more plans for the Pancake Breakfast on Saturday, March 22 from 7-11 a.m. at Estill Springs Elementary School cafeteria. Tickets are \$5 for adults and \$3 for children 12 and under. Tickets may be purchased in advance or at the door. Proceeds from the event will be used for Kiwanis service projects. The Kiwanis Club has over 90 years of service to our community.

UK COOPERATIVE EXTENSION SERVICE

University of Kentucky - College of Agriculture

EXTENSION NOTES

Family And Consumer Sciences

Clean Your Way To A Healthier You

Source: Nicole Peritore, Get Moving Kentucky Coordinator

Many of us would love to work more physical activity into our schedules but between responsibilities at work and home, it can be hard to squeeze it in. The 30 minutes of physical activity most days of the week most health and wellness experts recommend may seem impossible.

Not helping matters are the short days and cold weather associated with winter. Fortunately, spring is upon us and with that comes longer days and warmer weather to encourage more outdoor physical activity.

If you are concerned about getting all of your physical activity in, remember there is another spring ritual that will burn some calories - spring cleaning. While cleaning may not be vigorous physical activity, it can burn a decent amount of calories, especially if you have not been very active this winter. The number of calories some common household chores burn is listed below. These calories are for a person of average weight (150 pounds). Your calories burned may be more or less depending on your weight.

- 20 minutes vacuuming - 56 calories
- 30 minutes folding laundry - 75 calories
- 30 minutes dusting - 80 calories
- 20 minutes washing the car - 102 calories
- 30 minutes mopping - 153 calories
- 60 minutes gardening - 324 calories

Other household and lawn chores, such as pruning, putting away dishes, mulching and removing cobwebs, work different muscle groups and burn calories. So don't think of cleaning as only a chance to freshen and improve your home and lawn, but a chance to rejuvenate your body. For more tips on increasing your physical activity, contact the Estill County Office of the University of Kentucky Cooperative Extension Service at 723-4557.

Tuesday, March 25th @ 12:00 Noon

Many Milks

Estill County Cooperative Extension will have a program on the many different types of milk available on the market today. Are all milks nutritionally equal? Come join us and taste the difference on Tuesday, March 25th, at noon at the Estill County Extension Office, 76 Golden Court, Irvine. Jennifer Howard, Clark County Family & Consumer Sciences Extension Agent, will present the program.

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

Real Estate

Willis Estes Realty and Auction, Inc.

1480 White Oak Road
 Irvine, Kentucky 40336

Phone 606-723-6925 • Fax 775-227-0814
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Real Estate



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