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The Estill County Tribune

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Maudie's Naughties



Domestic Bliss

Esmerelda comes home early from shopping one day and hears strange noises coming from the bedroom. She rushes upstairs to find her husband naked on the bed, sweating and panting. "What's wrong?" she asks.

"I think I'm having a heart attack," he cries out. So, Esmerelda rushes downstairs to call for help. She has just picked up the phone when she hears one of the children screaming out. "A naked lady just ran down the hallway and hid in the closet."

Esmerelda runs back upstairs, pulls open the closet door, and, sure enough, there's her best friend, standing there naked. "I can't believe this," says Esmerelda. "My husband's having a heart attack and you're running around the house naked and scaring the kids!"

Let's Make a Deal

Elrod is driving up and down the rows at Wal-Mart but he can't find a parking place close enough to the door. Looking up into heaven, he says, "Lord, help me find a good parking space and I'll go back to church on Sundays and give up drinking so much!"

Just then a car at the top of the row starts backing out right in front of Elrod.

"Never mind," says Elrod. "I found one myself."

Police Recruit

A man seeks to join the police force in a metropolitan city in the west. A sergeant doing the interview says, "Your qualifications looks good, but we have one more suitability test before you will be accepted."

Then, sliding a pistol across the desk, he says, "Take this pistol and go out and shoot six drug dealers, six terrorists, six bank robbers and a rabbit."

"Good deal," says the man, "But, why the rabbit?"

Service Memorial

One Sunday morning, Brother Marv notices a little boy staring at the veterans' memorial. "Son," he says, "This is a memorial to the men and women who died after service."

After staring at the pictures for a short time, the little boy asks, "Was that after morning service or evening service?"

Two Older Guys Talking

"Wife gave me an SUV yesterday for my birthday."
"Wow, that's amazing! Imagine, an SUV! What a great gift!"
"Yep Socks, Underwear and Viagra!"

Moe and Joe at the Bar

Moe: "My wife got me to believe in religion."
Joe: "Really?"
Moe: "Yeah. Until I married her I didn't believe in hell."

Scientific Analysis

Two senior science students down at Needmore High School recently analyzed one of those "vitality" pills advertised on television, that they stole from one's dad's medicine cabinet. After careful examination and scientific scrutiny they believe it contains 3% Vitamin E, 2% aspirin, 2% Ibuprofen, 1% Vitamin C, 5% spray starch, and 87% flat fixer.

Strange Encounter

A Needmore man is walking back home late one Saturday night when he sees a woman lurking in the shadows. "Twenty dollars," she whispers.

The man had never done anything like that before, but he decides, what the heck, it's only twenty bucks. So the two of them slip into the bushes.

They've only been gone for a couple of minutes when a light flashes on them. It's a police officer.

"What's going on here, people?" asks the officer.
"Oh," says the man, "The wife and I are just trying to put a little romance back into our marriage."

"Your wife?" says the officer. "I'd have never figured that!"
"Neither would I," says the man, "Until you shined that light on her face."

Golfing Blues

An elderly gent goes to the Country Club every day after his retirement where he plays through nine holes and then comes home. One day, he arrives home downcast. "That's it," he tells his wife. "My eyesight has gotten so bad that I can't see where the ball has gone once I hit it."

His wife sympathizes with him as they set down for a cup of coffee. "Why don't you take your old buddy Milton with you tomorrow?"

"What good will that do," he replies. "Milton's a hundred and three. He can't remember what day it is. He can't help."

"But, his eyesight it perfect," she replies.
So, the next day he takes off to the links with Milton in tow. He tees off at the first hole, then squints down the fairway.

He turns to Milton and says, "Did you see where the ball went?"
"I sure did," replies Milton, "But now I forgot."

"Honk if you love Jesus"

Pa and Ma are driving down Main Street when they are stopped at a light behind a car with a bumper sticker that says "Honk if you love Jesus."

Ma reaches across Pa and taps the horn a couple of times. The driver leans out the window, flips Pa the bird, and yells, "Can't you see the light is still red, you moron!"

Letter to the Editor

Veterans of all wars deserve more attention

It was gratifying to see your recent article about Vietnam veteran Dennis Watson finally receiving his Combat Infantry Medal. I am glad that Defort Bailey helped arrange for it to be presented to him rather than mailed to him. You failed to mention that Defort Bailey was retired from the Navy and was a Vietnam era veteran. Defort told me once that he served in the Vietnam area and his ship docked at several ports there. He too should be commended for

his service to our country. Our current Kentucky Living magazine featured Tommy Lisle, a Korean veteran who is taking an Honor Flight to Washington, D.C. on September 21st. His trip is being sponsored by Jackson Energy. As a Vietnam veteran I remember too well how poorly the Vietnam veterans were treated by some when we returned from the war. We were told it would probably not be a good idea to wear our uniforms at home.

It is a pleasure to see how well our veterans of today are treated in the media. Most of the troops who served in Vietnam were 17, 18, and 19-year old kids being forced fed into manhood (women too!). My recent Vietnam magazine had an article by a combat surgeon with the 25th Infantry. He summed up our soldiers situation by saying, "I was trying to take care of 19-year-old kids who had been maimed and were missing limbs and had 90 percent

secondary and third-degree burns. And it wasn't country, flag, liberty that they were fighting for. They were fighting to stay alive and come home. I saw that. They wanted something for the pain, they wanted water and they wanted their mothers." Their are a lot of veterans in our county like Dennis, Defort and Tommy that our local media needs to spotlight before we are all gone. **Jerry Eltzroth**
Sandhill Road, Irvine

Falls Prevention Awareness Day

Falls Prevention Awareness Day is September 22nd Kentucky is one of 47 states, along with the national Falls Free Initiative, declaring a statewide Fall Prevention Awareness Day on the first day of fall, September 22, 2013.

This year's theme, Preventing Falls – One Step at a Time, seeks to unite professionals, older adults, caregivers and family members to play a part in raising awareness and preventing falls in the older adult population. After the age of 65, common age-related physical changes and medical conditions, including the medications taken to treat illness and disease, increase a person's risk of falling. While not all falls are serious, falls remain the leading cause of injury and injury-related death among older adults in the United States. As a caregiver, it is important to understand that some people let falls or the fear of falling rule their life. They stop being physically and socially active, they isolate themselves or they become more dependent and less confident.

On a typical day in the Commonwealth, accidental falls among older adults result in 67 emergency room visits, 21 hospitalizations and 10 hip fractures. While falls create a wide array of economic and life quality costs, they are highly preventable. Falls Prevention Awareness

Day raises awareness of the many preventive measures that can be taken to keep seniors safe. Knowing the risks and being familiar with fall prevention measures can prevent falls. Studies show that a combination of interventions can significantly reduce falls among older adults. Experts recommend:

- A physical activity regimen with balance, strength training and flexibility components
- Consulting with a health professional about getting a fall risk assessment
- Having medications reviewed periodically
- Getting eyes checked annually
- Making sure the home environment is safe and supportive
- New research also suggests hearing loss should be routinely assessed

At senior centers and other community-based organizations across the United States, programs like A Matter of Balance, Tai Chi and Stepping On, help older adults gain strength and improve balance and confidence to help them live healthier lives and preserve their independence.

Contact the Estill County Cooperative Extension Office at 606-723-4557 for more information. For more information, please visit:

- National Council on Aging: www.ncoa.org/
- FPAD

- Kentucky Safe Aging Coalition: <http://safekentucky.org/index.php/top-menu-older-adults-safety>
 - No Falls Kentucky: <http://nofalls.org>
- If you need assistance with any of these websites or have further questions, please contact the UK Estill County Cooperative Extension Service at 606-723-4557.

Source: University of Kentucky Health Education through Extension Leadership (HEEL), Family Caregiver Health Bulletin Bulletin Adapted From: National Council on Aging <http://www.ncoa.org/improve-health/center-for-healthy-aging/falls-prevention/falls-prevention-awareness-1.html>

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