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6135 Winchester Road Irvine, Kentucky 40336-8517 Phone (606) 723-5012, Fax (606) 723-2743 Email: <<u>news@estilltribune.com</u>>

Published on Wednesdays by **Tracy Randall Patrick Delores L. Rowland, Editor** 

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#### **Twins Town**

An out of state visitor is amazed to see several pairs of twins around town. At the dollar store, he even sees one woman with three pairs of twins following her around. Unable to contain his curiosity, he says. 'Goodness! Do you get twins every time?"

"Heck, no," She replies. "Most of the time we don't get anything at all."

### **Paying Debts**

Jim and Dave are walking in downtown Sikeston, Missouri when a mugger assaults them with a gun and announces, "This is a stick-up. Get into that alley and then give me all your money."

As they're walking down the alley Dave fishes out his wallet and removes a few of the bills. He hands them to Jim and whispers, "Here you go, man."

Jim takes the money and looks at Dave with a puzzled expression ... so Dave explains, "Don't you remember? That's the hundred bucks I owed you."

### **The Three Bears**

It's a sunny morning in Big Forest and the Bear family is just waking up. Baby Bear goes downstairs and sits in his small chair at the table. He looks into his small bowl. It is empty!

"Who's been eating my porridge?!" he squeaks.

Daddy Bear arrives at the table and sits in his big chair. He looks into his big bowl. It is also empty!

"Who's been eating my porridge?!" he roars.

Mummy Bear puts her head through the serving hatch from the kitchen and screams, "Do I have to go through this routine every morning? - I haven't made your porridge yet!!"

### **Bear Identification**

How to tell the species of bear you are looking at ... Go over to him and kick him in the behind. Climb up a nearby tree.

If he climbs the tree and eats you, he's a black bear.

If he knocks the tree down and eats you, he's a grizzly.



## Kentucky Department of Agriculture

# Celebrate the food, and the people, of Kentucky's Farmers' Markets, August 3-9

foods and honor the peo- said. "You also can meet ple who produced them at the people who produced the same time by visiting those foods. They're your and more. Shoppers can a farmers' market during friends and neighbors, peo-National Farmers' Market ple you see in town or at the Week Aug. 3-9.

"At a Kentucky farmers' market, you can buy the ers' market, you're helpfreshest fruits and vegetables as well as meats and other foods you can serve to your family with confi- ers' markets in Kentucky

ballgame or at church, and when you shop at a farming them provide for their families."

More than 155 farm-

## **Ballard County Joins Schools** With Free Meals For All Students

## Kentucky Health News

Ballard County is the latest in Kentucky where all public schools will provide free lunch and breakfast to all students, now that more than 40 percent of its middle- and high-school students are eligible for free meals. Elementary schools has already reached the required federal threshold.

Amber Hayes, the school district's nutrition director, told the West Kentucky Star to enter their building and that the change would save get a breakfast similar to families \$430 a year, un- what they might find at any der the U.S. Department of counter-service or fast-food Agriculture's Community restaurant," the Star reports. Eligibility Provision. for reimbursing the meals is biscuits, whole-grain breakcomplicated, but the Hayes fast pastries, mini cinnamon said the bottom line is this: For the program to be successful and continue at BCMS/BMHS, more students have to eat breakfast every day, and every fam- is an independent news serily needs to complete the vice of the Institute for Rural Household Income Form that will be included in each student's Code of Behavioral Expectations this year," the Star reports.

line news outlet. "But in the middle and high schools, only about 35 percent of our students eat breakfast every day. To make this work, I'd like to see that number up to about 75 percent." To do that, she will offer "grab and go" breakfasts. "The lines will be shorter, and menus will be simplified, but they'll still get a hot, balanced meal," she said.

"Students will be able

fresh cut flowers, crafts, enjoy the sounds, smells, and tastes of Kentucky's entertainment.

The Kentucky Department of Agriculture's Office of Agricultural Marketing and Product Promotion ment for Public Health. offers marketing assistance recognize farmers' markets ing/farmers-market.html. as viable retail outlets for

South Irv

Kentucky consumers dence," Agriculture Com- offer a vast array of fruits agricultural products, and can buy nutritious local missioner James Comer and vegetables along with we want to strengthen these cheese, eggs, meats, honey, markets to help Kentucky producers," said Sharon Spencer, the department's farmers' market specialist. The KDA maintains a finest foods at markets that statewide farmers' market provide sampling and live directory and produced a comprehensive farmers' market manual and resource guide in cooperation with the Kentucky Depart-

For more information, and educational training to or to find a farmers' mar-Kentucky's farmers' mar- ket near you, go to http:// kets and their vendors. "We www.kyagr.com/market-



A Veterans Benefits Field Representative will be at the National Guard Armory, 335 Cow Creek Road, Ravenna, on Thursday, August 7, 2013 and the first Thursday of each month. The hours are 1:30 p.m. until 3:30 p.m.

Veterans and their dependants will receive assistance filing for Federal and state veterans benefits. This service is provided free of charge by the Kentucky Department of Veterans Affairs. To apply, veterans need to furnish copies of pertinent documentation to verify eligibility. For further information, please call toll free within Kentucky, 1-866-376-0308, to speak with a Veterans Benefits Field Representative.

#### **Bearly Knighted**

There once was a kingdom ruled by a giant bear named Kosmey. The only way to become a knight in Kosmey's empire was to apply for a personal interview with the bear. This had its drawbacks. If he liked your audition, you were knighted on the spot -- but if you failed Lord Kosmey was guite likely to club your head off your shoulders with one mighty paw.

Even so, there were many applicants -- for the peasantry were poor and if a candidate failed for knighthood, his family received, as a booby-prize, a valuable sheepdog from the Royal Kennels This consoled them, for truly it is written, "For the mourning after a terrible knight, nothing beats the dog of the bear that hit you.'

#### **Hicks and Cobbs**

A man from Kentucky by the name of Hicks goes to New York and meets a girl who takes him to a party and is introducing him to some of her friends.

She says, "Mr. Hicks from Kentucky, I'd like you to meet Mr. Cobbs from New York.

The New York man says, "Do you know what we do with hicks here in New York?"

"No," replies Mr. Hicks. "But, I know what we do with cobs in Kentucky.'

#### **City Slickers**

Bubba and Junior were out hunting deer last fall during an early snowfall. They notice a brand new, shiny SUV parked on the road and by the footprints they can tell a couple of city slickers are out hunting too.

A while later they meet the two guys dragging a dead deer toward their vehicle. Bubba tells them that the deer would drag easier if they pulled it by the head instead of the legs since the hair lies flatter that way. He and Junior continue on up the holler. About half an hour later Junior notices that the two city slickers are

coming up behind them. "You know it's a lot easier pulling this deer like you suggested,"

says one. "But since we traded ends it sure seems like we're getting further and further from the vehicle!"

#### **More Slickers**

A couple of city slickers came up Needmore Holler last week, looking for the bear that someone had spotted. They came to a fork in the road where a sign says, "Bear Left." So they turned around and went home.

#### Scorned

A man gets up in the night to go to the bathroom, and after he had been there awhile, he hears a scream of "HEL-L-LP!" coming from the bedroom. He runs to see what is the matter and just as he enters his bedroom, he sees a guy leaping out the window. His wife cries out, "That guy just assaulted me twice!" "Twice?" the husband replies. "Why didn't you call me the first

time?"

"Because," she replies. "I thought it was you until the second time

### **Bear Clawed**

Two city slickers show up at the hospital with extensive wounds obviously caused by a bear. "What happened?" asks the emergency room doctor.

"We heard that bear bells were good to have when you're out in bear country," answers one of the men. "We just didn't know how hard it was getting bells on a bear."

"That was your first mistake," says the doctor. "Nope," replies the other man. "That was our second. Our first mistake was thinking that bear was asleep."

okay," Haves told the on- Healthy Kentucky.

VOTE

for Mayor

"The menu will vary, but will "The USDA's formula feature items like chicken rolls, pancakes, breakfast burritos and cereal bars. Milk, juice and fresh fruits also will be available.'

Kentucky Health News Journalism and Community Issues, based in the School of Journalism and Telecommunications at the University of Kentucky, with support "Our lunch numbers are from the Foundation for a



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