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Maudie's Naughties



Going To The Moon

Pa, Junior and Howard Green are sitting on the store porch. "Pa," says Howard, "Did you know the Americans were the first on the moon?"

"Yep," says Pa. "But the Russians beat us in space!" "So, what?!" boasts Junior. "We'll be the first on the sun!" "You can't land on the sun!" says Pa. "You'll burn up." "We're not stupid," replies Howard. "We're going at night!"

Yankee In Town

Pa and Farmer Green are sitting on the store porch one day when a shiny, new car comes rolling up Needmore Hollow and screeches to a stop in front of the store and a well-dressed gentleman jumps out and runs up to Pa.

"I just want you to know that I haven't taken back all I've said about you people and your backward, hillbilly ways," he says, "But I need to use your outhouse really bad!"

"Go right ahead," says Pa, and the gentleman rushes up the bank to a little, broken down outhouse sitting next to the creek."

Watching in amazement, Farmer Green says, "Pa, you've had an inside bathroom nearly all your life. I thought you were going to tear down that old toilet years ago."

"I was," says Pa. "But I just don't have the heart to tell these Yankees."

Poachers

A little while later, the game warden pulls up to the store in front of Pa and Farmer Green.

"Say," says Pa. "Did you catch those Yankees that were hunting turkey out of season up at the head of the holler that I told you about?"

"Well, sort of," says the game warden. "They shot down that old buzzard that always sits up on the cliff at Buffalo Point waiting for something to fall dead. Done had him cleaned and in their big expensive fryer by the time I got there. I just didn't think it was worth the trouble to tell them what they had wasn't a turkey."

Trip To The Doctor

Bambi goes into the doctor's office and tells him that her body hurts wherever she touches it.

"Impossible!" says the doctor. "Show me."

Bambi takes her finger, pushes on her left shoulder and screams, then she pushes her elbow and screams even more. She pushes her knee and screams; likewise she pushes her ankle and screams. Everywhere she touches makes her scream. "What's wrong with me?" she asks.

"Just a small part of your problem," says the doctor, "Is that your finger is broken!"

Speeding

Trixie comes flying down Needmore Hollow, and Sheriff Rocky pulls her over for speeding. He asks to see her license.

"I wish you guys would get your act together," she says. "Yesterday, you take my license away from men, and then today, you expect me to show it to you!"

The Turkey

When I was a young turkey, new to the coop . . . My big brother Tom took me out on the stoop.

Then he sat me down, and he spoke real slow, And he told me there was something that I just had to know; His look and his tone I will always remember, When he told me of horrors . . . come late in November;

"Come about August, now listen to me, Each day you'll get six meals instead of just three, And soon you'll be thick, where once you were thin, And you'll grow a big rubbery thing on your chin;

"And then one morning, when you're warm in your bed, The farm wife comes in and hacks off your head; "Then she'll pluck out your feathers so you're all bald'n pink, And scoop out your innerds right there in the sink;

"And then comes the worst part" he said . . . I'm not bluffing, "She'll spread your cheeks wide n' pack your rear with stuffing."

Well, the rest of his words were too grim to repeat, I sat on the stoop like a winged piece of meat,

And decided on the spot that to avoid being cooked, I'm gonna lay low to remain overlooked.

I began a new diet of nuts and granola, High-roughage salads, carrot juice, . . . diet cola. And as they ate pastries, chocolate, and crepes,

I stayed in my room doing Jane Fonda tapes. I maintained my weight of two pounds and a half,

And acted like I'm sick when the bigger birds laughed; For 'twas I who was laughing, under my breath, As they chomped and they chewed, ever closer to death.

And sure enough when late November rolled around, I was the last turkey left walking around . . . So now I'm a pet in the farmer's wife's lap; I haven't a worry, so I eat . . . and I nap;

She holds me all day, while singing and humming, And smiles at me, and sings, "Christmas time is coming."

Great American Smokeout is Thursday, November 19th

Quitting Tobacco -- What Gets In Your Way

There are many situations that may tempt you to smoke or use tobacco, even if you are trying to quit. Many people who have successfully quit smoking or using tobacco have reported a group of "triggers" that tempted them to return to tobacco use. Some of the most common triggers include: being around other smokers; feeling anxious or tense; feeling sad or depressed; drinking alcoholic drinks; drinking coffee or tea; enjoying certain meals - especially those that

are high in fat; being bored or waiting for someone or something; driving or traveling in a car; going through a typical morning routine (many smokers light up when they wake up).

Quitting is difficult, but it can be done. It can also be made easier with support from friends, family and loved ones. Ask them to help you by distracting you from trigger situations and by not smoking around you. If they continue to smoke around you - leave and

come back when the tobacco is gone. Try to remember what you are gaining by quitting. It is often easier to think of the negative aspects of quitting, but focusing on benefits like, improved health, saving money and fresh breath, may help keep you on track. If you feel anxious while trying to quit, use another relaxation technique. This can mean taking a walk, soaking in a hot bath or distracting yourself with a project.

Try to drink only non-alcoholic beverages and avoid places where you drank alcohol and/or smoked in the past. Also, switch to decaffeinated beverages for a period of time. Trying to quit tobacco can make you feel nervous or irritable and caffeine can have the same effect. Improve your mood and prevent boredom and depression by increasing physical activity, writing down goals and saving money that would have been spent on tobacco. Try to put aside money that would have been spent on tobacco and treat yourself

when you reach a goal time period.

Know what foods increase your urge to smoke and try to avoid them. This could mean certain groups of foods, like sweets, high fat foods or spicy foods. Try to have healthy snacks close by to keep your hands busy. Your hands may need to be occupied in place of a cigarette so nibble on these healthy snacks or try doodling or working puzzles.

Remove all ashtrays, lighters and cigarettes from your house and car. You can avoid a trigger simply by not seeing these things.

The Great American Smokeout is an annual event held the third Thursday in November, to encourage Americans to stop smoking for 24 hours, in the hopes that they will quit for good. This year's Smokeout is Thursday, November 19th. Please join us in making this Thursday smoke free! If you have questions about quitting contact:

Estill County Health Dept.
723-5181 or

Annual Hospice Remembrance Tree Ceremony Set For Dec. 6

Hospice Care Plus' annual Remembrance Tree ceremony is set for Sunday, December 6, 2:00 p.m., at Richmond Mall inside the former JC Penney's.

The event is a long-standing tradition for Hospice Care Plus and the community, bringing hundreds together for more than 20 years.

The Remembrance Tree ceremony gives the community a chance to remember loved ones during the holiday season by placing a personalized memorial ornament on a tree.

After an opening prayer and holiday music, the memorial list of names is read. Guests place their personalized ornament on the Remembrance Tree when they hear their loved one's name. If no one is present to place the ornament on the tree, a hospice staff member will do so.

Refreshments are served following the ceremony.

The Remembrance Tree will remain on display throughout the holiday season at the Compassionate Care Center on Isaacs Lane

in Richmond. Guests who wish to take their personalized ornament home with them may do so immediately following the ceremony or anytime during the tree's display period.

To request an ornament, contact Hospice at hospice@hospicecp.org, 859-986-1500, or 1-800-806-5492. Donations for ornaments can also be made online at Hospice's website: hospicecare-plus.org. There is no charge for the ornaments or for the ceremony, but the organization does suggest a donation—of any size—when requesting the personalized ornament. Proceeds from the event fund all of the programs offered by Hospice Care Plus.

Hospice Care Plus is a non-profit organization serving Estill, Jackson, Lee, Madison, Owsley and Rockcastle counties. Services include hospice care, palliative care, bereavement outreach, and hospice inpatient care at the Compassionate Care Center. All services are provided regardless of ability to pay.

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