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The Estill County Tribune

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## Maudie's Naughties



### Charming

Howard Green and Junior are talking to a couple of girls down on Millers Creek when a buzzard flies over and drops a load right on the top of Junior's head.

"I'll get some bathroom tissue," says one of the young ladies as she heads toward the house.

"Don't worry about it," says Junior. "That buzzard will probably be a mile away by the time you get back."

### Skunk Problem

Bambi calls up Pa one day all hysterical and tells him that she has a skunk in her basement.

"Leave a trail of bread crumbs or cat food from your basement to your backyard," suggests Pa. "The skunk will follow the trail of bread crumbs."

A while later she calls back and Pa asks, "Did the skunk follow the bread crumbs like I told you it would?"

"They sure will," replies Bambi. "Now, I've got two skunks in my basement."

### Mind Your Manners

Howard Green and Junior are attending the annual reunion up at Uncle Carl's. They've just finished a big meal when Howard leans over and passes gas loudly.

One of the cousins from the next table jumps up and hollers, "How dare you pass gas before my wife!"

"Oh, I'm sorry," replies Howard. "I forgot my manners . . . ladies first!"

### Advice Regarding A Butt-Sniffing Dog

Advice from Uncle Slim: Never take a butt-sniffing dog with you when you're looking over a cliff.

### Out To Pasture

A bus load of tourists from Canada come up the holler and are admiring an old nanny goat of Pa's.

"Do you milk this goat?" asks one.

"Nah," says Pa. "I put her out to pasture because she's no longer producing . . . what do they do with the old goats in Canada when they stop producing?"

"They send us on bus tours," replies one.

### Stuck In The Creek

Howard and Junior are rabbit hunting down on the bottoms when they hear a cry for help coming from Miller's Creek. They look over the bank see Uncle Silas with just his head above the water. So, they get some ropes and pull and pull . . . but he won't budge. They are just about ready to go after more help when Silas asks, "Do you think it would help if I got my feet out of the stirrups?"

### Marital Problems?

A young man and his wife are having marriage problems . . . and decide to end their union after a very short time together. After a brief attempt to reconcile, the couple goes to court seeking a divorce.

The judge asks the young husband, "What has brought you to the point that you feel you are not able to keep this marriage together?"

"Your Honour," says the husband, "In the six weeks I have been married, we have been unable to agree on a single thing." His wife says, "Seven weeks."

### New License?

"Pa, I want to show you my new drivers license," says Junior, and hands it to Pa. "It's a fake," says Pa.

"Well, how did you know," asks Junior?

"That's the first time I've seen a drivers license with a guy and his girlfriend in the picture!"

### Enough is Enough!

There was a preacher whose wife was expecting a baby, so he goes before the congregation and asks for a raise. After much discussion, they pass a rule that whenever the preacher's family expands, so would his paycheck.

But after the sixth child, it starts getting too expensive, so the congregation decides to hold another meeting to discuss the preacher's salary.

After much discussion and bickering about how much the preacher's extra children were costing the church, the pastor finally stands up and says, "Children are a gift from God."

Silence falls on the congregation for a long time.

Finally, from a back pew, a little old lady stands up and in a small, frail voice says, "Rain is also a gift from God, but when we get too much, most of us have enough sense to wear a raincoat."

### The Maid

A lady is quarreling with her maid whom she has just fired, and the maid decides to tell her some home truths.

"I'll tell you, madam" she says. "Your husband has told me himself that he thinks I'm a better housekeeper, cook and laundress than you are! And he thinks I'm prettier. But that's not all - I'm better than you in bed, too!"

"I suppose he told you that too?" demands the lady.

"No," she replies, "The gardener told me that!"

Week of February 9th - March 4th

## This Week in the Kentucky General Assembly

A flurry of new bills were introduced this week as filing deadlines for the Kentucky Senate and House came and went.

Eighty-eight bills were filed before the deadline in the House on Tuesday, followed by 37 in the Senate before the chamber's Thurs-

day deadline. That brings the total bills introduced in this year's General Assembly session to 937. That total is the largest since 2008.

Topics for the deadline filings ranged from tax credits to promote investment in rural Kentucky counties and charter school

pilot programs to medical marijuana programs. Even fees for horse jockeys.

As new bills were being filed this week, other bills continued working their way through the process. Bills that advanced in recent days include measures on:

Ultrasounds.

Emergency personnel fitness.

Kentucky Horse Park.

Nuclear power plants.

Protect emergency,

health officials.

Victim rights.

Conceal carry.

Sexting.

Exec. branch ethics.

Prepare to Spring Forward This Weekend to Daylight Saving Time

## Marcum & Wallace Provides Tips For A Good Night's Sleep

The switch to Daylight Savings time on Sunday, March 13 caps the end of this year's Sleep Awareness Week observance, which runs from March 6-13. This is an ideal time to note the importance of good night's sleep and take on board suggestions for getting one.

A recent report from the Centers for Disease Control and prevention found that about one-third of adults in the United States appear to be getting insufficient sleep. Residents of Kentucky, Ohio, and Indiana were among those who reported having the poorest sleep.

Good quality sleep (7-9 hours a night) plays a key role in staying healthy while chronic poor sleep (less than 6 hours) can lead to variety of health problems, including:

- heart issues, such as heart disease, heart attack, heart failure and irregular heartbeat
- high blood pressure
- dangerous daytime fatigue and sleepiness—a leading cause of car accidents, which, research shows, increase in the week following our spring forward
- poor memory and impaired ability to learn
- weight gain
- stroke
- diabetes
- depression and mental distress

Mercy Health's sleep experts recommend the following tips for getting a

good night's sleep:

1. Maintain a regular sleep/wake schedule, even on the weekends. A fixed timetable helps your body regulate its sleep pattern and get the most out of the hours you sleep. Long naps can dramatically affect the quality of your nighttime sleep. If you have to take a nap, try limiting it to 15-20 minutes in the late morning or early afternoon.

2. Establish a regular, relaxing bedtime ritual prior to bedtime. Make the bedroom an inviting place to sleep: reduce ambient light, find a comfortable temperature (not too hot or cold), keep noises to a minimum, etc.

3. Reduce your "screen" time at night and reduce your exposure within an hour of bed. Artificial light from TVs, laptops, computers, tablets and smartphones make the brain think it is daytime and can make it harder to fall asleep at night.

4. Exercise regularly. Even moderate exercise can help you sleep better. Set a goal for 30 minutes of moderate exercise every day. However, you want to make sure you finish at least four hours before bedtime. Exercise raises body temperature, which interferes with falling asleep.

5. Watch what you drink and eat before bedtime. Avoid caffeine after 3 p.m. and if you are hungry, eat small snacks, not large meals within two hours

of bedtime. While alcohol might help you feel sleepy in the short term, it ultimately ruins your sleep during the second half of the night by lessening the overall quality of sleep through reduced deep stages of sleep, leaving you feeling less refreshed when the alarm goes off.

6. Prepare for Daylight Savings Time by going to bed earlier three to five nights before the time change to better acclimate to Daylight Savings time on Monday morning.

7. Know that your body will adjust but that it might

take few days to feel 100% back to normal.

Marcum & Wallace Memorial Hospital's Sleep Medicine professional's have many years of experience in the field of sleep medicine and can diagnose and treat a variety of sleep disorders, including sleep apnea, insomnia, restless leg, narcolepsy, sleepwalking and more.

For more information on the sleep center and sleep medicine specialists at Marcum & Wallace Memorial Hospital, please call 606-723-2115 (ext. 8187).

## Community News

Register Early for May 20 & 21

### Lions Club Opry Trip Planned

Join the Estill County Lions Club on a fun trip to the Grand Ole Opry in Nashville, Tennessee on May 20 and 21. We'll depart Irvine at 8 AM on Friday, May 20th aboard a Toby Tours Motorcoach, arriving in Nashville in time for a luncheon cruise aboard the General Jackson Showboat.

We'll then head over to get comfortable at the Gaylord Opryland Hotel, before heading out for an evening of great entertainment at the Grand Ole Opry.

The next morning, enjoy a delicious buffet breakfast at the Opryland Hotel and take a ride on the Delta Flatboat be-

fore heading out for a couple hours of shopping at the famous Opry Mills Mall. We'll depart Nashville in time to arrive back in Irvine near 7 PM on the 21st.

Talk about a whirlwind of fun and excitement, ll for the amazing low price of: \$282 per person double occupancy; \$262 per person triple occupancy; \$252 per person quadruple occupancy.

Pick a friend, grab your spouse, but don't miss this one! Your participation also supports our local Lions Club. Contact Terry Williams at 723-5447 or Tracy Snowden at 723-4023.

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Donald & Katherine Dixon, Owners  
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