



Members of the 1961 Class of Estill County High School attended their 55th Reunion at Michael's on Saturday night. Twenty-seven of the remaining 71 class members attended. There were 92 originally in the graduating class. Three of the remaining seven teachers attended -- seated on the left are Gene Arvin and Ann Hardy; also Sara Noland attended and greeted everyone. The 1961 class is looking forward to #60 in 2021. (Photo courtesy of April Master & Jerry Rose)



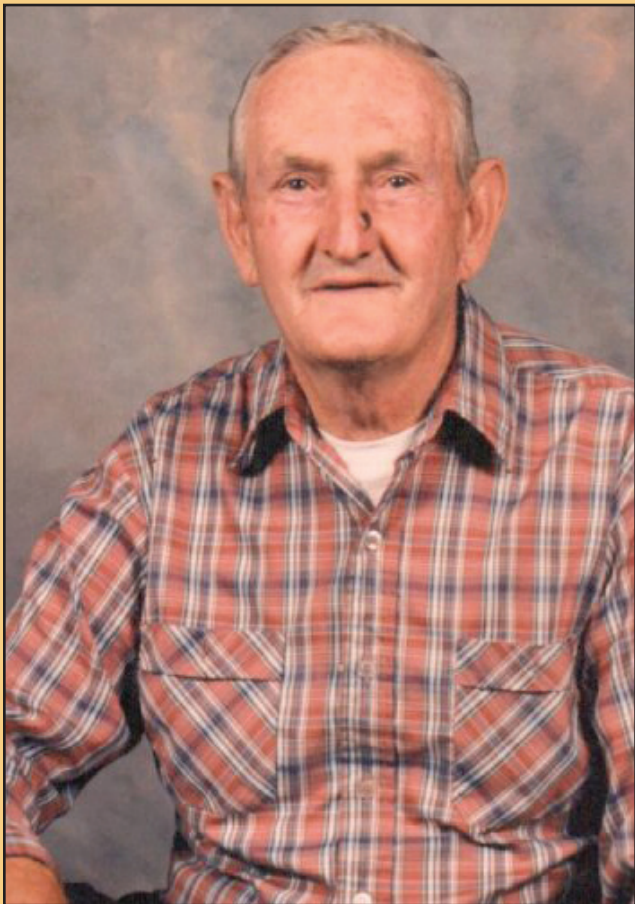
The Estill County Senior Citizens Center had a drawing for their Raffle of a \$1000. and the winner is Lee Woosley. He is currently in Texas; so, his mother, Hazel Woosley picked up the money for him. The money will be going to a college fund for her grandson, Nelson James Woosley, so he can go to college in Germany.

Hospital partners with ECHS soccer team for injury prevention program



Pictured are the members from the Estill County High School girls' soccer team who completed the Sportsmetrics™ program at Marcum & Wallace Hospital. (From left to right) Kalea Hatton, Scarlett O'Hair, Randy Calico, Marcum & Wallace Rehab Director and Sportsmetrics™ trainer; Brittney Fowler, Megan Scott, Kennedy Horn, and Candie McMaine, girls' soccer coach. (Photo & text courtesy of Arielle R. Estes, MWMH)

In Loving Memory of Rosebert "Pa" Goosey May 10, 1926 -- June 24, 1998.



Rosebert "Pa" Goosey

He is never far from our thoughts and memories

If you are a female or have a daughter who plays sports, you should be aware of an alarming statistic – one out of every 100 high school and one out of every 10 collegiate female athletes will suffer a serious knee injury this year.

Marcum & Wallace Hospital became a Certified Clinical Site for Cincinnati SportsMedicine and Orthopaedic Center's, nationally acclaimed Sportsmetrics™ program in 2015, with the focus of partnering with student-athletes for injury prevention. Sportsmetrics™ is designed to help athletes refine neuromuscular control of the lower limbs. The research conducted by Cincinnati SportsMedicine Research and Education Foundation has proven that females who participate in this program are less likely to suffer a serious knee injury.

The first team to participate in Sportsmetrics™, in partnership with Marcum & Wallace Hospital, was the Estill County High School girls' soccer team. Members from the team met twice a week, for six weeks. A typical session included: specific/dynamic warmup, plyometric training, strength training, cardio training, and flexibility/stretching.

Data compared from the pre and post tests show that all team members improved in flexibility, vertical jump and jumping landing techniques.

See HOSPITAL, Page 12

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Our Cabella
Cabella Short is trying so hard to keep up with Papa. She does quite well. She also works in the garage with him -- using his tools, bolts and helps him on his old cars.



Happy Fathers Day "To Our Daddys"
Cabella Short and cousin Tavon Short. They are just so precious. Both love to play with Papa -- and spend time with their Nana & Great Grandma. Cabella is Kyle Short & Shea's little girl. Tavon is Taylor & Savana Short's little one. They make us happy and we so much enjoy every minute of it.