

**Wanderings
from the
Woods
& Water**
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Lyme Disease Is No Joke!

A few weeks ago, my knees, ankles, and elbows were hurting a lot more than usual. I seemed to keep an annoying headache all the time. I felt completely zapped of any energy. My hands started going numb frequently. I knew the symptoms of Lyme disease and felt like it's what I had.

I went to the doctor on May 24th. I was sent to get blood work testing for Lyme Disease and Rocky Mountain Spotted Fever. I called a few times trying to find out results, but labs had not come back and I seemed to be getting worse.

I saw a different doctor this time who was wonder-

ing why I had not been put on antibiotics on May 24th. The lab results still hadn't made it back, but I was immediately put on antibiotics. Then later that day I was informed my blood work had come back positive for Lyme Disease.

I am a week into antibiotics and still not feeling great. My joints hurt off and on. The worst is, I get this motion sickness feeling off and on. It seems that mornings are my enemy. I wake up with a headache and just feeling bad. On Saturday morning, I did feel good. First time in a while! So, I got up, went outside, removed four bolts on a piece of equipment.

It took maybe 30 minutes. That 30 minutes wore me out. It felt like I had run a marathon.

If you feel any of the symptoms, go to the doctor! Have them put you on antibiotics even before the blood work gets back. The quicker you get on them, the quicker you get better. I have heard different time frames for feeling better. Could take two weeks to a year to get over Lyme disease. Chronic Lyme disease . . . I don't want to even think about!

If you are outside a lot, beware of the tick! To be so little they can really pack one heck of a punch. Do ever thing you can to prevent tick bites. I am going to do things a lot differently when it comes to prevention from this point on. Lyme disease is no joke! It will put a whipping on you!

SYMPTOMS

- o Chronic arthritis
 - o Fatigue
 - o Headaches
 - o Joint inflammation in the knees and other large joints
 - o Memory loss
 - o Mood changes
 - o Sleep disorders
- Until next week get out and enjoy God's creation!

Coach Hughes Named to Lead Lady Engineers

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Hughes said most people would never believe how much knowledge he had of the game. She noted that he also kept both, players on the bench and fans behind the bench, laughing at some of his comments.

The new coach came to Estill County from Pulaski County where she attended elementary and high school. Hughes played basketball while attending Pulaski County High school for three years; then at newly-formed Southwestern Pulaski for her senior year.

Hughes got a basketball scholarship at Sue Bennett College in London where she played for three years before the school closed. She then transferred to Eastern Kentucky University where she finished her college education.

Coach Hughes was a freshman coach at Southwestern for three years and came to Estill County in 2004-05 as assistant to Mark McKinley, another Southwestern assistant. That was the last year the Lady Engineers competed in the 30th District and 10th Region. They finished 6-22 for the season and were beaten badly by George Rogers Clark in the district.

The following year Estill moved to the 14th Region and 56th District to compete against Lee, Powell and Owsley Counties. The first year in the 14th, 2005-06, the Lady Engineers went to the region as runner-up to Powell County and finished even overall at 14-14.

McKinley and Hughes took the Lady Engineers to the region again in 2006-07 with a district win over Powell County and finished 14-16. They took teams to the region three more times before McKinley's departure in 2014.

Hughes has also served as girls head basketball coach at Estill County Middle School where she took

over for the late Bobby Sewell around 2008. She will continue in that role at the present time.

She said the middle school program struggled at first but she is proud that over the past four to five years, Estill has been able to compete well in the conference against even the Madison County middle schools. Hughes said they have been among the top four in the conference in recent years.

Hughes takes over a program that has lost three "really good" players including center Sidney Danyear, point guard Kaley Treadway, and 14th Region "Player of the Year" McKenzie Flynn, a forward. She said Flynn and Danyear were responsible for around 20 rebounds per game and the three accounted for a lot of points. "We'll miss their size," said Hughes. "We will be short, we just have to be fast, more aggressive and more defensive."

Estill's only returning, starting senior will be Savannah Brewer, whom Hughes says is "quick, aggressive, and hard to guard."

The only other returning starter is junior guard Meagan Bellamy who is a great 3-point shooter.

Junior forward Amelia Farmer will be back after being out last season following an ACL injury from soccer. "We really missed her athletic ability," says Coach Hughes.

Another junior for Estill will be Kiely Flynn, a guard who is improving and handling the ball better.

Other juniors include center Taylor Duechele and forward Shelby Danyear. Two expected to return as sophomores are Kaylee Riddell and Mary Robinson.

Freshman Britney Mason played for the Lady Engineers last year as an 8th grader. Mia Hale and Hannah Baker will be 8th graders this year but are likely to play a lot for the

Lady Engineers in the fall.

District play will be "tough" for Estill County in a rebuilding year. The three 56th District opponents lost a combined "one" player to graduation.

Lee County lost their center but return everyone else with a large amount of playing time for Coach Matt Watterson, including standout junior Hannah Kash.

Coach Ken Jones, who is always competitive at Powell County, lost no one and will have a squad of experienced juniors and seniors for the upcoming season.

Charlie Davidson has got to be happy as coach of the Owsley County Lady Owls. They won the 56th District last year and will return all players including college prospect Maci Gibson, an all-position player who makes herself known all over the floor.

"I think we'll be competitive," said Coach Hughes. "We'll have to slow Lee and Owsley down a little to have a chance."

Coach Hughes lives in Estill County at Winston and is single. She says it's important to her for a coach to live in the county to promote the program. She feels that being single allows her more opportunity to work with her team.

She added, "I'm just thankful for the opportunity that the school and the school system has given me."



Bye-bye Mosquitoes
Purple martins love mosquitoes. Putting up purple martin housing is a sure way to eliminate mosquitoes from your backyard. Martin housing can be found at many local hardware stores or retail outlets that carry birding supplies. Once established, martins will return year after year.

E-mail: birdingbits@clrr.com
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60 Years..... 'Still cruzin' the Wam'

How many of us remember our cruising days?
Those special memories will be with us forever.



The Wigwam Restaurant has touched many lives throughout its 60 years of business. So many people have their own special story to tell when you ask them. Cruising the Wigwam to see, be seen and to enjoy great food is a huge part of our memories from times gone by. When Earl and Mable Floyd opened the Wigwam it was to give everyone a place to hang with friends and socialize. I've heard so many stories of trip after trip of cruising around just hoping to be able to get a spot to park. People saying, this is where they first met their husband or wife and about all those that have worked here throughout the years. I love hearing people talk about all their memories, and the look on their faces as they tell them is priceless.

Many of us have cruised several miles around the Wigwam, stopping in at times to enjoy a burger and fries, but mostly it was just "the thing to do". You never came to town without cruising the Wam just to see who was out, hoping to see that special someone so you could pull over and talk. That was socializing to us, not these electronic devices we have today, and most of us still long for those days again. Yes, I'll admit that some nights the lot is not filled with cars like it once was; especially after ball games when all the young kids came to be together, but the times, people and town has changed since those early days and all of us still strive to get those days back.

Cruising is not as important today as it was in our younger years, but if you ask any one of us about those years we would all tell you "you really don't know what you missed". Makes you wonder how a small little diner like the Wigwam has stayed open for 60 years. Maybe because of its nostalgic history to all of us or maybe it's our Country Boy Burger, but one thing is for sure, it's because of all of our great customers, past and present. I want to personally thank each one of you for visiting the Wigwam. Helping us succeed in 60 years of business. So many who have moved out of the county return to the Wigwam, to relieve some of their old memories and to enjoy the Country Boy. I've heard so many say, I never come back home to visit without coming to the Wigwam. They will even call up an old friend or meet there and eat. For all of us that grew up with the Wigwam, our childhood memories of it we will never forget. To the customers of today, I hope the Wigwam will be a part of the memories you are making now.

Since I've taken over the Wigwam I have truly come to understand what this small diner has meant to our community. Each day I see new faces come through our door, not from just our county or surrounding counties, or even our state, but from so many different states around us. Customers also bring to my attention articles on social media which the Wigwam is mentioned in. "These 12 little known restaurants in Ky. are hard to find but worth the search" and "You haven't lived until you try these 11 mouthwatering restaurants in Ky." are both articles that you can find on WWW.ONLYINYOURSTATE.COM. These are just a couple of examples. I'm not sure who did these articles but when I have an unbelievable amount of people coming through the Wigwam door because of them, I feel proud that our little diner was chosen to be included. Let's give credit to Earl and Mable and to Peggy for keeping this diner open. I am grateful to be the next generation of Floyds to serve you. One thing is still the same, we can all still cruise the Wam and we can all still enjoy a Country Boy, and, yes, it is as many say, "as good as it always was".

It was difficult for me to write this article and make it all about our great food and our 60 years in business because I found myself wanting to write about our cruising days. Then it hit me, the Wigwam restaurant was the heart of our cruising days. So, in order to write about the Wigwam, it had to be about them also. Those of us who cruised from the 60's to the late 80's, can relate to the meaning of this. We can still, after 60 years, get out and cruise the Wam, stop in and enjoy a Country Boy, and remember the place in our hearts this little diner still holds today. So, keep old memories alive, even make a few new ones and "Cruise the Wam."

Tonya

Turning 60! June 17th

Come Celebrate With Us!

Thursday, Friday & Saturday

Drawings & Door Prizes Each Day!

60 Year T-Shirts On Sale Saturday!

Saturday Only! **ONLY**

Country Boy Box & Pepsi **\$5.00**