

Our 34th Year Serving Estill County!

The **Estill County Tribune** <EstillTribune.Com>

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BACKGROUND NOISE :

<p>Garbage Truck</p> 	<p>Car Alarm</p> 
<p>Jackhammer</p> 	<p>Donald Trump</p> 

Maudie's Naughties



You Don't Scare Me

A man would come home very late and very drunk every night. His wife decides to teach him a lesson by dressing up like Satan and scaring him.

When he finally stumbles across the lawn, his wife jumps out and howls like a demon.

He looks at her and slurs, "You don't scare me. I'm married to your sister!"

Ma Gets Lost

One day a police car pulls up to Pa's house and Ma gets out. Sheriff Rocky rolls his window down and tells Pa that Ma was down at the store and acted like she was lost.

"Why, Ma," says Pa, "You've been walking down the holler to that store for over 30 years! How could you get lost?"

Leaning close to Pa, so Sheriff Rocky couldn't hear, Ma whispers, "I wasn't lost. I was just too tired to walk home."

A Few Gray Hairs

Little Wilma is sitting and watching her mother do the dishes one day when she notices her mother has several strands of white hair sticking out in contrast to her brunette head.

"Why are some of your hairs white, Mom," she asks?

"Well," her mother replies, "Every time you do something bad that makes me unhappy, one of my hairs turns white."

The little girl thinks about it for a while, then says, "Well, you must have been a bad child, 'cause all of Ma's hairs are white!"

60th Wedding Anniversary

Pa and Ma are celebrating their 60th wedding anniversary. At the party everybody wants to know how they managed to stay married so long in this day and age.

Ma replies, "Well, when we first got married we came to an agreement. I would make all the minor decisions and I'd let Pa make all the major ones."

"Yeah," adds Pa. "Don't reckon I've had to make any yet!"

Babysitting

Ma and Pa find themselves babysitting on Saturday morning for three young grandchildren, all boys. The kids want to play war and coax Pa into getting into the game. Ma is busy in the kitchen when the youngest one comes running through with a toy gun. Then she hears him yell, "bang," followed by a thud as something hits the floor. Ma goes into the living room where she finds Pa stretched out on the floor with his eyes closed. "Are you alright, Pa," she asks.

"Sh-h-h," he replies. "It's the only chance I get to rest."

Thriftiest Couple

Pa and Junior are at the fair when they see a man and woman going through the crowd shaking everybody's hands.

"That man and woman is the thriftiest couple in the state," Junior tells Pa. "They went through a whole year while using only one roll of toilet paper . . . would you like to go over and shake their hands, Pa?"

"I believe I'll have to pass on that," replies Pa!

Girl of My Dreams

Howard Green finds the woman of his dreams and tells his mother that he's thinking about marrying her and wants to bring her to the house to introduce her. The next day, he shows up with the girl and two of her friends. To make a game out of it, he doesn't tell Mrs. Green which of the girls is his girlfriend. After spending the evening sitting around talking and getting acquainted, he pulls his mother aside and asks her, "Have you figured out which one it is that I'm thinking about marrying?"

"That's easy," says Mrs. Green. "The one in the middle!"

"How in the world did you know," asks Howard?

"That's the one I didn't like!"

The Will

A lawyer is reading out the will of a rich man:

"To you, my loving wife Rose, who stood by me in rough times, as well as good, I leave the house and \$2 million."

The lawyer continues, "To my daughter Jessica, who looked after me in sickness and kept the business going, I leave her the yacht, the business and \$1 million."

The lawyer concludes, "And, to my cousin Dan, who hated me, argued with me, and thought that I would never mention him in my will - well, you are wrong. 'Hi Dan!'"

New Doctor In Town

Mercy Primary Care Welcomes Dr. Tamera Spangler

Marcum & Wallace Memorial Hospital (MWMH) is pleased to welcome Tamera Spangler, D.O. to Mercy Primary Care in Irvine. She joins the existing team of providers including: Dr. Maher Kassis and Dr. Jenni Skorupa, and Nurse Practitioners Billie Kelley and Pam Isaacs. All will see patients at the primary care clinic on Richmond Road.

Dr. Spangler earned her medical degree from University of Pikeville - Kentucky College of Osteopathic Medicine and completed undergrad education at the University of Kentucky. She completed her residency at Methodist Hospital in Henderson, Kentucky.

Dr. Spangler's family medicine care for patients includes health and wellness, diagnosis and treatment of various conditions, urgent care needs, health management, acute problems and chronic conditions.

Dr. Spangler graduated high school in Winchester and is eager to return back to the region to practice medicine.



Dr. Tamera Spangler

EKU Funds Projects In Estill And Four Others

EKU's Regional Stewardship Center is funding community-based projects in five Kentucky communities, including Estill County.

- Students in Perry County will be taught where their food comes from and encouraged to begin a healthy lifestyle at a young age.
- High school students in Wayne and Pulaski counties will be educated about mental illness and mental health.
- Estill County Emergency Medical Services will develop a coordinated multi-tiered safety plan for preventing school violence and disruption and for responding to school violence and disruption when it occurs.
- Students in four school districts in Whitley and Knox counties will be exposed to the arts through a variety of course options and opportunities.
- Local community members from Harlan, Letcher and surrounding counties will engage in citizen science projects, such as monitoring lichens as a bio indicator of air quality, creating a sense of ownership and empowerment.

Each of these five community-based projects recently received a \$10,000 grant from EKU's Center for Appalachian Regional Engagement and Stewardship (CARES). By design, all the initiatives include partners at EKU and focus on one or more of the five following areas: economic and workforce development, education, environment, collaborative government, and health, wellness and safety. None of the grant funds can be used to cover construction costs.

Eighteen proposals from across the EKU service region were submitted for possible funding. "We appreciate the hard work that went into preparing each one," said Ian Mooers, director of EKU's Center for Economic Development, Entrepreneurship and Technology (CED-ET). "I want to thank our internal and external grant reviewers who gave valuable time to carefully consider each application."

A synopsis of the Estill County grant-awarded community project is:

Engineers to Preparedness: School Safety and Community Preparedness Project - The partnership between EKU's School of Justice Studies (Dr. Preston Elrod) and Estill County Emergency Medical Services (ECEMS) will develop and evaluate a plan that will initially target Estill County High School and provide a more comprehensive approach to school violence and disruption by directing more attention at the prevention of violence and disruption while also improving the ability of the school and first responders to effectively respond to and recover from a range of threatening and/or harmful events.

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