

Our 31st Year Serving Estill County!

The Estill County Tribune EstillTribune.Com

Member of Kentucky Press Association

6135 Winchester Road
Irvine, Kentucky 40336-8517
Phone (606) 723-5012, Fax (606) 723-2743
Email: <tribune6135@windstream.net>

Published on Wednesdays by
Tracy Randall Patrick
Delores L. Rowland, Editor

Subscription Prices
Estill \$17, Adj. Counties \$28, Elsewhere \$32
Periodicals Postage Paid, Irvine, KY 40336
(Permit #685-890)

POSTMASTER: Send address changes to:
The Estill Co. Tribune, 6135 Winchester Rd.
Irvine, Kentucky 40336-8517



Maudie's Naughties



Seduction

A frail, little old lady walks into the police station and says, "Help, I was taken advantage of by a tall, dark, handsome man!" The cop says, "When?" She says, "Twenty-three years ago." The cop says, "What are you telling me now for?" The little old lady says, "I just like to talk about it once in a while."

Lost in the Gorge

One day, Stupid, Trouble, and Shut Up are hiking in The Gorge when Trouble wanders away from the trail and they can't find him. Well, Stupid and Shut Up do not know what to do so they go to the ranger station. When they get there the ranger asks them their names.

"Shut Up," replies Shut Up. "Stupid," replies Stupid. "Excuse Me!" shouts the ranger. "Shut Up!" "Stupid!" The ranger is very riled.

He then asks, "Are you looking for trouble?!!!" Stunned at the idea of the ranger knowing that they are looking for their friend, they reply, "Why yes, how did you know?"

Ride Home

Cowboy Joe gets paid every Friday and immediately rides into town to a bar where he gets plastered, then stumbles out to his horse and rides home.

A couple of his fellow cowhands decide to play a trick on him. While he's in the bar, they turn his horse around; then they sneak back into the bar for a couple more rounds.

The next morning, a bucket of cold water thrown on Joe brings him around and he gets up ready to go back to work. "How was your ride home last night," asks one of the pranksters?

"Not so good," replies Joe. "Somebody sneaked and cut my horse's head off last night, and I had to pull him all the way home with my finger in his windpipe!"

Cycle Accident

Two guys are riding up the road on a motorcycle. The driver wears a leather jacket turned around backwards to block the air. They enter into a sharp curve where the driver loses control and wrecks.

An old farmer who lives nearby calls in the accident. "Are either of them showing any signs of life?" asks the emergency operator.

"Well, the driver was," answers the farmer, "Until I turned his head around the right way."

Fire School

Farmer Green's wife calls up Ma one day to ask about their cousin Trudy who has enrolled in fire fighting school. "How's she doing," asks Mrs. Green. "I haven't heard from her."

"Well, she was doing pretty good," replies Ma. "Until the class on fire extinguishers. Trudy has a problem pulling the pin. So, the instructor tells her, 'It's just like a hand grenade.' Trudy jerks out the pin and throws the extinguisher at the fire."

Four Alarm Fire

Two fellows are sitting in a restaurant . . . suddenly the city's fire alarm goes off . . . one jumps up and heads for the door.

His friend shouts, "Hey, Tom, I didn't know you were a fireman!"

Tom replies, "I'm not, but my girlfriend's husband is . . ."

Trapped on the Second Floor

Trixie and Mitzie are living on the second floor downtown when a fire breaks out in the business below. Mitzie is at work, but Trixie is at home and is trapped by the fire below. Firemen rush to the scene where they coax Trixie onto the window ledge and tell her to jump into a blanket they are holding.

"No way!" says Trixie. "You guys pulled that trick on me last summer at the beach . . . Just lay the blanket on the ground and I'll jump into it!"

Lifesaver

Aunt Hilda tells Ma how she got a broken arm and four broken ribs when she was trapped by a fire on the second floor a few years ago while living in Norwood, Ohio.

"I was hanging on the ledge with the fire raging below me," says Hilda. "The fire trucks hadn't arrived yet, and there was no escape. Suddenly, from out of the crowd gathered below, a huge professional football player pushes his way to the front and yells for me to jump and he'll catch me."

"I was a little reluctant," continues Hilda. "But he tells me that as a receiver for the football team, he does it all the time with the football and he won't have any trouble catching me . . . So, I jump and he catches me safely in his arms."

"I thought you told me you got a broken arm and four broken ribs?!?!" says Ma.

"Oh," replies Hilda. "That came from when he spiked me to the ground and yelled, 'TOUCH . . . DOWN.'"

Science Question

If H₂O is on the inside of a fire hydrant, what is on the outside? K9P

Estill County Extension Service

Save Money By Reducing Food Waste

As we scrape uneaten food into the trash can after dinner every night or throw away moldy bread that we just didn't get around to eating, many of us don't see that wasted food as wasted money. But in fact, that's just what it is.

The U.S. Department of Agriculture recently reported that the amount of uneaten food in American homes and restaurants in 2008 was about \$390 in wasted food per each U.S. consumer. This is more than the average American spends on food each month.

Not only is wasted food hard on our wallets, but it's hard on the environment. Each type of food or food ingredient requires soil, nutrients, water and/or energy to grow, process and/or transport.

It's also filling up our landfills. In 2010, about 33 million tons of food waste was sent to landfills. Food waste is the largest type of municipal solid waste put into landfills, outpacing paper, plastic, aluminum cans and glass.

Fortunately, you can reduce food waste by reducing, reusing and recycling.

Here are some tips:

- Plan your meals for the week. Shop your pantry for the ingredients you need before going to the grocery store.

- Buy only what you need. Purchasing items in bulk can reduce packaging, but make sure you can store and use the items before they expire.

- Think portion size. Consider sharing an entrée at a restaurant or ordering off the kids menu to get a smaller portion size.

- If you have food that you know is going to expire before you can eat it, consider asking your local food pantry if the item is something they can use.

- Eat leftovers at least one night a week.

- Compost food scraps. Many foods can be safely composted, including fruits, vegetables, nut shells, eggshells, tea bags and coffee grounds. But some foods including dairy products, fats, oils, grease, meats and fish bones should not be placed in your bin as they can attract rodents and produce odors as they decompose.

For more information on money saving tips, contact the UK Estill County Cooperative Extension Service at 723-4557. The USDA and U.S. Environmental Protection Agency recently launched the U.S. Food Waste Challenge in an effort to reduce food waste and help families in need.

For more information about the challenge and ways to reduce food waste, view their website, <http://www.usda.gov/oce/foodwaste/>. Educational programs of the Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.

WANTED TO BUY

Your antiques and collectibles, furniture, glassware, crocks, jugs, quilts, post cards, military items, Civil War swords, Japanese swords, pocket knives, coins, jewelry, gold & silver scrap, pocket and wrist watches (working or not), cast iron toys & banks, cast iron skillets, hunting and fishing items, lawn mowers, marbles, etc. Phone 606-531-0467 anytime Ask for Clarence "Buyer For Over 25 Years!"

Homemaker Leader Training "Souper Quick"

Soups can be a nutritious inexpensive part of a meal or even can be the meal. Soup can be any combination of vegetables, meat or seafood cooked in a liquid. You probably have memories of your favorite soup made by your mother or grandmother that most likely started with a homemade stock.

Soup can be made using long time cooking techniques or can be fast combinations of prepared products in a canned base.

The Estill County Extension Homemakers will have a leader training on "Souper Quick." Participants will learn new soup tips and techniques as well as many new recipes.

This session will be Monday, August 19th, 1:00 p.m. at the Estill County Extension Office. Everyone is welcome to attend.

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.

Sammy's Furniture & Appliances

722 Main Street, Ravenna • 723-6562
Open Mon.-Fri., 9-6, and Sat., 9-5

- New Frigidaire Appliances
- Dutch Craft Amish-Made Bedding
- New Bedroom Suites
- Living Room Suites

Free Delivery & Set Up
90 Days Same As Cash*

*With Approved Credit

Owlhead's Grocery

South Irvine * 723-7473
We Sell Formax Feeds by Producer

- Pet & Livestock Feed
- Corn50 Lbs.
 - Cracked Corn50 Lbs.
 - Horse Feed50 Lbs.
 - Rabbit Pellets50 Lbs.
 - 40% Hog Supplement .50 Lbs.
 - Pig & Show 18%50 Lbs.
 - Starter & Grower . . .25 Lbs.
 - Starter & Grower . . .25 Lbs.
 - Layer Pellets50 Lbs.
 - Dog Food50 Lbs.
 - Mineral Block50 Lbs.
 - Salt Block50 Lbs.
 - Fly Block50 Lbs.
 - Trace Mineral Salt . . .50 Lbs.
 - Pebble Lime50 Lbs.
 - Defender Dog Food . .50 Lbs.
 - Dry Molasses50 Lbs.

-- Now In Stock!!! --
Fertilizer, Seed & Garden Supplies

Owlhead's Grocery
South Irvine * Phone 723-7473
Donald & Katherine Dixon, Owners
We Close at 10:00 p.m.