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**Priestly Assistance**

One day a priest is walking down the street. He sees a little boy on the front porch of a house trying to reach the doorbell. The boy is standing on his tip toes and jumping up and down, but he still can't reach the bell. The priest walks over to him and asks, "Do you need some help?"

The young boy says yes, so the priest rings the doorbell. Then the priest says, "What now?"

The little boy shouts, "Run!"

**All Have Obsessions**

A psychiatrist is conducting a group therapy session with four young mothers and their small children. "You all have obsessions," he observes.

To the first mother, he says, "You are obsessed with eating. You've even named your daughter Candy."

He turns to the second Mom. "Your obsession is money. Again, it manifests itself in your child's name, Penny."

He turns to the third Mom. "Your obsession is alcohol. Again, it manifests itself in your child's name, Brandy."

At this point, the fourth mother gets up, takes her little boy by the hand and whispers, "Come on, Elvis, let's get out of here."

**Temperance Sermon**

A preacher is completing a temperance sermon. With great expression he says, "If I had all the beer in the world, I'd take it and throw it into the river."

With even greater emphasis he says, "And if I had all the wine in the world, I'd take it and throw it into the river."

And then finally, he says, "And if I had all the whiskey in the world, I'd take it and throw it into the river."

He sits down.

The song leader then stands very cautiously and announces with a smile, "For our closing song, let us sing Hymn #365: 'Shall We Gather at the River.'"

**Lady Golfers**

Two guys are trying to get in a quick eighteen holes, but there are two terrible lady golfers in front of them hitting the ball everywhere but where it's supposed to go.

The first guy says, "Why don't you go over and ask if we can play through?"

The second guy gets about halfway there, turns and comes back. The first guy says, "What's wrong?"

He says, "One of them is my wife, and the other is my mistress."

The first guy says, "That could be a problem. I'll go over." He gets about halfway there and he turns and comes back, too.

The second guy says, "What's wrong?"

The first guy says, "Small world!"

**Long Shot**

A man is sitting, watching the nightly news, when his wife walks in and whacks him one on the back of the head with a rolled up newspaper.

"What was that for?!" he asks, completely stunned.

That was for the piece of paper in your pocket with the name 'Mary-Ellen' written on it, she replies.

"Don't be silly" he says. Two weeks ago when I went to the races, 'Mary-Ellen' was the name of a horse I bet on as a long shot in the fifth race.

The wife seems satisfied and apologies for clubbing him. Three days later, he's sitting in his chair reading again, when she hammers him right on the back of the head with an umbrella. When he comes 'round, he asks again, "What was that for?!"

"Your long shot in the fifth race just phoned"

**Two Ladies Talking in Heaven**

*My name is Sherry.* Hi! I'm Sylvia. How'd you die?  
*I froze to death.* How horrible!

*It wasn't so bad. After I quit shaking from the cold, I began to get warm and sleepy, and finally died a peaceful death. What about you?*

I died of a massive heart attack. I suspected that my husband was cheating, so I came home early to catch him in the act. But instead, I found him all by himself in the den watching TV.

*So, what happened?*

I was so sure there was another woman there somewhere that I started running all over the house looking. I ran up into the attic and searched, and down into the basement. Then I went through every closet and checked under all the beds. I kept this up until I had looked everywhere, and finally I became so exhausted that I just keeled over with a heart attack and died.

*Too bad you didn't look in the freezer — we'd both still be alive.*

**Note from Estill Superintendent - April 19, 2019**

**Our Mental Health Matters**

These past few days have been difficult for all of us in the Engineer Family. As a matter of fact, we have had to face several different trials and tribulations over the past year. The purpose of this message today is one of hope and encouragement, but also one of action.

As I look back at the incidents that we have encountered, students, parents, staff members and the community have rallied behind the individuals impacted by these events; providing love, support, a shoulder to lean on and many prayers. We live in one of the best places in this entire country and I am proud to be a part of this community. During these times our community always comes together to provide for our students and their families and for that we need to be thankful.

There are times when all of us feel overwhelmed and no one knows what any one person is going through on a daily basis. There are times when many of us are hurting due to the circumstances in our lives and we never tell anyone. Sometimes we know others are hurting and we just keep quiet because we do not want to make things worse. It is time for all of us to realize that we have to stop it. Just like our physical health, spiritual health and all other aspects of our life, our mental health matters too!

Without a healthy mental outlook in our lives, everything else in our life will be impacted. If any of us were to break an arm, many of the activities we do on a daily basis would be impacted. We would never think of trying to hide it or treat it ourselves. We would immediately tell someone and seek the

treatment of a qualified medical professional. Based on their expertise and experience, they would recommend a course of treatment in order for us to start the healing process. It may take several weeks and continued treatment, but over time our arm would heal and things would get better.

The same is true for our mental health. Your mental health matters and you have to take the steps necessary to begin the healing process.

**Those steps are:**

1. Tell someone you trust and who can help you.
2. Keep talking until someone listens, be persistent.
3. Treatment works. It really does!
4. Stay in treatment for as long as it takes, based on advice from a qualified professional.

Finally, if anyone is worried about someone that may be struggling with a mental health issue, don't keep it to yourself. I know it is difficult and you may feel that you are breaking trust with a friend or acquaintance, but in reality this person is reaching out for help and you have the power to make sure they get the help they need. Tell someone who can get this individual the help they need before it is too late.

Over the next few weeks our school district will be looking at ways we can help educate our students and staff on how to deal with mental health issue, how to intervene when we suspect someone is struggling, and how to change our culture from one of secrecy and fear. We ask that our civic clubs, churches and other community groups begin this same process as we try to make a difference in our community.

The Vision of our district is "Every Child Succeeds", but let's take this one step further. We want all of our students, staff and community members to lead a long and healthy life. Each of us has a purpose and an opportunity to have a positive impact on the lives of those we encounter. Let's help each other to fulfill this purpose and destiny.

Jeff Saylor, Superintendent, Estill County Schools

**Letter to the Editor**

**"Saving the Mack"**

On behalf of the River City Players (RCP) membership, we want to take this opportunity to review our history and our goals and to enlighten the residents of Estill County about our ongoing efforts at "Saving the Mack".

In the winter of 2013, RCP's founding members met and began what has been a wonderfully fulfilling, gratifying, hardworking, and at times heart breaking task of bringing to fruition the goal of purchasing the old Mack Theatre building. In 2016, we were able to purchase the Mack Theatre Building and our board and membership continued work towards our goal of bringing performance art to the area and to become a component of what is becoming a viable and sustainable tourism industry in our community.

Our aim is for The Mack Theatre to become a Community Center available to Estill County and the surrounding area for community meetings, charity events, church functions and events, family and school reunions, weddings and wedding receptions. We envision opening the building for corporate retreats, seminars, and workshops.

We will have a state-of-the-art live performance venue to showcase all types of performance art. We will also feature classic, independent, and student film festivals. Plus, we will have our "show" again.

Art work by local and regional artists and craftsmen can be displayed on a rotating schedule. Individual artists' and craftsmen's work can be showcased during gallery shows. The uses for a revitalized Mack are only limited by your imagination and it can become a showcase for our community and eastern Kentucky.

In the spring of 2018, the abatement of the asbestos and lead based paint was completed. The funding for that work was obtained by volunteers working many hours to write and submit an EPA Brownfields Cleanup Grant. We were awarded a \$200,000 grant that required a \$42,000 match, which could be an in-kind match.

During 2018 we worked with Bluegrass Area Development District to write and submit a grant application for a Community Development Block Grant (CDBG) to complete the next steps in the rebirth of the Mack and we were awarded \$500,000. This grant requires a cash match of \$88,000.

We want to assure the citizens of Estill County that no county or city monies have ever been used to obtain or match either of these grants.

RCP volunteers have given hundreds of hours to reach the \$42,000 in-kind match for our recent EPA Brownfields Grant. The funding to reach the \$88,000 CDBG cash match has been reached through an outpouring of community and individual support, given over the past 6 years. One of our board members has often said "when we open the doors to a renovated Mack, we can say this work was done by selling hotdogs, BBQ, and cookies, which our board members donated". And we are so thankful to the citizens of this community who bought the hotdogs, BBQ and cookies and to those of you have made and continue to make individual pledges to help support our efforts.

Continued on next page, PAGE FIVE

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