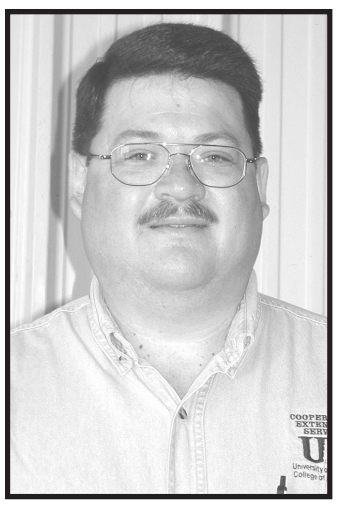
"Grow Appalachia" Organic Gardening Comes To WESTCARE

Gardening is one of the most popular activities in America. Studies by the United States Department of Agriculture indicate that gardening is the largest recreational pursuit in this country. To be able to view the product that you have raised, say to yourself that I produced this myself, and to be able to consume the fruits of your labor provide tremendous personal satisfaction.

Here in Estill County, residents who don't have the perfect site for a home organic vegetable garden have tremendous opportunity to have a space in the Community Organic Garden provided by the WestCare organization. This is a great opportunity to grow vegetables and herbs of your choice at a central location with good soil and a community of gardening enthusiasts who share the same passion as you.

The concept of community gardens began several years ago but faded out following World War II. In the 1970's the ecological movement gained steam and the concept took off again. We are at a point in time again where interest in gardening is at an all time high with increased emphasis on health, nutrition and exercise for a well rounded lifestyle. Our community is most fortunate to have recognized this need and responded to the request of its citizens.

An informational meeting will be held on Wednesday, February 12, 2014 at 5:00 p.m. at 108 Main Street in Irvine. Spots are limited so please join us on February 12 or call 606.726.0385, if you have any questions. This program will be assisted by Grow Appalachia and Eastern Kentucky University Regional Stewardship program.



Eric Baker
Estill County Extension Agent for Agriculture & Natural Resources

Cattle Lice Can Reduce Profits

Lice can suck the profits out of your beef and dairy cattle herds during the winter. These cold-loving pests spread when animals bunch together in response to frigid temperatures, and we've already had plenty of those.

You can reduce potential lice problems on cattle by keeping new animals separate from your herd until you've given them a thorough louse treatment, generally two applications of a contact insecticide.

The first application kills active adults and immature lice, but it won't destroy nits on the hide. A second application targets new hatchlings from the nits and any other lice still around. Be sure to follow the label instructions on treatment intervals. After these two treatments, you can add new animals to the herd with minimal chance of lice problems during the winter.

Don't use systemic insecticides during the winter unless you know the treatment history of newly bought cattle. This is because migrating grubs might be in sensitive locations and cause an adverse reaction this time of year.

Additionally, winter is a good time to reduce future weevil problems in alfalfa by letting beef or dairy cattle graze dormant fields. Alfalfa weevils lay a significant number of their eggs in living and dead stems. Winter grazing helps manage alfalfa weevils in two ways. Grazing removes stems holding deposits of weevil eggs, and it removes stems that can serve as sites for females to lay the remaining eggs in the spring. Letting your cattle graze alfalfa fields in the winter can reduce weevil populations substantially, possibly to the level that you won't need a spring insecticide application.

For more information on controlling lice and other livestock insect pests, contact the Estill County Extension Service at 723-4557.

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

The Garden Bug

Victorian flower etiquette

During the 1800s, as the tradition of using flowers to express messages spread, flower dictionaries became available. John Ingram's *Flora Symbolica* (1887) included not only the meanings of one hundred flowers but stressed the etiquette in giving the correct flowers to present the message intended. Meanings were given based on myths, traditions, medical use and, at times, simply the active imagination of the one writing the dictionary. *- Brenda Weaver*

Source: www.proflowers.com

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Stickeler's Puzzle

STICKELERS [sic]. by Terry Stickels

A block of wood is 5 inches by 9 inches by 16 inches and is painted blue on all six faces. If the block is cut into 720 cubes with each cube being 1 inch by 1 inch by 1 inch, how many of these cubes would have blue paint on at least one face?

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Stickeler's Answer on Page 13

WANTED TO BUY

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Agriculture Events

Thursday, February 13th @ 6pm

Beef & Forage Production Seminar

Estill County Extension and Estill County Cattlemen's Association are having a beef and forage production seminar Thursday, February 13th, 6:00 p.m., at the Estill County Extension office, 76 Golden Court in Irvine. UK Extension forage specialist Ray Smith and beef specialist Jeff Lehmkuhler will be our guest speakers. A catered meal will be provided thanks to the Estill County Cattlemen's Association. Producers are encouraged to attend and pre-register by calling 723-4557 by February 10th.

Monday, February 17th @ 7pm

Private Pesticide Applicator Training

A private applicator pesticide certification meeting is scheduled for Monday, February 17th, 7:00 p.m. at the Estill County Extension Office, 76 Golden Court in Irvine. The training will educate participants on the proper handling and use of pesticides. Certified private pesticide applicators must be recertified every three years. Farmers must be certified to purchase restricted-use pesticides. If you need further information or would like to pre-register, please call 723-4557.

Wednesday, February 19th @ 7pm

Estill Farmers' Market Meeting

There will be a Farmers' Market meeting at the Estill County Extension Office on February 19, 2014 at 7 p.m. All current members should plan to attend as well as anyone interested in becoming a vendor.

Thursday, February 20th @ 6pm

Estill/Powell Tobacco Production Update

Estill and Powell County Extension Services have teamed up to offer area tobacco producers a production update and GAP (good agriculture practices) training on Thursday, February 20th, 6:00 p.m. at the Estill County Extension office. UK Extension tobacco specialist Robert Pearce will lead the session. Burley Tobacco Growers Co-operative will attend and have sponsored the meal. Please pre-register by calling 723-4557 by February 17th.

Through March 21, 2014

Strawberry Plants & More

The Estill County Cooperative Extension Service will be taking orders for reasonably priced and good quality strawberry, blackberry, blueberry, raspberry, asparagus, and Candy onion plants through March 21st. Orders must be prepaid with delivery expected early April. If you are interested or need more information, call 606-723-4557.

IRVINE 606-726-9512

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7	2	6	5	4	5	3	5	7	5	4	6	5
A	J	P	C	P	O	B	M	T	F	R	E	O
2	7	6	2	4	6	7	3	8	7	6	7	2
O	E	A	Y	O	C	N	E	P	D	E	E	F
4	5	6	4	6	7	5	8	6	8	5	8	3
F	R	F	I	U	R	T	R	L	O	R	M	A
7	6	8	2	5	6	5	7	8	4	2	7	4
G	L	O	U	E	I	C	E	T	T	L	S	A
8	4	6	3	4	5	4	3	4	6	5	4	8
I	B	F	L	L	E	E	E	C	E	I	O	O
7	5	3	7	8	5	4	7	5	8	2	7	8
T	V	A	U	N	E	N	R	D	A	D	E	T
4	2	3	2	3	8	3	4	8	4	8	4	8
T	A	D	Y	E	W	R	A	O	C	R	T	K

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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CryptoQuote

AXYDLBAAXR
is **LONGFELLOW**

One letter stands for another. In this sample, **A** is used for the three L's, **X** for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

MDU AEKQ YZQ MA LUM

TWN AS

TUVXAEVWIWKWMWUV WV MA

NWVHDZTLU MDUB.

— YZKMUT V. TAIUTMVAE

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: **I** equals **H**

PSY FOXV BIPT EW TIEJI

MSORVLB JPXMVDV DP BVV TIP

BPHB XPBD MLPNEJEVWDSR:

"HOTSEWF NPL YPSSOLB."

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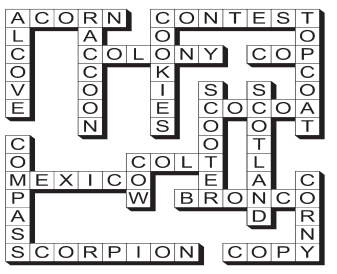
Puzzle Answers

February 5, 2014

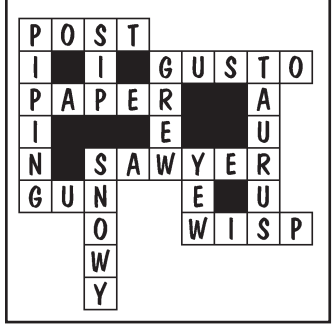
Puzzles4Kids

Answer



FEAR KNOT

answer



Letter Box

Solution

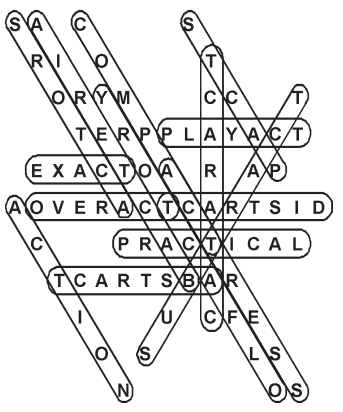
D	U	C	A	T	I	O	N	B
T	N	A	B	O	U	C	I	D
B	O	I	C	N	D	A	T	U
A	B	D	U	C	T	I	O	N
I	C	N	D	A	O	B	U	T
O	T	U	I	B	N	D	C	A
N	I	B	T	D	C	U	A	O
C	D	O	N	U	A	T	B	I
U	A	T	O	I	B	N	D	C

Even Exchange

answers

1. Attach, Attack
2. Chart, Charm
3. Norse, Noise
4. Merlin, Berlin
5. Floor, Flood
6. Wonder, Wander
7. Nibble, Nimble
8. Lapel, Label
9. Beast, Boast
10. Grown, Groan

ONE-ACT WORDS



Weekly SUDOKU

Answer

6	5	9	3	8	1	2	4	7
4	8	7	6	2	5	9	1	3
3	2	1	9	7	4	8	6	5
2	4	6	8	5	7	1	3	9
9	7	8	1	4	3	5	2	6
5	1	3	2	9	6	4	7	8
7	9	2	4	6	8	3	5	1
1	6	4	5	3	9	7	8	2
8	3	5	7	1	2	6	9	4

CryptoQuote

answer

The only way to get rid of responsibilities is to discharge them.
— Walter S. Robertson

King Crossword

Answers

Solution time: 25 mins.

N	A	S	A	■	M	O	D	■	C	Y	A	N
E	G	A	D	■	O	R	R	■	H	A	L	E
W	A	R	D	R	O	B	E	■	A	R	E	A
T	R	I	T	O	N	■	S	P	I	D	E	R
■	■	■	O	S	I	■	S	A	S	S	■	■
D	A	H	■	E	N	D	■	S	E	A	M	Y
A	L	A	S	■	G	Y	M	■	S	L	O	E
B	I	R	C	H	■	E	A	R	■	E	A	T
■	■	D	I	E	D	■	T	A	T	■	■	■
S	P	H	E	R	E	■	U	N	I	T	E	D
E	L	A	N	■	C	A	R	D	G	A	M	E
R	O	T	C	■	A	P	E	■	E	R	I	N
A	P	S	E	■	L	P	S	■	R	O	T	S

CryptoQuip

answer

Old game show in which players compete to see who sobs most proficiently: "Bawling for Dollars."

Bible Trivia Answers

Casey's trivia book "Know It? ... or Not?" is available from BearManorMedia.com

ANSWERS: 1) Neither; 2) Ruth; 3) Achan; 4) Isaiah 8:1; 5) Laish; 6) Zero