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The "University of Kentucky Corn, Soybean, and Tobacco Field Day & Irrigation Forum" is August 1, 2013.

Specialists with the UK College of Agriculture, Food and Environment are hosting the event from 7:30 a.m. until 12:00 Noon, CDT at the UK Research Farm in Princeton. An Irrigation Forum will follow at 1:30 p.m.

The field day will feature tours of UK research plots for corn and soybeans and

# UK Field Day & Forum is August 1<sup>st</sup>

tobacco. The grain crops and tobacco tours will run concurrently, but producers will have opportunities to participate in parts of both.

During the corn and soybean tour, specialists from UK and the University of Tennessee will present information about the latest research in soil management, crop management and integrated pest management. Topics include compaction, fragipan, cover crops, disease problems, herbicide resistance, insecticide seed treatments, high-yield soybeans, corn row widths and populations, and new hybrids and varieties.

The tobacco tour includes presentations from UK and UT specialists on diseases, chemical residues and new varieties.

Continuing education credits are available for pesticide applicators for three general hours and one specific hour in categories 1A, 4, 10 and 12. Certified Crop Advisors can receive 3.5

continuing education units in the following categories: 1.5 in pest management and one each in crop management and soil and water.

The field day concludes with lunch provided by the Kentucky Corn Growers Association, the Kentucky Soybean Board and DuPont.

The UK Research Farm is located at 1134 Hopkinsville Street in Princeton.

UK specialists will host the Irrigation Forum with the intent of answering participants' questions surrounding irrigation systems in Kentucky. The two-hour forum will be held at the UK Research and Education Center, which is across the street from the UK Research Farm. Forum panelists include representatives from the Kentucky Division of Water, Kentucky Geological Survey, Natural Resources Conservation Service, UK

specialists and farmers currently irrigating their fields. The Kentucky Small Grain Growers Association is sponsoring the forum.

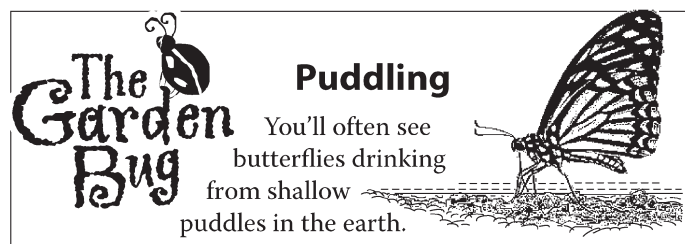
Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.



**Birding Bits**  
BY  
Cindy Brook

**Birds Love Fruit**  
If you want to attract non seed-eating birds into your yard, fruits such as grapes, raisins, cherries, apples and orange halves will attract mockingbirds, gray catbirds, orioles, towhees, cedar waxwings, blue birds, tanagers and many more. Use a tray feeder or place on the ground near brush cover.

E-mail: [birdingbits@cjlrr.com](mailto:birdingbits@cjlrr.com)  
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**The Garden Bug**  
**Puddling**  
You'll often see butterflies drinking from shallow puddles in the earth. This water has absorbed minerals from the soil beneath it, and butterflies need these minerals to supplement their diet. This is called "puddling." Sometimes, butterflies will fly away from a puddle and return to it a few seconds later; this may disturb the water, bringing more minerals to the surface.

Source: [howstuffworks.com](http://howstuffworks.com)

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## Wishing Well®

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

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.

ZEK GORCKDVK RV IGNN SI  
TPWRQPN ZEROWV  
UPZRKOZNX HPRZROW ISD  
SGD HRZV ZS WDSH  
VEPDUKD. - KBKO  
UERNNUSZZV

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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: T equals W

AW B TXGBS TJX JDYER  
ZDYAQDM IBIADR JBR IAU  
EMXIYDGR, AR RJD JBQASU B  
GAZTAWD KMARAR?

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# Puzzle Answers

July 10, 2013

## Puzzles4Kids

Answer

What would you use to gift wrap a cloud?

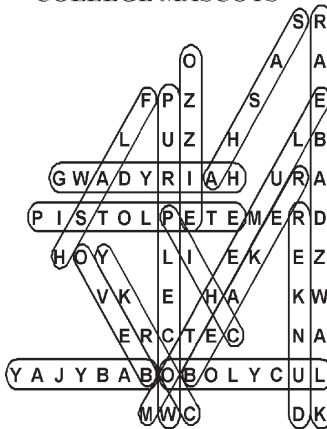
You would use a rainbow.

## Letter Box

Solution

T	W	I	U	A	P	N	G	O
O	P	G	N	T	W	I	A	U
U	N	A	I	G	O	W	P	T
G	T	W	P	U	A	O	N	I
A	I	U	W	O	N	P	T	G
N	O	P	T	I	G	A	U	W
W	A	O	G	N	T	U	I	P
P	U	T	A	W	I	G	O	N
I	G	N	O	P	U	T	W	A

## COLLEGE MASCOTS



## CryptoQuote

answer  
The universe is full of magical things patiently waiting for our wits to grow sharper. - Eden Phillpotts

## CryptoQuip

answer  
If a woman who helps deliver babies has big problems, is she having a midwife crisis?

## FEAR & KNIGHT

answer



## Even Exchange

answers

1. Praise, Braise
2. Ravine, Raving
3. Chase, Cease
4. Scold, Scald
5. Patty, Putty
6. Flirt, Flint
7. Carter, Cartel
8. Lofty, Lefty
9. Creep, Creed
10. Roster, Poster

## Weekly SUDOKU

Answer

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

## King Crossword

Answers

Solution time: 21 mins.

P	A	Y	P	R	O	N	E	H	U	B
U	S	A	A	I	D	E	S	O	N	O
P	I	K	E	S	P	E	A	K	T	I
T	H	E	P	I	G	S	T	Y		
O	R	P	H	A	N	S	M	U	T	
V	I	I	S	E	W	O	A	R	E	D
E	S	P	Y	D	A	M	M	E	D	E
R	E	S	O	W	D	I	M	A	G	E
Q	U	I	P	L	E	A	K	E	D	
M	O	U	S	S	E	I	S	M		
A	P	E	O	N	A	I	R	S	P	E
L	E	A	O	N	A	I	R	A	L	E
I	N	K	M	Y	N	A	S	T	A	N

## Bible Trivia Answers

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

ANSWERS: (1) New; (2) Rehoboam; (3) Nob; (4) The Lord; (5) Ezekiel; (6) The

# Estill Sports

Sign Up By Friday, August 2nd

## Estill Co. Co-Ed Softball Church League

There will be a co-ed softball church league this year, starting on Friday, August 9, 2013. Deadline for sign-up is Friday, August 2nd. There will be NO fees! Any team interested in playing needs to call 606-723-6682 as soon as possible.

# Agriculture Events

Tuesdays, 3-7, and Senior Day, 2nd Tuesday, 10-2

## Estill County Farmers' Market

The Estill County Farmers' Market is now open on Tuesdays from 3 p.m. to 7 p.m. On the second Tuesday of each month market hours are 10 a.m. to 2 p.m. This is Senior Day, but it is not limited to seniors; all are welcome. The market is also open on Fridays from 8 a.m. to 1 p.m. The market could close sooner if vendors sell out, so customers are advised to come early for best selection.

# 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!"

# Country Peddlers AUCTION

4015 New Irvine Road, Waco  
Saturday, July 13th @ 6:00pm

We will be having some really nice used furniture from a couple that is downsizing from two homes. Come and bid on this really nice furniture!

## Many Nice Household Items!

We can ASSIST you in the stress of Estate Liquidation, or if you just want to downsize or are moving, give us a call for more details.

Country Peddlers Auctions  
Larry McIntosh, Auctioneer  
(859) 369-7068 Cell (859) 248-0473  
Jon Bicknell & Wade Richardson  
Apprentice Auctioneers

# Agriculture News

## Summer lunch programs promote healthy eating habits for students, their families & the community

Both school districts in Nelson County are whipping up a magic solution to childhood obesity, using a key ingredient to promoting healthy eating habits in children: their parents. The summer school lunch programs not only serve healthy foods while providing education about them, but also establish partnerships with parents in the community to do the same.

School officials say the summer lunch programs are a way to instill healthy eating habits at an early age, in collaboration with parents. If parents don't encourage healthy eating habits early on, children's health could suffer long-term and they are at greater risk for developing chronic diseases like heart disease and type two diabetes, writes Jennifer Corbett of The Kentucky Standard.

A recent Kids Count report says that in 2010, 17.4 percent of Nelson County children were considered obese, up by one-sixth since 2006, when the figure was 14.9 percent, notes Corbett.

Experts say that in order to encourage kids to take healthy steps to lose or maintain weight, or improve health, the whole family should be involved. For example, parents should think of fun, physical activities the whole family can do together, such as walking the dog or hiking.

"The best thing parents can do is be a good role model," Jessica Bickett, a registered dietitian with the Lincoln Trail District Health Department, told Corbett. "If Mom and Dad walk around with a Mountain Dew in their hand all day, well guess what? The child will want to do it as well. If Mom says, 'Go ride your bike' while she sits on the couch watching TV, that doesn't go too well."

Schools also play a vital role in establishing a healthy lifestyle for students, says the Centers for Disease Control and Prevention., and Nelson County School Supt. Anthony Orr agrees. "We know nutrition is a really important part of growing up," he told Corbett, adding that the summer lunch program "is a really good opportunity for the schools to serve the community."

As part of the summer school lunch program, both Bardstown and Nelson County schools serve free breakfast and lunch to students, and adults can pay a small amount to eat, too. Orr is working to get the program into more schools because serving kids and their families introduces healthier choices to the students. This month, Bardstown established a district coordinated school health council focused on providing opportunities for all students to be active and to ensure that school food meets nutritional guidelines. These initiatives could serve as a model for a state that suffers from high childhood obesity and low health rankings.

# Real Estate

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