

Estill Arts Council plans community quilt

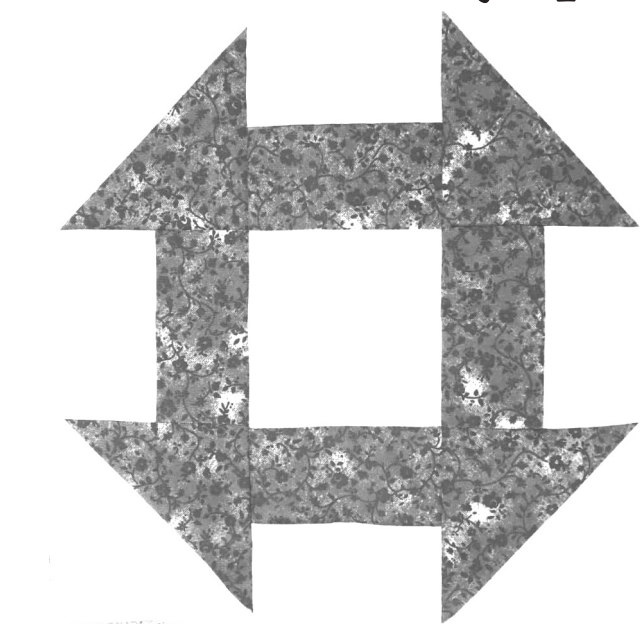
The Estill Arts Council is looking for 35 people to each put together a quilt block which will then be assembled into a community quilt. Once the quilt is completed, it will be used as a fund raiser for the Council to help fund future programs.

The quilt pattern chosen is the Churn Dash. Each block will measure the size of 9-1/2" by 9-1/2"; when the blocks are completed, borders will be added to each block and the batting, backing and a binding to finish the

quilt. The pieces have already been cut and come with instructions. The cost of material is \$5 a block and the kit may be picked up and paid for at The Sewing Basket at 151 Main Street in Irvine. When complete, please return back to the Sewing Basket by Monday, August 16th for presentation on Tuesday.

For more information on the Community Quilt Project, contact Luellis Patrick at 723-5012.

The next Arts Council



meeting will be on August 17th at 6:30 p.m. at the Estill County Public Library.

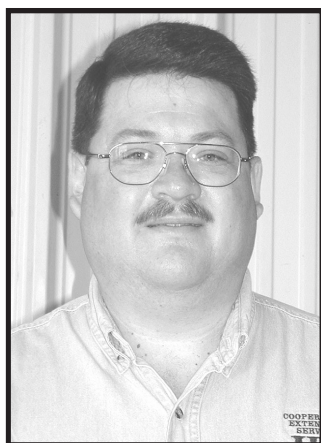
Wishing Well®

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

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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Summer heat can stress farm animals, too!



Eric Baker
Estill County Extension Agent for Agriculture & Natural Resources

Summer heat and humidity impact livestock just like humans. Producers should look at options to keep livestock thriving in the summer heat.

"When you get a combination of heat and humidity, it can cause concern for livestock," said Matthew Dixon, agricultural meteorologist for the University of Kentucky College of Agriculture, Food and Environment. "We go by what is called a 'livestock heat stress index' to determine what level of concern farmers and pet owners need to have for their animals."

The index helps produc-

ers know when heat stress could create a problem for their animals so they can be even more vigilant in making sure animals have the necessary resources to combat and withstand the conditions. The state has already experienced days in the dangerous and emergency livestock heat stress categories.

"The most important thing producers can do is provide cool, clean water and shade," said Jeff Lehmkuhler, UK beef specialist. "It's also a good idea to avoid working or transporting animals during periods of danger or emergency heat stress."

Horses have difficulty regulating their body temperature when temperatures exceed 90 degrees. If humidity is high, the temperature doesn't even have to reach 90 degrees to make life uncomfortable for horses.

"Horse owners can reduce heat stress by scheduling activities during the cooler part of the day and making sure horses have plenty of water," said Bob Coleman, UK equine ex-

tension specialist. "If you do transport horses during the cooler part of the day, give water before, during and after transportation to reduce the risk of dehydration."

Coleman added that even non-working horses will double their water intake during hot weather. Owners should allow them to drink often to help maintain water balance.

"If you let them drink often, it can relieve the horse's urge to drink a lot of water after exercise, and they need to gradually drink after a workout," he said. "Also, remember lactating mares have special water requirements, because they are using water for milk production as well as body temperature regulation."

Hot weather also increases horses' need for salt, because they lose the mineral during sweating.

For dairy cattle, it is important to keep buildings as open as possible to allow air to circulate. Fans can make a big difference, and sprinkler systems that periodically spray a cool

mist on the animals are also beneficial.

Poultry are especially prone to heat stress. Mortality during extreme heat can be significant, and egg production and hatching rates can drop.

"Since the birds don't have sweat glands to help get rid of excess body heat, they have to pant to cool down," said Jacquie Jacob, UK poultry extension project manager. "It's important to make sure chickens are in well-ventilated areas and they have access to clean, cool water at all times."

The UK Agricultural Weather Center provides statewide and county-specific weather information, alerts, livestock heat stress conditions and more. The internet address is <http://www.wagwx.ca.uky.edu/>

For more information, contact the Estill County Extension office at 723-4557.

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The Garden Bug

Sage is an herb that can be used as a garden feature, as a fragrance, in cooking and also medicinally.

It is used for digestive problems such as stomach pain, bloating and heartburn, and for reducing perspiration and saliva. It is also used as a treatment for depression, memory loss, and Alzheimer's disease. It can be applied directly to the skin for swelling and to relieve pain.

Source: www.webmd.com

- Brenda Weaver



Birding BITS BY Cindy Brook

Cardinal Babies
I saw my first female cardinal baby of the season. While baby females look similar to adults, it is easy to tell who the parent is and who the baby is. One difference is babies have a black beak. Also, they are so new and fresh and bright-eyed. I love watching birds!

E-mail: birdingbits@cfl.rr.com
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LAFF - A - DAY



"I'll be in a meeting all morning. Please see to it that no one wakes me."

Puzzle Answers

BIBLE WORD SEARCH
Answers:
R D R O L V G A R C
S U O I R O L G E H
I W I S D O M X V R
H R W O N K T S E I
K D E T L I H S L S
Q E A H R U E U A T
Y H E I T V Y S T V
T T P P I A J E I U
N S S G Q J F J O O
R J R E T T E B N Y

CryptoQuip
answer
If any hippies decided to become bakers, do you think their motto would be "flour power"?

CryptoQuote
answer
Golf cart: A method of transporting clubs that has one big advantage — it can't count.
— Joachim Heinrich

Bible Word Search on Page 7

Stickeler's Answer

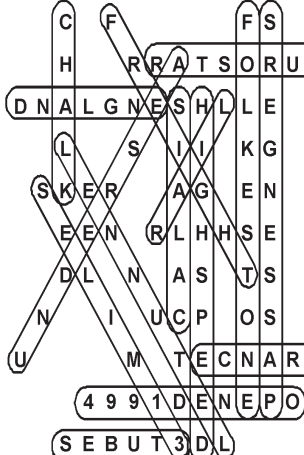
Stickelers Answer
"I could dance with you until the cows come home. On second thought, I'd rather dance with the cows till you come home."
— Groucho Marx

Stickeler's Puzzle on Page 7

Puzzles4Kids Answer

Did you hear the joke about the Liberty Bell?
Yes, it cracked me up.

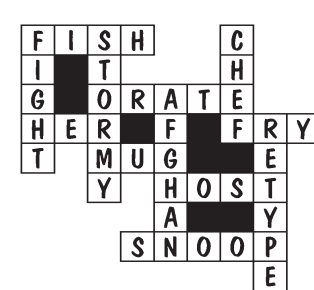
THE CHANNEL TUNNEL



Letter Box Solution

I	A	O	R	D	V	F	N	K
N	V	D	F	A	K	R	I	O
F	R	K	N	O	I	D	V	A
A	D	R	O	V	N	K	F	I
K	I	N	D	F	A	V	O	R
O	F	V	I	K	R	A	D	N
R	K	I	V	N	D	O	A	F
D	N	F	A	R	O	I	K	V
V	O	A	K	I	F	N	R	D

FEAR & KNIGHT answer



Even Exchange answers

- Award, Aware
- Pantry, Paltry
- Davis, David
- Scrub, Shrub
- Tithe, Title
- Grant, Giant
- Maggie, Magpie
- Chaos, Chaps
- Hurry, Harry
- Ranger, Ringer

King Crossword Answers

Solution time: 21 mins.



Weekly SUDOKU Answer

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

Bible Trivia Answers

Test Your Bible Knowledge! with 1,206 multiple-choice questions by columnist Wilson Casey, is available in bookstores and online.

ANSWERS (1) Neither; (2) Womwood; (3) Nazareth; (4) Titus; (5) Barnabas; (6) Titus