



Larry Vaught
Makayla Epps

There was a time during the offseason that Kentucky coach Matthew Mitchell worried that star junior guard Makayla Epps might not stay at UK — and that was long before he had three players transfer and another player he had to dismiss off this year’s team.

Mitchell had suspended his star player in May after she was cited on alcohol-related charges in her hometown of Lebanon in late April. He did not specify at the time how

long the suspension would be or exactly what she would have to do to be part of the team this season.

Epps was a first-team all-Southeastern Conference pick as a sophomore when she averaged 14.9 points and 4.6 rebounds per game.

“That’s always part of the equation if you are really doing this for the right reasons. Makayla needed to understand that I cared much more about her as a person than I did as a player,” said Mitchell when asked about if he considered that Epps might leave UK. “I had to give her that option. We were probably pretty close to that. I knew we were at a spot I didn’t know if she would stay or not.

“I just told her there were plenty of people who would take you and use you for your basketball talent, but we are not a place that is going to do that. It was more about her becoming responsible, and she has talked about this and she needed to grow up and this was the catalyst for change.”

Wanderings
from the
Woods
& Water

by Jay
Bicknell

CorridorHR@Gmail. Com

Deer Nutrition

Deer season is over and the weather is getting cold. The bucks are run down from the rut. The doe are pregnant. Deer could use some extra nutrition this time of year. Now is the time to buy deer supplements.

Right now is when deer need a good mineral on the ground. I am a firm believer in using a good deer mineral year round. It’s crucial in my opinion to have mineral on the ground from January to August.

A good mineral aids in body maintenance, antler growth, milk production, and fawn health. Most places that carry deer mineral have it marked down right now. The best time to buy is now, and now is the time to get it out. This is also a great time to stock up on mineral for the year.

“Minerals make up about 5 percent of a deer’s body. However, the complete list of specific minerals and amounts required by white-tailed deer is currently unknown. The two most prevalent and studied minerals are calcium (Ca) and phosphorus (P). White-tailed deer need these two minerals for bone and antler growth, milk production and general metabolism.

Eighty to 90 percent of the calcium and phosphorus in a deer’s body is found within its skeletal system. Hardened antlers are composed of about 22 percent calcium and 11 percent phosphorus. Males with diets low in these minerals often have delayed antler growth and velvet shedding. In normal conditions, calcium and phosphorus are available in the soil and vegetation. However, phosphorus is less accessible in acidic soils (low in pH).

Both calcium and phosphorus are required for growth and reproduction. A deer can store these minerals in its skeleton until they are needed, such as for antler growth. Then the deer experiences a form of osteoporosis, or removal of minerals from the skeletal system, an annual occurrence for deer. Once the demand ends, the minerals that were removed from the bones are replaced by nutrients obtained through the deer’s diet. Sodium, or salt, is another mineral deer require. Deer seek sodium during the spring

and summer, often from natural sources found in the soil, such as a salt lick. During this time, the high moisture content in plants can lead to decreased sodium levels. Research has found that females need twice as much sodium as males due to reproduction demands.”

Antlers

April: By the end of April brow times and 1-2 inches of additional antler growth should be visible on most deer

May: Look for visible G2’s and antler beams should be at about half their final length

June: Antler growth should increase dramatically this month, so look for all the main points on the antler to be growing by the middle to end of the month.

July: July is when you’ll really be able to see what kind of head gear bucks will be sporting. Antler growth can explode at this time of year, with growth potentially being as substantial as an inch a day.

August: Growth will continue into early August, but don’t expect a whole lot of new growth once you get into the back half of the month. At that point blood flow to the antlers will cease and the hardening process will begin. Toward the very end of August peeling of velvet might begin.

September: Once September hits, peeling of velvet continues or begins and most velvet will be gone after the first week or two of the month. At this point each buck has their final, hard horned rack for the fall!

Until next week, get out and enjoy God’s creation!

Birding
BITS

BY
Cindy Brook

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Unsalted peanuts, in or out of the shell, are the perfect winter food. They are loaded with protein and fat, two things birds need to carry them through the winter. Woodpeckers, wrens, titmice, catbirds, chickadees and cardinals will flock to your feeders for their share.

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Mitchell said “worry” is not the word he would use to describe how he felt about Epps’ possible departure.

“A few years back when it was not going well I just asked the good Lord for the strength to make the right decisions. At that point I had to be willing to lose a player if she was not living up to the standards that she needed to be a great person,” Mitchell said. “It has to be more about the person than the player. I think if you focus on that you will get a good player. Makayla is still growing and has room for growth. She has made great

strides and I am just so excited to see what she can become.”

What she became was a catalyst for Kentucky’s surprising run into the top 10 this year that has already included wins over Duke and Louisville. She is the team’s leading scorer at 16 points per game and is also averaging more than five assists and five rebounds per game. Kentucky takes a 14-2 record into Thursday night’s game with Mississippi.

Mitchell joked last week he was trying to keep the lights on for Epps.

“Who does that, Motel 6?

They leave the lights on for you. That’s what we’re trying to do for Epps is to leave the lights on at all times,” the coach said. “She can’t be all tied up in a straitjacket and have a furrowed brow and be dead serious. I’ve got to find a way for her to be responsible and do what she needs to do for the team but she’s got to have some fun while she’s doing it.”

That’s when Epps, the daughter of former UK point guard Anthony Epps, is at her best. She’s no stranger to the spotlight after leading Marion County to a state championship and being named a

McDonald’s All-American, the first ever at her school.

“She has a really great heart for people. I think it is special to her to play for Kentucky. I think that is why she ultimately stayed here,” Mitchell said. “One, she needed to grow up, but she has a tremendous passion for Kentucky. She understood the Louisville game and what that rivalry meant and how important that game was. That only comes from understanding how special Kentucky is. I think she loves every second of it. She has said she would not want to be anywhere else.”

Police kept busy with reported stolen items

- Two inmates in the Estill County Detention Center face additional charges after allegedly having a cell phone while incarcerated at the jail.

Arrest warrants for Kenneth P. Stepp, 37, of Estill Acres and Jeffery S. Henry, 32, of Woodland Acres, Irvine were obtained last Wednesday, January 13, by Glenn Carroll of the Estill County Sheriff’s Dept.

The warrants were served the same day on the two inmates by Deputy Russell Morris. The men are each charged with promoting contraband, first degree, which is a Class D felony.

According to the arrest warrants, Henry gave a cell phone to Stepp.

- A Beattyville man was arrested for theft of a tire from a River Drive business on January 10.

Irvine Chief Brad Smith said he located a white 1990 GMC truck on January 14. The vehicle description matched the description of the one which was observed at River Drive Automotive owned

by Farris Marcum when a tire was stolen on January 10.

Smith charged the Lee County driver, Dennis Addison, 39, with no/expired registration plates, no/expired registration receipt, and theft by unlawful taking/disposition.

The citation says that Smith had also allowed another male to borrow his truck on January 11. Chief Smith says that driver also stolen equipment from River Drive Automotive on that date.

Smith said he has obtained surveillance tapes from River Drive Automotive and on River Drive on the days of the thefts.

Charges are pending against the driver who borrowed the truck.

- IPD Chief Brad Smith served a parole violation warrant on January 15 on Rhoda Sosby.

The warrant was issued by the Kentucky Parole Board.

It says that Sosby was convicted of theft of identity of another without consent and criminal posses-

sion of a forged instrument second degree. The warrant adds that Sosby was paroled on those charges but has violated the terms of her parole by absconding parole supervision and failing to report to her parole officer as directed.

- An Irvine couple was arrested January 14 by the Richmond Police Department for allegedly shoplifting at J.C. Penney.

The Richmond Police Department charged Joshua F. Riddell, 33, and Ladonna S. Riddell, 35, with theft by unlawful taking over \$500 but less than \$10,000.

RPD says they were dispatched to Penney’s around 7 p.m. Store employees told police the Riddells filled a shopping cart with \$1,850 worth of clothing. They said the Riddells then attempted to leave the store without paying for the clothing. Employees detained the Riddells until RPD arrived.

The charge against the Riddells is a Class D felony. If found guilty, each of them be sentenced to serve

one to five years in prison.

The Riddells were lodged in the Madison County Detention Center.



Ladonna Riddell
RPD Photo



Joshua Riddell
RPD Photo

Bob Watkins’ Sports In Kentucky

College hoops poll with no Kentucky? Somebody better wake up Cawood!



Bob Watkins

Monday morning poll – CBS-Sports’ college hoops top 25-Plus One. Standing at attention from our Commonwealth: Louisville at 17.

Excuse me? Whoever’s running this CBS outfit has to be a Louisville grad!

America’s top 26 and Kentucky is *Nowhere!*

Shock and awe. Somebody better wake up Cawood Ledford. Never mind, he just rolled off his cloud and broke the news to Adolph Rupp. Nowhere. A UFO might have set down atop Rupp Arena.

Looks like time to turn down the volume on call-in radio. Lookin’ at the road ahead, might be time to circle the wagons too.

Among CBS’s top 26, are three future bad boy bunches ready to host John Calipari’s team – No. 2 Kansas, No. 12 Texas A&M, and No. 23 South Carolina.

Louisville? Number 17 Cardinals have established an enviable defensive plateau in time for a run against the ACC’s heavy artillery.

OH KENTUCKY

Following Kentucky’s stunning loss at Auburn last

week, John Calipari praised Derek Willis almost grudgingly. When the coach added, “we really need to get Dom (Hawkins) back,” at least one of us in this state had to smile.

In last days of another January schedule all the ballyhoo and accolades tendered to big name recruits come to Lexington for seven months, and Kentucky’s coach looking for a boost from a pair of native sons. Kids from Madison and Bullitt counties who have mostly have been best-seats-in-the-house window dressing.

Hawkins’ brilliant play against Louisville December 26, was result of opportunity. Chance to settle in rather than look over a shoulder. Chance to grow confidence, become a difference-maker.

Willis’s 31 minutes at Auburn was a simple amalgam of opportunity and reward.

Not new for a Kentucky kid (too short, too slow, too uncelebrated) gone to play in Lexington – under estimated, under valued – then, discovered. A few come-to-mind from a long list of those who, when opportunity came, made it pay for fans who buy tickets to see such things. We remember Thad Jaracz (Lexington), Jim Dinwiddie (Leitchfield), Larry Johnson (Sturgis), Travis Ford (Madisonville), John Pelphey (Paintsville), Deron Feldhaus (Maysville) and Scott Padgett (Louisville), and you can name many more.

PITINO & UNLV?

Rick Pitino to UNLV? On Mondays some in national media herd toss out a

What If or What Might Be that has nothing to do with What Is.

A week ago John Calipari was for sale. \$120 million for 10 years, man from Yahoo wrote. Caused a huge frenzy among Kentucky fans and teevee talking heads. Forty-eight hours later ... fizzle.

This Monday’s buzz (What If) – Rick Pitino to University Nevada at Las Vegas, and with son Richard in tow to become head coach in waiting.

Before logic is thrown out the window we ought ask ourselves: Why would a New York man made gaudy rich by University of Louisville and who has said UofL is his last stop even whisper the unlv? Findings from an NCAA investigation maybe?

Looks from here as if owner of a prime job in a high profile conference east of the Mississippi, would laugh at the suggestion of taking a dead-end gig three time zones away in a desert that would deprive him of attention from eastern time zone media hubs of America.

PERFECT STORM

Kentucky loses to Auburn. Latest in category we can call Perfect Storm, and arguably head-scratcher of the 2016 season.

- ✓ Auburn defied all the numbers. Kentucky tried 17 more shots, 55 to 72, scored four more field goals, 25-21, outrebounded the Tigers, 48-38, including 18 to seven offensive, and outscored Auburn 32-16 in the lane.
- ✓ Kentucky had more assists, steals and fewer turnovers.

- ✓ Individually, Jamal Murray shot 22 times, but had one free throw attempt. Marcus Lee and Alex Poythress tried eight shots, made three, combined for seven rebounds and left heavy lifting to Derek Willis.
- ✓ Consolation.
- Calipari still has a lever the coach hasn’t pulled yet. It’s called The Bench, for those who don’t or won’t do the work.
- Kentucky extended its consecutive games with a 3-pointer to 956.

WORTH REPEATING DEPT.

Signing day for high school football prospects is two weeks away. Meantime, in day and age of the Tweet, Kentucky has a verbal commit for 2017. Never mind the grammar, Darius Lemons, a four star prospect in Clearwater, Florida changed his ‘lean’ last week from Ohio State. “Kentucky Wildcats is now the school I will be leaning too.”

PARTING SHOT

Kentucky coach John Calipari attended his son’s high school basketball game last week. During the action ESPN’s Jeff Goodman offered a tweet. “Brad Calipari drills a 3. Kentucky offer coming soon.”

Goodman was obviously not around when then-UK coach Eddie Sutton handed point guard duties to son Sean in 1989; and coach Tubby Smith did same with his son Saul in 1998. And so it goes.

You can reach me at Bob.Watkins24@aol.com.