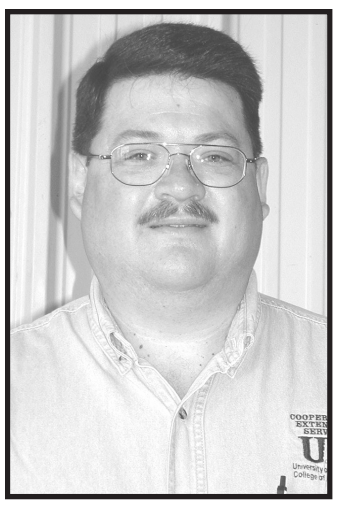
Composting Is A Beneficial Practice



Eric Baker
Estill County Extension Agent for Agriculture & Natural Resources

As the fall season progresses, many folks obtain large amounts of leaves and other yard wastes that need to be removed from their property. Composting is a practice that is beneficial to the environment and at the same time allows property owners to get rid of these different yard wastes in an effective manner. Composting yard and kitchen wastes also reduces the volume of material going into landfills. Yard and kitchen wastes comprise more than 20 percent of the waste generated each year.

When you compost leaves, other yard debris and kitchen waste, a microbial process converts these items into a more usable organic amendment. You can use finished compost to improve soil structure in gardens and landscape beds. Compost also helps the soil hold nutrients and reduces erosion and water runoff. You can use finished compost as a mulch to help reduce weed problems, moderate soil temperatures and conserve soil moisture.

You can compost lawn clippings, old hay, leaves, and other plant materials. You also can compost many kitchen scraps such as fruit and vegetable peelings and cores, coffee grounds, tea bags and crushed eggshells. However, avoid cooked foods, meat, bones, fat or dairy products because they attract animals.

Put your compost pile on a well-drained site that will benefit from nutrients running off the pile. If you are just starting to compost, prepare the pile in layers of materials. This will ensure the proper mixing of materials to aid decomposition. It is best to alternate layers of green leafy material with brush or other woody material. If your compost material contains no soil, sprinkle a little soil or a compost starter in each layer to inoculate the pile with microorganisms. Ideally, the pile should be 1 cubic yard (3 by 3 by 3 feet).

If you are only going to compost tree leaves, layering might not be necessary; simply add leaves as you collect them. When leaves are dry, add moisture. Since dead leaves do not have adequate nitrogen for rapid decomposition, mix them with grass clippings or add high-nitrogen fertilizer to speed up breakdown. For example, add 5 ounces (one-half cup) of fertilizer containing 10 percent nitrogen analysis for each 20 gallons of compressed leaves. To ensure good aeration and drainage, occasionally put down a 3-inch layer of coarse plant material like small twigs or chopped corn stalks, or use a wooden pallet.

The composting process can be completed in one to two months if materials are shredded, turned to provide good aeration, kept moist and supplied with nitrogen and other materials that cater to compost-promoting microorganisms. Otherwise, it may require 12 months. Periodically turn the compost pile once a month or when the center of the pile is noticeably hot. This will help microbes more efficiently break down wastes. The more often you aerate, the more quickly you will have useable compost. Compost is useable when it fails to heat up after turning. Adequate moisture is essential for microbial activity. Water the pile so it is damp but does not remain soggy.

For more information on composting and other environmental topics, contact the Estill County Cooperative 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.

Agriculture Events

Saturday, November 2nd @ 9:00am

Fall Cattle Production Meeting

Attention all cattle producers! The Estill County Cattlemen's Association and the Estill County Extension Service would like to invite cattle producers to a Fall Cattle Production Meeting on Tuesday, November 26th, 6:30 p.m. at the Estill County Extension Office, 76 Golden Court (off Stacy Lane). This event is also the Estill County Cattlemen's Association's Annual Meeting.

Richmond Southern States and Merial will sponsor the catered meal. There will be an educational presentation on winter feeding structures, cattle feeds, and cattle health. Please pre-register by November 22nd.

Making wreaths from natural items has been done since ancient times. In Mediterranean cultures, they were worn on the head to show a person's occupation, social rank and achievements; in the Olympic Games, laurel wreaths crowned the victors. At harvest time, wreaths were made from the gathered crops and hung at the door to show how the gods had blessed the household during the year. These rituals were carried over into Christian practice, and came to symbolise the renewing of life.

- Brenda Weaver

Source: wikipedia.org

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Wishing Well®

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

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.

OVPM VI IBOOVUM PKZJD S
KVNB ZM VJOL TVVR PV
XVGGVU NVJBL VJ.
— DZJ KEXXSGR

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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: **L** equals **H**

FD T LFHIG NEB OIGJ WEUB FZ T
ZTBFEZTW DEGIUB, LI'X LTOI
BE GIWJ EZ BLI HFZXZIUU ED
GTZNIGU.

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Workshops Help With Grief At Holidays

For many people, the holiday season does not always feel like "the most wonderful time of the year."

A special workshop, created and hosted by Hospice Care Plus, will help participants learn how to cope with the holiday season when they are grieving the loss of a loved one.

The workshops will be held Thursdays, November 14 and 21, 2013 in Richmond and Friday, November 22 in Beattyville.

The Thursday, Nov. 14 workshop is 2-3:30 p.m. at Hospice's Compassionate Care Center on Isaacs Lane in Richmond.

The Thursday, Nov. 21 workshop is 6-7:30 p.m. at Trinity PCA Church, just behind Pizza Hut on the Eastern Bypass.

Beattyville's workshop will be held 1:30-3 p.m. at Queen of All Saints Church, Railroad Street.

There is no charge to attend and registration is not required.

Nora Brashear, LCSW, Hospice's bereavement coordinator, says it's normal to feel at odds with the festive spirit of the season when we are grieving.

"The workshop will focus on education about the grieving process, on validating the normalcy of the variety of grief reactions we have, and on the special stresses of the holidays when one is grieving," said Brashear.

The workshop will also include information on common experiences and feelings of grief, the importance of mourning and memorial activities, and will share examples of memorial activities families can incorporate during the holidays.

For questions, contact Hospice Care Plus at 859-986-1500, 800-806-5492 or hospice@hospicecp.org.

Hospice Care Plus is a non-profit organization serving Estill, Jackson, Lee, Madison, Owsley and Rockcastle counties. Services include home hospice care, palliative care, bereavement support, and hospice inpatient care at the Compassionate Care Center in Richmond. All services are provided regardless of ability to pay.

BODY FITNESS CLASSES

The **BODY FITNESS FALL EXERCISE CLASSES** led by Sister Loretta Spotila, RN, will end the **Fall Session** on **Monday, November 25, 2013**

The **Winter Sessions** will begin again in **January, 2014.**

For more information, call **723-8505.**

Homemakers Events

Monday, November 18th @ 10:00am

Mind - Body Connection

Physical activity, flexibility and meditation allow a person to maintain good health and function and to release stress and tension. On Monday, November 18, 2013 at 10:00 a.m. the Estill County Cooperative Extension Service will hold a learning session called "The Mind-Body Connection." Participants will learn about various exercises, stretches and deep breathing techniques and how to incorporate the learned techniques into daily life. The introduction of learned techniques will lead participants toward the prevention of falls, stress release, and a lower risk of some chronic diseases.

This session will be taught by Rachel Abney, Nicholas County Extension Agent for Family and Consumer Sciences. Join us for a fun filled lesson on the Mind-Body Connection!

Thursday, November 21st @ 6:00pm

Pull Cream Candy Workshop

Estill County Extension Homemakers and the Estill County Extension Office will be hosting a Pull Cream Candy Workshop on Thursday, November 21st at 6:00 p.m. at the Extension Office. Cost: $3.00. Please call to register, 723-4557

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Stickeler's Answer

Stickelers Answer

START, STARE, SHARE, SHORE, CHORE, CHOSE

Stickeler's Puzzle on Page 13

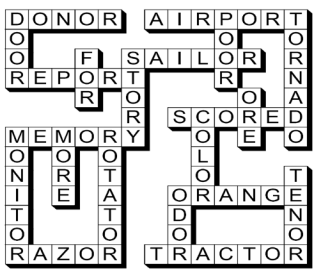
True Vine Ministries
102 River Drive, Irvine
Sunday Services
10 a.m. and 6 p.m.
Terry Barnes, Pastor
Everyone Is Welcome!

Puzzle Answers

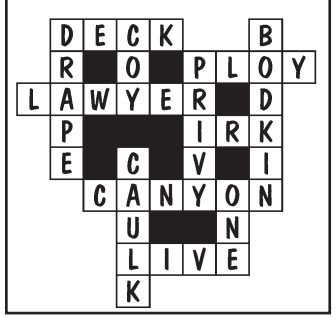
November 13, 2013

Puzzles4Kids

Answer



FEAR KNOT answer



Letter Box

Solution

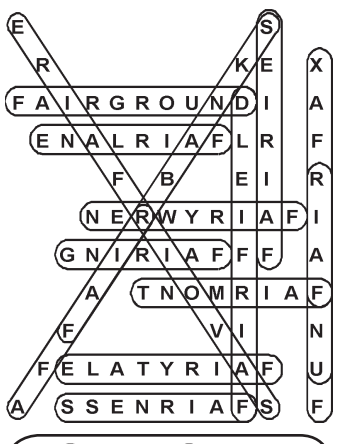
T	I	Q	Z	O	L	C	Y	U
Y	L	U	T	I	C	O	Q	Z
C	O	Z	Y	Q	U	I	L	T
O	Z	T	Q	L	Y	U	C	I
U	Y	I	C	Z	T	L	O	Q
Q	C	L	I	U	O	T	Z	Y
I	T	Y	O	C	Q	Z	U	L
Z	U	O	L	Y	I	Q	T	C
L	Q	C	U	T	Z	Y	I	O

Even Exchange

answers

1. Camper, Casper
2. Tough, Touch
3. Hangar, Hanger
4. Swept, Slept
5. Pause, Cause
6. Meddle, Middle
7. Allow, Alloy
8. Rhine, Rhone
9. Prove, Prose
10. Silver, Oliver

FAIR WORDS



Weekly SUDOKU

Answer

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

CryptoQuote

answer

Lots of fellows think a home is only good to borrow money on.
— KIN HUBBARD

CryptoQuip

answer

If a hiker got very lost in a national forest, he'd have to rely on the kindness of rangers.

King Crossword

Answers

Solution time: 21 mins.

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

Bible Trivia Answers

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

ANSWERS: 1) Neither; 2) Emerald; 3) Galatians; 4) Lamech; 5) Theophilus; 6) Abraham