

**Eric Baker**  
Estill County Extension  
Agent for Agriculture  
& Natural Resources

Winter is officially here. Horses must have an appropriate level of nutrition to stay healthy through our Kentucky winter. Here are some ideas to consider when feeding your horses this winter.

According to Bob Coleman, Extension horse specialist, the first thing every horse owner should do is assess the horses' body condition scores, or the amount of fat they are carrying. This is simple numeric system, ranging from 1 to 9 that will help you adjust your horses' diets so they are carrying the perfect amount of body weight. If you need help with this, the University of Kentucky Cooperative Extension Service published a fact sheet titled, "Condition Scoring Your Horse," and

## Cold-Weather Nutrition For Horses

you can contact our office to receive a copy. Using this system will help you keep feed costs down and your horses' health and well-being in top shape.

No matter your horses' body condition scores, one of the most important aspects of feeding horses during the winter is being able to provide a source of good-quality forage. Without question, this is a difficult task considering the current availability of affordable, good-quality hay. But unless you have a well-planned rotational grazing system in place and have stockpiled forage that will last until spring, purchasing hay is essential. Square or round bales are perfectly acceptable when correctly managed; however, you will have a better idea of how much hay your horses are eating when providing them with square bales on a daily basis.

Unless you are raising broodmares or growing horses, most horses should be fed at least 50 percent of their total daily diet as forage. For an average 1,000-pound horse fed at 2 percent body weight per day, that would be at least 10 pounds of hay per day. In addition to providing nutrients, hay also supplies heat to the horses through the digestive process.

It's best to provide hay in some sort of feeder when you are group feeding your horses outside. In most situations, a hay feeder will reduce the amount of wasted hay by 20 percent or more. Horse owners have a couple of other forage alternatives to hay such as hay cubes or complete feeds that contain a high level of fiber, such as beet pulp. These may be more expensive in the long run, but offer another way to provide a source of fiber to your horses.

If your hay is of high-nutritive value and your horses are maintaining their body condition scores throughout the winter, you may not have to provide a source of grain at all. However, if your horses are not meeting their nutritional needs with hay alone, you can add grain to their diet. Remember, grain should supplement a horse's diet as a majority of their nutrient needs should be met by the forage source.

Water is an essential nutrient that you need to monitor very carefully during the winter months. In general, horses tend to increase their consumption of water when consuming more dry matter or harvested forages.

But, they tend to not want to drink really, really cold water. Therefore, it's important to make sure you provide fresh water daily on a free-choice basis. When the temperature dips into the 30s and below, water tanks may freeze up. Be sure to check them at least twice a day and break the ice up if needed so the horses can drink. You can also install a water tub or bucket heater to keep the water from freezing. When installed properly and monitored closely, these can be helpful tools to keep fresh water available at all times for your four-legged friends.

Make sure you especially monitor older horses that have trouble keeping weight on during the year. They may need some special attention to keep them in good weight throughout the winter.

Using these simple tools can help you take horses through the winter in good health and body condition. If you have questions about your horses' diet, 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.*



Salt is commonly used to de-ice roads in winter, but its long-term effects are a problem. It corrodes metal finishes on vehicles and damages concrete structures. It contaminates roadside waterways, raising the salinity of the water. It harms vegetation, organisms in the soil, wildlife and domestic pets. Safer alternatives are sand, ashes, kitty litter or commercial products such as EcoTraction.

Source: water.greenventure.ca

- Brenda Weaver

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## Stickeler's Answer

### Stickelers Answer

61161

The others all share 17 as a factor. 61161 does not.

Stickeler's Puzzle on Page 13

# Grand Jury returns indictments

### Continued from Page 1

Police Chief Brad Smith is the investigating officer.

Robert Harvey, 43, and Shonna Denal Rogers, 40, both of 4th Street, Ravenna, were named as co-defendants in a six count indictment.

Harvey is charged with trafficking in a controlled substance, first degree, first offense. The indictment says that he sold 1/2 30 mg oxycodone to a confidential witness on October 15, 2013. Rogers is charged with being complicit to Harvey's action.

Both are charged with possession of marijuana and drug paraphernalia.

Harvey is charged with possession of a controlled substance third degree. The indictment says he had two alprazolam and other controlled substances in his possession.

Rogers is charged with tampering with physical evidence. The indictment states that she swallowed a marijuana roach.

Irvine Officers Karl Rifenbark and John Sturniolo conducted the investigation.

Timothy Puckett aka "Mighty Mouse", 26, of Armour Street, Irvine was indicted for trafficking in a controlled substance first degree, first offense and being a second degree persistent felony offender.

The indictment says that Puckett sold one 30 mg oxycodone pill to a confidential witness on October 21, 2013. He has previously been convicted of a felony.

IPD Officer Rifenbark investigated.

Justin Mosley, 21, of Crabtree Lane, Irvine, was indicted for promoting contraband, first degree and possession of a controlled substance, third degree.

The indictment says that on October 25, 2013, Mos-

ley knowingly introduced dangerous contraband into a detention facility. It adds that Mosley had 18 Xanax and 2 Lortab in his possession.

Officer Sturniolo was the investigating officer.

William Kristopher "Kris" Bray, 34, of Richmond Road, Irvine was named in a four-count indictment.

Bray was indicted for promoting contraband, first degree, possession of a controlled substance, third degree, possession of marijuana, and being a second degree persistent felony offender.

The indictment says that Bray introduced dangerous contraband into a detention facility on October 25, 2013. He reportedly had a Suboxone strip and marijuana in his possession. Bray has previously been convicted of a felony.

Officer Sturniolo conducted the investigation.

Joseph Ryan Hurst, 33, of Stevens Avenue, Irvine was charged with trafficking in a controlled substance, first degree, first offense, and first degree persistent felony offender.

Hurst allegedly sold one 30 mg oxycodone to a confidential witness on October 21, 2013. The indictment states that he has been convicted of two prior felony offenses.

Captain Adrian McKinney conducted this investigation.

Robert M. Stevens, 35, of Bloomfield, Ky. was indicted for sexual abuse, first degree, victim under 12 years of age.

The indictment said the offense occurred between January 1, 2002 through December 31, 2002. It adds that Stevens forced the child to sexual contact by forcible compulsion.

KSP Trooper Mitch Harris is the investigating offi-

cer. A five-count indictment was returned against Michael A. Eversole, 52, of White Oak Road, Irvine.

The indictment charges Eversole with trafficking in marijuana (less than 8 oz.), first offense, trafficking in a controlled substance, first degree, first offense, drug paraphernalia - buy-possession, possession of a controlled substance, first degree, first offense (methadone), and possession of a controlled substance, third degree (suboxone).

The indictment states that Eversole sold one oxycodone tablet to a confidential informant on October 22, 2013 while he had 96 10mg oxycodone tablets in his possession.

The indictment adds that Eversole had marijuana, digital postal scales, bag full of needles, syringes, and other paraphernalia, 13 10 mg methadone tablets, ad 8mg. sublingual films in his possession.

Officer Rifenbark was the investigating officer.

Roger Harvey, 32, of Drip Rock Church Road, Irvine was indicted for burglary first degree and possession of burglary tools.

The indictment says that on October 29, 2013, Harvey entered the residence of Tim Dixon with the intent to commit a crime. It adds that Harvey was armed with a dangerous weapon. He allegedly had a pry bar in his possession.

Officer Rifenbark conducted the burglary investigation.

Justin T. Clark, 24, of Campbells Branch, Irvine was indicted for fourth degree assault, a misdemeanor.

The indictment says that he caused physical injury October 24, 2013 to Bon-dale Richardson.

Deputy Josh Rison conducted the investigation.

Christopher S. Riddell, 39, of Substation Road, Irvine was indicted for assault fourth degree, (domestic violence), minor injury, also a misdemeanor. The indictment states that on October 5, 2013, Riddell caused physical injury to Marena Mills.

The investigating officer was KSP Trooper J. Hall.

Because the charges against Clark and Riddell are misdemeanors, they will be remanded back to district court.



## Wishing Well®

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

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.

XIQQL, XCPH MCVNPHS,

XINHN CGN UHWHJCLCZX

HJJHLGN MVHW GZPHW CW

XZKQH FEZWGCGCHN.

- XIKA AEWNZWS

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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: U equals M

UX GZCDIT SVLDT UD KY JYYL

SK S AYYVD GSZU VYUDEYTX

OST KYJT OCU SEYQK, VY C

KYYL S ASITDZ.

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# Puzzle Answers

December 11, 2013

### Puzzles4Kids

Answer

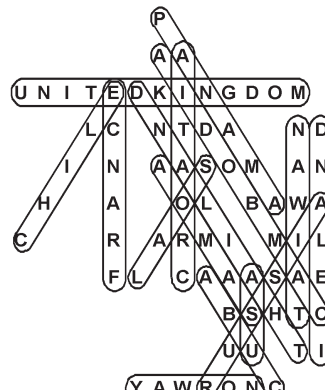
|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| O | F | C | I | O | U | R | S | E | M | I | N | E |
| K | A | N | U | N | A | S | O | W | H | A | T | A |
| Y | U | C | K | Y | Y | U | W | H | E | N | O | T |
| I | W | O | N | Y | O | W | O | T |   |   |   |   |
| A | F | L | A | H | C | A | L | M | D | O | W | N |
| L | A | H | A | H | O | N | O | W |   |   |   |   |
| A | T | L | A | S | T | R | A | T | S | O | U | C |
| S | H | O | I | R | A | Y | G | O | U | C | H | O |

### Letter Box

Solution

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| D | O | Y | A | E | R | H | V | C |
| V | R | C | D | O | H | E | Y | A |
| H | E | A | V | Y | C | O | R | D |
| O | D | V | E | H | Y | A | C | R |
| A | C | E | R | V | O | Y | D | H |
| R | Y | H | C | D | A | V | O | E |
| E | A | D | Y | R | V | C | H | O |
| C | V | O | H | A | D | R | E | Y |
| Y | H | R | O | C | E | D | A | V |

ALL FLY A RED, WHITE AND BLUE FLAG



### CryptoQuote

answer

Logic, like whiskey, loses its beneficial effects when taken in large quantities. - Lord Dunsany

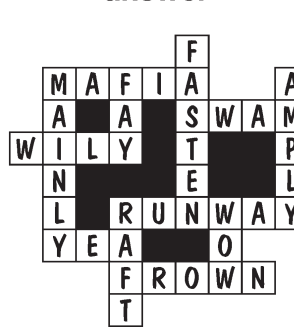
### CryptoQuip

answer

My friend asked me to look at a goose farm somebody had told him about, so I took a gander.

### FEAR & KNIGHT

answer



### Even Exchange

answers

1. Adapt, Adopt
2. Bikini, Biking
3. Solve, Salve
4. Empire, Umpire
5. Clock, Cloak
6. Drift, Draft
7. Diaper, Dipper
8. Twine, Twice
9. Brink, Bring
10. Cooper, Cooler

### Weekly SUDOKU

Answer

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

### King Crossword

Answers

Solution time: 21 mins.

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

### Bible Trivia Answers

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

ANSWERS: (1) New; (2) Nazareth; (6) Silver; Engaged; (4) Herod; (5) Bible not specific; (3) Nazareth; (6) Silver