

Tenants grow vegetables in raised beds

Many residents of Mountain Crest, a government housing project in Irvine, are getting the opportunity to grow their first garden ever. A few of them have gardened before.

One look at the rows of 4 feet wide by 10 feet long raised beds tell you that a few of them were not born with green thumbs. All the residents had the opportunity Monday afternoon to get answers to their gardening questions from a professional.

Rick Durham told the residents that he grew up in Lincoln County. As a child, he learned to "car garden" with his grandfather. After they harvested their produce, his grandfather drove the car to the town seat, Stanford, where went from house to house selling produce out of the car.

Durham said his grandfather got him interested in gardening, which helped him to choose the job he has today. He is a consumer horticulturist specialist at the University of Kentucky.

Durham explained two reasons why the residents should stake their tomatoes. He said a strong windstorm will blow the tomato plants over. More importantly, a stake keeps the fruit

off the ground.

He showed the residents how to sucker their tomatoes to get a better yield, as commercial gardeners do.

Plants can be set a little closer together in raised beds, but Durham said some of the plants, such as corn, were planted too close together, even for a bed.

Potatoes were planted as thickly in a 12x12 bed, but that closeness didn't matter as much as corn.

"Generally, you can start looking for potatoes when you see blooms on top," he said.

"I've seen lots of bees here," Durham stated. The bees aid in the pollination of some vegetable plants.

Durham said that normally you can not plant enough corn in raised beds for it to pollinate correctly, but he said there should be no problem with corn pollination with number of beds having corn in them.

Eric Baker, Estill extension agent for agriculture, picked several Mexican potato beetles off plants. Those small beetles are hard shelled with spots. Besides potatoes, they are usually found on green beans and tomato plants.

Colorado potato bugs were also found on the plants. These bugs are soft shelled and have stripes on their backs.

Baker recommended those two insects be picked off the plants and killed when they begin infestation. The residents stated they were going to use Sevin.

Baker recommended they change the pesticide they use each year because the insects grow immune to it. He also told the new gardeners to only spray with Sevin late in the evening, after the bees are not still working then.

Durham said there is no evidence that marigolds keep pests out of gardens.

"I'm all for putting flowers in the garden which draws insects which are beneficial," he stated.

Weeds grow in gardens, and they are sometimes worse than insects. Three such plants were found growing in one bed.

Bind weed appeared to have killed a couple of tomato plants. Growing nearby was morning glory, a similar looking plant.

But of the biggest concern to Durham was the poison ivy in the middle of a bed. The motto

is "leaves of three, leave it be," but Durham said take a shovel, remove the plant and some of the surrounding dirt.

One gardener had used hardwood mulch, but Durham said there are much better alternatives. One of them is old hay. Another is compost. One resident was very interested in starting a compost pile.

He said water infrequently but thoroughly until the water reaches 5 to 6 inches deep. He said if the plants are covered with straw, one should only have to water every 4 or 5 days.

Debra Rogers said the hous-

ing authority has 20 garden beds which are 4x12 feet and three which are 12x12 feet.

"It's been real exciting," she stated. "They've helped each other. They've met their neighbors."

The gardens have been a partnership between many local organizations.

Judge/Executive Wallace Taylor had two piles of dirt delivered to the housing project.

Meade's Do-It Center donated a lot of materials for the beds.

A group of volunteers from Trinity Hills United Method-

ist Church helped to build the raised beds while they were staying at Aldersgate Camp. The maintenance staff at the housing authority also constructed beds.

Mark Reece, Tom Bonny, and John Witt from Wiseman-town United Methodist helped the residents plant their beds.

Plants and seeds were purchased for the residents by West Care which had received an Appalachian Grow grant.

Innerfaith Wellness has also partnered with the housing authority on this project.

Starting on June 2 applications will be taken for:

- Miss Estill County Open Beauty Contest – Ages 16-21
- Miss Estill County Open Teen Beauty Contest – Ages 13-15
- Miss Estill County Pre-Teen Pageant (Closed) – Ages 8-12

Pageant dates:

- Miss Estill County Pageant & Miss Estill County Teen - Monday, June 30, 2014 - Estill County Fairgrounds
- Miss Estill County Pre-Teen Pageant - Tuesday, July 1, 2014 - Estill County Fairgrounds

Pageant entry deadline for all 3 pageants – Saturday, June 28, 2014

For more information or an application call Gina Flynn (606) 975-5851 or Email Gina at <gina.flynn@estill.kyschools.us> or applications can be picked up at the Estill County Extension Office.



Rick Durham checks garden plants for pets on Monday afternoon at Mt. Crest. Ag agent Eric Baker looks on.

THE ILLUSTRATED BIBLE

Repay no one evil for evil. Have regard for good things in the sight of all men. If it is possible, as much as depends on you, live peaceably with all men.

ROMANS 12:17,18



Holy Family With a Bird by Simon Vouet (1633)

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June 14th Holes for Hoops

The Estill County Boys Basketball supporters will be hosting a "Holes For Hoops" Golf Scramble on Saturday, June 14th at the Estill County Golf Course.

Entry fee is \$50 per person or \$200. for a team of

four. There will be all kinds of prizes.

Come out and support the boys basketball program at Estill County High.

Contact Rebecca Click at (606) 643-5569.

State Softball Winners

- 1995 - Reidland* (1) @Owensboro
 - 1996 - Christian County (2) @Owensboro
 - 1997 - DuPont Manual (7) @Owensboro
 - 1998 - Owensboro Catholic (3) @Paducah
 - 1999 - Owensboro Catholic (3) @Owensboro
 - 2000 - DuPont Manual (7) @Jeffersontown
 - 2001 - North Laurel (13) @Jeffersontown
 - 2002 - Reidland (1) @Hopkinsville
 - 2003 - Owensboro Catholic (3) @Hopkinsville
 - 2004 - Calloway County (1) @Owensboro
 - 2005 - Owensboro Catholic (3) @Owensboro
 - 2006 - Ryle (9) @Jeffersontown
 - 2007 - Greenwood (4) @Jeffersontown
 - 2008 - Greenwood (4) @Owensboro
 - 2009 - Owensboro Catholic (3) @Owensboro
 - 2010 - Reidland* (1) @Owensboro
 - 2011 - Allen County-Scottsville (4) @O'boro
 - 2012 - Mercy (6) @Owensboro
 - 2013 - Greenwood (4) @Owensboro
 - 2014 - Scott County (11) @Owensboro
- *Merged into McCracken County

Bob Watkins' Sports In Kentucky

Mitchell's philanthropy at UK would draw a Bully! from TR (kinda, sorta)



Bob Watkins

The American Institute of Philanthropy (AIP) changed its name the other day to CharityWatch.

I like the original better, don't you? Never mind, the bottom line part is who's who on the list, right? American philanthropists give away money of their own for the betterment of worthy causes beyond themselves.

On the list: Bill Gates ... Warren Buffett ... Henry Bloch ... 50 Cents, and Matthew Mitchell.

Mitchell on the list? Just kidding, but it's true, a University of Kentucky ball coach has gone philanthropic. With fanfare of course.

"Bully for you young man. That's Bully." Teddy Roosevelt would approve.

Mitchell giving back is wonderful isn't it? Well, sort of.

The UK ball coach intends to allot 100 grand from his pay every year for 10 years, giving back to UK department of athletics.

Maybe Mitchell read another remark from TR. "Do what you can, with what you have, where you are."

Loving where he is, the University of Kentucky, I can understand and appreciate. But forgive me a bit of fiscal cynicism here. Isn't

this more like a department employee taking a pay cut? Coaching at Kentucky Mitchell makes \$1.1 million-a-year.

Putting \$100,000 back into Mitch Barnhart's budget looks to be short on philanthropy and long on theater. And the deal came two weeks before John Calipari said no to a reported \$70 million offer from Cleveland Cavaliers then signed a new \$52 million seven year deal with UK.

All things considered, Mitchell's deal shakes out kind of showy, don't you think?

Never mind. The larger impact here could be less about Mitchell's place on a list with Gates, Buffett and 50 Cents than a subtle challenge.

To wit: "Okay, Cal, you and your overpaid ball coach pals around the country - while the pizza delivery kid has his fingers crossed for a minimum wage increase so he can afford \$3.85-a-gallon of gas to deliver your pie on time, let's see what you got!"

Will be a treat won't it, next time the American Institute of Philanthropy issues its list, to see who's who?

WORLD SERIES III

Hat trick. The Louisville Cardinals are headed to the College Baseball World Series for third year in a row. A record 6,000 fans watched UofL come from behind, beat Kennesaw State, firm up a 49-15 record and head to Omaha.

With only the NBA playoffs and early going in Major League Baseball to compete, and the MLB draft as lead-in, the College World Series in America's heartland has a perfect niche for television cover-

age and potential to become a fan favorite in college sports. Under the commercial heading: "These are tomorrow's Big Leaguers." If only college baseball would eliminate aluminum bats.

MOST FUN JOB IN COLLEGE HOOPS?

Most fun job in college basketball next season?

Eliminate the face-of-the-gamers: Krzyzewski, Pitino, Calipari and Izzo. Too rich, too much media, too pressured and too encumbered by self-importance.

Scratch off the crowd of so-called mid-major coaches. Not as much pressure maybe, not enough media and too focused on jump to next job.

Instead, pick a man with big charm, bigger charisma and talk-all-day baloney. A risk-taker who, after being caught cheating, fell from so far from grace he landed in an ESPN studio expert chair next to the king of hot air, Dick Vitale.

With an NCAA probation that ends August 24, still a connect to ESPN, a new pay grade (\$2.2 million a yea), a new arena, new pep rally optimism and nowhere to go but up, it's Bruce Pearl at Auburn.

The new darling of college hoops, Pearl will coach a team that hasn't played in an NCAA Tournament since gasoline was \$2 a gallon (11 years ago). We get a look-in December 4 when ESPN or the SEC Network sets up in Lubbock, Texas. War Eagles play Tubby Smith's Texas Tech Red Raiders.

Pearl will make the season fun to watch.

NEW BUZZ WORD?

Sports debuts a new buzz

word most every calendar year. For the academic year 2014-15: Autonomy. Next stage in process of eliminating the NCAA as governing body for college sports, this is it.

The SEC, Big Ten, Big 12, Pac-12 and ACC, or Power Five, all with television contracts that make millions, want more control over how they operate. High on that agenda, "full cost of attendance for scholarship athletes."

Translation:

✓ Pay athletes even with inevitable bid wars for players.

And, the Power Five wants autonomy to:

✓ Write its own student-athlete eligibility rules.

✓ And, keep all revenues which could mortally wound outside-looking-in conferences and mid-major athletic programs.

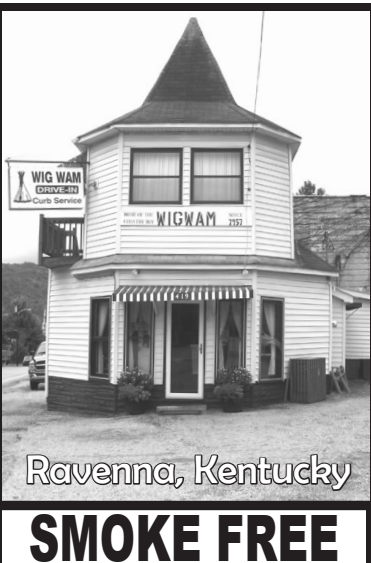
✓ Pandora's Box. If the Power Five prevails the NBA and NFL will have a rival instead of a farm system.

An NCAA steering committee will address the issues in August. Officials from the SEC have already hinted the league could split from the NCAA.

KEEPIN' 'EM HOME DEPT.

Seems only yesterday Matt Elam was the in-state prospect Kentucky desperately needed to keep at home. Today, fans around the Commonwealth need only look at Madison Southern's Damien Harris's list of schools he's considering to know he's 2015's Must-Keep-at-Home candidate - Michigan, Florida State, Alabama, Ohio State, Notre Dame, Oregon and Kentucky.

And so it goes.



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