

**Wanderings
from the
Woods
& Water**
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90 Degree Deer

I like to fish, but I love to hunt. Even with the 90 degree weather and crazy humidity I am thinking about deer hunting. I am thinking about what I need to be ready for opening day of deer season. Here is a list of

things to do in order to get prepared to shoot a big freak buck!

1. Bow and rifle ready.

Now is the time to get your bow and rifle sighted in. How many times have you been caught trying to

get your bow or rifle sighted in the evening before opening day? Get your rifle zeroed now and get ahead of the game. When it comes to a bow practice makes perfect. If possible shoot a few arrows each day to get ready for when the big boy walks under your stand.

2. Talk to Land Owners

Now is the time to get out and get permission to hunt new land. I am sure there are some farmers that would trade hay work for deer hunting. Summer is a good time to go see the land owners that you have permission to hunt on. Check in to be sure you still have permission and what kind of deer activity they have been seeing. Finding out you lost permission a few days before season would make for bad times.

3. Trail Cameras

Right now is the time to get the trail cameras out. It's a good time to survey the deer on your property to see what's in store. Trail camera information can help you bag the big buck that runs your property.

4. Mineral

Get your deer mineral out. The deer need it right now for antler growth and milk production. Put it out in front of your trail camera to aid in your deer inventory.

5. Clear Paths

Summer is a great time to get out and clear paths to your stand. Clear paths make for quiet walks to stand during season. Quiet

goes a long way to shooting a good buck.

6. Check Gear

Right now is a good time to get all your gear in working order. It's easier to replace needed items over a few months than overnight the day before season.

7. Get In Shape

Every year a lot of deer hunters die due to heart attacks. Taking a few minutes each day to walk and exercise will help you when deer season rolls around. Cutting some of the weight sure does make it a lot easier to climb up in a stand. If you're in shape makes easier to sit in the stand longer.

8. Predator Control

Coyotes are legal to shoot. So get out early do some pup and fawn distress calls to bring the coyotes in. Killing coyotes will ultimately help your deer herd. Plus there is nothing else to hunt so go shot coyotes! Until next week get out and enjoy Gods creation!



Brian Reeder with a nice 2013 buck.

Marcum & Wallace Memorial Hospital has been named "Top 100" Hospital

Marcum & Wallace Memorial Hospital (MWMH) has ranked among the Top 100 Great Community Hospitals in the nation. In a list recently released by Becker's Hospital Review, the 2014 list of "100 Great Community Hospitals" was based on hospitals' accolades, quality of care and services provided to their patient populations. MWMH was one of three hospitals recognized in the state of Kentucky.

employees live in the region MWMH serves, so that's what makes this award even more special.

The Becker's Hospital Review editorial team selected hospitals for inclusion based on rankings and awards from various organizations, including the American Hospital Association. Also taken into consideration was the Top 100 Critical Access Hospital list, which indicates the critical access hospital performs as well or better at the median overall than all U.S. general acute-care hospitals in clinical and operational performance and financial outcomes.

Marcum & Wallace Memorial Hospital is a licensed Critical Access Hospital with a Level IV Trauma Center, characterized by its family-centered care, community involvement and progressive ideas in healthcare. MWMH has modern facilities, state-of-the-art equipment,

"The team at Marcum & Wallace continuously strives to give the patients in our region the highest quality of care possible," said Susan Starling, MWMH President & CEO. "It's nice to receive recognition for being a great community hospital because that's what is at the heart of our mission. Our hospital is here for the community we serve and our success is a result of the community support of our hospital." Starling also said most of the 175

Estill Sr. Citizens hosts will clinic, power of attorney

The Estill County Senior Center, in collaboration with Legal Aid of the Bluegrass, will host a Wills and Power of Attorney Clinic on Thursday, July 10th at the senior center. Free services provided by Legal Aid include; Last Will and Testament, Power of Attorney and Living Will. You must pre-register by 3 p.m. on Monday, June 30th at the Estill County Senior Center.

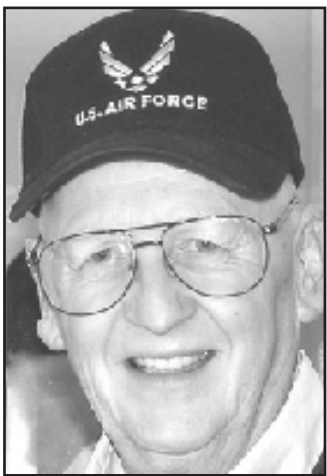
tions you may have. They will then type the documents and bring them to the Estill County Senior Center on July 10th. You will meet with the attorney on that day to complete the process.

The Wills and Power of Attorney Clinic is free to residents of Estill County age sixty and older. To pre-register, stop by the Estill County Senior Center located off Stacy Lane at 100 Golden Court to pick up your packet and complete the registration form. The senior center is open Monday thru Friday 8 a.m. until 4 p.m., except Wednesday's when the office closes at 1 p.m. For more information please call (606) 723-4787.

Upon registration you will receive a Wills and Power of Attorney packet. You will complete the pages of the packet that pertain to your needs. A representative from Legal Aid will contact you by phone to review the packet and answer any ques-

Bob Watkins' Sports In Kentucky

A sit-and-chat-awhile list, who would be on yours?



Bob Watkins

Getting old, how much dearer the afternoons. How mellow and pleasing, the quiet. We see more, listen better and hold the tongue more easily than before. Minutes have new value and hours can be sweet as strawberry ripple in June. And melt at much the same speed.

At dusk fire flies kindle fond memories on the front porch and a breeze simply has to be a kiss from angels. When sun climbs down to a tree line, if you're like me, a grateful sigh comes along followed by a barely audible whisper, "thank you ... for this day."

Sunsets are dearer too and we're more circumspect about life. For me, from places I've traveled, people I've known, read about, admired (and not), a question always rises. The one in this photograph.

With whom would I most like to have a sit-on-a-bench-and-chat-awhile experience? And, what

question would I most like an answer?

Who would be on your list?

This week, at random, a few on mine.

Mark Twain. If you had a re-write for, "I have been on the verge of being an angel all my life, but it's never happened yet," how would it go?

W.P. 'Bill' Kinsella. Your novel *Shoeless Joe* (1982) became arguably the best sports motion picture of all time. What did you think of *Field Of Dreams*?

Roberto Clemente. We miss you. Tell me, what's it like, Heaven?

Ted Williams. Explain your thinking on having your head frozen for eternity?

Mark McGuire. Didn't have to cheat, did you, big guy?

Pete Rose. Cheating for more money earned a ban from Baseball's Hall of Fame. Why is "I'm sorry," not enough?

Ed O'Bannon. Are you proud being point man to make college basketball into a professional sport?

Dan Snyder. Embattled owner of Washington's NFL team, this question: When you step to line of scrimmage at th Great Super Bowl in the sky, what if Referee is native American?

Roy Williams. Will Rashad McCants' teammates bring out their transcripts? Fair enough, right Roy?

Laura Hillenbrand.

The Garden Bug

Slugs can devour several times their own body weight in one night, leaving gaping holes in leaves, torn foliage, and slime trails in their wake. Hostas and lettuce are their most common targets, but many other garden favorites are also susceptible. To trap them, take a shallow container, bury it even with the soil level and fill it with beer to within an inch of the rim. The slugs are attracted to the yeast in the beer and drown. Change the beer every few days.

- Brenda Weaver
Source: organicgardening.com

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