

Estill County "Excite Night"



Bicknell #5, Beth, celebrates a birthday

Birding BITS BY Cindy Brook

Ground Food Mix
I've started mixing safflower seed and unsalted peanuts with white proso millet to toss on the ground. Sure, squirrels do get some peanuts, but so do brown thrashers, blue jays, tufted titmice and cardinals. Ground feeding is a wonderful way to bring birds into your backyard. Happy birding!

E-mail: birdingbits@cfl.rr.com
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Grandparents United Distributes Pillows

Members of the Estill County Grandparents United program know firsthand how children react to life altering situations and wanted to do a little something about it. Members of the group stitched together pillows that emergency personnel can give as comfort when they receive calls that involve children. Operation Bear Hug pillows were distributed to several emergency responding agencies throughout the county.



Grandparents United members meet with Irvine Police Chief Brad Smith



Grandparents United members meet with Ravenna Police Chief Ken White



Grandparents United members meet with Estill Sheriff Gary Freeman

Chip in for the Cure
Pink Paradise Luau

Join us on Saturday, October 10
Estill County Golf Club
Noon Golf Scramble
6 p.m. Pink Paradise Luau

For event tickets, sponsorship details or more information, contact Arielle Estes at 606-726-2119 or arestes@mercy.com

Luau includes live and silent auctions, buffet dinner, music by Caribbean Blues Band, caricatures, limbo, hula contest and more!

Putt in pink and add a little hula to help us kickoff our 3-D mammography campaign!

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