

Marcum & Wallace Hospital

Hospital Sleep Study Center Receives Program Accreditation

Marcum & Wallace Hospital (MWMH) Sleep Study Center recently received program accreditation from the American Academy of Sleep Medicine (AASM). To receive accreditation, a sleep study center must meet or exceed all standards for professional health care as designated by the AASM. These standards address core areas such as personnel, facility and equipment, policies and procedures, data acquisition, patient care and quality assurance. Additionally, the sleep center's goals must be clearly stated and include plans for positively affecting the quality of medical care in the community it serves.

"We were required to meet the high standards to earn accreditation as a sleep study center," said Sharon Whitaker, MWMH Radiology and Sleep Director. "Marcum and Wallace Hospital Sleep Study Center is an important resource to the local medical community and provides the highest quality care for patients

suffering from sleep disorders." MWMH Sleep Study Center, directed by Board Certified Sleep Disorder Physician Rajan Joshi, MD, is a state-of-the-art diagnostic facility where patients sleep in a comfortable, private room while specialists monitor sleep patterns, oxygen levels, heart rate, respiratory effort and muscle movement. MWMH also offers in-home sleep studies where patients are given equipment to wear at home during sleep and the results are interpreted by Dr. Joshi.

If you are tired during the day, have shortness of breath while lying flat at night or snore at night and keep your spouse awake, we can help diagnose insomnia, narcolepsy, sleep apnea and other sleep disorders that are preventing you from getting a good night's sleep. For more information about a comprehensive diagnosis and treatment of a sleep disorder at MWMH, call 606-726-2120.



Marcum & Wallace Hospital Sleep Study Specialist Jennifer Rose-Hensley, RPSGT, in one of the private rooms in the state-of-the-art diagnostic facility that recently received accreditation from the American Academy of Sleep Medicine. (Courtesy of Arielle R. Estes, MWMH)

Wishing Well®

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

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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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: F equals T

PH DBT AB IAPFPYC HBZ R
 GBGTJRZ VIILJD YIVNSRCRKYI,
 P NTGGBNI DBT'ZI CIFFPYC FB
 VBZL BY FPSI.

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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.

OQL VLDNALX ZTTV HNYOLP
 QYP ATAPLAPL YA ULOOLN
 VDAEJDEL OQDA OQL
 JAVLDNALX, UJO POYVV 'OYP
 ATAPLAPL. — ULA ZNDAWVYA

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Puzzle Answers

September 6, 2017

Puzzles4Kids

Answer
 SENIOR O RINSE
 DIAPER I DRAPE
 DAYTON N TODAY
 CHOKER K CHORE
 SALINE E NAILS
 HOLLER R HELLO
 TWISTY S WITTY
 GIANTS A STING
 VOWELS W LOVES
 STREAM E TRAMS
 ARMIES I SMEAR
 BAGGED G BADGE
 RESHIP H PRIES

FEAR & KNIGHT

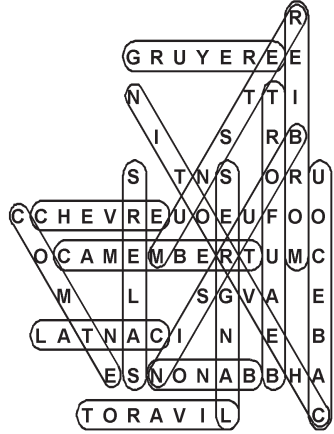


Letter Box

Solution

L	I	E	K	V	C	M	S	O
M	C	O	S	I	E	V	L	K
K	S	V	O	M	L	E	I	C
E	O	K	I	L	V	S	C	M
C	V	M	E	O	S	L	K	I
S	L	I	C	K	M	O	V	E
O	E	C	L	S	K	I	M	V
I	M	L	V	C	O	K	E	S
V	K	S	M	E	I	C	O	L

FRENCH CHEESES



CryptoQuip

answer
 If you do editing for a popular weekly newsmagazine, I suppose you're getting to work on Time.

CryptoQuote

answer
 The learned fool writes his nonsense in better language than the unlearned, but still 'tis nonsense. — Ben Franklin

Even Exchange

- answers
- Ballot, Ballet
 - Dover, Diver
 - Motel, Model
 - Arcade, Arcane
 - Elmer, Elder
 - Lather, Letter
 - Fable, Table
 - Glass, Gloss
 - Older, Odder
 - Bikini, Biking

Weekly SUDOKU

Answer

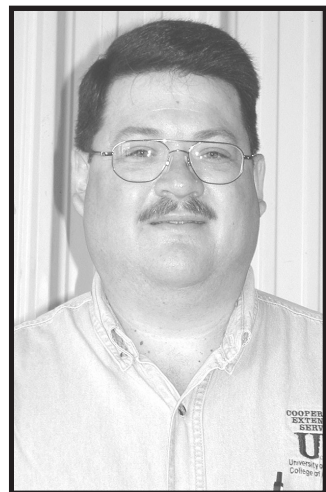
3	8	4	2	7	6	9	1	5
2	7	1	4	9	5	6	3	8
5	9	6	8	1	3	4	7	2
7	3	9	5	2	4	1	8	6
1	2	5	7	6	8	3	9	4
4	6	8	1	3	9	5	2	7
8	5	3	9	4	2	7	6	1
6	1	2	3	5	7	8	4	9
9	4	7	6	8	1	2	5	3

King Crossword

Answers
 Solution time: 27 mins.

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

Green, Healthy Lawns



Eric Baker
 Estill County Extension Agent for Agriculture & Natural Resources

We all admire a green, healthy lawn. A healthy lawn requires a lot of work. One of the key factors for a healthy lawn is proper soil fertility.

Kentucky lawns vary in the amount of fertilizer or lime needed. If you have not soil tested the lawn in a few years, it is best to take a soil sample to the Extension Office for testing and apply only the nutrients recommended. Remember to "test, not guess" before fertilizing your lawn.

To maintain a relatively good quality lawn with minimum weeds, nitrogen is one nutrient that is needed every year. Autumn and early winter are the best times of year to apply fertilizers to cool-season grasses like tall fescue and Kentucky bluegrass. In response to autumn fertilization, the

turf develops a better root system and becomes very dense. Other advantages to autumn fertilization include better recovery from summer-time diseases and other stresses, better color during the winter, and earlier green-up in the spring.

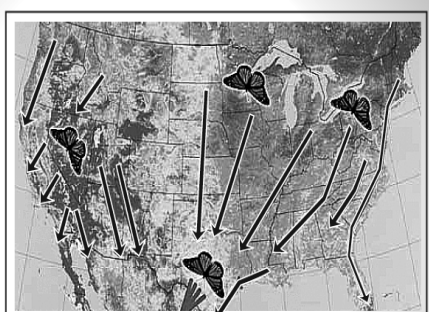
Apply 1.0 to 1.5 pounds of actual nitrogen per thousand square feet of lawn once or twice during the period from mid-October through late December. If unfamiliar with determining fertilizer rates, contact an Extension agent or ask for University of Kentucky Extension publication AGR-53, Lawn Fertilization in Kentucky.

You should resist the temptation to fertilize the lawn as it greens up in the spring. Heavy fertilizer use during spring and summer can actually increase the risk of several destructive diseases, such as brown patch of tall fescue and summer patch of Kentucky bluegrass. It also reduces tolerance of the turf to summer stresses like drought and increases the need for frequent mowing.

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The Garden Bug

Monarch migration



Unlike other butterflies that can overwinter as larvae, pupae, or even as adults in some species, monarchs cannot survive the cold northern winters. In autumn they migrate, using a combination of air currents and thermals to travel about 50 to 100 miles a day — some have been recorded traveling over 200 miles in one day! It can take up to two months to complete their journey to their winter homes in Mexico and California. — Brenda Weaver

Source: www.fs.fed.us, www.monarchwatch.org

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Estill Conservation District AGRICULTURE NEWS

1505 Richmond Road
 Call 606-723-5104

Conservation District Soil Quality Cost Share Program

The Estill County Conservation District has set aside cost share funds for a Soil Quality/Cover Crop Program. The purpose of this program is to help Estill County farmers with the use of diverse cover crops improving soil health which is the capacity of the soil to function. The Conservation District will provide cost share to establish these pre-selected, diverse cover crops. THE SIGNUPS WILL BEGIN SEPTEMBER 5, 2017 AND CONTINUE THRU SEPTEMBER 12, 2017. There is a limited amount of funds set aside for this program and approval will be on a first come-first served basis. Program guidelines can be obtained at the Conservation District Monday — Friday 9:00am-5:00pm, or 723-5104.

Stickeler's Puzzle



What are the four countries that border Belgium?

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Stickeler's Answer on Page 11

Jack Walling GRAVEL HAULING & DOZIER WORK

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Bible Trivia Answers

Now available by Wilson Casey! 2017 Bible Trivia box calendar loaded with daily teasers.

Solomon; (5) Secondary
 (2) Andrew; (3) 2; (4) King
 ANSWERS (1) Neither.