

Estill County man discovers rare tropical plant near Watson Ridge

An Estill County man discovered a rare plant on his property near Furnace this past summer, and biologist friends told him that the plant 'shouldn't even be growing here.'

Carl McIntosh of Ravenna discovered the plant growing among some sunflowers he had planted in some ancient soil he had dug out with his backhoe and deposited above a rock formation. He and his wife Teddie are well-known for their resort-like farm known as Shelter Valley which features a pioneer-like atmosphere along with exposed rock shelters that had been used by ancient American Indians.

McIntosh is used to making discoveries of ancient objects throughout his wooded acreage but was a little surprised by a plant that came up alongside his sunflowers. As a youth, he had traveled extensively throughout the woods of eastern Estill County with his grandfather, Jim Profit, who was a plant medicine doctor of sorts. Grandpa Profit taught him the names of the plants they encountered and how they could be used for medicinal value.

Since that time, McIntosh has spent a lot of time in the woods and studying about different plants but he was surprised to find among his sunflowers, a plant with long red tassels hanging down from it. He had never seen anything like it in the wild, so he consulted

some of his friends and sent pictures to them. They told him it was a chenille plant and that it really shouldn't even be growing wild here. Because the soil had come from deep in the ground near ancient shelters, some considered that it might have even come from an ancient seed that buried in the ground for hundreds of years.

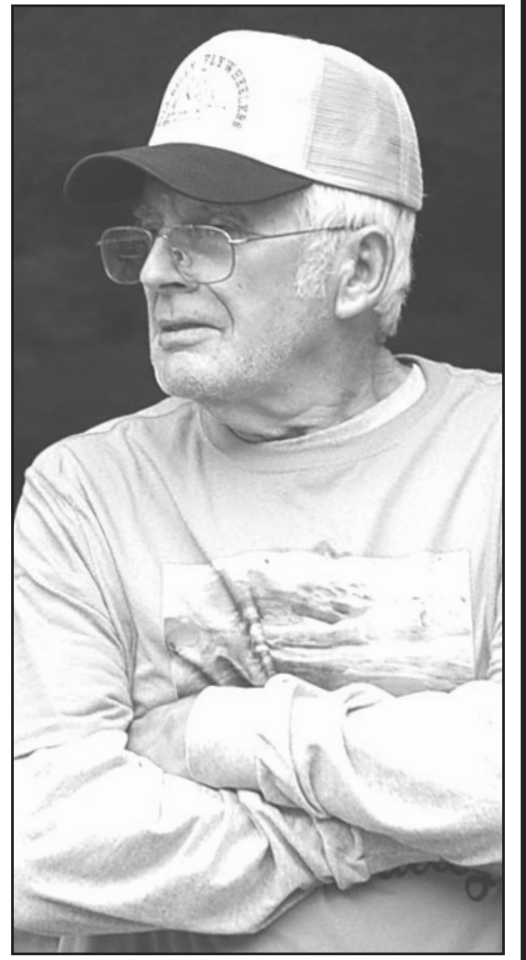


McIntosh's chenille plant

The chenille plant, named for the French word for caterpillar, originated in tropical Asia but has become naturalized in several countries including the United States. It has also gained popularity as a house plant; however it is generally winter hardy only in zones 9-10 which would include only the Pacific coast and the most southern parts of the continental United States; but not in the Watson Ridge area of Estill County which is generally considered zones 5-6.

The chenille is a flowering shrub which is also known at the 'red hot cat's tail' or 'fox tail,' and is sought after because of its attractiveness and brilliantly colored furry flowers, generally red. It can grow 5-12 feet tall with a spread of 3-6 feet in a warm climate. The chenille at Carl McIntosh's 'Shelter Valley' was about three feet tall.

The plant is said to be 'dioecious,' which means there are distinct male and female members of the species with flowers of one gender, but not both, on the same plant. Nurseries recommend that you "don't try to grow a chenille plant from seed you've saved yourself; as a dioecious plant, each plant will grow only male or female flowers, and the male flowers are inconspicuous." McIntosh plans on planting some of the seeds from the discovered plant although nurseries recommend you buy



Carl McIntosh

only the female plants from cuttings. Biologists say the clear latex on the chenille is poisonous and can irritate the skin and mucous membranes and can be poisonous to pets although roots, leaves and flowers are used for medical purposes.

Veterans Day 2019

Do we give honor and thanks enough? This is the land of the free because of the home of the brave. As with the good ole Red, White and Blue; it sails here today for you and I. Do we give honor and thanks enough? I lay my hand across my chest to honor those who gave their best. As I kneel down to pray, I thank God here today for the honor and privilege it is for me to stand here free because so many had to give up their precious life.

As I fall down on my knees, I'm reminded of all the white crosses that outline the cemeteries across this great land. Someone's sons or daughters, fathers or mothers, sisters or brothers; the numbers too many to name each one of them. As I fall down on my knees, oh God, please don't let us ever forget our freedom we have and what it means to the men and women who are willing to serve and die for each of us and our great country we live in. If you asked any of them, they'd say, "I'd do it all again." So many of them have served more than one mission because of their love for our country and flag and what "Good ole U.S.A." stands for.

Across this great nation under God, I lay my hand across my heart, I salute and stand behind these great heroes, these fine young men and women who served and died nationwide, I think of them even more. God rest their souls. As I crossed the hill today to visit an old soldier's grave, I remember an old man, standing with tears in his eyes in his soldiers' uniform. You could tell it had weathered lots of storms. He saluted this grave on this Veterans Day with his shoulders wide, tall and proud. He said, "I knew him well. Great lad, just like his dad. He died and served so bravely."

Oh, God, when you see the love they have and stories to tell, what each of them went through, and you could see the pain and suffering with each line in their face. The loss and the load they carry to their grave. It never leaves them, stays in their mind. I stood in silent prayer. I see tears and pain in this old man's face, a true soldiers hero. He is too strong and brave as I see his arm raise and salute. Reminds me of their best, they gave themselves. We must all never forget what they did for us all.

Our freedom we have here today, when you see our flag, our veterans, remember what it means to us all; honor and respect and most of all, show them love. They deserve the best. God bless them and their families. America's great heroes, they are. So many died for justice and liberty, fighting for our freedom. God rest their souls. They are our finest and best. God bless America, the land that I love; America the beautiful, the Star Spangled Banner, the Battle Hymn of the Republic, My Country Tis of Thee, Sweet Land of Liberty.

Most of all soldiers know these as do we who love our country's history from George Washington to the Gettysburg Address and Abraham Lincoln. Talk of bravery, freedom, good wise family values, one nation under God. We give thanks and honor, praise; praying for our country and flag, leaders and nations; for soldiers who are serving and died; we stand behind you with honor to salute our heroes, our veterans.

Holidays come and go, and we're still at war. So many are far away from home. Think of them in prayer. We need to help our soldiers here at home and far away. We stand behind them each day; soldiers and veterans nationwide and their families. We can never repay them for what they have done for us all. They were ready to serve and die for our country and flag; for you and I to be able to have our freedom that we are truly blessed to have today.

Give honor and thanks to our real American heroes, our soldiers. God bless you all and your families. We love you. Do we give honor and thanks enough? When you see a veteran, please shake his hand. Thank him. Show love and respect. Give him a hug. Let him know how proud we are of all our veterans who go hungry, cold or homeless or without. They deserve better. They all gave up so much for us. They gave the best gift. Some gave up their life for our freedom. Never forget.

Author: Frieda Holliman



Happy 86th Birthday!

Ruby Richardson

Born November 21, 1933

To my Mom, I love and cherish you so dearly. Wishing you a Blessed Birthday!

Your daughter, Frieda R. Holliman

State road crews respond to season's first snowfall

State transportation crews were ready to respond to first winter event this snow and ice season as portions of Kentucky experienced wintry conditions on Monday and Tuesday.

With snow and ice season kicking off early, the Kentucky Transportation Cabinet's (KYTC) nearly 2,000 snowfighters had stocked salt supplies, trained crews and 1,400 plow trucks were ready to respond as needed.

A statewide brigade of trucks and plows are ready for deployment before, during and after winter weather events, and a strike force of six plows is positioned for district deployment from Frankfort during major winter weather events. The Cabinet is stocked with a supply of 325,000 tons of salt, 1.1 million gallons of salt brine for anti-icing efforts and 1 million gallons of calcium chloride, an additive to salt for deicing.

During routine snow and

ice events, crews operate using snow and ice priority route maps for maximum efficiency of equipment and materials usage. Additionally, KYTC has expanded the use of automatic vehicle location (AVL) units to more than half of state-owned trucks.

For severe winter storm events, the Cabinet has established a snow emergency plan similar to state emergency plans for other major weather events (e.g., floods, hurricanes and earthquakes). The snow emergency plan will allow available resources within each county to be deployed as needed to ensure optimal mobility for the highest priority routes that lead to critical locations, such as medical facilities. The Cabinet's snow and ice information website, snowky.ky.gov, provides details about priority routes, helpful winter weather tips, fact sheets and videos on salt application and snow removal. (Edited)

Family Ties

One thing Mom and Dad were serious about; They wanted us children to get along. They taught us to stick together always, And not to quarrel when they were gone on.

Of one thing I am sure, as time passes by, If one of my family needs me, And they will let me know how I can help, I will try to be there for them, any day of any week.

There were nine of us children, and we were very close When Mom and Dad were here. Time changes things, and we drifted apart, Our lifestyle has changed over the years.

But I know in my mind, though we are apart, And sometimes I do not see them for days; If trouble came to me, and I need their help, They would be there for me always.

It brings happiness just to know they will be there, To be a brother or sister or more. Mom and Dad taught us so much respect, And that's what families are for.

Madelene Wasson

Hello, Country Morning

CHORUS:

*Well, hello Country Morning,
You're what I've been waiting to see.
Starting another day off right,
What a wonderful place to be.*

*With the dew all over everything,
And the sun coming up bright;
You would think that a million diamonds,
Were scattered here last night.*

*If you say, "It's not Paradise."
I guess it's who you happen to be.
It may not appeal to a banker or king,
But it's sure great to a poor boy like me.*

*What a wonderful Creation,
How great the Maker must be,
And someday, somewhere, somehow,
I'd like to enjoy it eternally.*

Written by Price J. Rawlins

Compare Plans During Medicare Open Enrollment

Now is the time to compare Medicare Prescription drug or Medicare Advantage plans. Medicare Open Enrollment is quickly passing by! Medicare Open Enrollment will end December 7th. If you are currently enrolled, thinking of switching or just want to see if you are getting the best plan for your money, Medicare Open Enrollment is the time to do just that. The SHIP Program, a non-profit organization, will provide comparison assistance at no charge to you. SHIP does NOT sell or endorse any insurance company. We

are here to help you make informed decisions with regards to your Medicare needs. Our non-profit can help you see which plan will be cheapest for you in 2020, but you must call soon! Comparing plans during open enrollment ensures that you have the Medicare health or drug plan that will fit your needs for 2020.

Call the SHIP Program at 1-866-516-3051 or visit lablaw.org/benefits-enrollment-center to find out more and to get information about upcoming enrollment events in your area.