

Wanderings from the Woods & Water

by Jay Bicknell

WetStoneKennels@yahoo.com



Tick Time!

It's that time of year when ticks are coming to get your blood. Keep your eyes open and be proactive rather than reactive. An ounce of prevention is worth more than a pound of cure. I battled Lyme disease last summer and it was no fun.

It seems like the tick-borne illnesses are on the rise and getting worse. The new killer tick-borne disease is the Powassan virus. It is deadly. Lyme, Rocky Mt, Powassan, it pays to do the right steps when going to the woods.

Before I got Lyme disease I never wore any kind of repellent. I really didn't pay much attention to being proactive. Not being proactive turned around and literally bit me. Lyme disease made me feel horrible. It made everything from working to sleeping difficult.

So protect yourself from those little ticks that can have a big bite. Even a deadly bite.

Here are some tips to protect yourself from ticks:

1. Use a product with 20 percent DEET or higher on both skin and clothing.
2. Apply permethrin to clothing, hiking boots, tents, and camp chairs.
3. Wear light-colored clothing.
4. Wear long pants and tuck them into your socks.

5. Don't forget to treat your pet.

6. Avoid tick-infested places.

7. Be vigilant—do a daily tick check.

8. Put your clothes in the dryer and tumble them on high heat.

9. Check your pets and your kids before letting them loose in the house.

If you get bit and think you have symptoms go to doctor immediately. Don't wait to think you will get better. Early detection can reduce illness associated with ticks. Be careful out in the woods. Have fun, enjoy God's creation but be tick vigilant!

Until next week get out and enjoy God's creation!



Squeamish Squirrels
One way to keep squirrels from eating the seed you put on the ground is to mix red pepper flakes in with it. One bite will send squirrels running to the nearest bird bath for a drink of water. Don't worry about the birds though, red pepper doesn't bother them a bit.

E-mail: birdingbits@cflr.com
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Exciting News!

Raised Garden Beds Offered



The Estill County Health Department and the Estill County Diabetes Coalition is proud to announce that we will be teaming up with The Estill County High School Ag department to build 10 raised garden beds! The garden beds will be awarded to 10 lucky winners. The garden beds will be delivered to the winner's home, set up with potting soil and each winner will receive a \$25.00 voucher that they can take to the Estill County High School Ag greenhouse to purchase gardening plants.

To be eligible you must be 65 years and older or disabled. Come into the Estill County Health Department to register with your name and phone number.

We will draw 10 lucky winners on May 1, 2019 and each winner will be notified by phone and delivery will be scheduled.

If you have any questions, please call Estill County Health Department at 606-723-5181.

KET's Kentucky Life to feature Irvine's Mt. Mushroom Festival

The next episode of KET's Kentucky Life spotlights unique Kentucky festivals and events, including Irvine's Mountain Mushroom Festival and Berea's Spoonbread Festival. The episode airs Saturday, April 13 at 8/7 pm and Sunday, April 14 at 4/3 pm on KET and Monday, April 15 at 7/6 pm on KET2.

First, Kentucky Life travels to Irvine to explore the Mountain Mushroom Festival, which celebrates the age-old Appalachian tradition of Morel mushroom hunting. From cooking demonstrations and tastings to mushroom-themed arts and crafts and educational opportunities, the annual festival celebrates the region's ties to the unique springtime mushroom.

Then, the program travels to Berea, where the annual Spoonbread Festival showcases the uniquely Southern dish that has ties to Native American culture but has evolved

to become synonymous with Appalachia. Writer Joanne Drilling along with representatives of the annual festival share the ingredients behind the cornmeal dish that's akin to a rich pudding or custard. Finally, the program spotlights famed Kentucky author Robert Penn Warren, whose novel All the King's Men won the Pulitzer Prize for fiction in 1947.

Kentucky Life is a KET production, produced by Brandon Wickey. Segment producers for this episode are Jim Voskuhl, Angelic Phelps and Tom Thurman.

KET is Kentucky's largest classroom, where learning comes to life for more than one million people each week via television, online and mobile. Learn more about Kentucky's preeminent public media organization at KET.org, on Twitter @KET and at facebook.com/KET.

Library Happenings

Estill Public Library

by Shannon Horn

April 10, 2019

Is it just me or does the week fly by? I feel like yesterday was Monday, even though it is Friday (I write this article every Friday afternoon). I don't know about everyone else out there, but time seems to be flying by. But I'm glad to say that it isn't being wasted. We have had a very productive week here at the library and I can't wait to share it with you.

Storytimes

Our Storytime sessions have been so fun the last few weeks. Wednesday the 3-5 year olds got to make glimmering fish after we read the story The Rainbow Fish by Marcus Pfister. On Friday, there were 13 little ones! What a crew. I was rather nervous about my plan to have them use watercolors, but they had a blast! Special shout out to the adults that bring the kids each week. They are always prepared to do something fun, and sometimes something that is messy. Our Storytimes are growing and we would love to have your kids come too. We have Storytime every Wednesday and Friday at 10:30!

Teen Book Club

The Teen Book Club has started their new book, Fawkes by Nadine Brandes. They will be reading this book during April and May, so if you have a teen that loves to read, stop by and get the book. It isn't too late for them to get it! They will be meeting again on April 22nd at 4:00!

Chautauqua Speaker

I have mentioned this the last two week, but I really would love for everyone to come hear our presenter, Eddie Price on April 18th. He does a performance as the famous jockey Roscoe Tarterton Goose. This will be very educational and is perfect for the time of year. The Kentucky Derby will be on May 4th this year, and it may be even more entertaining to know a part of the history through the eyes of our guest. The program will begin at 1:00.

Imagination Station

When I planned the first Imagination Station I was so excited about it and everything that I had planned for the evening. Then when 6:00 rolled around no one showed up. But let me say I don't blame anyone for not coming, because that was a night that UK was playing. I hadn't checked the calendar, or I wouldn't have planned it for that evening. So I am trying again! I did check the calendar and it doesn't look like anything is going on. I will be having this program again on April 18th at 6:00. This is an adult program for anyone with a child aged 3-6. I would love to see you there!

Tween/Teen Art Club

The Tween/Teen Art Club will meet on April 15th at 3:30. They will be making accordion scrapbooks. This is just a simple little book that folds like an accordion. They are easy to make and they can be used for several things! This program is for teens in middle and high school.

Nutritionist Visit

We will have a nutritionist coming to the library on April 24th. They will be discussing different ways to stay healthy or how you can change your lifestyle to be healthier. This program will begin at 1:30. If you have questions about the program, call the library at 723-3030 and ask for Lesa.

Let's Talk Book Club

I have been wanting to put together a book club, but I just wasn't sure how to go about doing that. So, I decided to reach out to the group of people that maybe want to know a bit about the book before they read it. That is how the Let's Talk Book Club idea came to be. If you like to know about the book before you read it, or if you want to know what other people think about the book then this is perfect for you. The first book that I chose to use is Girl, Wash Your Face by Rachel Hollis. If you haven't read the book, don't fret. Just come on in and we will just talk!

Our regular programs are still going on as well; walk slim, the adult book clubs, Fandom Friday, teen game night, and LEGO Club are all scheduled for this month. If you would like to know more about those programs stop by and see us. We will even give you a calendar!

Until next time, Friends!

ESTILL COUNTY FAIR BOARD

PRESENTS

LARGE & SMALL CAR DEMOLITION DERBY

SATURDAY April 20, 2019



ENTRY FEE \$30.00

SMALL CAR

- 1ST 1000.00
- 2ND 400.00
- 3RD 200.00

LARGE CAR

- 1ST 1200.00
- 2ND 500.00
- 3RD 200.00

GATES OPEN 4PM TECH 5PM DERBY 7PM

FOR MORE INFO. CALL CHRIS HUNT 606-975-

3311 Quinton Campbell 606-481-8180 or Teddy Hunt

606-643-5473

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