

PAST

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downed the Somerset Hardwood Flooring Mariners 3-1 in the Cal Ripken II & 12 year-old championship game on Saturday. The A's ended the season with a perfect 17-0 record, won

the regular season team title and won the tournament championship title. ... On top of a perfect 17-0 record, the A's boasted some spectacular season stats. The team had four hitters batting above .400 with Jarred Price at .550, Zack Turpin at .500, Taylor Speaks at .526 and Shawn Dishman

at .440, The team, as a whole, hit an amazing .343. ... Turpin and Price both had identical 8-0 pitching records.

-One was a big-time force every time he took the mound, while the other wreaked havoc against any pitcher that he faced. And, as a result of their

outstanding seasons on the baseball diamond in 2006, both players were selected as the Commonwealth Journal Baseball Players of the Year. Southwestern's Ryan Branscum and Somerset's John Cole set the bar pretty high this season, as the Warrior senior and the Briar Jumper

sophomore had absolute monster years, both at the mound and at the plate.

SHOWING THIS WEEK AT SOMERSET CINEMAS, SHOWPLACE CINEMA, AND 27 TWIN DRIVE-IN:

The Break-Up – Cars – The Omen – Over the

Hedge – RV – United 93 – Da Vinci Code – See No Evil – X Men III: The Last Stand – American Haunting – Stick It – Mission Impossible III – The Shaggy Dog – Garfield's A Tale of Two Kitties – The Lake House – Nacho Libre – Stuart Little – The Fast and the Furious: Tokyo Drift

LOVETT

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even see them crawling around your carpet. Hot spots include places that do not get vacuumed frequently, under or behind heavy appliances, or areas where hair and skin may accumulate. One of your biggest allies against carpet beetles is your vacuum cleaner.

Vacuuming removes dust, hair, food crumbs and lint that may attract larvae. Storing susceptible materials like wool, fur and silk

in airtight bins or garment bags will reduce the chance of infestation. Similarly, removing obscure food sources like old bird or wasp nests, old, stored products or pet hair under furniture is paramount. This institution is an equal opportunity provider.

This is a great, healthy recipe treat for your family.

BANANA BLUEBERRY TREATS

1 large, very ripe banana
1/3 cup of vegetable oil
¼ cup sugar
1 teaspoon vanilla extract

½ teaspoon cinnamon
½ cup rolled oats
1/2 cup all-purpose flour
Pinch of salt
½ cup fresh or frozen blueberries

Preheat oven to 400 degrees. Spray a baking sheet with cooking spray or line with parchment paper.

In a medium bowl, mash the banana up with a fork. Add the oil, sugar, vanilla and cinnamon and mix well. Add the rolled oats, flour, and salt. Stir until well combined. Fold in the blueberries. Drop spoonfuls of mixture onto prepared

baking sheet. Bake 11 to 14 minutes or until edges are golden brown. All to cool on the baking sheet for a few minutes before transferring to a wire rack to cool completely. Store in an airtight container within two hours You can also make them into bars. Use an 8- or 9-inch baking pan, lined with parchment paper and coat with cooking spray. Bake at 375 degrees 25 to 30 minutes.

Don't forget to attend our Pulaski County Fair tonight. Farmers Markets are open today at the Somerset Ex-

tension Office, downtown Lakeside Farmers Market, Woodstock Community Center, then all the farm sites that have fresh produce items at their markets. Shop with our local farmers to support them and help our economy. The Somerset Farmers Market, located at the Extension Office is open on Monday's from 9 a.m. to 1 p.m. Other roadside farmers markets sites are open daily for your business.

Interested in learning how to control your diet in a fun way? Then join our TOPS Group that meets

each Monday at the Pulaski County Extension Office. Weigh-in begins at 5 p.m.

Tuesday, June 23 at 11:30 a.m. join us at the Extension Office as we taste the Banana Blueberry Treats that are featured on the NEP Calendar this month. This is a free class.

The Extension Office has all the free Food Processing Publications you may need for food preservation. We also offer free, canning classes for individuals or groups. Just come by or call the office for more information 679-6361.

WILSON

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pheromone that attracts the males to them so mating can occur through the opening of their bag. Then females lay their eggs and perish.

MANAGEMENT

June is usually the month when damage from these caterpillars starts to show up. It's also the month for control.

• If you notice the bags or know that you have a

tree that was infested last year, you should consider purchasing a Bt-based product to control the young caterpillars. This is an organic option and very effective against caterpillar pests if used against the early instars.

• Other options include Spinosad and neem. If you miss this early window for control, the problem will be harder to deal with later in the season.

If you catch this in late July or August then you will have to resort to using a bifen-

thrin, carbaryl, or cyfluthrin product. These will kill beneficial insects whereas Bt products are much less harmful to our good bugs.

You can also wait until fall/winter and remove the bags by cutting them off the twig with a pair of shears and destroying the bagworm in soapy water. This will reduce the number of caterpillars that emerge the next year.

For more information, contact the Pulaski County Extension Service at 606-679-6361 and request the publication ENTFACT-440,

Dealing with Bagworms on Landscape Plants.

Growing & Using Culinary Herbs program will be held on June 23 at 6pm at the Pulaski Co Extension office. Master Gardener Jo will be leading the program and provide tastings of a few great dishes she makes using fresh herbs. Go to the Pulaski County Extension website 'Upcoming Events' to register.

Join us for the Demonstration Garden Field Day on July 17 from 4 to 6pm. Various bed types are on dis-

play including Vego, cedar & block, composite boards, and the self-watering bed. You can also see our automatic, drip irrigation system and our bed dedicated to the Grow A Row Initiative.

The Lake Cumberland Master Gardeners have pine straw mulch and chicken compost for sale at the Pulaski County Extension office. It is sold in bales for \$8 per bale (50 and over, \$7 per bale). Compost is \$20 per bag. It can be purchased on Fridays from 8:30am to 12pm.

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