

Staying warm while hunting

Spending time outdoors in cold weather can be a lot of fun. Or it can make you miserable. Jackie Bushman, the host of the Buckmasters television series, knows that all too well. He loves the outdoors and hunts in all types of winter weather throughout North America. Over the years, he's developed a system for staying warm regardless of the location or the weather.

"I'm one of the coldest natural people around," Bushman says, "and while I spend as much time outdoors as I possibly can, I have to stay warm in order to enjoy it and concentrate on what I'm doing. For the TV series, concentration is especially important. When I'm hunting for pleasure, I can go back to the cabin if I get cold. But, if we're taping a hunt, I have to stay put until we finish shooting."

Bushman's TV hunts can last from before sun-up until after sundown. On some of the hunts in northern states and Canada, it can be dangerously cold. On hunts in warmer climates, he may be hunting where it's not very cold, but where, over the long hours, the cold can seep into muscles and bones making them stiff and aching.

"I probably wear more clothes than most people when I go hunting," Bushman says, "but I've worked out a system that allows me to hunt comfortably regardless of the weather. Some of the stuff I wear might not look very 'cool' but I'd rather dress for warmth than for looks."

"I buy clothing in sizes bigger than I ordinarily wear so I can wear layers and still be comfortable and have freedom of movement," the founder and CEO of Buckmasters says. I often wear three pairs of thermal underwear. One pair is large, the next is X-large and the third is XX-large. And I always wear a Scent-Lok suit. My jacket size will be XX-large so I can get extra clothes under it. My pants will be a 38 waist instead of my normal 36. The outer layer will be 6-pocket pants or bib overalls at least a size larger than my other clothes."

"Keeping my hands warm is important, but for safety reasons, when I take a shot, whether it's with a bow,

rifle or shotgun, I want to touch my trigger or my release with the flesh of my hand," he says. "I wear finger mittens that can be worn as a complete mitten or folded back to expose the fingers."

Bushman wears rubber-soled boots with different insulation value, depending on the temperature. "Rubber-soled boots don't leave as much scent where I walk, and they're ideal for wading in water."

"The main thing," he emphasizes, "is to wear clothes that are comfortable and allow you to move comfortably or sit still in any kind of weather. It's better to have too many clothes than not enough. You can always take a layer off if you get hot."

"When I'm hunting in bitter cold, I have chemical heat packs tucked everywhere. They make a real difference when it's bitter cold. I wear a muffy-style hand warmer around my waist. It has zippered pockets for my knife and other hunting items. I keep a heat pack in there to warm my hands. I can also put a heat pack in the pouch of the mittens that covers my fingers."

He wears a hunting brace belt for lower back support that has pockets to hold heat packs against his kidneys.

"One of the most important things I do to stay warm," Bushman says, "is to wrap a heat pack in a bandana and tie that around my neck. I lose body heat if my neck is exposed, so I layer it using the bandana with a heat pack, a turtleneck shirt, and a skiing dickey. The heat pack also helps keep my neck from getting stiff so I can turn my head and keep a sharp watch for deer. I learned a long time ago that I can't expose my skin, particularly my neck, to severe cold and sit still for 8 hours."

For headgear in cold weather, Bushman wears a reversible toleagan—camouflage on one side and blaze orange on the other.

He also carries two dense, one-inch-thick, rubber seat cushions. "One keeps me from sitting on a cold, hard metal treestand, or on the cold ground," he says. "I put the other on the footrest of the tree stand to prevent the cold metal from sucking the

warmth out of my boots." If you don't have a rubber seat cushion, Bushman recommends using some camo fleece. "It will keep your feet warm and keep the noise down."

Bushman also uses a well-stocked backpack on hunts. "It's great for organizing gear," he says. "By keeping all my essential equipment in the backpack, I know where it is all the time. A rain suit is one item that always goes into my backpack," he adds, "along with a saw, flashlight, extra cartridges, snacks, water, cover seats, attractant scents, first aid kit, scent cushions, matches — you name it. If I'm hunting in unfamiliar country, I throw in an aerial photo, a topo map, or a GPS unit. And, if the temperature warms up, I'll shed a layer

of clothes and stuff them in the backpack."

When picking out a backpack for hunting, Bushman suggests considering one made of the newer fleece materials that won't make a lot of noise when you brush up against a limb while walking through the woods. "You never know when a big buck might hear some noise he doesn't like and decide to go the other way."

"Hunting should always be fun," Bushman says. "But it's only fun if you're comfortable. A little advance planning can make all the difference in enjoying a day in the woods. I figure we get too few days in the outdoors in this life, so I try to enjoy every minute of every one."

'Twas The Night Before Christmas

'Twas the night before Christmas, he lived all alone, in a one bedroom house made of plaster and stone.

I had come down the chimney with presents to give, and to see just who in this home did live.

I looked all about, a strange sight I did see, no tinsel, no presents, not even a tree.

No stocking by mantle, just boots filled with sand on the wall hung pictures of far distant lands.

With medals and badges, awards of all kinds, a sober thought came through my mind.

For this house was different, it was dark and dreary, I found the home of a soldier, once I could see clearly.

The soldier lay sleeping, silent, alone, curled up on the floor in this one bedroom home.

The face was so gentle, the room in such disorder, not how I pictured a United States soldier.

Was this the hero of whom I'd just read? Curled up on a poncho, the floor for a bed.

I realized the families that I saw this night, owed their lives to these soldiers who were willing to fight.

Soon round the world, the children would play, and grownups would celebrate.

A bright Christmas day. They all enjoyed freedom each month of the year, because of the soldiers, like the one lying here.

I couldn't help wonder how many lay alone, on a cold Christmas Eve in a land far from home.

The very thought brought a tear to my eye, I dropped to my knees and started to cry.

The soldier awakened and I heard a rough voice, "Santa don't cry, this life is my choice."

I fight for freedom, I don't ask for more, my life is my God, my country, my corps."

The soldier rolled over and drifted to sleep, I couldn't control it, I continued to weep.

I kept watch for hours, so silent and still, and we both shivered from the cold night's chill.

I didn't want to leave on that cold, dark night, this guardian of honor so willing to fight.

Then the soldier rolled over, with a voice soft and pure, whispered, "Carry on Santa, it's Christmas day, all is secure."

One look at my watch, and I knew he was right, "Merry Christmas my friend, and to all a good night."

"This poem was written by a Marine stationed in Okinawa Japan. The following is his request. I think it is reasonable. PLEASE. Would you do me the kind favor of sending this to as many people as you can? Christ-

mas will be coming soon and some credit is due to our U.S. service men and women for our being able to celebrate these festivities. Let's try in this small way to pay a tiny bit of what we owe. Make people stop and think of our heroes, living and dead, who sacrificed themselves for us. Please, do your small part to plant this small seed."

The ultimate holiday gift: personal safety

This holiday season, why not give a gift to enhance the personal safety of those you love and cherish? The Lighthouse Catalog offers a range of useful, unique gifts that make life easier and help instill a sense of independence, particularly in these uncertain times. Products showcased in the Lighthouse Catalog are not only designed to improve the quality of life of people whose vision is diminished, they're also ideal gifts for any man, woman, or child.

Great gifts can be practical and appealing, as seen in the Lighthouse Catalog e.g.:

*Nickel-plated London Bobby Whistle is a terrific present for any traveler or city dweller, attaching easily to your key chain and alerting others to trouble. It can also be used to hail a cab.

*Power Supply to Go would be an incredible asset at home, or wherever else you happen to be, in the event of a power failure. This portable 12-volt power source also functions as a rechargeable jumpstart for your car, boosting any dead battery with just one start.

*EternaLight is visible up to three miles away and, as the world's first microprocessor-controlled flashlight, is the most technically advanced personal lighting device ever. With seven different settings, it provides 700 hours of light, versus the 40 hours or less that a typical flashlight offers. Batteries included.

Attached please find a link to the holiday edition of the Lighthouse Catalog, including lots of super gift ideas to help everyone on your gift list feel safer and well-prepared at home, work or on vacation. Lighthouse products can be ordered anytime by visiting the on-line catalog at www.lighthouse.org or by calling (888) 770-7660. There are also three Lighthouse Store locations throughout the greater New York area, including a flagship store in Manhattan, located at 111 East 59th Street. By purchasing products from the Lighthouse Catalog or Store, you provide direct assistance to Lighthouse International, a leading resource worldwide on overcoming the challenges of vision impairment.

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NOTICE

I will not be responsible for any debts made other than my own

Melessia McKinney

The Rockcastle County Board of Education will meet in Special session Tuesday, November 13, 2001, 6:00 p.m. at Mt. Vernon Elementary School.

The public is welcome to attend

NOTICE OF PUBLIC HEARING

The Public Service Commission of Kentucky will hold a hearing on November 26, 2001, at 1:30 p.m. Eastern Standard Time, in Hearing Room 1 of the Commission's offices, located at 211 South Boulevard in Frankfort, Kentucky, for the purpose of cross-examining witnesses in Case No. 2001-248, T&E Filing of Kentucky Utilities Company Authorizing Certain Transfers of Unpaid Balances of Fines.

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PUBLIC NOTICE

Notice is hereby given that the Rockcastle County Road Department (PO Box 755, Mt. Vernon, KY 40456) has filed an application with the Natural Resources and Environmental Protection Cabinet to reconstruct the low water ford crossing on Ten Foot Hole Road (connector for US 25 at White Star Curve to Piney Branch Road). The road is located just off of US 25 near the 5 mile marker near Livingston and crosses Roundstone Creek.

Any comments or objections concerning this application shall be directed to:

Kentucky Division of Water
Division of Floodplain Management
Water Resources Branch
14 Reilly Road • Frankfort, KY 40601
Phone: 502-564-3410

Buzz Carlotti, County Judge Executive

Nursing Positions Available 12-Hour Shifts

Rockcastle Hospital and Respiratory Care Center, Inc. has RN and LPN positions open in acute and long-term care. All are 12-hour shifts and offer competitive salaries and benefits.

Call Betty Purcell, RN, MSN, Director of Nursing at 606-256-7704 for an interview.

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