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Ways to handle fall yard waste

our gardens and on the environment. Gardeners commonly rake up and bag leaves to haul away to yard waste dumps.

This option, while tidy, uses a lot of energy, both yours and the energy to transport the leaves and mixed garden waste.

An alternative is to mulch leaves and yard waste. You could use the bountiful resource to enrich your lawn and garden, while creating less waste and air pollution.

A very simple technique with leaves is to rake them into a line and mow over them with your lawn mower.

The mower will chop the leaves into pieces small enough to fall between the blades of grass in your lawn. The chopped leaves will break down out of sight, provide nutrients to your lawn and improve

the quality of your soil.

For larger items like spent flower stalks, composting is a simple, easy and environmentally friendly option. Done properly, it produces no odor and provides a generous amount of nutrient-rich organic compost for your garden, which reduces or eliminates the need to buy fertilizer.

Composting also eliminates the need to transport garden waste, making composting a triple-win situation for your garden, wallet and the environment.

The speed of compost production is influenced by the size of the material placed in the bin, so the more you can chop up the garden debris, the quicker you will have usable compost. Many options for compost bin design and construction are well

suited to any location and budget.

Using leaves as mulch has many benefits. The mulch helps retain moisture in the soil and insulates plants from extreme winter temperatures. The decomposed leaves become an excellent conditioner for warming spring soil, helping to attract worms and other beneficial microorganisms.

For more information on mulching and composting, visit the webpage www.ca.uky.edu/agc/pubs/ho/ho75/ho75.pdf or contact the Estill County Cooperative Extension Service at 723-4557.

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Wishing Well®

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

DGAR VEO QCENN Y BEOC-

IAYB QIEKAC DWPG LEWNER

WKV, W CAQFER VEO'II ART OL

GYKWURU Y CYNG EB UEET IOQF.

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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.

N XD XTAXCR HZRC, AUNLU NR

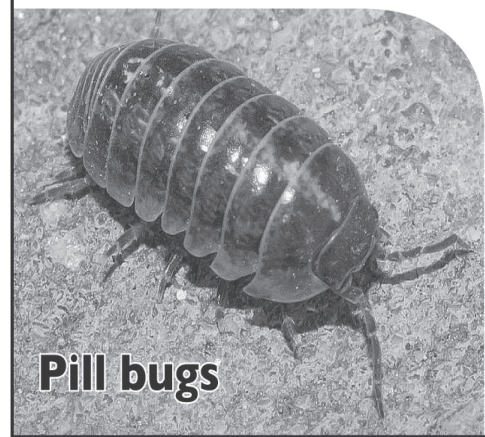
SQIUXXSR KUQ LUNQG IQXRBM

AUC N XD XTAXCR AQTT.

- QTNFXHQKU LXYC RKXMKBM

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The Garden Bug



Pill bugs

These fascinating little garden crustaceans are absolutely harmless to people. They don't carry diseases and don't sting or bite. They consume garden waste such as leaf litter, grass clippings, dead insects or animals, decaying plant material, insect eggs and larvae, fallen fruit and any other organic matter. By breaking down all these materials and returning the nutrients to the soil, these creatures are part of a balanced, healthy garden.

— B. Weaver

Source: plantcaretoday.com

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Quick Scrub

While you're out there filling your birdbaths, bring along a nylon-net scrubbie to give those baths a quick cleaning. Daily scrubbing keeps algae buildup to a minimum. And you know, a clean birdbath filled with fresh water makes birds happy.

E-mail: birdingbits@cfl.rr.com
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Farming News

Rinse & Return Program is Sept. 30th

The Rinse and Return Plastic Pesticide Container Recycling Program will be offered once again in Estill County this fall. This Kentucky Department of Agriculture program collects triple-rinsed, plastic pesticide containers for recycling. All farmers are encouraged to participate. Please remember, pesticide containers must be triple-rinsed, label packets removed, and no lids should be present. All containers received will be inspected.

The 2019 Rinse and Return collection date is Monday, September 30th, 1:00 p.m. to 3:00 p.m. at the Estill County Extension Office, 76 Golden Court (off Stacy Lane) in Irvine. For more information, call 723-4557.

Attention Cattle Producers: Beef Bash is Sept. 26th

Beef Bash 2019, a unique field day for Kentucky beef cattle producers, will take place September 26 at the University of Kentucky's C. Oran Little Research Farm in Versailles. UK College of Agriculture, Food and Environment, the Kentucky Beef Integrated Resource Management Program, and the Kentucky Cattlemen's Association will host the event.

Since 2008, the bash has been at the UK Research and Education Center in Princeton, but organizers wanted to reach more producers. Going forward, Beef Bash will annually rotate between the Western and Central Kentucky locations.

Americanisms



"Americans will put up with anything provided it doesn't block traffic."

—Dan Rather

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BODY FITNESS EXERCISE CLASS

HELPFUL FOR PERSON WITH ARTHRITIS, ASTHMA, DIFFICULTY MOVING

Gentle Exercise and Movement Builds Strength and Flexibility

BEGINS September 30, 2019

INSTRUCTOR: Sister Loretta Spotila, RN

TIMES: Monday and Wednesday mornings 10:00am - 11:00am

PLACE: Estill County-UK Extension Office Golden Court off Stacy Lane Road

DONATION: \$3.00 per class

FOR MORE INFORMATION: Call Sister Loretta at 723-8505

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- New Bedroom Suites
- New Living Room Suites
- New Recliners & Lift Chairs

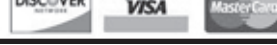
NO CREDIT? BAD CREDIT? NO PROBLEM!

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Puzzle Answers September 18, 2019

Puzzles4Kids Answer

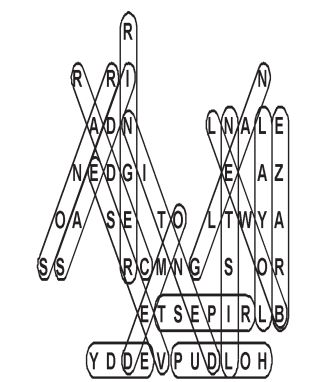
PRaise	I	SPARE
SONNET	N	TONES
ARCHES	H	RACES
BIASED	I	BEADS
ASTERS	S	TEARS
PRICED	C	PRIDE
RIYADH	H	DIARY
PONIES	O	PINES
OPPOSE	O	POPPES
LITERS	L	TIRES

Letter Box

Solution

J	U	G	O	F	M	I	L	K
F	M	I	K	L	J	O	G	U
K	O	L	I	U	G	F	J	M
L	J	M	F	K	U	G	O	I
O	K	F	G	I	L	U	M	J
G	I	U	J	M	O	L	K	F
M	G	K	U	O	I	J	F	L
I	F	J	L	G	K	M	U	O
U	L	O	M	J	F	K	I	G

MOVE LAST TWO LETTERS TO THE FRONT TO MAKE A NEW WORD



CryptoQuip answer

When you cross a four-leaf clover with poison ivy, I reckon you'll end up having a rash of good luck

CryptoQuote answer

I am always busy, which is perhaps the chief reason why I am always well.
— Elizabeth Cady Stanton

FEAR & KNOT

answer



Even Exchange answers

- Resort, Report
- Wordy, Worry
- Bagger, Bigger
- Dingo, Diego
- Cheer, Cheek
- Hurry, Harry
- Galley, Valley
- Crane, Crate
- Point, Paint
- Invert, Insert

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 27 mins.

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

Stickeler's Puzzle



A jogger knows three different routes from Avant Trail to Beran Park. From Beran Park to Gamal Ridge, the jogger knows six different routes. From Gamal Ridge to Delario Sound, the jogger knows four different routes.

How many different routes from Avant Trail to Delario Sound does the jogger know?

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Stickeler's Answer on Page 11

Bible Trivia Answers

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

ANSWERS (1 Old; 2 Can-
dace; 3 Jacobs; 4 12; 5)
Darius; 6 30 days