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Think before you flush

and other tips for protecting yourself and Kentucky's water resources

The coronavirus has forced people to either retreat into their homes or get out and explore the natural world more. Either way, water is a big part of everyone's daily lives, and it's important to protect Kentucky's most valuable natural resource.

For many Kentuckians pushed inside by COVID-19 social distancing practices, sanitizing anything that doesn't move – and a few things that do – has become a regular practice. Keepers of municipal sanitary systems are urging people to think before they flush. Disinfectant wipes are not flushable, no matter what the packaging may say. Wipes, paper towels,

dental floss and facial tissue do not disintegrate and can tangle up pump station equipment and clog sewer lines and septic systems, which can have serious health and environmental impacts. "Once those pipes are clogged, they can lead to contaminated streams, rivers or lakes from the surface overflow of untreated sewage," said Amanda Gumbert, extension water specialist in the University of Kentucky College of Agriculture, Food and Environment. "With the current public health challenges the public faces, backed up sewerage is another health issue we need to avoid. Properly dispose of wipes in trash cans, not toilets."

Also, personal care products, cleaning supplies and other household waste should be disposed of properly and never put down the sink, toilet or storm sewer. Instead, place it in the trash can or recycling bin if applicable or get rid of it at a local household haz-

ardous waste disposal site. Many municipalities hold those events for disposal of hazardous waste on a regular basis.

Untreated wastewater, such that would back up or overflow from sewers or septic systems, contains bacteria that can make humans sick if ingested and can halt recreational use of beaches, lakes and streams. Plus, excessive nitrogen and phosphorus in sewage is hard on native plant and fish populations in Kentucky's surface waters, and the organic matter sewage contains can choke off the oxygen supply in streams and rivers.

Kentucky is rich in wildlife and recreational opportunities because of the state's 90,000 miles of rivers and streams.

"Spending time in nature is a great way to pass the time and educate children during this time of social distancing. It has been shown to improve overall mental health and it's a good alternative to technology-

based learning," Gumbert said. "However, be aware that streams, rivers, lakes and ponds can harbor harmful bacteria and viruses, so be smart and wash your hands thoroughly, if you come in contact with water. And always avoid floodwaters."

Learn more about "all things water" in Kentucky by listening and subscribing to the KY-H2O podcast at <https://kyh2o.podbean.com/>. Now is also a good time to learn more about local streams. Backyard Streams in Kentucky, <https://www.uky.edu/bae/backyardstreams>, is a free, online course for becoming a local Stream Steward in your neighborhood.

For more information, contact the Estill County Extension office at 723-4557.

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Wishing Well®

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

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: H equals R

KV DSJ'HF MSBN MS ES VKTN ZTN

KTMFHQKFR Z YFQFT-VSSM EJD,

K'N YZD KM'Y Z MZBB SHNFH!

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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.

T SFLGJFM HIRXLEETIJ NGIR
QFTJO MTEHGTRTJLDFM LOLTJED.
FWFGBDVTJO QLM DVLD'E FWFG
VLXXFJFM DI RF VLE DLAOVD
RF HIRXLEETIJ.

— FSSFJ MFOFJFGFE

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Puzzle Answers

April 1, 2020

Puzzles4Kids

Answer

LADIES A SLIDE

WHINES H SWINE
LAMEST A MELTS
CLEARS R SCALE
BAKERS E BARKS

SANDER D NEARS
BORDER R ROBOD
PASTRY Y TRAPS
ERECTS E CREST
REALMS R MEALS

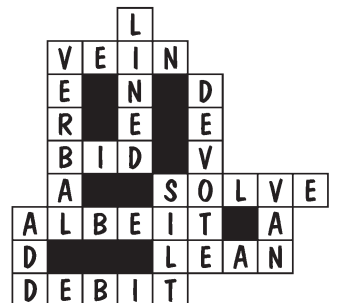
Weekly SUDOKU

Answer

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

FEAR & KNIGHT

answer



Even Exchange

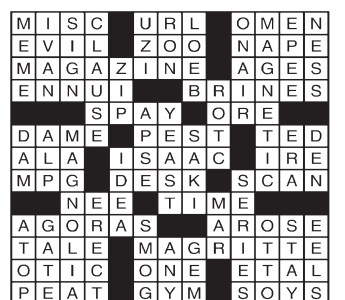
answers

1. Brick, Brink
2. Silver, Salver
3. Nobel, Novel
4. Chart, Charm
5. Andrew, Andrea
6. Taught, Caught
7. Misty, Musty
8. Thread, Threat
9. Poppy, Puppy
10. Chick, Check

King Crossword

Answers

Solution time: 25 mins.



Letter Box

Solution

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| O | L | Y | T | U | I | E | P | G |
| E | I | G | P | L | Y | U | O | T |
| T | P | U | G | E | O | Y | L | I |
| Y | G | T | L | O | U | P | L | E |
| I | U | E | Y | G | P | O | T | L |
| P | O | L | I | T | E | G | U | Y |
| G | Y | I | O | P | T | L | E | U |
| L | E | O | U | I | G | T | Y | P |
| U | T | P | E | Y | L | I | G | O |

CryptoQuip

answer

If you're told to go find and interview a seven-foot guy, I'd say it's a tall order!

CryptoQuote

answer

I learned compassion from being discriminated against. Everything bad that's ever happened to me has taught me compassion.
— Ellen DeGeneres

Bible Trivia Answers

"Test Your Bible Knowledge," with 1,206 multiple-choice questions by columnist Wilson Casey, is available in bookstores and online.

ANSWERS (1) Neither; (2) Jerusalem; (3) Gethsemane; (4) Jesus; (5) Thomas (called Didymus); (6) 40 days (Acts 1:3); (7) 6; (8) 40 days

The Garden Bug

Ferns generally prefer soil that is more acidic than alkaline, with lots of decaying organic matter and filtered light. Ferns prefer a highly moist environment, such as in a wetlands or along a water source, so if rain is infrequent in your area, try to induce wet conditions in your garden by watering enough to keep the top 6 inches of soil moist but not soggy.

Source: gardenerspath.com

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Birding BITS

BY Cindy Brook

Drops of Sunshine
Who doesn't love American goldfinches? Here are five things they can't resist:

1. Thistle or Nyjer seed in a tube feeder.
2. Sunflower heart chips.
3. Black oil sunflower seed.
4. Purple cone flowers.
5. Fresh water (lots of it!).

E-mail: birdingbits@cflr.com
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Stickeler's Puzzle

STICKELERS [sic]
by Terry Stickels

Here's an alphabetic reminding us of the upcoming film awards season.

| | |
|-------|----------------|
| LET'S | Let E = 2 |
| GET | I = 5 |
| TO | O = 0 |
| + THE | |
| MOVIE | There is no 9. |

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