

**Terrarium**  
A terrarium is a group of plants growing inside an enclosed, clear container. Once watered, these plants create a mini-environment, transpiring moisture through their leaves that condenses on the inside of the container and flows back to the soil. Some plants to consider using are arrow-head vines, begonias, ferns, swedish ivy and pothos. - Brenda Weaver  
Source: www.thegardenhelper.com

Lid  
Clear glass container  
Plants  
Moisture  
Rocks  
Soil  
Sphagnum moss  
Charcoal  
Pebbles  
Do not place it in full sun!

**Birdling BITS** BY Cindy Brook  
*Glorious Water*  
It's July, and it's hot. Birds aren't the only things that need water to drink. I have seen other creatures with wings, like bees and dragonflies, sipping water from birdbaths. So keep those birdbaths clean and filled with fresh water. It'll keep everyone happy and cool.  
E-mail: birdlingbits@cfl.rr.com  
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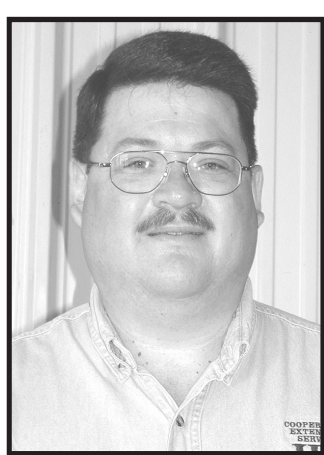
**Wishing Well®**

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

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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# Support your local farmers market



**Eric Baker**  
Estill County Extension Agent for Agriculture & Natural Resources

Growing season is in full swing, and your local farmers market has the freshest produce, meats and value-added products around. We are fortunate to have an established farmer's market in our county.

When you purchase from a farmers market vendor, most of which are small family operations, it reduces the time it takes for food to travel from a large, commercial farm to a grocery store and onto your dinner plate. This means that local growers can wait to pick the produce and deliver it to you when it is at the peak of freshness. At the same time, you are reducing fuel emissions and transportation costs the growers would have to pay to sell their products outside the county. Many times, farmers markets are closer to your home than a grocery

store, so shopping at the markets could cut down on your fuel costs too.

Buying from farmers markets is good for the local economy and one way to preserve agriculture in rural communities. Farmer's market purchases keep your money in your community. It allows growers with small-to-medium-sized operations to receive a fair price for their products without having to compete against large commercial growers. With an established, local market to sell their products, new growers have a viable entry into agriculture and an improved chance at success.

With much of the farmer's markets products being fresh fruits and vegetables, you also have the opportunity to add more nutrition, vitamins and minerals to your family's plates. This can lead to healthier diets.

Buying from a local vendor can help you connect to the person who is growing your food. It can be a great lesson for your children on where food comes from. Over the course of the season, many repeat farmers market customers develop personal connections and friendships with vendors.

The Estill County Farmer's Market is open each Friday (except county fair week) from 3:30 - 7:30

p.m. at the Estill County Fairgrounds off South Irvine Road. On the second Tuesdays each month, the market will be at the Estill County Extension office (address: 76 Golden Court) 11:00 a.m. to around 2:00 p.m. For in-

formation about your local farmers market, visit them on Facebook or call 859-302-2620. For more information on local agriculture, contact the Estill County Cooperative Extension office at 723-4557.

**UK COOPERATIVE EXTENSION SERVICE**  
University of Kentucky - College of Agriculture

**Estill County**  
**Nutrition Education Program**  
**Family & Consumer Sciences**  
**Estill County Extension Office**

Call the Extension Office at 723-4557

## Making healthy choices easy and affordable for everybody

Eating better for you and your family can be difficult and put a strain on your grocery budget. The University of Kentucky Cooperative Extension Service is here to help make the healthy choice the easy and affordable choice for Kentuckians. Through the Nutrition Education Program's Healthy Choices for Every Body Program, participants can focus on eating better and preparing easy meals that also help you save money.

With the free Eat Better for Less classes, participants will receive tips and resources for making healthy lifestyle changes, recipe cards and motivation to make improvements for their bodies and their future. The Eat Better for Less program will be held at 285 Mountain Crest, Irvine KY, beginning July 22, from 1:30 pm-2:30 pm.

For more information contact Jessica Webb, Nutrition Education program assistant at the Estill County Extension Office, 76 Golden Court, Irvine KY, 40336 or call 606-723-4557. Kentuckians can gain additional support to make healthy and affordable choices by following the Kentucky Nutrition Education Program's Facebook page, <http://www.Facebook/kynep>.

Equal Opportunity Service Provider

**UK COOPERATIVE EXTENSION SERVICE**  
University of Kentucky - College of Agriculture

**Estill County**  
**4-H Youth Development**  
**Taylor Miles**  
**Estill County Extension Office**

Call the Extension Office at 723-4557

## Estill Co. 4-H Project Expo, July 19-23

Estill County 4-H will host the 4-H Project Expo July 19-23 at the Estill County Extension Office. Due to date conflicts with the state and county fairs, we will be holding the Expo in our office and projects will not be showcased in the Fair Barn. With limited space, we will not be able to have open classes and will only accept State Fair Categories. Ages for 4-H youth is 9-18 (must have reached 9th birthday and not reached 19th birthday as of January 1, 2021). There will be no Cloverbud entries this year. Expo project catalogs can be picked up at our office or found on our Facebook page (Estill County 4-H) and online at [http://estill.ca.uky.edu/files/4-h\\_booklet\\_state\\_fair\\_final.pdf](http://estill.ca.uky.edu/files/4-h_booklet_state_fair_final.pdf). There will be no pet shows and no 4-H livestock shows. Below is the schedule for the week:

- Monday, 8:30 a.m.-4:30 p.m.:** Accepting Entries (perishable and non-perishable)
  - Tuesday, 12-7 p.m.:** Accepting Entries (perishable and non-perishable)
  - Wednesday:** Judging; (no one will be allowed in the exhibit area during judging of 4-H exhibits.)
  - Thursday, 12-7 p.m.:** Open for viewing exhibits
  - Friday, 12-7p.m.:** Pick up exhibits and premiums. Both Parent/Guardian and Youth must be present.
- Equal Opportunity Service Provider

## Puzzle Answers

**BIBLE WORD SEARCH**  
Answers  
D Y W H O E E V E R W  
S O T E O L S M Y W  
R S G H L H R O M O  
D R E I G E R S O D  
Y E W R T I L T H A  
J S F L T L M G W H  
A T E U E R I L W S  
K H N W G H O Y A E  
S S D G I E Y F A G  
L O R D T R U S T S

**Sticklers Answer**  
1) hooves  
2) whooping cough  
3) true  
4) septagon

**SCRAMBLERS**  
solution  
1. Levees 2. Tender;  
3. Cantor; 4. Study  
Today's Word  
**DRESS**

## Bible Word Search, Scramblers & Stickler's Puzzle on Page 12

THE ILLUSTRATED BIBLE

...The lips of an immoral woman drip honey, and her mouth is smoother than oil; but in the end she is bitter as wormwood, sharp as a two-edged sword. Her feet go down to death, her steps lay hold of hell. Lest you ponder her path of life - her ways are unstable; you do not know them.  
PROVERBS 5: 3-6

"Head of a Girl" by Karl Schmidt-Rottluff (1915)

**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: V equals H

HG Z XDUGHXVUT XYVDRHMI  
RZNVDRZNYHYZM HX YVHUUT,  
H XKSSJXD VD'X YJUC ZMC  
YZUYKUZNHMI.

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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.

IECDV BEONHNKN HO EOD'N  
BRIRBHKU KE XHOZ GHN CHXX  
CHKG KGD ITVIEND EL EKGDN,  
KE XDRM QU VDRNEO ROM R  
YHLK EL BEEIDVRKHEO.  
- CEEMVEC CHXNEO

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## Puzzle Answers July 14, 2021

**Puzzles4Kids**  
Answer

**FEAR KNIGHT**  
answer

How does a sick pig get to the hospital?  
In a ham-balance.

**Even Exchange**  
answers

- Braid, Brain
- Gibbon, Gibson
- Wager, Eager
- Cooler, Cooper
- Filly, Folly
- Growl, Growl
- Wallet, Ballet
- Grand, Grant
- Detour, Devour
- Lofty, Lefty

**WORDS MADE OF CELLS**

## King Crossword

Answers  
Solution time: 26 mins.

## Letter Box

Solution

G	N	R	A	I	L	O	W	T
A	I	L	O	T	W	N	G	R
O	W	T	N	R	G	L	A	I
N	A	I	W	L	R	G	T	O
W	L	G	T	N	O	R	I	A
R	T	O	I	G	A	W	L	N
L	O	W	R	A	T	I	N	G
T	R	N	G	W	I	A	O	L
I	G	A	L	O	N	T	R	W

**Weekly SUDOKU**  
Answer

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

**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) Ismael; (3) James/John; (4) Peter; (5) Peter; (6) Boaz; (7) Philistines; (8) Boaz