

Definitions:

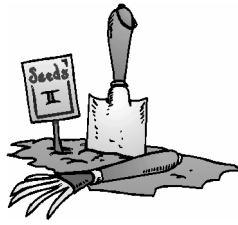
Vaccination: an ouch of prevention.
 Amnesia: a blank account.
 Castor oil: and ugh nog.
 Massage: back magic.
 Electrocardiogram: ticker tape
 High jump: soar feat
 Pinch hitter: change for the batter.
 Polar bathers: frigid dares
 Golf tournament: par wares

Beyond being an excellent source of calcium, milk contains at least 15 essential nutrients. People of all ages need calcium. People age 19-49 years of age require

Hostas and ferns, both popular mainstays in the shade garden, make great partners. From solid green to variegated, there's a host for every taste. Ferns let the light shine through.

Both grow best in

On a bank window:
 Don't Kiss Our Women. They're all Tellers.



Hungry Isn't Good!

Why not grow a row for the Lorette Food Bank! Carrots, beets, potatoes, cabbage, and all those yummy veggies that store well will make a big difference to someone trying to provide healthy meals on an extremely limited budget.

Water your lawn now, prevent flooding in the spring!

Where does your sump pump drain? Did you inadvertently contribute to spring flooding? Run-off of spring melt water is always going to be a problem with our very flat terrain. But we can all help minimize the problem with a few moments of time in the spring and fall.

- ✓ Position your sump pump hose so it helps to water trees and grass during summer.
- ✓ In the fall the position of the drainage is critical. Draining it into the ditches can cause the build up of ice in culverts over the winter that will prevent the free flow of run-off in the spring.
- ✓ Putting the sump pump outlet into the sewer will overload the sewer system which can cause major problems. Please DO NOT drain your sump pump into the sewer at anytime.

The Shocking Facts

Electricity seeks all paths to the ground. It travels through conductors, such as metal, wet wood, water – or through your body! Your body is 70% water, so if you touch an energized bare wire or faulty appliance while you are grounded (that is, touching the ground or connected to it by a conductor) electricity will instantly pass through you to the ground, causing a harmful – or fatal – shock. The amount of electricity used by one 7-watt Christmas tree bulb can kill you if it passes through your chest. Even if it isn't fatal, electric shock can easily cause serious falls, burns, cuts or internal injuries.

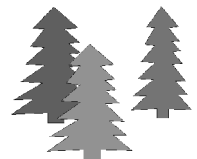


When playing outdoors this summer, watch for overhead lines.

- Kites
- Sailboat mast
- Model Airplane
- Hang glider
- Fishing pole
- Parachute
- Boat on a trailer
- Water guns

Free Trees

As in past years, PFRA Shelter Belt Centre is providing small trees for the Municipality. All trees that are left after the completion of the RM work will be given away, first come, first serve. Please phone the RM 878-3321 early next week to check when they will be available.



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