The Great Outdoors

Protect children from summer risks - insects and sun

Whether kids are spending time at camp, in the backyard, or the neighbourhood park, parents must take charge when it comes to preventing insect bites. Mosquitoes and ticks can carry debilitating and sometimes life-threatening illnesses. Children, in particular, are at risk because of their immature and still-developing immune systems.

There are several things parents can do to prevent mosquito and tick bites. Your children are not always by your side, so it is important to educate them about the dangers of biting insects. Follow the tips outlined below to protect your family and reduce the mosquito breeding and resting sites around your home. To find out more about repellents for all occasions, visit www.bugfreeliving.com.

First Thing's First:

- Dress children in light coloured clothing - mosquitoes prefer dark, solid colours.
- Cover as much skin as possible with long-sleeved shirts and long pants when mosquitoes are at their worst.

The most effective and reliable way to protect the entire family from biting insects and ticks is to use an insect repellent such as OFF! Skintastic MagiColour. This formulation is the world's first "disappearing" purple insect repellent to provide optimal protection from mosquitoes and other biting insects. This new formula goes on purple to ensure complete coverage, then disappears leaving your skin its natural colour.

When Applying:

- Always follow label directions when applying insect repellent. Apply to hand for application to face and neck particularly when applying repellent to a child's face. Parents should apply it on their own hands first and then on the child, Insect repellent should never be applied to young children's hands. Remember to apply thoroughly, since mosquitoes will find an unprotected area of skin as small as a dime.
- For extra protection, clothes may be sprayed with repellent. Follow label directions.
- Do not allow use by small children without close adult supervision.

After the Fact:

- If a child does get bitten, make sure they do not scratch the affected area - scratching could lead to infection.
- After an outdoor hike, check children for ticks. Check all clothing including socks, shoes, pants, and bags. Remember to also check the hairline carefully. Ticks are dark, so be particularly careful when inspecting dark-haired children. Nymphal ticks are about the size of a poppy seed, so be thorough.
- If a tick is found imbedded in the skin, use tweezers to grasp the tick's head, and pull the tick outward (without twisting or crushing) until the entire tick is removed. Wash the area, apply an antibiotic cream and cover the wound. If symptoms develop you may wish to send the tick to a laboratory to find out if the tick is carrying Lyme disease. Save the tick in a sealed jar with alcohol and record the date on the label.

Around the House:

- Make your home and property less inviting to mosquitoes. Trimming shrubs and brush can reduce the number of mosquitoes that seek shelter from the heat of the sun. Night-active mosquitoes that may carry disease will rest during the day in dense vegetation around your house and become active after sunset.
- Control standing water on and around your property to reduce potential mosquito breeding sites. Target any natural or artificial habitats where water typically collects including toys, tire swings, rain gutters, and natural wetlands around your home.

The most important thing to remember is that the summer is meant to be fun for children. Show them effective application techniques to help them enjoy the summer to its fullest. Take the time to pick out an appropriate insect repellent. Talk about these issues to any counselors, camp leaders, or babysitters that may be responsible for your kids this summer.







Enjoy the fun in the great outdoors

The warm weather means more time spent outdoors. What better way to enjoy the short, sweet summer than entertaining family and friends in your own backyard? Here are some tips for making the most of outdoor entertaining, whether the party is small or large.

- Prevent the patio or deck area from looking cluttered or feeling cramped by keeping food indoors as much as possible.
- Prevent barbecue flare-ups by spreading lettuce leaves on the hot coals. The hot coals will blacken the lettuce, but it will not ignite while acting as a barrier for dripping fat.
- Use clean buckets, wheelbarrows or kiddie pools filled with ice as makeshift refrigerators. They add a fun element to an outdoor dI cor and keep cool drinks and food easily accessible to guests.
- Make the table the focal point of the party or meal. Including simple but clever decorations can convey a theme or set a mood without being difficult to prepare or clean up.
- Get festive with a theme! Use bales of hay and gingham accents for an old fashioned barbecue or exotic flowers, pineapples and Hawaiian print tablecloths to turn the party into a luau.
- Don't let bugs make preparation

Please turn to page 3

BUILT TO LAST. PRICED TO SELL.

There's no need to trim your budget this spring with STIHL! For a limited time, the top-rated STIHL FS 36 gas-powered grass trimmer is sale priced at only $159.95*. It packs the power of a 30 cc engine in a lightweight, easy-to-use trimmer that will get the job done.



$169.95 STIHL FS 36

With features such as:
- Adjustable loop handle
- Lifetime warranty on electronic ignition and drive shaft
- Fuel primer system for quick, easy starting

STIHL trimmers are built to last. And right now, they're priced to sell!

*Model FS 36, on sale until July 31, 2000 or while supplies last.

STIHL®

CONSUMER 2 YEAR WARRANTY

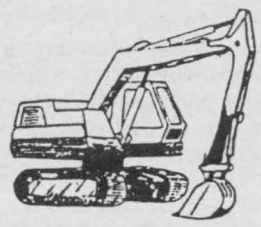
For full details and a FREE demonstration, come see us today!

EASTERN ENGINES
Power Equipment
Highway 31, Williamsburg
535-2488

***** POOL WATER *****

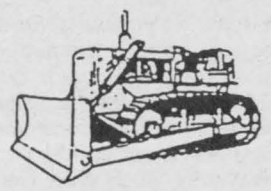
(613) 652-4858

Septic Systems Designed & Installed



FRANK **AULT** EXCAVATING LTD.

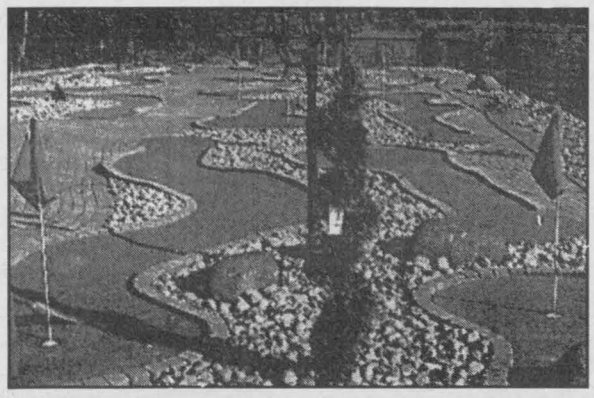
BRINSTON - ONTARIO



Test Your Skill On Our
"SUNNI-MINNI-PUTT"
Now Open Daily From 9 a.m. - 9 p.m. ~ 18 Hole Par 38

Stags

Birthday Parties



Tournaments Welcome

Mini Putt
Adults $6.00
Childrens $4.00

More enjoyment for the whole family at

18 Sunnidell GOLF

Golf Course Green Fees
Weekday $13
Weekend & Holidays
(Tee Time Required)
$15

1945 Sharp's Lane, Brockville 498-0775

Enjoy

Continued from pg.2

and hard work go to waste by driving guests indoors. Make the party less inviting to insects by keeping food covered and garbage and scraps far from the entertaining area.

Learn more about interfering insects and how to avoid them by visiting www.bugfreeliving.com. Easy tips and solutions like the ones found there can make the difference between a great time spent outdoors with family and friends and a party full of six-legged guests!

Exploring

These students from Nationview Public School participated in a "Pond Creatures" workshop giving them the opportunity to explore the wonders of the great outdoors. Ms. MacKeen organized this workshop encouraging children to get up close and personal with nature. The kids waded right in with their hip waders and nets catching frogs and insects of all types. They all had a great time and learned a lot in the process.

Chieftain photo by R. Comfort



THE STOVE STORE
unmatched

YOUR HEATING & COOLING STORE
SALES AND SERVICE

~ Installation of Stoves
~ Furnaces ~ Fireplaces
~ Pellet Stoves ~ Heat Pumps
~ Central Air Conditioning

6 Beverly St., Spencerville
613-658-3101

BURCHELL FENCING

SUPPLIERS & INSTALLERS

Of Residential, Commercial & Farm Fence
Tennis Courts and Ball Diamonds
Auger Rentals, Privacy Fencing
Portable Dog Pens, **Special $369.00**
Rent-A-Fence ~ Wrought Iron

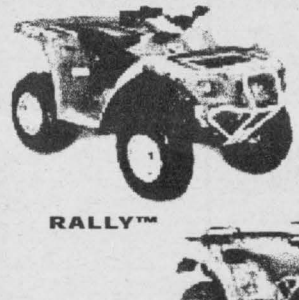
Retail Sales & Installation
DO-IT-YOURSELF KITS IN STOCK

At Burchell Fencing You Will Find A Knowledgeable Staff To Assist You With Your Fencing Needs.

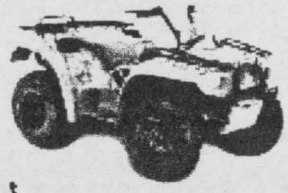
Free Estimates

FROST FENCE & WIRE PRODUCTS LTD.
345-2406
1-800-203-2757

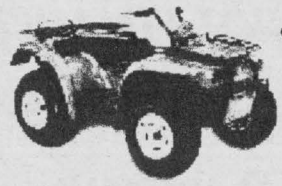
POWER BEYOND YOUR WILDEST DREAMS.
DEALS TO MATCH.



RALLY™



QUEST™



TRAXTER™

NO MONEY DOWN NO PAYMENTS NO INTEREST**

On all new and unused Model Year 2002 & 2003 Bombardier ATV models

3 YEARS COVERAGE* BUMPER-TO-BUMPER

On all new and unused Quest 500, Quest 650 and Traxter models.

LIMITED TIME BUY BEFORE AUGUST 31, 2002

We've gone wild with great deals on the world's toughest ATVs. The hardworking Traxter ATV. The ultimate hunting quad, Quest. The sporty new Rally runabout. And the trail-pounding DS650 ATV. It's a dream come true. But only for a limited time.

BOMBARDIER ATV
Follow No One.

See your local Bombardier ATV Dealer:
Jim & Sandra Primrose

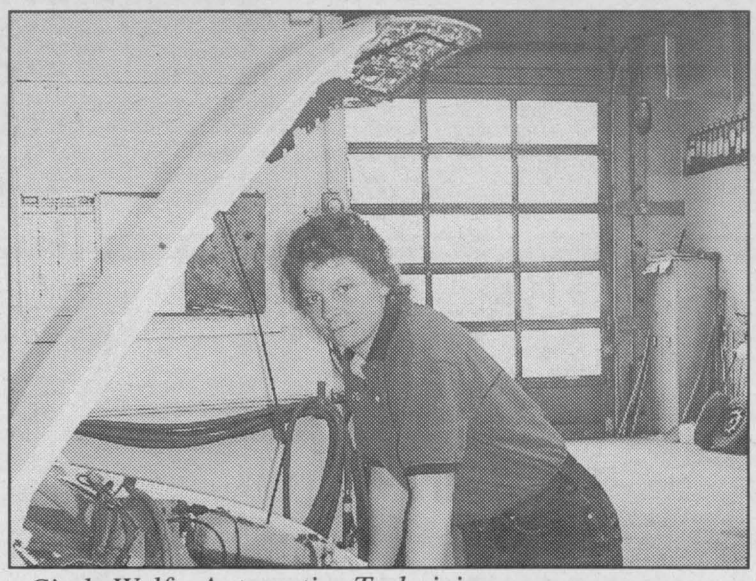
JIM'S
Performance Plus Ltd.
Flagg Rd. R.R. #1, Iroquois, Ontario
Phone (613) 652-2245 Fax.: (613) 652-2561

© 2002 Bombardier Inc. All rights reserved. TM Trademarks and ® Registered Trademarks of Bombardier Inc. *Offer valid in Canada only from June 1, 2002 to August 31, 2002. Eligible units are all new and unused Quest 500, Quest 650, and Traxter models year 2003 and prior sold and delivered at a participating Bombardier ATV dealer. Buyer of eligible units will receive a 3 year coverage (6 months of Bombardier Limited Warranty and 30 months of Bombardier Extended Service Term (B.E.S.T.) ** Eligible units are all new and unused ATV Bombardier, model year 2003 and 2002 (up to 6 months for MY 2001 and prior). No payment, no interest, no downpayment on all models sold and delivered by an authorized Bombardier dealer between June 17, 2002 and August 31, 2002 to Canadian residents for domestic use in Canada. Financing program available through Laurentian Bank of Canada. Subject to credit approval. Depending on qualification criteria and terms and conditions in force at Laurentian Bank of Canada, a 10% downpayment maybe required. No interest and no monthly payment required if paid within 12 months of the purchase date. The terms and conditions may vary from province to province and the promotions are subject to termination or change at any time without notice. See your participating Bombardier ATV dealer for all details and to receive a copy of the Bombardier Limited Warranty. Void where prohibited. Bombardier reserves the right, at any time to discontinue or change specifications, prices, designs, features, models or equipment without incurring any obligation. ATVs with engine size greater than 90cc are recommended for use only by those aged 16 and up. Bombardier highly recommends that all ATV riders take a training course. For safety and training information, see your dealer or, in Canada, call the ATV Safety Institute at (613) 739-1535 ext. 227. **ATVs can be hazardous to operate. For safety : Always wear a helmet, eye protection and other protective clothing. Always remember that riding and alcohol/drugs don't mix. Never ride on paved surfaces or public roads. Never carry passengers. Never engage in stunt driving. Avoid excessive speeds and be particularly careful on difficult terrain.** Bombardier urges you to "TREAD LIGHTLY" on public and private land. Preserve your future riding opportunities by showing respect for the environment, local laws and the rights of others when you ride. Ride responsibly.

BOMBARDIER

AUTOPRO
MECHANICAL

MORRISBURG AUTOPRO



Cindy Wolfe, Automotive Technician

VISIT A: FREE WINTER SERVICES

1. OIL, LUBE & FILTER (5W30, 5 L max. house oil). Non-synthetic specialty oils $1 per litre, extra charge.
2. Top up all fluids, including brake, windshield, differential, transmission and power steering.
3. Rotate all four tires and adjust air pressure.
4. Battery load test and recharge.
5. Inspect front and rear brakes and clean as required.

VISIT B: FREE SPRING OR FALL SERVICES

1. OIL, LUBE & FILTER (5W30, 5 L max. house oil). Non-synthetic specialty oils $1 per litre, extra charge.
2. Inspection of shocks and struts.
3. 30-point safety inspection.
4. Tighten all belt drives

VISIT C: FREE SUMMER SERVICES

1. OIL, LUBE & FILTER (5W30, 5 L max. house oil). Non-synthetic specialty oils $1 per litre, extra charge.
2. Check steering components.
3. Top up all fluids, including brake, windshield, differential, transmission and power steering.
4. Inspect front and rear brakes and clean as required.

PLUS

- ❒ ❒ TWO *FREE* CAR WASHES AND VACUUM
- ❒ ❒ TWO *FREE* FLAT TIRE REPAIRS
- ❒ ONE HOUR *FREE* DIAGNOSTIC TIME ON COMPUTER SCOPE
- ❒ *FREE* ALTERNATOR AND BATTERY TEST

ON THE SPOT FINANCING AVAILABLE

***OPTIONAL:* Roadside Service *($30)* with the purchase of the complete VIP service**

AUTOPRO VIP SUPER SPECIALS

$20.00 OFF
Wheel Alignment
(2 or 4 wheel)

$19.95
Wheel Balancing
(Reg. $34.00)

$10.00 OFF
Brake Job
(Most vehicles)

$25.00
Synthetic Oil or Diesel Engine Upgrade
(Max. 5 litres, Visit A, B & C)

15% OFF
the purchase of two or more New Tires

$10.00 OFF
Battery, Alternator or Starter Purchase

$10.00 OFF
Cooling System Flush

10% OFF
Muffler or Exhaust Work

This complete package, valued at
$390
is now only
$90.00
WITH YOUR VIP CARD

To take advantage of the Full Service Maintenance Package, call:
MORRISBURG AUTOPRO
for an appointment. Bring your vehicle with your **VIP** card, and one of our highly skilled technicians will give you all of the above services and discounts within the next year.

AUTOPRO
MECHANICAL

613-543-CARS (2277)

Hwy. 2, East, Morrisburg, Ontario K0C 1X0