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Senators introduce Emergency Health Care Guarantee Act

WASHINGTON, D.C. – On May 15, Sen. Bernie Sanders (I-VT) introduced the Health Care Emergency Guarantee Act (HCEGA) to eliminate all out-of-pocket health costs for every person in America during the COVID-19 crisis. Senators Kirsten Gillibrand (D-NY), Edward Markey (D-MA), Elizabeth Warren (D-MA), Cory Booker (D-NJ), Jeff Merkley (D-OR) and Kamala Harris (D-CA) co-sponsored the legislation.

“During this public health crisis, we must make sure that everyone in America is able to receive all of the medical care they need, regardless of their income, immigration status or insurance coverage. No one in this country should be afraid to go to the doctor because of the cost – especially during a pandemic. The American people deserve an emergency healthcare response that is simple, straightforward, comprehensive and cost-effective,” said Sanders. “We should empower Medicare to pay all of the medical bills of the uninsured and the under-insured – including prescription drugs – for the duration of the coronavirus pandemic. When so many people in this country are struggling economically and terrified at the thought of becoming sick, the federal government has a responsibility to take the burden of healthcare costs off the backs of the American people. The legislation we are introducing today does just that.”

New polling reveals overwhelming enthusiasm for Sanders’ proposal. According to Data for Progress, 73% of American voters support Medicare covering all out-of-pocket health expenses during this emergency, including 58% of Republicans. In comparison, 55% backed a separate proposal to cover the cost of insurance premiums through COBRA, a federal program that allows those who have lost their jobs to temporarily retain their former employers’ health insurance coverage. When presented with evidence that Sanders’ emergency Medicare proposal is significantly less expensive despite covering millions more people, 61% preferred Sanders’ approach versus 14% who backed COBRA subsidies.

Sanders has previously argued that proposals to expand COBRA benefits with taxpayer subsidies would provide insurance corporations with hundreds of billions of dollars in windfall profits, but do nothing to cover those who had already lacked employer-provided insurance, or those who continue to be deterred from seeking medical assistance due to high deductibles, which require roughly \$1,800 on average in annual out-of-pocket spending before private insurance coverage kicks in.

Sanders’ legislation, in contrast, would simply leverage the existing Medicare payment infrastructure to affordably and efficiently pay all costs of treatment for the uninsured, and cover all out-of-pocket costs such as copayments and deductibles for those who already have public or private insurance. The bill also halts medical debt collections, prohibits private insurance companies from increasing cost-sharing and requires ongoing data collection and weekly reporting on health disparities related to COVID-19. The legislation would be effective until a COVID-19 vaccine is widely available to the public.

“Healthcare is a right, not a privilege,” said Gillibrand. “The COVID-19 pandemic has made clear that every individual needs access to affordable healthcare, and the Health Care Emergency Guarantee Act would cover everyone’s out-of-pocket healthcare expenses during this emergency, regardless of insurance status. I am proud to partner with Senator Sanders and my colleagues to introduce this important legislation because we need to guarantee treatment and care to every individual American in order to safely reopen our economy.”

“As the nation continues to respond to the COVID-19 pandemic, it is critical that all families have access to the healthcare they need, without having to worry about out-of-pocket costs,” said Booker. “This legislation will ensure medical debt and healthcare costs aren’t barriers for those seeking care. This is especially

important for low-income communities, communities of color and immigrant communities, who face greater health inequities and are disproportionately impacted by COVID-19.”

“No American should ever go broke paying for medical care – especially not during a public health emergency,” said Warren. “With families struggling to make ends meet now more than ever, I’m glad to partner with Senator Sanders on a bill to eliminate out-of-pocket costs for necessary healthcare and halt medical debt collections during this economic crisis.”

“Americans shouldn’t worry about whether they can afford treatment if they come down with the coronavirus,” said Markey. “They shouldn’t worry about bankruptcy caused by medical bills or out-of-pocket costs. Congress has taken key steps to support our economy and our healthcare providers, but we must do more to protect all Americans in this time of crisis.”

“No family should go bankrupt because they had the misfortune of getting sick – especially as our nation continues to grapple with a dangerous pandemic,” said Merkley. “In a pandemic, every one of us is better off if someone who’s sick can go to the doctor and get care as soon as they need it. The time is now for Congress to eliminate out-of-pocket health costs for essential care and halt the collection of medical debts, to help everyone get the care they need and to help our country get through this pandemic.”

“The COVID-19 pandemic has placed Americans under tremendous stress,” said Harris. “On top of wondering how they will pay rent and put food on the table, paying for medical treatment if they get sick should not be another worry for families. I am proud to join my colleagues to introduce this legislation to protect patients from cost barriers to the medical care they need to stay healthy.”

Sanders’ bill enjoys the endorsement of 32 national organizations.

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Chow Line: Face masks and eating

Q: I now wear a mask every time I leave my house, and I plan to do so as long as we are faced with the COVID-19 pandemic. But I haven't figured out how to eat or drink with a mask on. Do I take it off or pull it up between bites? Any tips on what to do?

A: As states ease their stay-at-home orders and people return to venturing out of the house, your question of how to eat or drink while wearing a face mask is one that is likely to come up frequently.

According to published reports, some restaurants in Hong Kong, for example, have begun providing patrons with a clean bag to store their masks in while they eat at the restaurant. With that in mind, if you do plan to eat when out in public, you should carefully take your mask off completely without touching the outside of the mask, said Sanja Ilic, food safety state specialist with Ohio State University Extension, the outreach arm of The Ohio State University College of Food, Agricultural, and Environmental Sciences.

"The best practice is not to reuse the mask before it can be properly cleaned," she said. "One option would be to have a second, cleaned mask that you can put on after eating. Also, before eating, you need to wash or sanitize your hands after removing your mask."

It's also important to know how to take off your mask safely, Ilic said, because proper use of face masks might help restrict the spread of the virus from an infected person or prevent a healthy per-

son from becoming infected. Improper use could cause the opposite, she said.

"Masks and cloth face coverings should be handled assuming they are contaminated with the virus causing COVID-19," Ilic said. "As such, face coverings should be removed without touching the outside of it or your eyes, nose, or mouth. The mask or face covering should be immediately placed with dirty laundry or stored in a plastic bag until they can be properly cleaned."

Also, people should be careful not to touch their eyes, nose, or mouth when removing their face covering, and they should wash their hands immediately after removing their mask.

Ilic said face coverings can be an effective means of slowing the spread of the infectious agent for many respiratory illnesses and might help slow the spread of COVID-19.

"But, wearing a face covering does NOT provide complete protection and does not replace other ways of slowing virus spread," she said.

According to the Centers for Disease Control and Prevention, here are some ways to slow the spread: practicing good social distancing by staying at home; avoiding contact with others, and staying at least 6 feet away from others when out in public; washing your hands with soap for 20 seconds and using hand sanitizer often; and avoiding touching your eyes, nose, and mouth.

When choosing and wearing a face mask, the CDC says the mask should:

- fit snugly but comfortably against

the side of your face.

- be secured with ties or ear loops.
 - include multiple layers of fabric.
 - allow for breathing without restriction.
 - be able to be laundered and machine-dried without damaging or changing its shape.
 - cover your mouth and nose with no gaps between your face and the mask.
- Additionally, the CDC says to:
- wash or sanitize your hands before putting on a mask, every time the covering is touched, and immediately after removing the mask.
 - put the mask on, grasp the mask and pinch it at the ear loops or grasp the upper ties. For ear-loop-style masks, secure the ear loops behind the ears. For tie-back-style masks, secure the upper ties behind your head first, then secure the lower ties behind your head. Always put the same side of a reused mask against the face.
 - remove the mask slowly and carefully without touching the outside of it or the

eyes, nose, or mouth. Remove ear-loop masks by holding the ear loops. Remove tie-back masks by untying the lower ties first and the upper ties last; ensure that the ties don't fall into the clean, interior side of the mask. If the mask will be reused, place it in a bag until it can be laundered.

• wash the cloth mask after each use with regular detergent and warm/hot water, then dry it thoroughly in the dryer.

It's also important that you don't wear a mask that hasn't been cleaned thoroughly, or one that is soiled, torn, saturated, or damaged, Ilic said.

"Remember, you can still get infected by touching your eyes, nose, or mouth, so don't let the mask provide you with a false sense of security," she said.

Chow Line is a service of The Ohio State University College of Food, Agricultural, and Environmental Sciences and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center.



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Legislature must jumpstart New York's economy

A legislative column by Assemblyman Robert Smullen (R, C-Meco)

As New York State begins the process of re-opening certain regions, there is also talk of re-convening the State Legislature. If and when the Legislature returns, either virtually or back in Albany, jumpstarting our state's economy should be one of our top priorities.

The COVID-19 health crisis has impacted the U.S. more severely than any other country around the globe. And with more than 300,000 confirmed cases, New York State has paid a high price in the number of people infected and the tragedy of lives lost.

To help contain the spread of the virus, thousands of businesses were required to close by the state. From farms to factories, and every business in between, employers and employees did their civic duty in the name of protecting public health and safety. The economic and individual costs have been staggering, and now those same businesses and employees deserve every bit of assistance the state government can provide to get them up and running again.

Decisive steps must be taken by our state to facilitate our region-by-region re-opening and recovery. To that end, the Assembly Republican Conference has put together an economic plan to assist New York's working men and women whose small businesses are our best job creators.

Our "Jumpstart New York" initiative provides a blueprint for economic relief in the short term and much-needed stability in the long term. Through federal and state actions, the plan offers financial relief and protections to small businesses and their employees. It removes costly regulatory burdens that stifle growth and opens doors for employers to receive critical assis-

stance that will allow them to survive and succeed.

The plan recommends a range of state actions that can help pave the road to recovery, including creating a state business and nonprofit recovery loan program to help small businesses, and utilizing the Regional Economic Development Councils (REDCs) as vehicles for immediate economic recovery efforts instead of general economic development purposes.

In addition to cutting regulatory red tape, the plan recommends implementing the provisions of the "Small Business Emergency Recovery Act of 2020" that our conference proposed as part of the state budget. This action uses any money from unallocated state settlements to support small businesses and REDC local recovery efforts, as well as repurposing and utilizing funding for state capital programs to jumpstart the economy.

Coordinated federal actions recommended in the plan include directing future federal stimulus money to local governments and school districts to offset increased costs and the loss of tax revenue associated with COVID-19; capping unemployment insurance premiums; expanding the 0% interest rate to all Small Business Administration loans similar to the Paycheck Protection Program (PPP) with interest paid by the federal government; and providing stimulus relief to sole proprietorships and LLCs that are unable to seek relief under existing programs.

The scale and severity of our current fiscal condition is unprecedented, and our people are feeling tremendous pressure. A commitment from state government to remove roadblocks that stand in the way of restoring lost jobs and creating the new jobs our economy needs

will send a strong and clear message to the business community.

When the Legislature returns, we should use the proposals outlined above and all the tools at our disposal to jumpstart New York's economic engine. Business owners and employees need to know that help is on the way. The economic health of New York State hinges on the success and prosperity of the small business community.

Assemblyman Robert Smullen represents the 118th Assembly District, which includes Hamilton and Fulton counties as well as parts of Herkimer, Oneida and St. Lawrence counties.



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Numbers of COVID-19 cases in Herkimer County

Numbers of COVID-19 cases in Herkimer County as of 3 p.m. on May 15:

Total new positive cases today: 3

Total positive COVID-19 test results (from March 13): 106

Total active positive COVID-19 patients: 23

Total hospitalized: 0

Total number recovered: 80

COVID-19 deaths: 3

Negative COVID-19 test results: 1,510

Mandatory quarantine (with public health orders): 45

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Precautionary quarantine: 63

Released from precautionary quarantine today: 0



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To Your Good Health

by Keith Roach, M.D.

"Have you ever smoked?"

Dear Dr. Roach: I have a question that I'd love to see answered in your column sometime. My husband recently had major surgery. Before the surgery, they asked if he has ever smoked. (Husband is 77.) He answered that when he was 9, he smoked a cigarette. He is now in the computer as an ex-smoker, and the nurse told us she is "required by law" to provide him with information on quitting.

When physicians ask "Have you ever smoked?" do they really want to hear about one cigarette, smoked almost 70 years ago? Is this meaningful information, in medical terms? – S.S.

Answer: There are very important reasons to know a person's smoking history, especially when someone is about to undergo surgery. Current smokers should know that quitting well before surgery can reduce risks of surgical complications. The anesthesiologist can be extra-vigilant for breathing issues. Some of these points are valid for ex-smokers who have recently quit or who were very heavy smokers.

Of course, one cigarette at age 9 is meaningless, and anytime I hear "required by law" I wonder if it's really true. In this case, I doubt it: Why give ex-smokers information on quitting? It makes no sense.

Primary care providers like me ask about smoking because a significant history of smoking increases heart disease risk, so I might be more likely to recommend treatment to reduce that risk (for example, in a

person with elevated blood pressure or cholesterol who otherwise doesn't quite meet criteria for drug treatment). Also, people who smoked more than one pack per day for 30 years, or the equivalent, should have a discussion about whether screening for lung cancer is appropriate.

Finally, it's easier to answer if you have never been a smoker. Some people who smoke socially don't consider themselves smokers but would still benefit from advice to stop.

Dear Dr. Roach: I took a sleep study and slept on my back all night because I was wired up and couldn't sleep on my side. After a couple of hours, I was told that I have moderate sleep apnea. I snore when I'm on my back, but not when I'm on my side. Do you think I really have sleep apnea? – T.M.

Answer: Obstructive sleep apnea very often goes unrecognized. It is caused by the soft tissue in the neck obstructing the airway; the muscles relax while you are asleep, closing the airway. This is indeed much more likely to happen when lying on the back (we use the anatomical term "supine"), and generations of spouses have learned that turning a snorer on the side is a good way to get them to quit snoring. Snoring is caused by the very same process that leads to sleep apnea; in fact, snoring is a significant risk factor, with up to a third of snorers having the condition.

I believe the sleep study. While I am sure you would have demonstrated less obstruction if you could sleep on your side, you still are likely to have some obstruction during the night, especially since we frequently change position while sleeping without knowing it. However, there are many different treatments for sleep apnea, and you should talk with your doctor about which is right for you. You need not jump to the most aggressive treatments.

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Moments In Time

The History Channel

• On May 30, 1899, amateur bandit Pearl Hart and her boyfriend Joe Boot hold up an Arizona stagecoach. After taking \$421 in cash from three passengers, Hart took pity on them and handed each back \$1 so they could buy something to eat when they arrived in town.

• On May 28, 1902, Owen Wister's "The Virginian" is published. It was the first "serious" Western. The book became a sensation almost overnight, selling more than 1.5 million copies by 1938 and inspiring four movies and a Broadway play.

• On May 26, 1927, Henry Ford and his son Edsel drive the 15 millionth Model T Ford out of their factory, marking the famous automobile's official last day of production. The "Tin Lizzie" averaged about 17 mpg and could travel up to 45 mph.

• On May 27, 1939, a ship carrying 937 Jewish refugees is turned away from Cuba. The ship sailed close to Florida, hoping to disembark there, but a State Department telegram stated that the asylum-seekers must first "await their turns on the waiting list and qualify for and obtain immigration visas." After appeals to Canada also were denied, the ship was forced to sail back to Europe.

• On May 29, 1953, Edmund Hillary of New Zealand and Tenzing Norgay, a Sherpa of Nepal, become the first explorers to reach the summit of Mount Everest. News of their achievement broke on June 2, the day of Queen Elizabeth II's coronation.

• On May 31, 1962, in Israel, Nazi SS officer Adolf Eichmann is executed for his crimes against humanity during World War II. Following the war, Eichmann had fled to Argentina, where he was found by Mossad agents.

• On May 25, 1977, Memorial Day weekend opens with an intergalactic bang as the first of George Lucas' blockbuster "Star Wars" movies hits American theaters.

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Calendar of events

NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to cfeditor@leepub.com CONCERNS ABOUT THE CORONAVIRUS (COVID-19) HAVE CAUSED THE CANCELLATION OF MANY MEETINGS. PLEASE CONFIRM ALL MEETINGS WITH THE HOST LOCATIONS BEFORE TRAVELLING TO THE MEETING LOCATION.

May 9

Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop 9 a.m. to 4 p.m. at Arc Herkimer's main building at 350 South Washington Street in Herkimer. \$38 per person. Books and materials provided. Call Kelly Bunce at 315.574.7982 to register and make payment.

May 12

There will be **no walk-in Immunization Clinic** at Herkimer County Public Health office on May 12. For more information, call Herkimer County Public Health at 315.867.1176.

May 16

25th Kuyahoor Valley Rotary Fishing Derby. Funded by the Kuyahoor Rotary Club for the grade school students (pre-school through 6th grade) of the Poland Central and West Canada Valley Central School Districts. Visit www.kuyahoorvalleyrotary.org

May 16 and 21

Rabies Clinics cancelled. May 16 at the East Herkimer Fire Dept. and May 21 at the Old Forge Fire Dept. For more information, call Herkimer County Public Health at 315.867.1176.

May 18

Paint and Sip 6 p.m. Hosted by The Mohawk Homestead and Easels on The Gogh - at the Iliion Frankfort VFW 4274 Acme Rd., Frankfort. Contact The Mohawk Homestead at 315.866.1841 Ext. 404.

May 20

Polish Polka Party 4-6 p.m. or until sold out Iliion First Baptist Church, 8 Second St., Iliion. Dinner includes: Kielbasa, glumpkies, perogies, braised sauerkraut, pickled beets, and much more along with a homemade dessert. \$10 per person. Tickets sold at the door. For more info contract the Church Office at 315.894.9041.

June 5

The Mohawk Homestead's 5th Annual Golf Outing 9 a.m. at The

Hidden Valley Golf Club, 189 Castle Rd., New Hartford for more info contact Deb Marley 315.588.9788.

June 13

41st Annual Friendship Craft Festival The Church of Christ Uniting, Richfield Springs, is canceling its Friendship Craft Festival this year due to COVID-19.

September 12

Arc Herkimer Transportation 2020 NTSI Traffic Survival Workshop 9 a.m. to 4 p.m. at Arc Herkimer's main building at 350 South Washington Street in Herkimer. \$38 per person. Books and materials provided. Call Kelly Bunce at 315.574.7982 to register and make payment.

November 14

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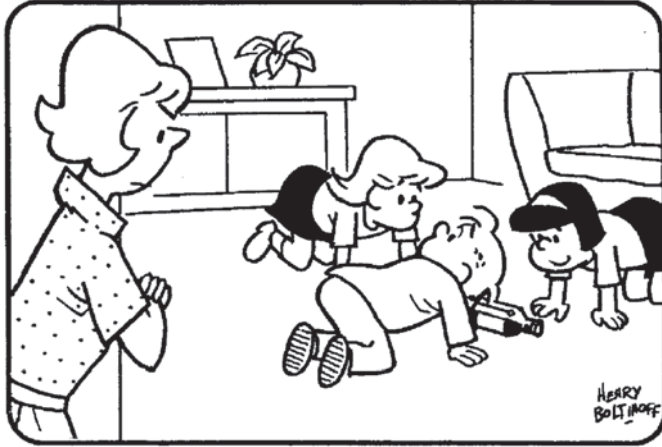
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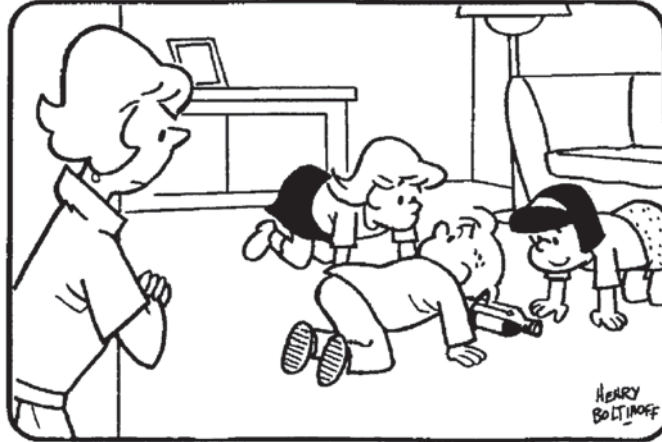
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BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Plant is missing. 2. Frame is added. 3. Woman's blouse is different. 4. Lamp is added. 5. Girl's skirt is different. 6. Woman's earring is added.

Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆

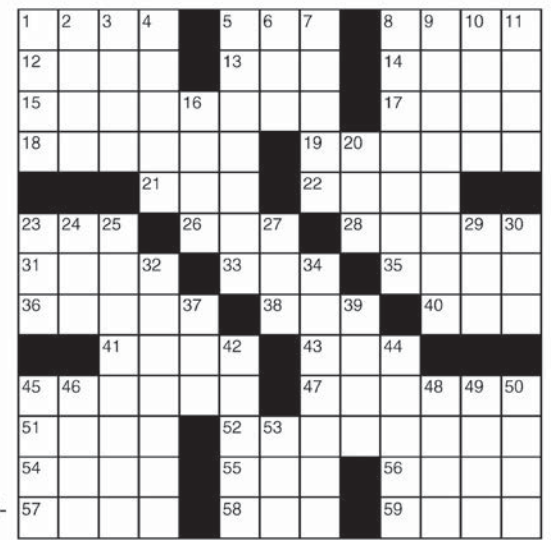
◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

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King Crossword

ACROSS

- 1 Work units
- 5 Urban carrier
- 8 Wanders
- 12 Hoodlum
- 13 Bobby of hockey
- 14 Leave out
- 15 Atmosphere
- 17 With skill
- 18 Godlike
- 19 Indefinite interval
- 21 To and —
- 22 Regiment
- 23 Sheepish comment
- 26 Mess up
- 28 Manicurist's concerns
- 31 Mater preceder
- 33 Insult (Sl.)
- 35 Nike slogan, "Just —"
- 36 Unpaid bills
- 38 1960s Pontiac
- 40 Homer's neighbor
- 41 Faraway fleet?
- 43 Actress Thurman
- 45 Help
- 47 Least adorned
- 51 Physicist Niels
- 52 Food of the gods



- 54 Tourney situations
- 55 Wire measure
- 56 Soda fountain treat
- 57 Right on the map?
- 58 Snoop
- 59 Arctic diving birds
- 5 Massachus- etts city
- 6 Joan of —
- 7 The staff of life
- 8 Proceed
- 9 Drive
- 10 Pickling herb
- 11 Eyelid woe
- 16 Ireland
- 20 Victory
- 23 Evil
- 24 Brewery product
- 25 Surprise attacks
- 27 Tractor-trailer
- 29 Falsehood
- 30 Norm: Abbr.
- 32 Originally
- 34 Unshaven, in a way
- 37 "Mayday!"
- 39 Mr. Sharif
- 42 Postage buy
- 44 Scent
- 45 Singer Lane
- 46 Protein-rich bean
- 48 Birthright barterer
- 49 Symbol of smoothness
- 50 Body pics
- 53 Russian space station

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RIDDLE CARD

1. What did the thief get for stealing a calendar?
2. When is a boy like a pony?
3. When does a ship tell a falsehood?
4. When is a cliff like a fish?



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Answers: 1. Twelve months. 2. When he's a little hoarse (horse). 3. When she lies at the wharf. 4. When it is scaled.

Junior Whirl

by Charles Barry Townsend



Illustrated by David Coulson

1.	H					N
2.		H				N
3.			H		N	
4.				H	N	
5.			N			H
6.		N				H
7.	N					H

FIND THE BIG WORDS?

Using the definitions and anagrams below, you must find the seven eight-letter words that fit into the framework above. The letters in the two anagram words must be unscrambled and used to form the word asked for:

- 1. Frontier clothing. shun + poem
- 2. A type of pickle. hers + king
- 3. A sailing vessel. corn + shoe
- 4. Tuna hate them. fist + hens
- 5. A card game. lone + chip
- 6. What an archaeologist does thus + near
- 7. Unrivaled person or thing. shun + once

Answers: 1. Homespun. 2. Gherkins. 3. Schooner. 4. Fishnets. 5. Pinocchio. 6. Unearths. 7. Nonesuch.

WILD SPELLING!

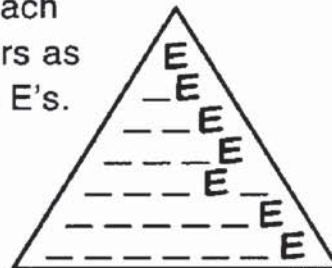
Using the letters P and A, can you spell a five-letter word that is the name of an animal?



Answer: The letters "P and A" spell PANDA!

THE "E" PYRAMID! Pictured at right is a word pyramid. Each word, as you go down the pyramid, contains the same letters as the word above it, plus a new letter. We give you all of the E's. Here are some hints, from the top down:

- 1. A vowel (given).
- 2. In reference to.
- 3. To feel regret.
- 4. Unsophisticated person.
- 5. More depressed.
- 6. To rob.
- 7. A muttered complaint.



Answers: 1. e. 2. re. 3. rue. 4. rube. 5. bluer. 6. burgle. 7. grumble.

Tips for planting blueberries

A trip to the produce aisle at a local grocery store can unveil a host of healthy additions to anyone's diet. Such a jaunt also can raise eyebrows, as produce, particularly organic fruits and vegetables, can be very expensive. Consumers may feel helpless to corral the cost of healthy foods like fruits and vegetables, but all hope should not be lost. That's especially so for people willing to give gardening a try.

Blueberries are one of the healthiest foods people can eat. The USDA National Nutrient Database notes that blueberries, which are low in calories and high in fiber, are great sources of vitamins C, K and B6. However, organic blueberries can be among the most expensive foods in the produce aisle. Various factors, including where blueberries come from and whether or not they're organic, dictate their cost. But it's not uncommon to pay roughly \$4 for a six-ounce package of organic blueberries. For some, such costs are prohibitive.

Growing blueberries in a home garden can save blueberry lovers substantial amounts of money while ensuring they reap all of the benefits of this highly nutritious and edible berry. The following are some tips novices can employ as they plant their first batch of blueberries.

- Consult a local garden center. The U.S. Highbush Blueberry Council recommends consulting a local garden center before planting blueberries. The professionals at such centers can recommend the best variety of blueberry to plant. That's an important first step, as the USHBC

notes that farmers cultivate dozens of varieties of highbush blueberries across North America. Lowbush varieties also may be a gardener's best option depending on where he or she lives. A local garden center can help you determine which variety best suits your local climate.

- Plant where there is ample sun and well-drained soil. The roots of blueberry plants should remain moist throughout the growing season, so choose an area where the soil drains well. If that's hard to find, consider planting in raised beds or patio containers. In addition, the University of Minnesota Extension notes that blueberries require full sun, so plant in a spot where the blueberries will not be denied daily sunlight.

- Prepare the soil. Blueberries require acidic soil, so running a soil test prior to planting is a good idea. Speak with a local garden center about soil adjustments if the soil is unlikely to promote growth.

- Fertilize carefully. The USHBC notes that established blueberry plants will respond well to acid fertilizers. However, it's important not to overdo it, as blueberries are sensitive to over-fertilization. Follow fertilization instructions and speak with local garden center professionals for advice.

- Be patient. The UME notes that plants won't bear much fruit in their first two to three years, and that harvests are bigger after five years. So patience is a virtue blueberry planters must embrace.



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Signs transmission fluid is low

Vehicles require all sorts of maintenance to operate safely and efficiently. Contrary to popular belief, motorists need not be amateur mechanics to keep their vehicles running strong.

Major vehicle repairs are best left to the professionals, but drivers can learn to identify the causes of relatively minor issues that, if left untreated, can cause significant damage. For example, vehicles may exhibit certain signs of that indicate their transmission fluid needs replenishing. In many of the following instances, drivers may only need to top off the transmission fluid in their vehicles. However, if issues persist, schedule an appointment

with a mechanic.

- **Overheated transmission:** Smoke billowing from a car is a sight no driver wants to see. But as bad as it may look, smoke coming from a car may only indicate the transmission is overheating due to lack of fluid. Smoke also can be indicative of a host of other problems, so if transmission fluid levels are not low, consult a mechanic. Loss of power and a burning smell also may indicate low transmission fluid levels.

- **Erratic shifting:** Drivers can notice how their vehicles shift whether the cars or trucks have automatic or manual transmissions. Transmission fluid may be low if shifts appear to be delayed or

faster than normal or if the vehicle appears to be slamming into a new gear. The automotive service provider Aamco notes that shifting issues related to transmission fluid may indicate the presence of a leak. If the issue disappears after refilling transmission fluid but then reappears shortly thereafter, consult a mechanic.

- **Pausing when engaging gears:** A two- to three-second pause when shifting into drive and reverse is another indicator that transmission fluid levels are low. The automotive experts at Firestone note that manual transmissions require fluid to keep gears lubricated, while automatic transmissions rely on flu-

id to create the hydraulic pressure necessary to power movement within the transmission. When fluid levels are low, shifting from park to drive or reverse can take longer than it should.

- **Slipping transmis-**

sion: Vehicles that are not staying in gear also may be in need of transmission fluid. However, a slipping transmission also may indicate significant damage to the transmission has already occurred, so this issue should be brought

to the attention of a mechanic.

Low transmission fluid levels can contribute to various symptoms. Keeping an eye on fluid levels and recognizing low fluid symptoms can keep cars running smoothly.



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The Kitchen Diva

by Angela Shelf Medearis

Tap your inner chef with DIY recipes

What I have always loved about being an American is that through it all, we somehow manage to keep the faith, persevere and stand together.

It used to be that going to the grocery store was a routine and mundane task. Now with the COVID-19 pandemic, we all must think differently about going out to buy food and adjust the way that we prepare favorite family recipes based upon what is available. This is where do-it-yourself dinner recipes come in handy.

Basically, a DIY dinner recipe is about finding a way to retain the flavors of the recipes you love while using the ingredients that you have on hand. If you have always wanted to free yourself from the restraints of a recipe, now is the time to do it! Think of the current lack of ingredients as permission to tap into your inner chef.

To ease into creating your own DIY dinner recipes, start with making a pot of chowder. No one really knows the origin of the term "chowder," but whether it came from French, Caribbean, Portuguese or Brazilian cooks, the basic meaning is connected to the large pot that the meal is cooked in.

Chowders were introduced to North America by immigrants from France and England more than 250 years ago. Native Americans called the dish "chawder," which was interpreted as "chowder" by early settlers and fishermen in New England.

The original versions of the dish consisted of a pot filled with a mixture of fresh fish, salt pork, leftover hardened biscuits

(which were used as a thickener), onions, water and whatever spices were available. A chowder is a delicious way to use the ingredients you have on hand to create a meal that does not require extensive prep or simmering for hours.

My recipe for Seafood & Sweet Corn Chowder uses the basic techniques for making a chowder, but is designed to accommodate the need to vary ingredients based upon what you have on hand or what you can purchase at the store.

Whether you decide to make a seafood or vegetarian chowder, feel free to create your own version of this DIY dinner.

Seafood & Sweet Corn Chowder

If you don't have all the vegetables, seafood or spices on hand, omit or substitute the ingredient with what you do have. This chowder will still be delicious without it!

- 3 tbsp butter or vegetable oil
- ½ cup (about 1 large stalk) chopped celery
- ½ medium onion, chopped
- ½ green bell pepper, seeded and chopped
- 2 garlic cloves, minced or ½ tbsp granulated garlic powder
- 1½ tsp salt
- 1½ tsp ground black pepper
- ¾ tsp dried dill or tarragon, or 1 tbsp dill pickle juice
- 1/8 tsp cayenne pepper or red pepper flakes
- 2 cups chicken broth, seafood stock, clam juice, bouillon fish base or water
- 1 to 2 large Russet potatoes, or 3 red skin or Yukon Gold potatoes cut into

2-inch cubes, about 2 to 3 cups

2 large carrots, chopped

2 cups frozen corn, thawed, or 1 (15-oz) can whole kernel or cream-style corn, or 6 ears sweet corn, husk and silk removed, or frozen corn on the cob, thawed with kernels cut from the cob

2 cups heavy cream, half and half, whole milk or 2 (14-oz) cans evaporated milk

1¾ - 2 cups fully cooked, skinless salmon chunks, or 1 can (14.75 oz) salmon, drained, flaked, bones and skin removed, or 1 - 2 cups fresh or frozen peeled and deveined shrimp, cooked peeled and deveined shrimp, or cooked crab meat (checked for pieces of shell) or a combination of the seafood equaling 1¾ - 2 cups.

1. Place the butter or oil into a large saucepan or Dutch oven placed over medium heat. Add in the celery, onion, green bell pepper, garlic or garlic powder and 1/2 teaspoon of the salt and pepper, dill, tarragon or dill pickle juice, and the cayenne pepper or red pepper flakes. Saute, stirring occasionally until the vegetables are tender, about 4 to 5 minutes.

2. Stir in the broth, stock, juice or water, potatoes, carrots and the remaining teaspoon of the salt and pepper. Cover and bring the chowder to a boil.

3. Reduce heat to low; stir the mixture, cover and simmer for 40 minutes

or until the vegetables are nearly tender. Stir in the corn, cream or milk, and the salmon, shrimp or cooked crab meat (or a combination of seafood). Simmer on low heat for 10 to 15 minutes or until heated through.

4. Garnish with lemon wedges, chopped parsley or green onions. Serve with toasted French bread or crackers. Serves 6.

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Strange but True

by Lucie Winborne

• A swarm of 20,000 bees followed a car for two days because their queen was inside the vehicle. The insects were removed by a beekeeper after the car was parked, but were back the next day, as the queen was still inside.

• Peter Ostrum, who portrayed Charlie Bucket in the original "Charlie

and the Chocolate Factory," declined the offer of a three-picture deal and bought a horse with his movie earnings. His resulting love for animals led him to pursue a career not as an actor, but a veterinarian.

• During World War II, Coca-Cola wanted soldiers to have a taste of home and opened bottling plants near Europe. How-

ever, the soda was synonymous with the States, making it problematic for non-Americans to be seen drinking it, especially in the Soviet Union where it was viewed as a symbol of American imperialism. Soviet Gen. Marshal Georgy Zhukov, a fan who didn't want to be seen consuming it himself, appealed to the company to make a clear

version. A chemist at the Austrian bottling plant obliged by removing the drink's coloring, after which "White Coke" was bottled in clear glass with a white cap and red star.

• "Jeopardy!" fan Cindy Stowell dreamed nearly her entire life of being a contestant on the show. In 2016 she successfully auditioned and became a six-time champion even

while battling Stage 4 cancer during filming. Sadly, she didn't live to see her episodes air, but her \$103,000 in winnings was donated to cancer organizations.

• "Alice in Wonderland" author Lewis Carroll wasn't the best at personal finance. Sure, he paid his debts on time, but would also often overdraft upwards of

7,500 pounds sterling – in spite of being a mathematics scholar at Oxford!

• The Vatican Bank is the world's only bank that allows ATM users to perform transactions in Latin.

Thought for the Day: "Failure is a bruise, not a tattoo." – Jon Sinclair

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by Sam Mazzotta

Sheltering pets during a disaster

Dear Paw's Corner: I just moved to a new part of the country, where natural disasters like floods are more frequent than I'm used to. When checking out available emergency services, I found out that there is no emergency shelter nearby that allows pets. What can I do? – Charlie B., via email

Dear Charlie: Knowing ahead of time what emergency services are available in a disaster is an excellent move. You won't have as many unpleasant surprises during the high stress of a natural disaster. But it is a bummer that the local disaster shelter doesn't accept pets.

First, locate the nearest disaster shelter that does allow you to shelter with

Paw's Corner

your pet. Develop a contingency plan for evacuating to this shelter, if possible. Another option is to identify pet-friendly hotels within an hour or two of your home; if you need to leave for more than a day, these may be an option.

Next, find out if there are designated shelters just for pets during or after a natural disaster. You wouldn't be able to stay with your pets, but they would be safe.

Third, get engaged with the local government and animal shelter. Talk to your new veterinarian too. Find out if there's a local emergency management

office and call them. Are any plans in place for taking care of pets in a disaster? If not, ask for steps to be taken to include this contingency.

During California's wildfires in 2018, there were very few facilities just for animals, and no shelters allowed them. The need was so great that empty strip malls were repurposed to care for pets and abandoned animals. Urge local government to create a plan now, before a disaster, so all pets in the area will have a safe place to stay.

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Common moving myths - busted!

(StatePoint) — You've finally found the perfect home. Now comes the hard part: moving. But don't let misconceptions complicate the process. To keep frustrations to a minimum and make your move more manageable, here are five common moving myths, debunked.

Myth 1: All moves are disorganized. Truth: Contrary to popular opinion, relocating can be structured. Begin purging items that aren't moving with you several weeks before you start packing. Once you're ready to box up your belongings, pack by room and label, label, label. Numbering containers, color-coding boxes with masking tape and listing contents will help you keep track of your possessions.

If you're unsure of what supplies you'll need, check out the moving calculator at DuckBrand.com. Simply enter the number of

bedrooms and baths into the calculator for an instant shopping list based on your needs.

Myth 2: You have to move everything at once. Truth: Don't fall into the trap of thinking you have a single day to move. While for some this is unavoidable, if possible, taking a few days to relocate can greatly reduce stress.

Identify essentials you'll

need immediately, like bedding and kitchen tools, and ensure these necessities are "last on, first off" the moving truck. Plan to transition items such as décor and out-of-season clothing later. You may also consider transporting important documents and jewelry separately from the truck to ensure safe passage.

For an easy first night's

stay, pack a duffel bag with everything you need for the next 24 hours, including toiletries, a change of clothing and must-haves for kids, like diapers.

Myth 3: Items will break. Truth: Absolutely not! While it can be stressful to transport irreplaceable items, it's easy to keep them safe with solutions like Bubble Wrap brand cushioning.

To ensure a safe arrival, wrap items with the bubbles facing inward, smooth side out. Then, seal boxes with durable packing tape to ensure a safe arrival.

Myth 4: Duct or masking tape work just as well as packing tape. Truth: Although it's easier to reach for the duct tape in your junk drawer, not every tape will secure your valuables. These adhesives aren't intended for the cardboard surfaces of moving boxes and can peel off minutes after application.

The wrong tape can cause frustration, expensive breakage, compromised storage and even physical harm should a box suddenly break open at the wrong moment. To avoid this, seal boxes with strong packaging tape.

Myth 5: Friday is the best day to move. Truth: Fridays are thought to be the best moving day because it gives you the whole weekend to unpack. However, everyone else thinks that too, which means you pay a premium. The most expensive times to move are weekends and at the beginning or end of the month.

If your schedule allows, select an off-peak time, such as a weekday morning or afternoon. Regardless of when you relocate, book movers several weeks in advance to lock in the day and time you want.

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Donna's Day: Creative family fun

by Donna Erickson

Bake crunchy dog treats

Much to the disappointment of my snack-starved son, who had just bounded into the house, the note on the kitchen counter by the metal cooling rack read "Dog Biscuits! Sorry, not for you. - Mom." The tempting treats may have looked and smelled like peanut butter cookies, but they were hard as a rock, ready for our canine friends to enjoy.

Bake a batch of these crunchy dog biscuits with your kids for doggie gifts. This simple recipe goes together in minutes, and young kids will have an easy and satisfying time rolling out or patting down the pliable dough to create

shapes with cute cookie cutters.

Crunchy Dog Biscuits

2 cups whole-wheat flour

1 tbsp baking powder
½ tsp salt

1 cup peanut butter at room temperature

1 cup whole milk

All-purpose flour for rolling the dough

1. Set the oven temperature to 375° F.

2. Let one child measure and combine the flour, baking powder and salt in a large mixing bowl.

3. Another child may measure and stir the peanut butter and milk together in a smaller mixing bowl. It will take a minute or two until the mixture is smooth. Slowly pour it into the

dry ingredients and stir until well-combined.

4. Sprinkle flour on the counter. Knead the dough a few times until it is easy to roll out into a 1/4-inch thick rectangle with a lightly floured rolling pin. Cut with cookie cutters in fun shapes such as a fire hydrant, bone, kitty, heart or Xs and Os, and transfer to greased (or parchment-paper-covered) cookie sheets.

5. Bake 20 minutes, or until edges are lightly browned. Let cool.

Tip: Divide into gift bags, tie with ribbon and a tag and deliver to neighborhood dog friends.

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25 Air Tools
35 Announcements
45 Antiques
55 Appraisal Services
75 ATV
80 Auctions
82 Auto Body
110 Bedding Plants
120 Bees-Beekeeping
130 Bird Control
140 Books
155 Building Materials/Supplies
157 Building Repair
160 Buildings For Sale
161 Bulk Foods / Spices
165 Business Opportunities
170 Butchering Supplies
173 Carpentry
175 Cars, Trucks, Trailers
180 Catalogs
182 Catering
190 Chain Saws
195 Cheesemaking Supplies
205 Christmas
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215 Collectibles
216 Clothing
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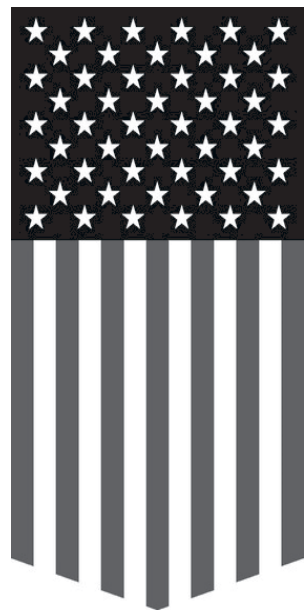
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by Terry Stickels

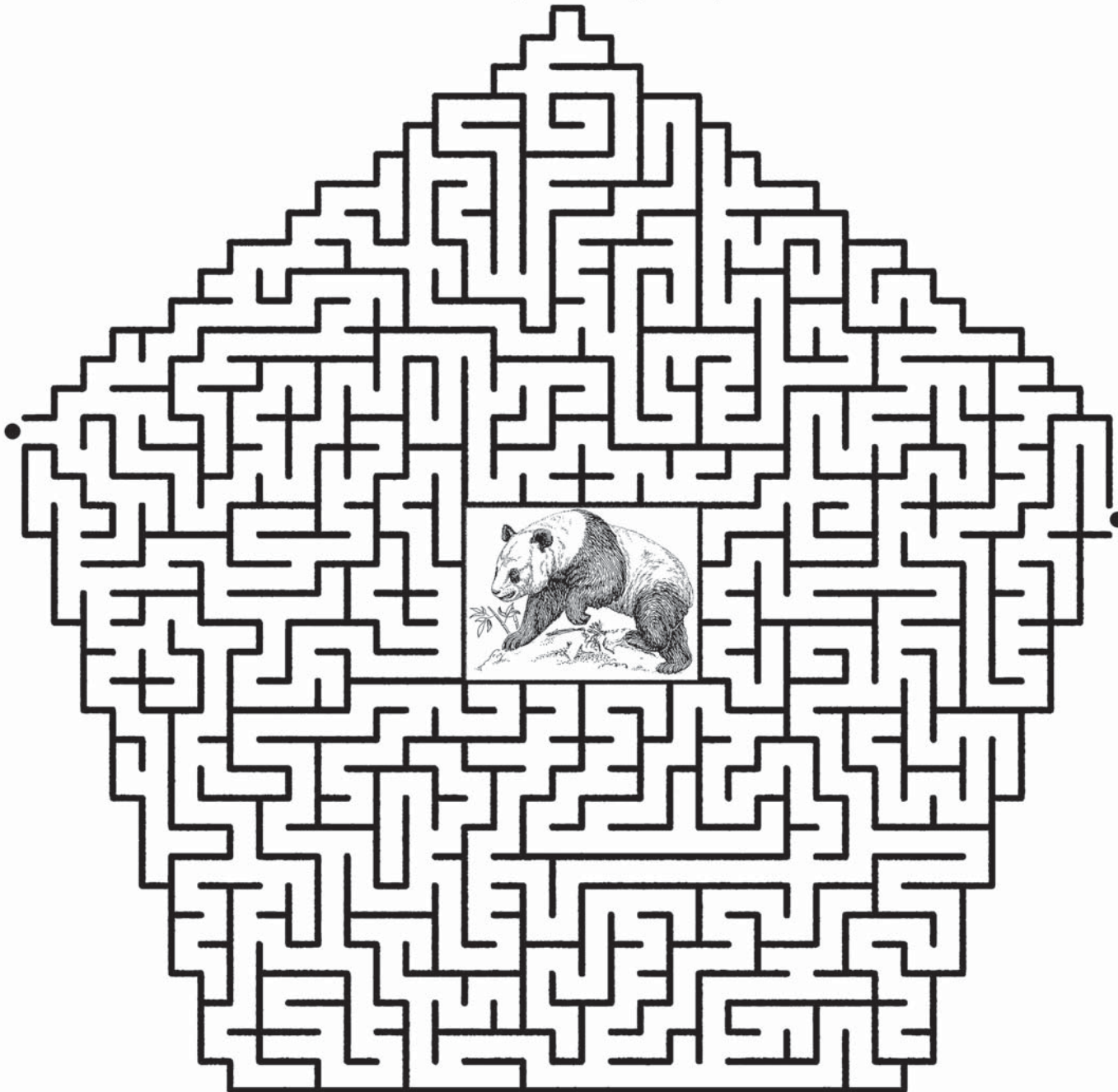
A group of student athletes was hired by the athletic department to provide security for the new workout center. Five of them had to be on duty every night. Each student was permitted to work 12 shifts only. The school needed security for 48 consecutive days until school started.

How many students were needed?

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Mega Maze

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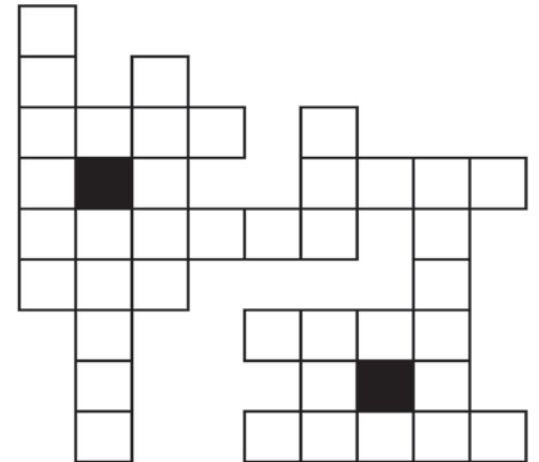


FEAR KNIGHT

By: rj johnson

DOUBT? ...OR DARE!

- DDO
- ECOJAL
- ♥COPTI
- DOUJ
- ♥EPTSOD
- ♥NUR
- ♥USPO
- NEDRU
- ♥ITP
- PEEDON
- PULJE
- CDTU



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

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This Week's Holidays



- May 23 – Lucky Penny Day
- May 24 – National Escargot Day
- May 25 – Memorial Day and National Wine Day
- May 26 – Sally Ride Day
- May 27 – Sun Screen Day
- May 28 – National Hamburger Day
- May 29 – Learn About Composting Day

Tips when planting shade trees

Beautiful landscaping can add instant curb appeal to a property. But beauty isn't the only thing that makes idyllic landscaping attractive to homeowners. Some landscaping features, such as

shade trees, save homeowners money while adding aesthetic appeal.

The U.S. Department of Energy notes that shading is the most cost-effective way to reduce solar heat gain in a home. Shading also cuts air conditioning costs, which tend to be expensive in areas with warm, humid climates. In fact, the DOE notes that well-planned landscapes can reduce unshaded homes' air conditioning costs by anywhere from 15 to 50

percent.

When planting shade trees, one of the first decisions homeowners will need to make is which type of tree, deciduous or evergreen, they want to plant. Deciduous trees are those that seasonally shed their leaves, while evergreens are trees that keep their leaves throughout the year. Deciduous trees can help keep homes cool in the summer by blocking sun, and those same trees can be beneficial in winter after they shed their leaves by letting the sun in and keeping homes warm. But evergreens also can be beneficial in winter by blocking wind, potentially preventing cold air from making its way into a home through cracks in walls or around windows.

When planting shade trees, techniques vary depending on which type of tree homeowners ultimately choose to plant.

Planting deciduous trees

The DOE says that deciduous trees that are

between six and eight feet tall when planted will begin shading the windows of a home within a year of being planted. Depending on the species of the plant and the home, those same deciduous trees may begin shading the roof within five to 10 years of being planted. When planting deciduous trees, homeowners should keep these tips in mind.

- Plant trees to the south of the home. When planted to the south of the home, deciduous trees can screen between 70 and 90 percent of the summer sun while still allowing residents to feel summer breezes.

- Consider sun angles. Homeowners who want to shade their homes from low afternoon sun angles should plant trees with crowns that are lower to the ground on the west side of their homes.

- Cool air before it reaches your home. Shrubs and groundcover plants can be planted to cool air before it reaches

a home.

Evergreen trees

Planting evergreens to block wind is known as "windbreaking," which lowers the wind chill near a home. Wind also can be used to cool a home in summer. But these benefits can only be realized when evergreens are strategically planted.

- Location, location, location: The DOE advises planting evergreen trees to the north and northwest of the home to stop wind. In addition, to get the most bang for your windbreaking buck, the distance between the home and windbreak should be two to five times the height of the mature tree.

- Plant trees on either side of the house. Planting trees on either side of the house will direct cooling winds toward the home in the summer.

Shade trees can help homeowners reduce their energy bills, making them valuable and attractive additions to any landscape.

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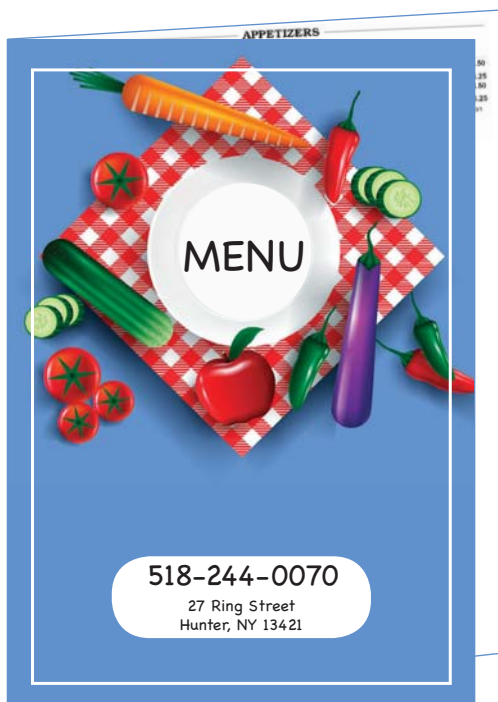
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Make a statement with your wedding cake

Brides and grooms may pore over every detail of their weddings, but few components of the festivities may be as fun, especially for foodies, as deciding what the wedding cake will look like. Couples who want to deliver show-stopping visuals often express some measure of their creativity and personalities through statement wedding cakes.

Many couples now eschew the classic three-tiered white cake in favor of a dessert that garners instant attention. Whether the cake is brightly colored or hand-painted, a towering architectural marvel or shimmering in metallics, couples are opting to make a statement with their confections. Apart from clever cake-toppers, here are ways to stand apart when dessert is served.

- According to the Perfect Wedding Guide, a rising trend in cakes is to cover a white or naked cake with translucent glaze tinted in the couple's wedding colors. This artistic expression can be especially stunning in boho-chic weddings.

- Statement tiers also are popular. The cake may be traditional in nearly every way, but couples then set the cake apart by featuring an elaborate design or a different hue in one tier.

- Martha Stewart Weddings advises that more than just color can be used to

make a statement. Lifelike sugar flowers can really set cakes apart. Guests may not be sure if they can consume all aspects of some cakes. But delicate sugar flowers taste as good as they look.

- Hand-painted tiles on a cake are another way to add panache. A bride and groom may be inspired by a European vacation or the stained-glass effects of religious windows and want to add that feel to the tiers of the cake.

- Sometimes a statement comes by way of texture. Even an all-white cake can be dressed up with interesting textural effects. Ruffles, lace, embossing and 3-D rosettes are different textural components that can be incorporated in cake designs.

- Couples also may want to tell their unique stories with cake. Individual tiers designed to reflect various milestone moments from the couple's relationship can be quite engaging.

- Capitalizing on the trend of edgier weddings, couples may opt for darker hues on their cakes – even a black tier – or nontraditional geometric shapes to the cake itself or its design elements.

Statement cakes can really say something about the couple getting married. Much like other wedding elements, cakes provide a window into the minds of happy couples.

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To Your Good Health

by Keith Roach, M.D.

Joint pain not usual statin side effect

Dear Dr. Roach: I am a 69-year-old white male. I take one 20-mg pravastatin per day to manage my cholesterol. One of the side effects is joint pain. Are you aware of a substitute that does not have this joint pain side effect? – H.L.

Answer: Statins are one of the most common medicines used, and although they have relatively few side effects, so many people take them that there are many reported untoward effects.

Muscle aches are common. Muscle breakdown is serious and, fortunately, rare. But joint aches are not a common side effect. In the package insert, "arthritis" is listed in less than 1% of people.

Of all the statins, pravastatin tends to have relatively few side effects. It is metabolized differently from how the

others are, so have a discussion with your doctor about taking a different statin, such as atorvastatin (Lipitor). Lipitor is much more potent than pravastatin (Pravachol), so the dose you will need is likely to be much lower.

Dear Dr. Roach: What is your opinion on screening for ovarian cancer in a woman with a family history (in my case, a sister)? One gynecologist stressed an annual ultrasound, while the other discouraged me from doing so. I am worried that if I wait until symptoms develop, the cancer might be pretty advanced. – W.

Answer: I really understand why people with increased risk for ovarian cancer are interested in screening. Unfortunately, we still don't have any screening tests, such as an ultrasound or CA-125 blood test, that are good enough to recommend yet. I hope this changes soon.

Promising work is progressing.

Consider genetic testing for a familial cancer syndrome, such as BRCA or Lynch syndrome. People with one of these cancer syndromes are at high enough risk that screening may be of benefit, and there are ongoing studies to help identify the best strategy. Speak to your gynecologist about a referral to a genetic counselor. If you test negative for these genetic syndromes, you are at lower risk (but unfortunately, even low-risk women still may get ovarian cancer).

You certainly should be vigilant for even mild symptoms of ovarian cancer; these are nonspecific and may include abdominal discomfort, bloating or swelling. Urinary urgency (a sense of needing to get to the bathroom right away) also should prompt a visit to your gynecologist, more so than in people without a

family history.

Dear Dr. Roach: Is it possible that when immersed in water, you absorb it through your skin? Whenever I spend more than 30 minutes in the pool, I later have to urinate more than when I don't spend time in the water. Can the absorbed water travel to kidneys? Can the chemicals added to pool water do some damage? – E.M.

Answer: Water is not absorbed to any appreciable effect when the body is immersed. The reason you urinate more may be due to unnoticed swallowing of pool water, which is very common in swimmers.

Don't worry about the chlorine in pool water. The amount of chlorine is similar to or only a bit higher than most tap water, and is not enough to be dangerous.

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Repair bare spots in the lawn

Caring for a lawn to keep it lush and green can require equal measures of patience and hard work. Various invaders can attack grass or contribute to its demise. One problem many homeowners face is bare spots.

Bare spots can occur for various reasons. Heavy foot traffic, grubs or other pests, fungi, pet urine or too much or too little water can contribute to bare spots. The how-to resource The Spruce says that correcting the source of bare spots can prevent new issues, particularly if grubs or other pests are damaging the grass. Then homeowners can address existing bare areas.

It is unlikely that bare spots will just fill back in on their own. Reseeding spots or using sod to fill in bare areas can help lawns look lush.

- Begin by raking and removing any dead grass and other debris from the lawn. Check to make sure that grubs or insects are not attacking the lawn. If they are, use targeted treatment options for those pests.

- Break up and aerate any soil that is compacted in the bare spot.

- Amend the soil in the bare area with loamy soil or compost to improve on the nutritional makeup and texture so that it is amenable to grass-growing. If you notice that the entire lawn is looking a little sparse, top-dressing the rest of the lawn at this point also can help im-

prove its vitality.

- Sprinkle seeds in the bare spot (disperse seeds over the rest of the lawn if you want to over-seed and improve the thickness of the lawn). If you prefer sod, cut a portion of

the sod to fit the bare area and place on the amended soil.

- The Scotts company says to lightly water newly seeded or sodded areas daily for at least two weeks to keep the top inch of soil

consistently moist but not soggy. Gradually water more as the seedlings develop and the grass begins to fill in. Deep water at least once or twice a week after the new grass reaches mowing height.

- The grass should grow slightly longer than the rest of the lawn, and wait until the color of the patched area begins to blend in with the rest of the lawn before mowing. This could take a

few weeks, and the area should be avoided until then.

Eventually, and with treatment, bare spots can be remedied and become indistinguishable from other areas of the lawn.

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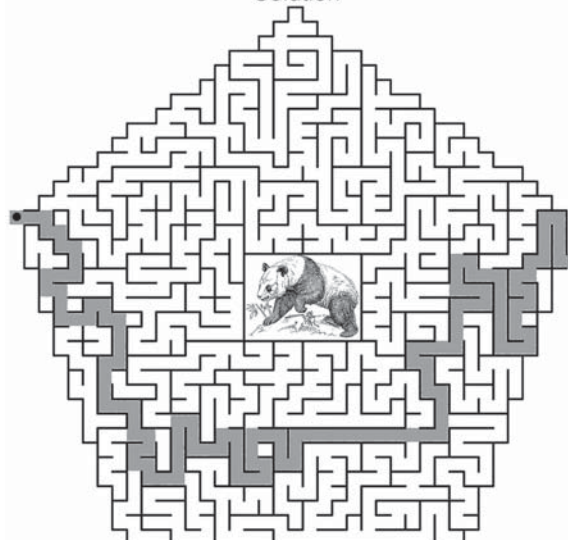
King Crossword — Answers

Solution time: 25 mins.

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

Mega Maze

Solution



Weekly SUDOKU

Answer

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

FEAR KNOT

answer

D										
E	J									
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P		L			D	U	C	T		
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	C				J	U	D	O		
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	T					U	N	D	E	R

Sticklers Answer

20 students were needed.
48 days times 5 students (per shift) means they needed 240 total shifts. But each student could only work 12 shifts, so 20 students were needed.

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