A Special Supplement To The Oneida Dispatch

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The benefits of yoga

Spend more time outdoors

> **Organize** the pantry

Oneida Daily Dispatch 130 Broad Street, Oneida, NY 13421 Phone: 315-363-5100, Fax: 315-363-9832 **Contact Us Publisher** Robert O'Leary - roleary@21st-centurymedia.com **General Manager & Advertising Director:** Karen Alvord - kalvord@21st-centurymedia.com **Editor:** Kurt Wanfried - kwanfried@21st-centurymedia.com **Digital Sales Manager:** Jeffrey Smaldon - jsmaldon@21st-centurymedia.com **Business Manager:** Diane Roache - droache@21st-centurymedia.com **Circulation:** Mary Rousseau - mrousseau@oneidadispatch.com **To Subscribe** Newstand: Tues. & Thurs. \$1.00 Sunday \$1.50 Home Delivery: \$4.15/Week

EASY LIVING



- 4 How to spend more time outdoors
- 5 Equip a home kitchen knife collection
- 6 Organize the pantry
- 8 Make weeknight meals healthy and simple
- 9 The benefits of including yoga in your exercise routine
- 10 Enjoy some scenic roads
- 11 How to prepare a home for elderly residents
- 12 Cut home energy costs
- 14 How to graft a favorite plant
- 15 Treating pets facing flea and tick infestations







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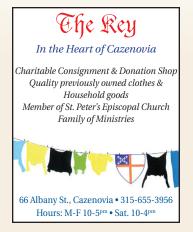
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How to spend more time outdoors



etting outside to enjoy the great outdoors can reduce the likelihood that a person will live a sedentary lifestyle that can negatively affect longterm health. But many adults are spending too much time indoors.

In its 2014 OUT is IN national survey, the National Recreation and Park Association found that 28 percent of adults in the United States do not spend time outside daily. The survey, conducted by Ipsos Public Affairs on behalf of the NPRA, asked 1,005 adults to share their opinions and behaviors regarding outdoor time. While 35 percent of respondents said work was getting in the way of their spending time outdoors, 39 percent said their computers, tablets, smartphones, and televisions were keeping them indoors.

Though it might be difficult to cut back on hours at the office, adults do have the capacity to cut back on their screen time. Using that newfound free time to get outdoors can pay dividends for years to come, as the National Center on Health, Physical Activity and Disability notes that the potential consequences of living a sedentary lifestyle are severe. According to the NCHPAD, one study indicated a 40 percent decrease in cancer mortality among physically active persons compared to those who were inactive. Physical activity also helps to prevent insulin resistance, which is the underlying cause of type 2 diabetes.

While you don't need to get outdoors to be physically active, men and women who find themselves bored by workouts at the gym or at home may be more likely to embrace physical activity if they can get their exercise outdoors. The following are three great ways to spend more time enjoying all that nature has to offer.

Take up hiking. While some hiking trails are best left to seasoned hikers, many are built for hikers of all ages and abilities. Men and women who are overweight should not be intimidated by hiking, as even the simplest trails can help them get back on a healthy track. Men and women who incorporate hiking into their regular routines can lower their risk of heart disease and improve their blood pressure and blood sugar levels. The American Hiking Society also notes that research has shown that hiking can positively affect mood by helping to combat the symptoms of stress and anxiety.

Ride a bike to work. Adults whose homes are in close proximity to their offices may want to try riding a bike to work instead of relying on their cars or mass transportation. Cycling improves cardiovascular fitness and increases muscle strength and flexibility. In addition, the stress-relieving properties of exercise can certainly be ascribed to cycling, which may even help adults prevent stressful episodes by relieving them of the burden of sitting in rush hour traffic.

Grow your own foods. While the cost of fruits and vegetables may not be busting your monthly budget, growing your own fruits and vegetables is a cost-effective way to find more time for the great outdoors. In addition, a study from researchers in the Netherlands suggested that gardening is better for fighting stress than reading indoors.

Equip a home kitchen knife collection



rtists know the importance of having the right tools. While innate skill may be at the center of talent, brushes and paints can transform raw ability into something spectacular.

Tools play a significant role in the kitchen as well. Every chef — whether professional or amateur - needs certain tools. For many, that begins with a durable and effective set of knives. Slicing and chopping are an integral component of cooking, and good knives can help make meal prep that much easier.

Shopping for a new set of knives need not be difficult. Understanding the various types of knives available and their purposes can make the selection process less daunting.

Start with the essentials. While there are many different types of knives, having at least four basic ones in your collection is a good start. Consumer Reports suggests that all cooks have a chef's knife, a paring knife, a slicer, and a utility knife. A utility knife is smaller than a chef's knife, but similar. In recent years, the Santuko knife, a Japanese style chef's knife, has become quite popular among home chefs because of its effective design and versatility, so you may be able to replace the chef's knife in your collection with a Santuko

Know your blade. Knives generally come in two blade construction types: stamped and forged. Stamped knives tend to be less expensive than forged. and forged are often the preferred choice for the professional because they can be better balanced. But it's possible to find quality knives of both types, and



ones that offer the right combination of function and affordability.

Try out the handles. While blades get much of the fanfare, handles are important components as well. It's important for chefs to find a material and handle shape that feels comfortable in their hands. Ask a salesperson if it's possible to feel the weight and fit of the knife prior to purchase.

Consider open stock when buying. Rather than investing in a large, complete set, find a manufacturer that offers separately sold knives from a particular line, referred to as "open stock." Pick up at least one fine-edged knife so that intricate cuts will be that much easier.

Care for the knives. It's one thing to invest in knives and another to care for them. Read over any care instructions prior to purchase. Let the salesperson know if you need easy-care knives that can go in the dishwasher. In addition, learn how to sharpen the knives, as dull knives are ineffective and can be a safety hazard.

Knives are a key component of meal preparation. Take the time to select and sample different knives to make an informed purchase.

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Organize the pantry

supermarkets and warehouse stores, many food shoppers have embraced buying in bulk. Buying in bulk can help shoppers save money and avoid last-minute trips to the grocery store in search of missing ingredients, but all those extra items also necessitate more careful pantry planning.

People already short on space may need to reorganize their pantries to make room for items purchased in bulk. Purging a pantry of expired items and developing an organizational strategy that works may take a little time. But once a system is in place, cooking and meal planning should become a lot easier.

1. Declutter

It's difficult to get organized if you're holding on to items you no longer use. Therefore, go through the pantry and find any expired foods and half-eaten items that have gravitated to the back of the cabinet or closet. After you go through everything, you will likely find that you have much more room than you once thought.

2. Empty the rest

Before placing items back in the pantry, take inventory of what you have. Getting them out in the open will enable you to see exactly what's there and get an idea of what you purchase the most. This will help you set up food zones or purchase containers that will fit your pantry better. If you have unspoiled foods that you are unlikely eat, donate them to a food bank. Now that the pantry is empty, take this opportunity to clean and adjust the shelves.

3. Downsize from bulky packaging

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Bulky packages may not fit in your pantry. Invest in plastic or glass

containers with lids that will keep foods visible, neat and fresh.

4. Establish food zones

Establishing food zones is a great way to organize a pantry and make meal time more efficient. Group breakfast foods together and store pastas and sauces near each other. Use a basket for baking items, including smaller spices or things like baking powder that can get lost in large cabinets. Then all you have to do is reach in and find something easily.

5. Keep a running inventory

Routinely look in the pantry to determine what you need. This prevents overspending on items you already have and also ensures your pantry won't grow cluttered with repeat items.

Organizing pantries may take a little time, but a little organization can open up a lot of space and make it easier to prepare meals each day.





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Make weeknight meals healthy and simple



ouseholds in which both parents work and kids have school and extracurricular commitments can get a little hectic, particularly on weeknights. Parents who want to prepare nutritious dinners may feel it's impossible to do so without making elaborate, timeconsuming recipes. But there are ways for busy, time-strapped parents to make sure weeknight dinners are both healthy and simple.

Stock a healthy pantry. When grocery shopping, purchase some healthy nonperishable foods that you can rely on in a pinch. Instead of stocking the freezer with unhealthy yet easily prepared frozen foods that are often loaded with saturated fat, stock your pantry with whole grain pastas. Whole grain pastas are lower in calories and higher in fiber and contain more nutrients than refined white pastas. And once water is boiled, whole grain pastas can be prepared in roughly 10 minutes.

Rely on a slow cooker. One of the simplest ways to prepare healthy meals that won't take much time to prepare each night is to use a slow cooker. Set dinner in the slow cooker in the morning before leaving for work, and by the time you arrive home each night you will have a fully prepared, healthy meal ready to be served.

Make meal prep a family affair.

Families who share the responsibility of making dinner on weeknights may find it easier to prepare healthy meals. Younger Making meal prep a family affair can save a substantial amount of time.

children may not be able to join in the preparation of too many dishes, but middle school and high school students can help out by chopping vegetables while their parents work on other parts of the meal. Preparing meals can take as much time, if not more, than

cooking meals, so making meal prep a family affair can save a substantial amount of time.

Cook meals in advance. Families who are hesitant to use slow cookers may benefit by preparing healthy meals over the weekend and then refrigerating or freezing them so they can be cooked on weeknights. If you plan to freeze meals prepared in advance, remember to remove them from the freezer the night before and place them in the refrigerator so they are thawed out when you arrive home from work to place them in the oven.

Choose simple recipes. Trying new recipes is one of the joys of cooking. But trying new recipes on weeknights can be time-consuming because cooks have yet to grow accustomed to each step in the recipe. When looking for new weeknight recipes, look for meals that can be prepared in five steps or less, leaving the more complicated recipes for weekend meals.

The benefits of including yoga in your exercise routine



oga continues to grow in popularity. In a questionnaire administered every five years as part of the National Health Interview Survey, the National Center for Complementary and Integrative Health and the National Center of Health Statistics found that the number of people practicing yoga increased dramatically between 2002 and 2012, when approximately 21 million adults acknowledged practicing yoga. That figure equated to nearly double the number of people who practiced voga just 10 years earlier.

The almost meteoric rise in popularity of yoga can likely be traced to many factors, including a growing awareness among the general public regarding the impact a healthy lifestyle can have on both short- and long-term health. An essential component of a healthy lifestyle involves taking steps to protect our bodies, and that can include making an effort to reduce the aches and pains that are often associated with aging.

"The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome," explained Natalie Nevins, DO, a board-certified osteopathic family physician and certified Kundalini Yoga instructor.

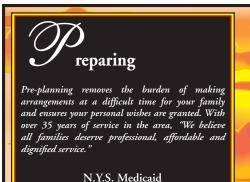
The American Osteopathic Association notes the benefits of yoga extend even further than relieving chronic pain. According to the AOA, yoga can help men, women and even children increase their flexibility as well as help them build stronger, more toned muscles. Additional benefits of yoga include weight reduction, improved cardiovascular and circulatory health and improved energy and vitality.

But the benefits of yoga extend beyond the physical to the mental. The American Psychological Association notes that several studies have shown that yoga can help strengthen social attachments, reduce stress and relieve anxiety, depression and insomnia. For example, a 2012 study from researchers at the University of California, Los Angeles, found that a particular type of yoga that included brief, daily meditation reduced the stress levels of caregivers tasked with caring for people suffering from Alzheimer's disease and dementia.

One of the more attractive aspects of yoga is that it requires little or no financial commitment on the part of the people who

practice it. Unlike fitness centers that typically require members to commit to yearly contracts or even potentially costly month-tomonth memberships, many yoga studies do not require long-term commitments, instead asking that customers pay a small amount each time they visit if they are hesitant to commit to memberships. In addition, yoga requires just a mat and some appropriate clothing, ideally clothing that's conducive to flexibility but not so loose that it will prevent you from performing certain poses.

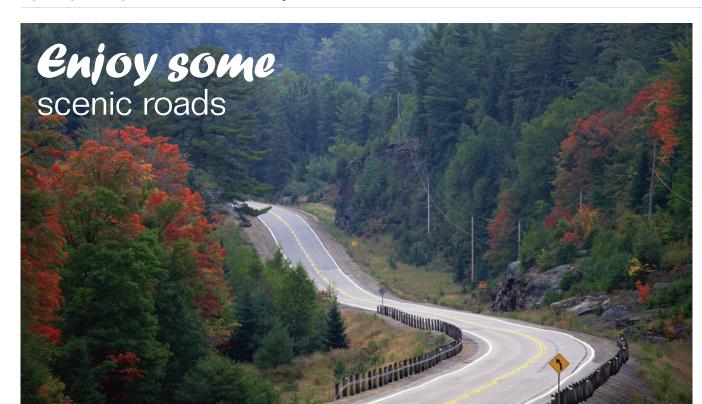
Before including yoga in your exercise regimen, speak with your physician. Once you get the green light, look for a beginner's course, explaining to your instructor that you are just starting out. Many yoga studios offer introductory classes that help men and women acclimate their bodies to yoga and the various poses it entails before moving on to more challenging poses.



Pre-Planning







oad trips have been part of popular culture for decades. Featured prominently in movies and books such as "On the Road," "Rain Man" and "Easy Rider," road trips with friends or family tend to leave indelible marks.

Remarkable road trips are made more so by the company shared along the way and the scenic and historical roadways traversed to reach a destination. Travelers embarking on road trips in Canada or the United States should consider including some of the following roadways in their travel plans.

Haines Highway: If your adventures take you through Alaska, there is plenty of legendary scenery to take in. The backdrop along the Haines Highway is sensational, but this stretch of

roadway also offers views of the largest congregations of bald eagles in the world. It has been dubbed "The Valley of the Eagles."

Route 66: Now known as "Historic Route 66," this famed road stretches from Los Angeles to Chicago, cutting a path through a vast portion of America's heartland. Some say driving along 66 is an adventure in American history and that the road embodies the best of the United

Pacific Coast Highway: While not the fastest way to travel, this winding road that hugs the California coast owes its popularity to stunning views of the Pacific Ocean. It's difficult to avoid being swept up by the breathtaking views of rock formations, waves and cliffs.

Highway 99: Referred to as the Sea to the Sky Highway, this roadway in British Columbia begins outside of Vancouver and rises up into the mountains. This road trip is full of various climate zones, mountains, lakes and rivers. The 700meter rock face of "The Chief" also is a popular draw.

Columbia River Highway: The first paved road in the northwestern United States, Columbia River Highway also is the first scenic highway in America. It is renowned for being a portion of the original Oregon Trail, and its 70 miles offers spectacular views year-round.

Overseas Highway: This impressive roadway extends more than 100 miles from Key Largo to Key West, Florida, linking all of the islands that comprise

the Florida Keys. The Overseas Highway includes a seven-mile bridge across the

Highway 12: This route in Utah offers impressive views of natural features. Attractions include the Bryce Canyon, Red Canyon and Grand Staircase-Escalante National Monument.

Loess Hills Trail: Loesses, which are hills formed from silt, give land alongside this trail in lowa interesting topography and varied flora. Fall foliage here has been formally qualified as a National Natural Landmark.

Highways 44 and 240: These routes in South Dakota take travelers through the area known as the Badlands, giving adventurers a glimpse of the American West. Badlands National Park, Mount Rushmore and the Crazy Horse Memorial are other attractions to take in while in the

North America is filled with many scenic roadways perfect for road trips, which remain one of the best ways to explore and experience the United States and Canada.



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How to prepare a home for elderly residents



pon reaching retirement age, new retirees may face decisions regarding their living arrangements. Some seniors may opt to stay put, while others may want to downsize their homes to save money and relieve themselves of the burdens of maintaining larger homes.

But those are not the only situations seniors find themselves in. Some seniors realize they can no longer care for themselves without assistance. In such instances, seniors may opt for assisted living facilities or choose to move in with a relative, such as a grown son or daughter. While assisted living facilities are designed to meet the needs of the elderly, young men and women welcoming seniors into their homes may need to take on some home improvement projects to ensure their homes are as safe as possible for elderly residents.

Convert a room on the first floor into a bedroom. While this may not apply to all seniors, some men and women struggle with stairs as they age, and that can make it difficult for them to fully participate in a household. Homeowners with an extra room to spare can convert a room on the first floor of their homes into a bedroom so seniors won't have to climb up and down stairs throughout the day. That ease of accessibility to the primary floor of the house encourages seniors to be active participants in a household. If possible, choose an area that is close to a first-floor bathroom.

Many seniors move in with their adult children to make their golden years safer, more enjoyable and manageable.

Take steps to make bathrooms safer.

The National Institute on Aging says that more than one in three seniors over age 65 fall each year, and 80 percent of those falls take place in the bathroom. Slippery tile floors can make it difficult for seniors to navigate bathrooms safely, and bathtubs and shower stalls present additional challenges. Install grab bars on bathroom walls and next to toilets to provide support. In addition, consider installing a shower chair or bench and removable shower nozzle in the shower or tub so seniors can sit down while they bathe and rinse without having to stand up on slippery surfaces. Make sure any mats around bathtubs and sinks are nonskid to reduce the risk of falls even further.

Install an extra phone line or two.

While kids and adults between the ages of 18 and 50 may never use the landlines in their homes, many seniors still rely on traditional telephones as their primary means of communicating with the outside world. Install extra landlines in your home, including in seniors' bedrooms, so they can more readily access the phone should they fall and need to call for emergency help. Phones in seniors' bedrooms may also provide some additional privacy to seniors who don't want to carry on phone conversations in busy areas of the home, such as the kitchen or living room. Such lines may also reduce feelings of isolation.

Prioritize accessibility when storing items. When storing groceries, books, magazines, or other items seniors are likely to use, choose locations that are accessible to seniors. Avoid storing items on the top shelf of pantries, bookcases or entertainment centers, as seniors with limited mobility may not be able to reach them.

Many seniors move in with their adult children to make their golden years safer and more enjoyable and manageable. Such a change in living arrangements may necessitate some changes on the part of homeowners so they can ensure their homes are safe for seniors.





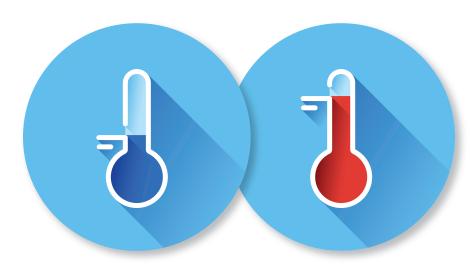




Cut home energy costs

ome ownership is expensive. First-time homeowners may experience some sticker shock when shopping for their first homes, and that awakening may only grow more rude when the first month's mortgage payment and utility bills arrive in the mail.

But owning a home still makes more sense for many people than does renting. In addition to the potential financial benefits of home ownership, many homeowners see their homes as points of pride that strengthen their families' ties to their communities. And while the sticker shock of home ownership may never wear off, homeowners can take steps to cut costs around the house, most notably by employing a few strategies to reduce energy consumption.



Cooling

Rising temperatures tend to produce higher energy bills, as homeowners look to air conditioning to mitigate the effects of heat and humidity. While abandoning AC is an unrealistic idea for people living in especially warm climates, there are ways to make AC units more efficient. Routinely clean AC filters so they can operate at maximum efficiency, replacing old or worn down filters when necessary. Keep AC units off during the day when no one is home, using the unit's programmable functions to turn the AC on roughly 30 minutes before you arrive home so the house is not a sweatbox.

Heating

Heating costs also can do damage to homeowners' monthly budgets. Wood floors might be more trendy than carpeting, but carpeting can increase heat retention in a home, especially if the home has little or no insulation beneath its floors. When the heat is on. make sure curtains or drapes are not blocking vents, and keep them open during the daytime when you are home to allow more warm sunlight in. Much like with your AC unit, clean heating filters regularly and program the thermostat so you are not heating your home while no one is there.





Lighting

Cut lighting costs by replacing standard light bulbs with compact fluorescent bulbs, which are more energy efficient and have longer life expectancies. When installing external lights on your home, install motion-detecting lights so you can safely get in and out of your house without having to keep a porch light burning for hours on end. When laying out rooms in your home, place lamps in corners where they will reflect light off of two walls, providing more bang for your lighting buck.



Electronics

Vampire power is a little known foe to homeowners. Electronics like televisions and computers consume energy even when they are not turned on. This is referred to as "vampire power." Unplug electronics when they are not in use, or plug such devices into power strips that you can turn off when you aren't home or when devices are not being used.

Home ownership comes with many hidden costs, but homeowners can reduce their monthly energy bills in various ways.

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How to graft a favorite plant

lants can be propagated in various ways, including grafting. Grafting involves slicing off a piece from one plant and connecting it to another to create a new plant. Grafting can be an interesting hobby, and even novice gardeners can become skilled at grafting.

Grafting is actually botanical surgery. The grafted parts eventually grow together to form a single grafted plant, which will produce leaves, a stem, flowers or fruit on top known as a scion. The bottom part of the graft is known as the rootstock.

Production of grafted plants requires time, and grafting involves more than just propagating plants from seeds or cuttings. But the benefits of grafting include the propensity for grafted plants to flower or bear fruit more quickly than traditional plants. Grafting also can help a

plant thrive, by selecting a root system adapted to a particular climate. Grafting is particularly advantageous when one wants to produce a plant that is an exact duplicate of the parent plant. Planting from seeds can produce inconsistent results.

If grafting seems like something you want to try, consider the following tips.

Seek help from experienced grafters. Many grafters work at nurseries or in the research field. If they're too busy to work with you, you can likely find a video online that can show you the proper techniques.

Invest in a quality, sharp knife. According to horticulture expert and teacher Dr. Malcolm Manners, grafting requires very sharp cuts. The knife needs to be razor sharp for it to be effective. Dull knives and cuts can sabotage your grafting efforts.

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Do test cuts first. Before you decide to work on a plant, select a trial stem to practice on. This can give you a better feel for making smooth, precise cuts.

Purchase high-quality rootstock plants. The rootstock plant is the plant that provides a root system and base. Rootstock is bred to have certain qualities, whether it's to put more plant energy into producing flowers or fruit or to be more durable.

Choose compatible plants.

Not every scion can be grafted on every rootstock. You likely will need a related species or genus for success. Speak with a horticulturist if you need assistance.

Work quickly so that grafts do not dry out. As you become more experienced, this will be easier





MONDAY - FRIDAY 8:00 AM - 5:00 PM • SATURDAY 8:00 - NOON

Treating pets facing flea and tick infestations



et owners love many things about having companion animals. But flea and tick infestations are probably not on the list of things pet owners love about their furry friends.

Few pets will go their lifetimes without experiencing fleas and/or ticks. Understanding common flea and tick behaviors can help pet owners better handle infestations.

Fleas and ticks do more than just create irritating skin ailments for dogs and cats. Fleas and ticks also can transmit diseases to pets and even people. There are more than 850 species of tick and 1,600 species of flea identified around the world. The main goal of these parasites is to suck the blood of their hosts in order to reproduce. Both fleas and ticks can survive months to even a year or more without feeding.

Fleas are especially prevalent in warm, humid areas. Ticks tend to be active in warmer weather as well. Fleas and ticks live outdoors and prefer grassy and forested areas. They need moisture and prefer to stay out of direct sunlight. Both seek warm, dark humid places. Fleas can wait out winter indoors.

Fleas and ticks are especially skilled at attaching themselves to companion animals. Fleas can leap guite far. Revival Animal Health says fleas can leap vertically up to 7 inches and horizontally as far as 13 inches. Fleas can easily hop onto dogs, cats or even humans passing by. While ticks cannot leap, they are excellent climbers. Many ticks will attach to a lower extremity on an animal and then climb slowly until they reach the preferred location for latching on.

Identifying symptoms of flea or tick infestations on dogs or cats is relatively easy. Scratching and biting of irritated areas is often the first indication of a flea problem. Pet owners usually notice ticks when petting their animal and feeling a strange bump. On occasion, ticks are

discovered while crawling on the pet's fur, before they have latched on to the

The Animal Health Institute advises combatting flea and tick populations with pesticides and repellents. Growth inhibitors also are included in the options for flea and tick control. Powders, spot-on liquids, collars, and pills may be used as well. Veterinarians can best assess which flea or tick product will be best for a specific animal.

Keep in mind that formulations for treating flea and tick problems in cats may differ from those used to treat flea and tick problems for dogs, so they shouldn't be used interchangeably. Also, follow the instructions from the veterinarian or manufacturer carefully so as not to overmedicate the pet.

To catch fleas and ticks before they become problematic, and in conjunction with using medications, follow these additional tips.

- · Wash pet bedding on high heat
- · Clean your home thoroughly to remove any immature fleas and their food sources.
- · Check pets regularly for pests and groom them frequently.
- · Look for fleas and ticks after coming in from outdoors.
- · Mow lawns each week and remove any lawn and garden debris.

Though flea and tick infestations can be unhealthy and uncomfortable for pets, pet owners can take steps to prevent such problems.

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