

FATHER'S DAY JUNE 21st

Need some extra special gift ideas for Father's Day, June 21, that cost little or nothing? Consider these timely ten:

- 1-a simple kiss or hug along with a few words of appreciation
- 2-sufficient peace and quiet for an afternoon nap
- 3-a pleasant dinner with the entire family present
- 4-any bit of good news from and about son or daughter
- 5-a good wax job on the outside of the car as well as a good cleaning inside and if you feel rich, fill the tank
- 6-the entire Sunday paper with all its sections in place
- 7-a balanced checkbook
- 8-all his shoes polished
- 9-entertainment provided by each member of the family
- 10-a phone call from those sons/daughters who live in some distant place



PLANNING A VACATION?

TAKE SAFETY ALONG FOR A HAPPY ONE

Summertime and the living is easy...and it's all too easy to forget to put safety on the list of vacation activities.

Here are a few tips to keep your vacation accident-free:

Water sports on the agenda? The first rule for safety in any water sport is: learn to swim. If boating is your choice, know how to handle the boat...and be sure it meets Coast Guard safety requirements. If you are fishing, stay seated in the boat. Don't stand to cast or to net your catch. If water skiing tempts you, don't forget to put on a lifesaving device first. Have an extra person in the tow boat to watch you. Keep your eyes on the water. Don't ski in shallow water or near swimmers. Don't wrap the tow rope around any part of your body.

But you say you'd rather lie around on the beach and leave those watersports to the athletically inclined. After all, what's so dangerous about the beach? The SUN! It's warm and beautiful, but too much exposure means sunburn, sunstroke or heat exhaustion. Take the sun in small doses, using a good suntan lotion to help filter the burning rays. Wear sunglasses to protect your eyes. Watch for symptoms of sunstroke or heat exhaustion.

Whether you're water skiing, fishing, boating or sunning, think safety!