

## Happy Father's Day

In the late 1800's, a baby girl, Sonora Smart, was born. Unfortunately, her mother died giving birth to her. The usual practice was to send such a child off to relatives who would care for her. But Sonora's father, William, chose to keep her close to home, raising the little girl along with her five siblings alone on a farm in eastern Washington.

Sonora grew up and married, becoming Sonora Smart Dodd. One day in 1909, she was sitting in church listening to a Mother's Day sermon. Thinking that her father deserved the same recognition as any mother did, she began an effort to designate a special day for fathers. The first Father's Day observance was held the following year in Spokane, Washington. She chose the month of June, the month of her father's birthday.

Within 15 years, this custom had spread across the country. In 1924, Calvin Coolidge issued the first presidential proclamation in support of Father's Day. President Richard Nixon made it a permanent designation in 1972. The third Sunday in June has become a National Day of Observance in honor of fathers everywhere. One woman's love for her father has inspired millions to honor their fathers as well.

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## Surviving a Natural Gas Leak

Natural gas is one of the safest fuels when used properly. However, if you do encounter a leak of natural gas, you should be prepared for this emergency. Natural gas has no odor in its natural state. Because of this, utility companies add a chemical called mercaptan, which has a distinctive odor, often described as smelling like sulfur or rotten eggs. This allows you to detect even a small leak. If you detect this smell or can hear gas escaping, take these steps immediately:

- Leave your home or building right away. If the gas leak is outdoors, evacuate the area where the gas is escaping.
- Do not call for assistance from inside your home. Use of your home or a cell phone could cause the accumulating gas to ignite.
- Do not turn lights on or off.
- Do not use your garage door opener.
- Do not smoke or light a match.
- Once you are safely out of the area of the gas leak, call your utility company or 9-1-1 for assistance.
- Do not return to the area until it has been cleared by emergency personnel. If a fire does start, do not try to put it out yourself.



## Firing Up the Grill

Backyard barbecuing is a familiar American tradition. But before you fire up the grill, you will need a full tank of propane. If you purchased your propane tank more than two years ago, you may find that you have a hard time filling it in most states. New regulations state that propane tanks unequipped with overfill-protection devices (OPDs) cannot be filled by anyone. OPDs are placed on propane tanks to ensure that the tank is not filled to more than 80 percent capacity. The use of this safety device is designed to prevent accidents relating to overfilling a tank.

There are between 40 and 55 million 20-pound propane grill tanks in the United States, so chances are you might have an unequipped tank. In most cases, consumers can tell if a propane tank has an OPD valve by looking at the handle. If the handle is round or star-shaped, your cylinder may be outdated. Cylinders equipped with OPD have a triangular handle. You also will see the letters "OPD" on the valve handle.



What do you do if your tank is unequipped with the new valve? Most propane dealerships will outfit your tank with the valve for around \$25. You may also consider purchasing a new tank. In both of these cases, you will still need to pay the cost of filling your tank.

If you are looking for an even simpler solution, you can use a propane cylinder exchange service, such as Blue Rhino or Amerigas. Often located outside of home improvement centers, grocery stores, or convenience stores, these kiosks allow you to bring in your old tank for a new, filled cylinder. All of the tanks available through these services offer the new up-to-date valves. Generally the cost for these tanks is around \$20.

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## Summertime Refreshment

Ah, summer! Never is there a better time for a refreshing, cool drink. With these recipes in hand, you'll be sure to look forward to the next hot day.

### Pineapple Lemonade

1/2 cup sugar  
1/2 cup lemon juice  
2 cups water  
4 cups pineapple juice  
4 cups club soda  
sliced lemon

Dissolve the sugar into the lemon juice and water in a large pitcher. Add remaining ingredients and serve immediately, adding a slice of lemon to each glass.

### Watermelon Cooler

1 cup cubed watermelon  
1 cup cubed honeydew melon  
1 cup cubed cantaloupe  
1 cup orange juice  
1-1/2 cups mint tea  
ice

Fill a blender with ice. Add remaining ingredients and blend well. Pour into a tall glass. Garnish with melon balls and mint leaves.

## Pet Friendly Gardening

As you begin to plan and plant your garden this summer, take a moment to consider your family pet. Even the most harmless looking garden can hide dangers to your pet. Consider your garden from your pet's point of view and you may be surprised at what you find.

First check for entry points in and out of your garden. Your garden area should be secure enough so that your pet cannot escape. This is especially important for animals that are used to spending most of their time indoors. You also should be aware of predators that may gain entry into your garden and then pose a threat to your pet. Check for intruders such as foxes, raccoons and snakes. Also check your garden area for bee, wasp, and hornet nests. Even toads can be dangerous, as some secrete poisons that can be very dangerous to a pet's eyes or mouth.

Take time also to check for debris or dangerous objects hidden in the plantings in your garden. Remove all broken glass, sharp stones, trash bags, and power tools.

Before you place any pesticides on your garden, be sure to check if they are safe for animals. It is sometimes a better idea to use non-chemical approaches to removing pests from your garden. If you must use chemical methods of pest control, be sure to follow the instructions carefully. Herbicides can be dangerous to your pet if ingested. Some of these chemicals can also be absorbed through the skin. All spills should be cleaned up promptly and all garden chemicals should be stored in a safe container out of the reach of your pet.



## Don't Forget the Sunscreen

According to the American Cancer Society, sunscreen use by adults and young people has fallen significantly in the last ten years. Only 40 percent of adults regularly use sunscreen. In people under 25, only 34 percent use sunscreen regularly.

In addition to these concerning statistics, the use of tanning salons has tripled for people under 25. Tanning in general is becoming more and more popular. Many people believe that indoor tanning is safer than tanning under the sun. But a February 2003 study found that tanning devices doubled the risk of common types of skin cancer. People who used tanning devices were 1.5 times more likely to develop basal cell carcinoma and 2.5 times more likely to develop squamous cell skin cancer.

What causes teens and young adults to ignore the warnings from doctors? Blame the media. According to A.G. Geller, lead author of the study, images of tanned models and celebrities

compel many teens to want that sun-kissed look. Since the chance of getting cancer seems 30 or 40 years in the future, most teens ignore the dangers.

What are the best ways to protect your skin? It really is simple. Wear a hat, sunglasses, and sunscreen when heading outdoors, and try to avoid sun exposure between the hours of 10:00 am and 4:00 pm.



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