

# AGOOD EIGHBOR NEWS

"STRENGTHENING OUR LOCAL ECONOMY"

SEPTEMBER 2010

www.agoodneighbornews.com

2ND YEAR • NO. 2

They didn't even know she was gone. She was supposed to be at work. The trains provided just enough distraction to allow her mind to relax a little. She could sense their presence more than anything else. She just couldn't focus. So much tragedy had happened in such a short amount of time and she wanted more than anything to escape it. The thoughts that invaded her "fog" weren't helping at all. More than anything else she just wanted to be able to separate herself from the truths that surrounded her lately ... even if just for a while.

There ... she had consciously put a time stamp on the end of her thought which meant that doing anything stupid was out of the question. She had to go on ... not for the other people in her life. She just couldn't "think" them into her consideration right now. It was more of a conscious move towards self preservation.

All of a sudden the trains seemed more clearly defined and her thoughts took her to another possibility (one that didn't include getting a



glimpse of their underbelly) ... maybe now would be a good time to travel. Just get away from it all. Become anonymous for a few days. Go somewhere strange and be content in being a stranger.

Just then her father's face flashed into her mind and reeled her in. "Take care of your mother" ... the last direction in life he had given her. He would have to take care of her himself for she hadn't survived the loss of

him. Two days after he passed her heart had failed her and off she had gone to join him.

Now sitting here on the train platform her only reality was that she was all alone. Oh sure, her house was full of relatives that had come to take care of all of the "details" but it was as if they were just dark, whispering shadows that flitted in and out of her day.

"Mind if I sit here?" startled, she turned to see the face that the voice emanated

Sure ... that's fine. She scooted over just a tad to allow room for the newcomer.

"Have you been waiting long?" the voice inquired.

No, not long but I'm not really sure I'm waiting ... (she trailed off).

"I know." "It's okay, sometimes it's just better not to do anything until you're sure." How weird, she thought, who was this person? I don't mean to be rude she volunteered but do I know you? (Even though the face didn't look at all familiar something about the concern seemed very familiar).



"I knew your father very well ... you look just like

him.'

This last remark caught her off guard and she could feel unexpected tears flow down her cheeks.

"Your father was so very proud of you. He talked to me so many times since the day you were born. He was so thankful for you." "Do you remember when you were 9 and he took you to St. Isles for the very first time?" "Do you remember the promise you made each other out on the reef?"

Yes, she whispered. I remember. He helped me up on the reef and told me to look out upon the ocean. I did and he talked to me about the beauty of the ocean and yet how dangerous it could be whether it seemed calm or was obviously in an uproar. He told me about the reef and how the reef was like life ... exhilarating to climb and yet precarious. He told me to respect the ocean, respect the reef and to respect life and the lives that come into mine throughout my life. He said the landscape of my life could change at any given moment but the lessons remain the same. My promise was that I would never forget. He promised that if I was ever about to fall he would be there to

> LANDSLIDE Continued to Page 12



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Shhhh ... did you hear that?
"What?"

That swooshing sound ... it's kind of like feathers flut-

## Inside The Tea Room

tering. (The only reference I could think of was our parrot ... he flutters his feathers and when he does it sounds just like ...)

"Perhaps it's something outside."

Hmm, perhaps. I no more believe its outside than I believe that there is a pot of gold at the end of every rainbow. I am pretty sure I

know what it is (whether imagined or real) and I find it to be very comforting.

You see, three short

weeks ago time and circumstance changed drastically in my life. I was running on pure adrenaline trying to keep everything together and worrying about the outcome. Now after months and months of prayer I feel vibrantly alive again. Two weeks ago another circumstance freed up even more of my time and my mind and I felt as if all of the thoughts and ideas about work, family, friends, obligations, etc. that have been stored up inside my brain (in a very tidy fashion) suddenly were bouncing all over the place and not finding any place to land; PURE JOY was the result. For a very long time I have been responsible for so many things that I had lost a certain zeal for life that I used to feel. Well, it's back!

We are experiencing so many changes now that it feels almost like shedding our old skin and realizing the beauty beneath. I am excited for every new day ... like the gift it is, I look forward to seeing it open before my eyes and observing the blessings therein.

Angels. They appear in physical form sometimes ("do not neglect to show hospitality to strangers for in doing so you may be entertaining angels unaware") ... sometimes it seems we can feel their presence in another sense. We often refer to people who are extraordinarily kind to us or helpful as angels. All I know is that there have been many experiences in my life in which I have witnessed God's absolute and encompassing love through a person or a circumstance and this is one of those times. Nothing in my life is what it was 3 weeks ago ... it's as if I can see an entirely new dimension in everything. The stress that I was feeling is gone, as if it never existed, and it took with it the horrible pains in my neck and back. I have time for my animals again and will soon find my way back out to the

In a day and time when we are overwhelmed with stress, grief, exhaustion, pain, suffering ... it is good to know that there is a light at the end of the tunnel. The



one thing I had overlooked for the past several years was caring for myself. Just a short while ago I decided that it was imperative that I take the initiative to make sure that I was taking care of me. I did and now there is no looking back. I have been blessed to such an extent that I almost feel unworthy and yet I am so very thankful.

Examine your life. Are you totally stressed? Let me give you a tiny bit of advice, my friend ... love yourself (again) ... enough to step back, delegate what you can to others and LIVE YOUR LIFE! Life should be all about spreading love and kindness but that's impossible to do if you don't love yourself enough to care for yourself. Come on ... what are you waiting for? LIVE!



### A GOOD NEIGHBOR NEWS

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## Child's Play



# The Corner A word from Bob Dwyer, Jr.

How do you know? "Should I have my furnace checked every year?" "My neighbor never gets his furnace cleaned or checked and he says it's just fine."

I hear this all the time so let me be very clear; all manufacturers suggest regular maintenance. Every year people die in their homes from carbon monoxide or fire. The problem is the fact that the furnace keeps running whether or not it has been breached in some way.

It keeps heating your house ... it sounds and feels ok. You can't smell anything but this is exactly what makes a furnace so dangerous. Now I will tell you what's even worse. Every year we see dozens of furnaces that people had maintained and

checked by professional heating contractors that passed inspection and were later found to be defective. It's easy to miss a breached or cracked heat exchanger.

At A Good Neighbor heating we added new testing procedures and state of the art equipment to offer the highest level of testing available. With these techniques and scientific testing procedures I can tell you that no one can more accurately test your furnace for safety than A Good Neighbor we find what others miss. We stepped up to go above and beyond because it

"What if I get a carbon monoxide alarm, won't that tell me if my furnace is leaking carbon monoxide?"

Unbelievably I have had customers tell me their old heating contractor told them to go and buy a co alarm because their furnace had a crack but it's just a "little" crack. This is the same kind of contractor that puts a probe from a meter in your duct work and tells you if your furnace is safe or not. This is how people die.

I just want to scream "stop

the madness!" No contractor has the right to guess with your life to say "this is just a little crack it can only leak this much or that much". His job is to inspect the furnace and tell you if it's breached; answers like "a little" or "maybe" or "maybe not" are unacceptable. This is a "yes" or "no" answer. Is the furnace cracked or dangerous: "yes" or "no"? There is no "just a little" or "it's just starting" and for a contractor to tell you to depend on a carbon monoxide alarm to protect your family once he knows that your furnace is breached is just ridiculous. Now I'm not telling you not to have a carbon monoxide alarm. Every home should have one or more. What I'm saying is do not live with a defective furnace and feel protected by an alarm. The

truth is that most contractors don't realize that UL listed carbon monoxide alarms won't even sound an audible alarm at low levels of poisoning. As a matter of fact the next time you're in a store that sells carbon monoxide alarms read the small print here's a sample: The "wording" on the Nighthawk Model #KN-COP-DP (P/N 900-0056) packaging is as follows: "Pregnant women, infants, children, senior citizens, persons with heart or respiratory problems and smokers may experience symptoms at lower levels of exposure than noted. Individuals with medical problems may consider using warning devices which provide audible and visual signals for carbon monoxide concentrations under 30 ppm."

The fact is that many alarms won't sound until they reach 70 ppm for 1 to 3 consecutive hours and yes, you can suffer from chronic low level carbon monoxide poisoning because your alarm will not go off. Fortunately there are manufacturers of low level monitors that will sound a warning at low levels but they are not available in stores; that's a whole other story.

If you're interested in learning more about carbon monoxide alarms; give me a call. I would love to give you some free information. My article is getting a little long.

So in closing, let's get to the "meat" of my answer ... get your furnace checked, hope the place you call is not sending the new kid or the guy that thinks he knows everything and therefore has no reason to learn anything new to your house. Do Not Permit yourself or your family to become one of the 50,000 Citizens having to be taken to the ER this year.

FROM: MPLS. STAR-TRI-**BUNE** 

1 1/2 HOURS ..... AFTER the DEAD BODY was found CO detector sounds, but not in time to save St. Paul man.

The carbon monoxide detector didn't sound in time to help a man, 21, who was found dead in the basement of a St. Paul home, about 10 feet from a malfunctioning boiler.

About 11/2 hours after Benjamin Little Walker, 21, was found dead in the basement of a house in St. Paul's Midway neighborhood on Monday, a clue as to the cause finally sounded.



I don't know if I'll be able to sit still long enough to get this all down because I still find it so very funny that it is hard not to just almost split in two with laughter every time I think about

I was laying out under the bear bench in the front yard enjoying the sound of Papa's incessant crowing as he called his clutch of hens from the side yard when all of a sudden Bob appeared and he looked as if he was puzzled. He came down the sidewalk and was peering up into the tree directly above me. Then it hit me ... the dawn of realization and I almost lost my composure but my age (and therefore expertise) helped me to "stay in check" long enough to see the entire event play out right

Earlier in the week a visitor came to the yard and took up temporary residence in the tree. I say visitor because when he appeared he couldn't stop talking about his travels and his plans to move on soon.

before my eyes.

This visitor happens to be a Gray Catbird (a near relative of the mocking bird) and his favorite past time is to imitate the sounds he hears – and is he ever good at it!!! He has kept us all entertained since his arrival.

#### As fate would have it, on this particular day the sound he had decided to mimic was that of my clan. It sounded just like a cat was caught up in the tree. The funny thing about Catbirds is

that once they tire of making one sound they move on to another, such as a siren, a dog barking or a piece of machinery. It's just beyond amusing but what was hilarious was seeing Bob's face because he was so intent on rescuing the poor kitten in the tree.

Once he realized that it was the bird and not a cat at all the look changed to one of pure disbelief. Off he went to the office to tell Brenda and Janice ... and he did ... tell them. Well, the windows were all open in the office because it felt like the per-

fect Fall day outside and I could hear every word spoken. Brenda and Janice, it appeared, thought Bob was just up to his usual teasing and dismissed his claim without another thought. Silly Bob ... only the very next day found Brenda in the house tending to the dogs when I saw her bolt to the window and look up in the tree. Do you know what she saw? The cutest little gray bird perched happily on a lower limb just meowing to his heart's content. I wish you could have seen the smile that crossed her

face! For now our visitor is still with us and still embracing the "meow". It's just another whimsical day at the ranch.

Prrrrrrrrrr

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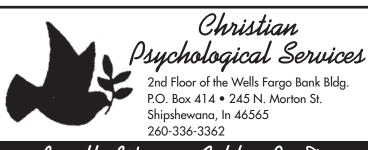
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# From the Pulpit

I did not have an article submission for From the Pulpit this month. Although this saddens me, perhaps I am at fault for not being diligent enough in my invitation. I apologize.

I know that there are many readers that are feeling displaced right now. There are so many reasons some of you look forward to this space ...

"I'm new to the area and am not familiar with the churches here. "

"The church I used to attend doesn't have a sister church here and my pastor didn't have any suggestions."

"I've been out of church for so long I have to admit I'm kind of scared to go back."

"The last church I attended

never really paid any attention to me and although I miss parts of it I don't feel comfortable going back."

"I can't get out to go to church anymore but I look forward to the Pastors that contribute to From The Pulpit every month."

"I fell away a long time ago but I enjoy the articles."

Whatever your reason for enjoying From the Pulpit it's good to know you do. I will try to be more dedicated to securing a message for you in this space. I would like to offer a bit of solace, if I might:

Finding out about any of our local churches is as simple as a phone call usually ... the clergy or their staff are readily

available and are committed to those seeking.

Even if you don't have a sister church, please feel free to canvas the local churches and find one that fits just right. It's a wonderful journey!

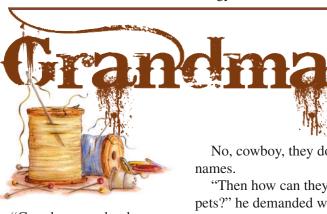
It doesn't matter how long you've been out of church ... you do still need church and

church still needs you. :)

If you can't get out to attend a church – let church come to you. Call any one of the churches, make them aware of your plight and allow them to help you stay more in touch (I'm sure you miss the fellowship!) You'll be surprised at just how much a part of a

church you can still be!

We are thankful for the pastors that press hard to take time out of their personal schedules to make time to contribute to From the Pulpit ... and we are also so thankful for the readers that keep coming back for your message(s).



"Grandma ... why do you have chickens?" my 4 year old grandson asked with innocent curiosity written all over his

They're just pets, honey. "Do they have names?" his little inquiring mind wanted to

No, cowboy, they don't have names.

"Then how can they be pets?" he demanded with concern starting to furrow his little

Good question ... how could I call these chickens pets when I haven't even taken the time to name them? Well, some of them have names because Dinky was named and Hinny Penny is named, Papa is

our proud rooster and Snowhite is our huge white hen. It made me stop and think for a minute ... why hadn't I named the rest? They don't look alike. They all have their own personalities and are easily discernable. All of a sudden I felt that I had neglected them in some tangible

You know what, cowboy, what do you say you and grandma go out there in the yard and name all of them so that they'll feel more loved.

That little boy just lit up like a Christmas tree and couldn't wait to pull on his little boots

and tromp outside to perform this very important duty. I have to say I was very proud of him as he considered every single bird and named each appropriately. Pets are wonderful and now all of our chickens seem even more special than before as their assigned names will always remind me of a very special day when my little cowboy and I went out into the yard and faced our "caring" responsibilities head on.

Kidz Korner





**AGENT** 

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The A Good Neighbor News is a proven winner when it comes to table time in the average home. This paper seems to stay in homes longer than any other local newspaper publication.Our readers hang on to their papers for extended periods of time.

The A Good Neighbor News is constantly evolving and becoming even bigger and better and yet we still have such a reader friendly format that every single submission is seen and read. What other paper can hold that claim?

At a mere \$10.00 (black & white) per column inch you can reach your target audience and reap the rewards.

#### COME ON ... WHAT ARE YOU **WAITING FOR?**

Call (574) 825-1677 for more information or email submissions/questions to editor@agoodneighbornews.com

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Irongate Self Storage - 53070 SR 13 Jenkins Automotive (NAPA Auto Parts) - 132 Orpha Drive Jerry's Standard Service - 101 N. Main Street Justrite Nails - 851 US 20
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Old Creamery Antiques - 333 N. Main
Rullis Italian Restaurant - 851 US 20 Suite 2
Shady Lane Welding - 56322 County Road 35
The Cinnamon Stick - 102 S. Main Street The Getaway Tanning & Hair Salon - 426-1 N. Main Street The Market Place - 511 S. Main The Out Post RV - 57756 CR 37 Unique Finds Resale Shop - 304 N. Main Varns & Hoover - 101 S. Main Street Village Inn Restaurant - 107 S. Main Street

#### **GOSHEN:**

7 Eleven - 1000 S. Main Street Balloon Express - 125 S. Main Street BetterWorld Books - 118 E. Washington Street DQ Grill & Chill - 723 W. Pike Street Erv's Vac Shop - 906 Linway Drive
From Scratch Pet Bakery - 107 W. Washington Street
Goshen Antique Mall - 107 S. Main Street Goshen Farm & Lawn Center, Inc. - 2413 Lincolnway East Hoogies Sports House - 119 E. Lincoln Ave. Jenkins Automotive (NAPA Auto Parts) - 1028 Lincolnway E.
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Maple City Hobbies - 102 S. Main Merle Norman - 125 S. Main Street Monteith Tire - 1021 N. Greene Rd Monteith Tire & Auto Service Center - 2613 Caragana Ct. North Side Appliance Inc. - 1920 Elkhart Road Once Upon A Child - 4024 Elkhart Road Rain Drain Seamless Guttering, Inc. - 57273 SR 15 Schrock Mobile Power Wash - 574-312-1113 (Business is mobile) Snider's Leading Jewelers - 128 S. Main Street SRP Custom Graphics - 119 E. Lincoln Ave. Terri's Flower Basket - 617 W. Pike Street

Town & Country Appliance - 215 S. Main Street

Video Visions - 508 W. Lincoln Ave.

**SYRACUSE:** Dairy Queen - 700S. Huntington



The following is a list of area merchants that are dedicated to you, our local residents.

These merchants have come together to offer A Good Neighbor Club Members special pricing, discounts, or sales. Let's all get involved and support our local communities!



### QUESTION OF THE DAY: What is the A GOOD NEIGHBOR CLUB?

#### **ANSWER:**

It is a huge bonus that you receive when you purchase a Quality Service Agreement with A Good Neighbor Heating & Cooling.

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To maintain the integrity of the ever vital HVAC equipment in our homes we need to have it tuned up every spring and fall and what better way to do that than to be a member of the A Good Neighbor Club (and enjoy discounts at the same time)?

Every single time you shop with these merchants you are given special consideration in a way that keeps dollars in your pocket!

What makes this list of merchants so impressive is that these are the places we already shop at and receive services from so what are you waiting for? Go ahead ... join the Club today and realize the benefits other Club members are already enjoying!

### SHIPSHEWANA: Along the Pumpkinvine - 145 Harrison Street

Alpha Building Center - 0855 N. SR 5 Bread Box Bakery & Café - 120 Morton St. Classic Auto Detailing - 7020W 200N Classic Jewelers - 350 S. Van Buren Suite G Country Yard Outlet - 400 N. Van Buren Daily Bread Café - 255 E. Main Street Dutchman Hunting Supplies - 8435 W. US 20 Hostetler's Health & Wellness - 260 N. Morton Street Hostetler's Hudson Auto Museum - 760 S. VanBuren St Hostetler's Main Street Shoppe - 275 E. Main Street Indiana Auto Connection - 805 N. SR 5 J. Farvers Book & Gift Shoppe - 455 S. VanBuren Street JoJo's Pretzels - 205 N. Harrison Street 1st Floor (Mercantile) L & R Marine - 8435 W. US 20 L.A. Enterprises - 8275W 050N Lasting Impressions Gift Shoppe - 165 Harrison Street Lighthouse Christian Bookstore - 225 N. Harrison Street Morton Street Coffee - 260N. Morton Street Pampered Pet Boutique - 230 N. Morton Street R&S Floor to Wall - 9551W 750N Red Wagon Toys - 225 Harrison Street Shipshe General Store - 420 N. Van Buren Street Shipshewana Harness & Supplies - 815 N. Van Buren Street Shipshe Pizza - 145 N. Village Drive Shipshe Rental Center - 0900 N. SR 5 Shipshewana Fitness Center, LLC - 505 E. North Village Drive Shipshewana Harness & Supply - 815 North VanBuren Street Simple Sounds, Inc. - 225 N. Harrison Street Splash Waterpark Resort - 800 S. VanBuren Wellspring Components LLC - 1085N 850W

#### **ELKHART:**

Bueters Sewing Center - 205 S. Main Street
CD's Pool & Scuba - 23672 Old US Suite P
Dapper Dog & Fancy Feline - 54595 CR 17
Dumor Water Specialists - 4405 Wyland Dr.
Hickory Meats & More, Inc. - 54595 CR 17
Ink Cartridge Solutions - 1808 E. Bristol Street Suite G
Insignia Promotions - 135 Easy Shopping Place
Jenkins Automotive (NAPA Auto Parts) - 59045 CR 13
Joshica's Planet Canine - 4411 Wyland Drive
Martin's Pet & Garden Center - 116 W. Jackson Blvd.
Paradise Pools - 655 CR 17 (Next to Lucchese's)
Sautter's Floral & Greenhouse, Inc. - 1725 Toledo Road
Sassi Tan - 56199 Parkway Ave Suite 10
Shear Artist, Inc. - 655 CR 17 Suite 3 (Behind Bullard's Market)
Signature Lanes - 1180 Fremont Ct.
S-N-J's Heavenly Hair Salon - 23737 US 33 Suite F
Spectrum Eyewear Gallery - Dr. David Britzke, O.D. - 56028 Parkway Ave., Suite E
Tip-n-Toe Nail Spa Parkway - 17 Plaza 56199 Parkway Ave. Suite

### Video Visions - 655 CR 17 **HOWE:**

Laura's Bakery - 1255 W. SR 120 Laura's Country Store - 1255 W. SR 120 R & S Carpet Cleaning - 7030N 575E The Gathering Place Restaurant - 407 3rd Street Twin Mills Camping Resort - 1675 W. SR 120

#### **LAGRANGE:**

Dale's Dependable Handyman Service - 2420S 250W

#### LIGONIER:

Dairy Queen - 909 Lincolnway S.

#### **MISHAWAKA:**

Once Upon A Child - 5936 Grape Road

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#### flour mixture and stir with wooden spoon until thoroughly mixed.

## Grom Our Kitchen

#### **Summertime Sugar Cookies**

#### **INGREDIENTS**

- 3-3/4 cups all purpose flour
- 1 tsp baking powder
- 1/2 tsp salt
  - 1 cup butter or margarine, softened (not melted)
- 1-1/2 cups granulated sugar
- 2 tsp vanilla extract

#### **ADDITIONAL MATERIALS:**

Cookie cutters

#### **COOKING INSTRUCTIONS**

- 1. Sift flour, baking powder, and salt together in a medium sized bowl. Set aside.
- Beat butter or margarine, sugar, eggs, and vanilla in a large bowl with electric mixer until fluffy. Gradually add Cover dough with plastic wrap and chill in the refrigerator for two hours. Preheat oven to 400 degrees F. On a lightly floured surface, roll out dough to 1/4 inch thick. Cut out circles with a cookie cutter or other round object, such as a glass or round
- plastic container. Place circles 2 inches apart on ungreased cookie sheet. Bake for 6-8 minutes, checking after 6 minutes. Cookies will be done when edges are lightly browned. Do not allow cookies to get too brown. Remove from oven and allow cook-
- ies to cool on cookie sheets for 5 minutes. Remove from cookies sheets to aluminum foil on a flat surface and allow to cool completely.
- Using a butter knife, spread frosting on top of each cookie. (If you want to color the frosting, use food coloring and mix it beforehand.)

#### VANILLA FROSTING **INGREDIENTS**

- 1 1/2 cups confectioners' sugar
  - 3 tablespoons butter, softened
- 1 tablespoon vanilla extract
- 3 drops red food coloring
- 1 tablespoon milk

#### **DIRECTIONS**

Combine confectioners' sugar butter, vanilla and milk, beating until creamy. Thin with a few more drops of milk (if necessary) to reach desired spreading consistency. Stir in optional food coloring. Spread frosting over cooled cookies and decorate with colored sugar, if desired.



One of my friends on facebook is an avid gardener. I love to hear her talk about her garden. She lovingly tends it every single day from spring until fall. I can't even imagine the leisure, enjoyment, fulfillment and sense of accomplishment that must come with a lifestyle that affords you to spend your days one on one with nature.

Her mums opened up about 3 weeks ago. She lives up North and things tend to "turn" a bit faster there than here. When she

first posted about her mums I found myself really noticing my mums for the first time this year. They were still asleep and yet were lush and full. Now, three weeks later, they are just beginning to open and their beautiful little rust and yellow colored faces are just as healthy as can be.

The grasses are already looking as if they are thinking about their long winter's nap ahead and the lavender is giving up the last of its nectar. It won't be long before the hummingbirds will

take off and the butterflies will flutter to parts un-

I was amazed that the bunnies this year didn't eat any of the plant life in the garden. They love to play hide and seek in the foliage but there is no evidence anywhere of them misbehaving.

I look forward to planting bulbs, weeding, trimming, discarding mulch and laying the plants down for the year. It won't be long before that time will be upon me. In the meantime I still love to just walk through and allow



the creation before my eyes to embrace me. Is it how I imagined it would be in its beginning(?) ... no ... it's so much better!



opened makeup, perfume, house wares, furniture ... you name it. I think someone even swapped best friends once. (Just being silly!!!)

Okay ... maybe a huge swap meet wouldn't work here; who knows. I know I sure wouldn't mind revisiting the smaller version again! For now though garage sales are simpler and readily available. They are full of mystery and everyone loves to hunt for treasure. Sometime if you are feeling a little self-indulgent and you happen upon a garage sale sign, stop in, peruse the goods, you might find a thing or two you never knew you needed and a few you did.

girlfriends and we would swap tons of stuff; clothes, un-

Garage sales are almost a community service if you stop and think about it ... especially in a suffering economy. It's reassuring, if you are having tough times, to know that you can still clothe your family and buy much needed household items for pennies on the dollar. So, having said that ... I will say this ... thank you to everyone who has held a garage sale this year or is planning on one still. I only have one request ... give me a head's up ... I love a good deal! :)



# **ACROSS FENCE**



Garage Sales are so much fun! Who knew??? Was this

like the best kept secret ever or what? There are treasures to be found out there!

Okay, before I get too carried away, I think it's just amazing how one man's junk can be another man's treasure and I always wondered why we don't all get together and have a huge swap meet someday? It takes the whole "getting rid of things you don't want or need any more" to a whole new level! Instead of tendering cash ... just tender your wares ... ex: I would love to have that saddle ... is there anything I have that you would trade for it? Swap swap. Easy peezy! If folks from Bristol, Middlebury and Shipshewana all got together and swapped amongst ourselves can you imagine the great stuff we could all acquire?

When I lived in Chicago I would get together with my

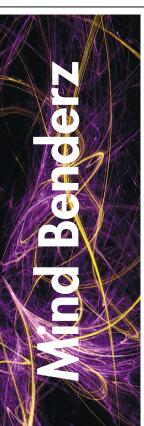
#### **FOR IMMEDIATE** RELEASE

#### **CONTACT: SHARON PEDLER**

St John of the Cross Episcopal Church in Bristol has had a outstanding summer. During the July Bristol Homecoming weekend the church Strawberry Social sold enough strawberry shortcakes to be able to donate \$300.00 to the Bristol Community Food Pantry to use for food items or vouchers.

When driving by St. John of e Cross on SR 120, look at the children's playground area beside the church. There is a modern play system and an up to date soft surface to play on plus an new attractive fence. The church school and neighborhood children will all enjoy the latest in swings, slides and a climbing

Two other new items inside St. John of the Cross will be for the enjoyment and also the comfort of the parishioners. For enjoyment a new portable sound system is going to be installed. This will consist of speakers, powered board, wireless transmitter and lapel microphone. And for comfort, the 40 year old boiler is going to be taken out and replaced by a new and more economical one



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# Vegetablea Word Gearch

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**ACORN SQUASH ALFALFA ANISE ARTICHOKE** ARUGLA **ASPARAGUS AUBERGINE AVOCADO AZUKI BEAN BEAN SPROUTS BEANS** BEET BEETROOT **BELL PEPPER BLACK BEANS BOK CHOI BORLOTTI BEANS BREADFRUIT BROAD BEANS BROCCOFLOWER**  **BRUSSEL SPROUTS BUTTER BEAN BUTTERNUT SQUASH** CABBAGE CALABRESE **CAPSICUM** CARROT CAULIFLOWER CAYENNE PEPPER **CECI BEANS CELERIAC CELERY** CHARD **CHICKPEAS** CHILLI PEPPER CHINESE LEAVES **CHIVES** CILANTRO **COLLARD GREENS** CORN SALAD

# Crossword Punnyle

#### **DOWN**

- 1. Dock
- 2. Jazz singer \_ \_ Fitzgerald
- 3. Menu term (3 wds.)
- 4. Overwieght
- 5. Heavyweight great
- 6. Winter mo.
- 7. Dispersed
- 8. Tailed celestial body
- 9. Operatic melody
- 10. Come ashore
- 11. Scheme
- 16. Tractor-trailer 19. Wise people
- 21. Scrutinized
- 22. Stately home
- 23. Cry loudly
- 24. Horse food
- 25. Gold measure
- 26. Got together again 27. Gallery contents
- \_ West of Hollywood
- 34. Morse or ZIP
- 35. Gall
- 37. Valley
- 38. For all time
- 39. Salty drop
- 41. Barn ornament
- 42. Throat-clearing sound
- 44. Cape
- 45. Owned
- 46. Byron's "before"

#### **ACROSS**

- 1. Garden vegetable
- 4. Passing Fancy
- 7. Head skin
- 12. Sick
- 13. Brewery product
- 14. Reef material
- 15. Rubber band
- 17.\_\_\_\_ acid (protein component)
- 18. Speed contest
- 19. Not wavering
- 20. Pierre's friend
- 22. Actor \_\_\_\_ Damon
- 23. Amount decreased
- 26. Male sheep
- 29. Cereal grass
- 30. More sensible
- 31. Distintive period 32. Farewell!
- 33. Initiate a criminal trial
- 35. Not far
- 36. Put on
- 37. Notice
- 40. Opera star
- 43. Turn aside
- 44. Fast feline
- 47. Depart
- 48. Rowing blade
- 49. Compass reading (abbr.)
- 50. Miscalculated
- 51. Ike's inits.
- 52. Carter's party (abbr.)

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#### **HAPPY BIRTHDAY THIS MONTH:**

Andrea LeSeure - August 16th Jasmin Black - August 21st Brenda Dwyer - August 24th



#### **ARE YOU NEWLY MARRIED?**

Our best wishes! Go ahead ... tell everyone ... announce it here!

#### **RECENTLY ENGAGED?**

We're so happy for you! Post it right here!

#### WHOSE BIRTHDAY IS IT?

Wish them the very best and they'll see it here!



Congratulations! Announce it here!



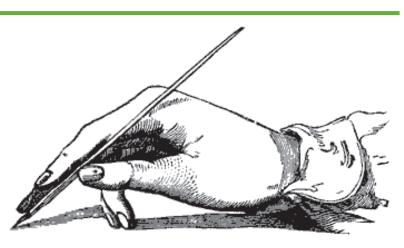


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For only \$5.00 you can see your announcement on this page! To add a picture along with your annoucement, please add an additional \$2.00. Deadline to submit the annoucement is the third Tuesday of every month.





#### LETTERS TO THE EDITOR

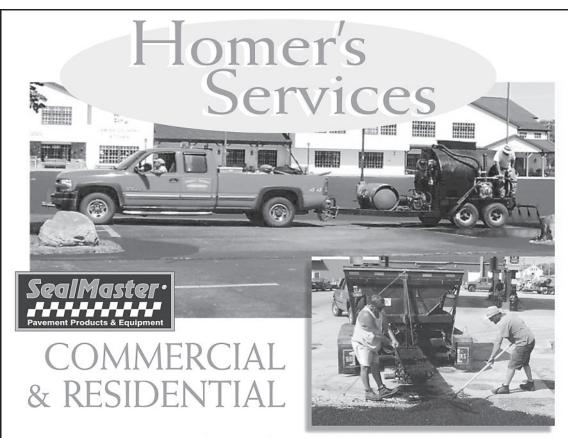
It seems as if every newspaper you have ever opened has a section that invites their readers to participate on some level. We felt that a "Letters to the Editor" section would be a good place for us to start. We invite you, our readers, to submit comments on current events, life in general, the paper itself or perhaps you have questions that you would like to ask ... all on a topic of your choosing. Please keep it light and uplifting whenever possible. We look forward to hearing from you. We reserve the right to limit and / or edit any submissions at our discretion.

> Please email all inquiries to editor@agoodneighbornews.com.

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# TECH Talk

#### WHAT TO KNOW ABOUT AIR **DUCT CLEANING**



Abbreviations: IAQ = indoor air quality; HVAC = heating, ventilating, and air conditioning What is "duct cleaning"?

Ductwork sometimes can become both the source and the pathway for dirt, dust, and biological contaminants to spread through your home. In this case, duct cleaning usually means the removal of dirt, slime, mold, debris and other materials found in ductwork and other HVAC components (e.g., cooling coil, drain pan).

When should duct cleaning be performed?

Supplier Schedules HVAC equipment suppliers and manufacturers sometimes provide instructions on when and how cleaning should be performed. Cleaning schedules typically depend on equipment operating schedules, climate, filtration used, air contaminants, costs and home occu-

pant expectations. New Ductwork When new systems are being installed or when older systems are being updated, suppliers should provide access for cleaning system components that are cleanable or replaceable when they become contaminated. New equipment should be kept sealed until installed. If not, new construction or updating of older equipment should always include duct cleaning. New ductwork often contains oil, tools, construction debris, and dirt sometimes even discarded lunch bags, drink cups, etc. These must be cleaned from the ductwork before connection to the air handling system. Older Ductwork As time passes; ductwork can become contaminated with dust, dirt, debris, mold, slime, dead rodents, dead bugs as well as other contaminants. The presence of these materials does not necessarily mean IAQ problems or complaints will occur. Most ducts have small amounts of dry dust collected on their surfaces ... a common occurrence that occasionally requires duct cleaning.

You definitely would want to provide cleaning (or possible duct replacement) if:

- There is permanent water damage
- There is slime growth
- There is debris that restricts airflow
- Dust is actually seen emitting from air supply registers
- Offensive odors originate in the ductwork or HVAC system A duct cleaning professional says we need our ducts cleaned but how can we know this is true?

(Remember ... duct cleaning is a competitive business. You have probably seen their advertisements ... don't be taken in by ex-

- Are there observable or known contaminants in the ductwork?
- Has testing or observation confirmed their type and quantity?
- Can or do they (or their odors or byproducts) leave the duct and enter the occupied space?
- Do you have a good idea of the source of these contaminants?
- Can the source be controlled?
- Will the proposed duct cleaning effectively remove the contaminants?
- Is duct cleaning the only (or the most cost-effective) solution?

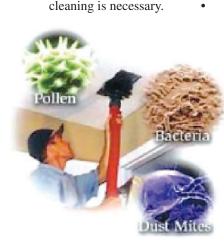
Have you identified a

qualified and reputable duct cleaning firm? Have you checked the firm's references? Does the firm offer a approach? Do they have the right kind of equipment? Will the cleaning process protect your HVAC equipment and the occupants of the space during the cleaning? Are there standards for duct cleaning and duct cleaners? Currently, official standards and guideline are not yet available to determine when duct cleaning is necessary. Common

sense and the ground

rules provided here can

help you decide when



Are duct cleaning firms licensed to perform cleaning?

Not at this time. Do your homework. Look for a reputable firm with references. Preferably a firm with a long history of customer satisfaction is desired.

What actually happens during duct cleaning?

Duct cleaning typically consists of contaminant removal (e.g., through brushing/vibration plus extreme negative pressure). If duct cleaning is performed by contractor personnel, ask them about the following typical good practices:

Will they keep the ducts being cleaned under negative pressure during the cleaning operation? (This minimizes the discharge of dirt and dust into the occupied space.) Will they protect the duct system? (Avoiding un necessarily cutting holes in the duct or duct liner, for example.)

Are the vacuum and collection equipment located outside of the building? Where vacuum collection equipment is inside ... is HEPA filtration provided for the discharge? Is the vacuum coupled with brushes to lift the settled materials from the inside of the ducts? (Vacuum cleaning alone is not very effective.) Will they avoid using sealants to cover interiorcontaminated ductwork? (Sealants have not been shown to be effective as a barrier to microbiological growth, their long-term health ef fects are unknown, and they may void fire safety ratings.) Are they removing (rather than cleaning) water-damaged or bio-contaminated porous materials? A duct cleaning firm says it wants to use sealants, encapsulants, disinfectants, biocides or other chemicals in the ductwork. Is this okay? Not normally. Remember, you are cleaning the Air Ducts. You do not want to re-introduce other sources of "debris" into your system. Any additives are simply a tool to take more of your

money. It is not

them in any way.

necessary, once air ducts

are completely evacuated, to "disinfect"

Anything that you spray

only "coat" it and make

it a more adhesive and

into your system will



you just paid to get rid What can we do to avoid the

need for duct and system

growths can be minimized by: Well-maintained filter

- systems
  - Using filters rated at MERV 6 or greater Regular HVAC
- maintenance Providing good housekeeping in the occupied space
  - Locating air intakes in non-contaminated locations Keeping all HVAC

system components clean and dry

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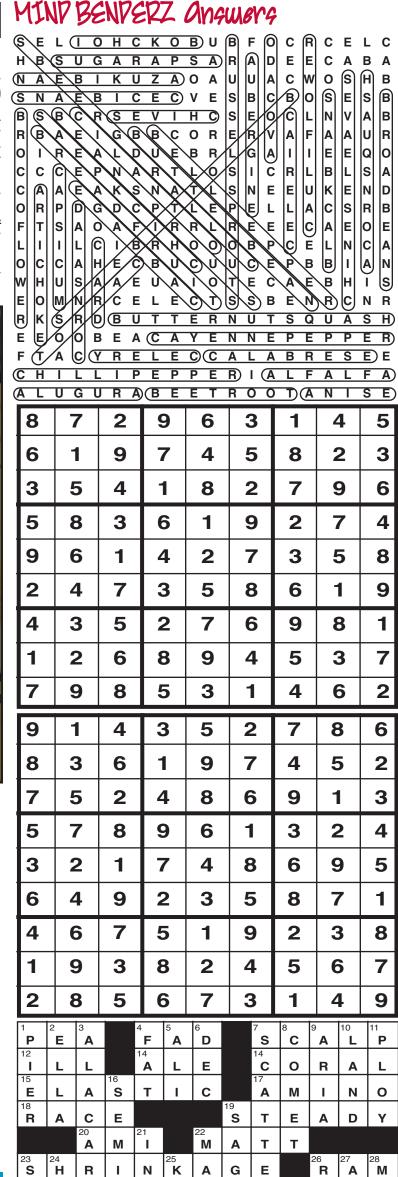
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### **LANDSLIDE CONTINUED FOR PAGE 1**

catch me.

They sat for a few moments in silence.

"Oh ... here's my train now." And the voice was gone ... just like that ... when she finally looked up all she could see were the long flowing locks of hair and the back of the trench coat. She hadn't even been able to say thank you but in the same instance she realized that it wasn't necessary.

It was time to go back home and embrace the love of her family members that had come because they too had suffered a great loss and yet they were committed to seeing her through this next phase of her life.

She looked to the heavens and declared, "I'll be okay you two ... my "landscape" did change but I will never forget that the lessons remain the same."





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