

Celebrates First



Kaden Reed Harmon celebrated his first birthday October 8. His "Spiderman" party was held at home with friends and family.

Kaden is the son of Matthew and Jessica Harmon. Proud grandparents are Pete and Pam Lynch and Brenda Sipes, all of McConnellsburg; and Stan and Kim Harman of Aspers. Great-grandparents are Reed Lynch of McConnellsburg and Gary and Betty Miller of Shade Gap and Audrey Harman of Mt. Holly Springs.

Kaden also has a very proud big sister, Katelyn.

Kaden wishes to thank everyone for his gifts and helping to make his big day very special.

will be sharing "A Diabetes Success Story." Diagnosed in 1986 with Type 1 Diabetes, Ruth will share her enthusiasm about the importance of taking control of diabetes.

Free screenings will be available for stroke assessment, fat analysis, pulse ox testing, bone density testing and depression screenings. Diabetic patients will receive free flu vaccinations and Pneumovax. The diabetes symposium will be at the 4-H Building at the Bedford County Fairgrounds, Route 30 west of Bedford. Seating is limited. Reservations are required and can be made by calling 623-3576. Transportation via C.A.R.T. is available to senior citizens who attend. The Diabetes Symposium is being held as a joint effort by UPMC Bedford Memorial, The Pa State Department of Health, Quality Insights of PA and Penn State Extension.

PA Farm Show Now Accepting Credit Card Payments For Exhibitor Registration

Prospective exhibitors busy preparing livestock, perfecting recipes and improving their showmanship skills in preparation for the 2009 Pennsylvania Farm Show may find it more convenient to register thanks to a new online credit card payment program, said Agriculture Secretary Dennis Wolf last week.

"With livestock and dairy shows, crop harvests and holiday season preparations, fall is a busy time of year for many Farm Show exhibitors," said Wolf.

The 2009 Pennsylvania Farm Show will be held Jan. 10 - 17 at the Pennsylvania Farm Show Complex & Expo Center in Harrisburg. Each year, more than 400,000 people visit the free-admission show.

To register online, visit www.farmshow.state.pa.us and click "Register Online." Exhibitors may also register via mail at 2300 N. Cameron St., Harrisburg, PA 17110.

To request a 2009 Pennsylvania Farm Show premium book, call 717-787-5373 or www.farmshow.state.pa.us and click "2009 Premium List."

UPMC Bedford Memorial Presents Free Diabetes Symposium

UPMC Bedford Memorial is now accepting reservations for the free diabetes symposium, Friday, November 14, 10 a.m. until 3 p.m. The event is aimed at helping diabetics maintain and improve their health. "How to be a Winner" is the focus of the entire day. Educational topics covered include exercise and managing diabetes with an inspirational talk to inspire diabetics and others interested in the challenges diabetics face. The program will feature a personal testimony of A1c champion Ruth Charne from New York. She

Brownies Visit Corn Maze



McConnellsburg Brownie Troop 1597 recently visited the Stoner Dairy Farm corn maze near Mercersburg. The girls had to find their way through a five-acre field of corn and then enjoyed a hayride and petting zoo. Pictured are, back row: Maddy Richards, Tara Cutshaw, Amanda Hoover, Aryanna Lupey, Alexis Lupey; front row: Mary Booth, Maecy Richards, Morgan Richards and Rebecca Wenschof.

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Tampa-area Mailman Bitten By Snake In Mailbox

TAMPA, Fla. (AP) - Forget rain, sleet or snow.

The bite of a poisonous snake didn't keep mail carrier Efraim Arango from his mail route on Friday.

The 66-year-old Arango was bitten as he slipped mail inside a box. He told authorities that he shook his arm and thwacked the small snake against his car door to break its grip.

Arango continued to deliver mail for 30 minutes before seeking help.

Authorities said Arango identified the snake that bit him; it was likely an eastern diamondback rat-

tlesnake. Arango was treated at a Tampa hospital.

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