

Mail Holiday Packages With Care

With 16.6 billion cards, letters and packages to be delivered between Thanksgiving Day and Christmas Day, the U.S. Postal Service has some shipping tips to help get gifts delivered promptly and safely during the holiday season.

The Postal Service is making it easier to ship packages to family and friends this season. Proper addressing and packaging will ensure every gift receives the service it deserves.

The Postal Service offers free, environmentally friendly Flat Rate Priority Mail boxes as well as regular Priority Mail and Express Mail boxes and envelopes. These supplies can be ordered at usps.com or picked up at a local post office.

The postal service also offers prepackaged shipping products, Ready Post, sold at local post offices for customers needing sturdy, secure boxes, envelopes and even greeting cards.

When you mail online with Click-N-Ship, you qualify for a discount on priority mail and express mail. The more you ship, the more you save. When a package is ready to be shipped, log on to usps.com/pickup to schedule

free package pickup right from your home or office. Skip the trip and do all of your shipping online.

Helpful packaging tips:

Make sure packages are able to withstand processing without the contents or packaging breaking.

Cushion items with bubble wrap, newspaper, or "foam peanuts" so they do not shift during transit.

Wrap each item separately when packing more than one item in the same box.

Remove batteries from electronic devices and wrap separately.

Close and shake the box to see if there is enough cushioning. If items are shifting, add more cushioning.

Mark packages "fragile" in large print on the outside of the box when shipping materials that might be more likely to break.

When reusing a box, make sure previous labels and markings are covered before mailing.

Mark "perishable" on packages that contain food or other items that can spoil.

Place an extra address label with the delivery and return address inside the package. This ensures the safe return of an item that could not be delivered should the outside label become damaged or fall off.

Always use tape designed for sealing shipping boxes. Do not use string, cellophane and mask-

ing tape to seal packages.

Packages can weigh up to 70 pounds and measure up to 130 inches in combined length and width. Make sure the width is measured around the largest point of the package.

Guidelines for addressing envelopes and packages:

Print complete address clearly

A complete address includes: the recipient's name, post office box or street number, street name, suffix (Ave., St., etc.), directional (N, S, E, W), secondary address (apartment or suite number), city, state and 5-digit zip code, for example: 123 S. Main St., Apt. 4, Washington, D.C. 20001.

Use the proper zip code. Zip codes can be found at usps.com or by calling 1-800-ASK-USPS.

Print the delivery and return addresses on the same side of the envelope or package.

Always use a return address. It tells the postal service where to return mail if it cannot be delivered.

The postal service recommends the following mail-by dates to ensure your gift arrives on time:

December 4: military mail destined for Iraq or Afghanistan.

December 11: military mail for other overseas bases.

December 16: parcel post, the most economical shipping service.

December 21: first-class mail.

December 21: priority mail.

December 23: express mail.

Due to security requirements, packages bearing postage stamps and that weigh more than 13 ounces must be presented to a retail associate at the post office and cannot be dropped in blue collection boxes.

Find more holiday tips and information at usps.com/communications/newsroom/2009/holiday/hpr.htm.

The postal service receives no tax dollars for operating expenses and relies on the sale of postage, products and services to fund its operations.

Senior Center Lunch Menu

Fulton County Senior Center lunch menu for the week is as follows:

Monday: two hot dogs, baked beans, coleslaw, hot dog buns, apple.

Tuesday: Salisbury steak w/gravy, au gratin potatoes, carrots, rye bread, applesauce.

Wednesday: pork, mashed potatoes, sauerkraut, wheat bread, peaches.

Thursday and Friday: centers closed.

To reserve a dinner write name on the sheet at the appropriate center or call before 1:00 p.m. on the day before: McConnellsburg - 485-5613; Hustontown - 987-3770; or Warfordsburg - 294-6020. Suggested donation is \$2.

Conservation Corner

Doug Valentine

FULTON COUNTY CONSERVATION DISTRICT

For the second time in two years, Fulton County has experienced a significant manure spill into Big Cove Creek. In October 2007, there was a manure spill of well over 200,000 gallons from a dairy farm just north of McConnellsburg. On November 3, it happened again, this time from a dairy farm south of town. While exact quantities are hard to determine this spill was estimated to be tens of thousands of gallons. Slurry manure flowed about 1,500 feet from the manure storage pit through a small channel into Big Cove Creek.

The spill in 2007 was a very liquid wastewater, with low levels of manure solids, which spread out over a nearby cropland field and was further filtered through the heavily vegetated shoulder to Route 30 before entering Big Cove Creek. The water in the creek was turned the color of tea, and Pennsylvania Fish and Boat Commission (PFBC) documented one dead fish below the spill. Those operators paid a fine to the Commonwealth and have taken steps to ensure future spills do not occur.

The waste material from this newest spill was quite thick. The small channel emptying into Big Cove Creek was coated with manure, and Big Cove Creek was turned black as far down as Back Run Road. The PFBC and the Department of Environmental Protection (DEP) were notified as soon as Conservation District staff confirmed that the creek had been impacted by manure. Personnel from the PFBC arrived to evaluate how serious the situation had become. It was evident a major pollution event had occurred.

Conservation District and PFBC personnel were able to eventually meet with the farm operator and explained to him that manure from his storage structure had polluted the creek. The operator did not realize that his manure storage pit had overflowed and that the manure had reached Big Cove Creek. The officer from PFBC explained to the farm operator how serious this situation could become to the

creek and to himself as the operator responsible for the spill. He further explained that it is illegal to pollute the waters of the Commonwealth. Beginning the following day, personnel from the PFBC started from a point three miles downstream and walked upstream along Big Cove Creek, documenting, "well over 1,000 dead fish in a segment of the stream less than a mile long." PFBC calculates ITS fines based, in part, on the number of fish that are killed. In this latest spill, that fine will in all likelihood be levied on the farm operator.

Personnel from DEP met with the farm operator the day following the spill. The first thing DEP asked was whether the operator had Erosion and Sediment Compliance Plans and Manure Management Plans, neither of which the operator had. All farmers in Pennsylvania are required to have these written plans for their farm operations. It was decided at this point that there was not much to do except to empty the manure storage pit as quickly as possible, applying the manure to fields with appropriate vegetative cover. The farmer started the next morning to pump and spread the manure from the pit onto nearby cropland.

The property owner lives in Waynesboro. DEP spoke with him to inform him that he, as the landowner, may very well be held just as responsible as the operator for what occurred on his property. This highlights to all landowners that they may be held responsible for any pollution events occurring on their lands, even if the pollution was caused by a renter or tenant. If you own land farmed by others, you should ask yourself, "Is my renter in compliance with all of the requirements concerning manure management plans and erosion and sediment compliance plans?" Should a problem develop, you need to stay on top of it and not wait for DEP to show up on your doorstep.

This will be a developing situation over the next several months because as long as there are livestock on the farm, the threat of runoff pollution will remain very high. Unrelated to the manure spill, the farm operator is in the process of preparing to move his dairy operations to a farm north of Burnt Cabins. DEP is still formulating what the farm operator needs to do in the short term and what it will take to decommission the storage structure once the cattle are gone. But two manure spills within 24 months of each other is unacceptable to DEP, PFBC and to all that are concerned with local water quality.

Manure storage has allowed many farm operations to avoid spreading manure on a daily or weekly basis. By avoiding saturated, frozen or snow-covered ground, farmers are able to better care for their soil, avoid polluted runoff to local streams, and add manure when crops and soil can take best advantage of the nutrients manure contains. However, storing hundreds of thousands, or millions, of gallons of liquid manure is a tremendous responsibility. The risk of large pollution events is very real, if these storages are not properly maintained and managed.

The Conservation Corner article printed on October 22 discussed the president's executive order instructing the U.S. Environmental Protection Agency (EPA) to take the lead in cleaning up the Chesapeake Bay. All landowners and farm operators should be concerned with their downstream neighbors. It is often said that "Farmers were the first environmentalists" and many farmers are exceptionally good stewards of land and water. Consider the stream near your farm. Are you doing your utmost to ensure that the water leaving your farm is the same or better than when it entered your property? Ask yourself, would you want to live downstream of your farming operation? Would you feel safe having your children or grandchildren wade in that stream? Is your farming operation environmentally friendly? The Fulton County Conservation District is available to make sure your answer is "Yes" for all of the above.

LOOKING FOR SOMETHING? CHECK OUT THE CLASSIFIEDS!

BARD'S
Auto Sales

Rt. 522, 6583 Great Cove Rd., Needmore, PA 17238
717-573-4233 or 301-678-7881
Visit us on our Web Site: bardsaautosales.com

CARS

2008 Chevy Corvette LS3	\$39,995
2007 Ford Five Hundred SEL	\$14,995
2006 Volkswagen Jetta TDI	\$14,995
2006 Chevy Impala LT	\$11,995
2006 Pontiac Grand Prix	\$9,995
2005 Toyota Scion TC	\$9,995
2003 Subaru Legacy Outback	\$9,995
2007 Chevy Cobalt LTZ Sedan	\$8,995
2005 Chevy Cobalt LS Sedan	\$8,995
2006 Dodge Stratus SXT	\$8,995
2005 Pontiac Sunfire GT	\$8,995
2006 Ford Focus ZX-4 SE	\$7,995
2005 Saturn Ion 2	\$7,995
2003 Pontiac Grand Grand AM GT	\$7,995
2004 Saturn Ion 2 Sedan	\$7,995
2003 Olds Alero GL	\$7,995
2003 Pontiac Grand AM GT	\$7,995
2002 Pontiac Grand Prix GTP	\$7,995
2002 Subaru Impreza WRX	\$7,995
2004 Saturn Ion 2	\$6,995
2003 Pontiac Grand Am GT	\$6,995
2000 Chevy Impala LS	\$6,995
2004 Chevy Cavalier Coupe	\$6,995
2004 Chrysler Sebring	\$6,995
2005 Ford Focus ZX-3	\$5,995
2001 Ford Focus SE Sedan	\$5,995
2004 Chevy Cavalier	\$5,995
2003 Pontiac Grand Prix SE	\$5,995
2002 Chevy Cavalier Z-24 Sedan	\$5,995
2001 Mazda Protege ES	\$5,995
2001 Chrysler Concorde LX	\$5,995
1999 Volkswagen Beetle GLS	\$5,995
2004 Pontiac Grand AM SE	\$4,995
2003 Chevy Cavalier Coupe	\$4,995
2002 Saturn SC2	\$4,995
2000 Pontiac Grand AM SE	\$4,995
1999 Saturn SL2	\$4,995
1999 Pontiac Sunfire GT	\$4,995
2002 Dodge Neon SXT	\$3,995
2001 Chevy Cavalier Coupe	\$3,995
1999 Ford Taurus SE	\$3,995
1999 Chevy Metro LSI	\$3,995
1997 Saturn SL2	\$3,995
1993 Pontiac Grand AM GT Coupe	\$2,995
1997 Saturn SL1 Sedan	\$2,995
1995 Mercury Tracer Trio	\$2,495

VANS, TRUCKS & 4X4s

2004 Dodge Ram 1500 Quad Cab SLT	\$16,995
2003 Nissan Murano SL	\$15,995
2003 Ford Explorer Eddie Bauer	\$10,995
2001 GMC Sonoma SLS Crew Cab	\$10,995
2005 Ford Escape XLT	\$9,995
2004 Jeep Grand Cherokee Rocky Mtn. Ed.	\$9,995
2004 Chevy Trailblazer LT	\$9,995
2002 Ford F150 Lariat Quad Cab	\$9,995
2000 Jeep Wrangler Sahara Edition	\$8,995
1998 Ford F150 XLT, Ext. Cab 3rd Door	\$8,995
2004 Chevy Trailblazer LS	\$7,995
2001 Nissan Frontier XE	\$7,995
2000 GMC Sierra SL, Std. Cab	\$7,995
2001 Dodge Dakota Ext. Cab	\$7,995
1997 Chevy Silverado 2500HD	\$7,995
1997 Chevy Silverado 1500 Ext. Cab	\$7,995
1997 Dodge Ram 1500 Ext. Cab	\$6,995
1997 GMC Sierra SLE, Ext. Cab 3rd Door	\$6,995
1999 Jeep Grand Cherokee Laredo	\$5,995
1998 Jeep Grand Cherokee Laredo	\$5,995
2001 Kia Sportage Limited	\$4,995
2000 Chevy Blazer LT	\$4,995
1997 Dodge Ram 1500	\$4,995
2001 Ford Ranger	\$3,995
1994 Dodge Dakota SLT	\$3,495
1989 Ford F150 Custom	\$2,995

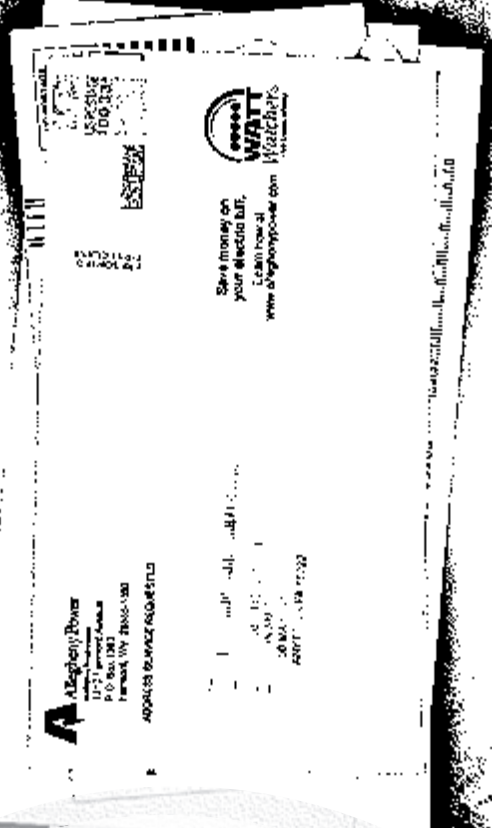
TRACTOR SPECIAL!



30 HP W/LOADER
List \$19,500
SALE PRICE \$10,500

McCONNELLSBURG MOTOR & IMPLEMENT
875 Lincoln Way East, McCConnellsburg, PA
(717) 485-3181 • lylemm@earthlink.net

SHOP RATE: \$40 per hour



How a little information about assistance programs can be a big help with your bill.

Easy ways to help reduce your electric bill.

Sometimes it's hard to make ends meet. That's why we are committed to helping you get assistance with your electric bills as prices start to rise. We'll give you tips on saving energy and money, and connect you with a wide array of programs. For a little advice that can make a big difference, call 1-877-928-8928 or visit alleghenypower.com.



A few programs that can help.

- Customer Assistance and Referral Evaluation Service
- \$1 Energy Fund
- Low-Income Payment and Usage Reduction Program
- Low-Income Home Energy Assistance Program



American Heart Association
Fighting Heart Disease and Stroke



Tired of throwing your weight around? Exercise