

THE MARION COUNTY REMINDER

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PRSR STD
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KNOXVILLE, IA

*****ECRWSS****

Local
Postal Customer

Tuesday, July 13, 2021

1901 A Ave W. Oskaloosa, Iowa 52577



809 W. Rock Island, Knoxville | 641-842-4717 | HOURS: 6:00 a.m. - 11:00 p.m. Daily

BLAZING BARGAINS

FRIDAY - SUNDAY JULY 16 - 18



SCAN TO FIND
16 MEAT,
SEAFOOD & DELI
DEALS HERE!



Find all our deals at
Hy-VeeDeals.com



3lb. for \$10
Fresh ground chuck
85% lean, 15% fat

1.97 lb.
Whole boneless
pork loins
Hormel always tender

4.98
Fish Market cooked shrimp
tail-off, peeled and deveined
71 to 90 ct. 12 oz. pkg.

.88
John Morrell hot dogs
select varieties 12 oz.



3.99
Table Makers boneless
skinless chicken breasts
2.5 lb.

1.88
Pepsi products
6 pack bottles 16.9 fl. oz.
+tax and deposit
limit 4

7.99
Kingsford Charcoal
original and Match Light
12 to 16 lb.

1.88
General Mills cereal
assorted varieties
10.5 to 11.5 oz.

FRIDAY - SUNDAY • JULY 16TH - 18TH

THURSDAY NIGHT MEAL DEAL
4:00 PM - 7:00 PM

Thick Cut Pork Chop
Baked Potato and Baked Beans

Only \$7.00

Add a side or a drink for only \$1 each.

**Penny
for a
Pound**

Get 1 lb. of Dole bananas
for only a penny with a
\$25 or more purchase.

Only 1 lb. of bananas per purchase will be allowed at \$0.01.
Regular pricing applies for additional bananas. At select stores only.



Make My Monday

July 19th, 2021

**Spend \$15 in Dairy and
get .10 off your Hy-Vee
Fuel Saver Card**

OUR HOTTEST DEALS OF THE WEEK!

PRICES EFFECTIVE JULY 14th - JULY 20th, 2021



3.98
Driscoll's family
pack blueberries or
organic blueberries
18 oz. pkg.



1.77
Ripe'n Ready peaches
or nectarines
keep at ideal temperatures until
delivery so each piece is perfectly ripe



2.99
Breyers ice cream
select varieties
48 fl. oz.



1.88 lb.
Columbine red
seedless grapes



3/\$5
Hy-Vee Midwest Pork
boneless pork loin
butterfly or America's
cut chop 8 oz.



6.99
Hy-Vee Choice Reserve
boneless beef New York
strip steak 8 oz.

12 oz.
\$10.48

Announcements

MARION COUNTY REMINDER CREDIT AND RATE POLICY
All Classified categories may require prepayment.

If in doubt, please call the Classified Department. All classified display ads require prepayment in the absence of established credit terms.

Commercial rates apply to commercial business and applicable classifications. i.e. Help Wanted, Rentals, Real Estate for Sale etc. Classified word ads are discounted by consecutive insertions.

ADJUSTMENT OF ERRORS

It is the responsibility of the advertiser to check each insertion of an advertisement.

On consecutive run advertisements, no adjustments will be made by the Publisher for errors not corrected after the first day. The Publisher accepts no liability or responsibility for failure to insert an advertisement.

The Publisher accepts no liability for any error in an advertisement, regardless of course, except for the cost of the space actually occupied by the error.

The Publisher reserves the right to revise or reject, at its option, any advertisement deemed objectionable by the Publisher in subject matter, phraseology or composition, or to classify any advertisements. All ads subject to credit approval.

Happy Ads

SHOW YOUR LOVE with a Happy Ad!

Whether it is for an Anniversary, Birthday, Graduation, Congratulations on a new job or just to say "I Love You."

We'll make the perfect ad for the perfect occasion!
Call us at the **Oskaloosa Herald.**

641-672-2581 Ext. 7540

Lost & Found



HAVE YOU LOST OR FOUND AN ITEM? HAVE YOU LOST OR FOUND A FURRY OR SOMETIMES A NOT SO FURRY PET?

Call the **Oskaloosa Herald!**
641-672-2581
Ad will appear for **two** days in the **Oskaloosa Herald**, **one** day in the **Oskaloosa Shopper** and **one** day in the **Marion County Reminder** for **FREE!**

Special Notices

NOTICE

This Publication does not knowingly accept fraudulent or deceptive advertising. Readers are cautioned to investigate all ads, especially those asking for money in advance.

Notice To Advertisers

All advertising published in The Oskaloosa Herald is subject to the following terms and conditions.

Advertiser represents that the advertisement is truthful and not misleading and further agrees:

1. Newspaper reserves the right to refuse to publish any advertisement. All advertisements are accepted for publication subject to review and rejection by the Publisher. Newspaper's acceptance of any advertisement shall not relieve the advertiser of liability for the content.

2. Advertiser assumes full responsibility and liability for advertisements published on its behalf. Advertiser warrants that it has the full legal right to use all material subject for publication. Advertiser further agrees to indemnify and hold Newspaper harmless from any and all claims and damages, including all costs incurred by Newspaper, resulting from the publication of any material submitted by the advertiser.

3. Advertiser shall not authorize the reproduction of any advertisement, or any part of an advertisement, created by the Newspaper, without the Newspaper's prior consent.

4. Newspaper shall have no responsibility or liability for errors appearing in original or advertiser approved copy. Advertiser agrees to check the advertisement's first publication and notify Newspaper of any errors or of the advertisement's omission. In the event of an error, or omission of an advertisement, which is the Newspaper's fault, Newspaper's sole responsibility or liability shall be to correctly publish the advertisement. Newspaper shall not be liable in any other manner whatsoever to advertiser

General Help Wanted

GET A JOB

Looking for a new career? Wanting to advertise a new job opening at your company?

Look no further than the Classified section in **The Oskaloosa Herald, Oskaloosa Shopper, and Marion County Reminder!**

The Oskaloosa Herald Classified section is the first place you should look to find great jobs with reputable companies. It is also an effective way to reach thousands of readers who are looking for new jobs.
When you need information, it's Classified!

Free Items

FREE

Have an item to give away? Call the **Oskaloosa Herald**
641-672-2581
or e-mail us at
oskyclass@oskyherald.com

Include name, address & phone number.

Ad will appear in the **Oskaloosa Herald** for **two** days, **one** day in the **Oskaloosa Shopper** and **one** day in the **Marion County Reminder!**
NO CHARGE!
One item per ad.
One ad per month.

TO GIVE AWAY. @ood and firewood. Call cell number 281-620-6379

Garage Sale

Garage SALE!

Have a bunch of items to sell and not sure where to post them?!

We can post your items for you in the **Oskaloosa Herald**, the **Oskaloosa Shopper** and in the **Marion County Reminder!**

Give us a call at (641)-672-2581 OR e-mail us at oskyclass@oskyherald.com to hear our package options!

Apartments

FOR RENT 1 Bedroom and 2 Bedroom Ground Floor Apartments. In a 5 Plex, All appliances included, New Carpeting, Lawn Care, Snow Removal, Garbage Pickup All Included. 1 Bedroom \$660 2 Bedroom \$685, Deposit \$400 for each. Call Ruth Dykstra at 641-660-6553.

Autos

LOOK

DO YOU HAVE A USED CAR, SUV, TRUCK, MOTORCYCLE, CAMPER, BOAT, TRAILER JET SKI, TRAVEL TRAILER, RIDING MOWER TO SELL?

For \$49.00

- 30 words or less.
- 4 weeks in the Herald
- 4 weeks in the Shopper OR
- 4 weeks in the Marion County Reminder
- Photo included with ad
- 30 days on Auto Conx with color photo.
- Must list sale price in ad
- Bring in a picture or drive your vehicle to the Herald, we can take the photo.

Give us a call at (641)672-2581 ext 7540 Classified Dept, or stop in Oskaloosa Herald 1901 A Ave West Oskaloosa, IA



IDP-40CC

Catalytic Coconut-Shell Carbon Filters the water throughout the home without compromising water flow. Reduces chloramines and chlorine taste and odor, extends resin life and eliminates the need for a separate carbon filter and filter changes.

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Simmental & Angus Yearlings have BSE, semen checked and vaccinated. Ready to work!

Moore & Warren Livestock

Rose Hill, Iowa
641-660-8007 • 641-660-0191 or
641-660-0071 • 641-660-8008

RIDICULOUS DAYS

Downtown Pella

SALE

SAVE THE DATES FOR HUGE SALES!

July 30 & July 31

Sidewalk sales Friday
road closures Saturday

Fun 80s Theme



For fun, dress with an 80s vibe!



@pelladowntowndistrict



Full-Time News Reporter

The Oskaloosa Herald is searching for a full-time news writer to join its award-winning staff!

Our next reporter must be a self-starter with a passion for learning and reporting important stories to our community. The Oskaloosa Herald offers a great opportunity for reporters to grow in a variety of subjects and mediums.

This reporter will go from reporting feature stories on local people to producing important watchdog packages that either hold governments accountable or further educate readers on trends and happenings in their community. Our newsroom gives you the freedom to pursue projects you're interested in that go beyond the day-to-day responsibilities. We are a 21st-century newsroom that seeks to break the news that matters to our community. This is a great opportunity for a reporter to acquire quality experience and become a versatile multi-media journalist.

The Oskaloosa Herald operates a daily news website, www.oskaloosa.com, and publishes print editions on Tuesday and Friday. The Oskaloosa Herald reports on the counties of Mahaska and Marion in central Iowa. Based in Oskaloosa, Iowa, the newspaper is located in the home of the four-year William Penn University and a short drive from Des Moines and Iowa City.

To apply, send a cover letter describing qualifications for the position, a resume, and 3-4 writing samples to Kyle Ocker, Group Editor of the Oskaloosa Herald and Ottumwa Courier by email to kocker@oskyherald.com.

The Oskaloosa
Herald

1901 A Ave West • Oskaloosa, Iowa 52577
641-672-2581 • www.oskaloosa.com



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FOOT & ANKLE SURGEON

Drain Works

Plumbing & Drain Service

Over 20 Years Experience

Owner Mike Kaster

641-891-9911

The Family of Sylvia Langstraat

would like to express our gratitude for the cares and kindnesses shown to her while she was living. Special thanks to Independence Village, to the Friesland and Gelderland Cottages, to Dr. Doug Kanis, to Pastor Paul Bradford and the congregation of Cornerstone (2nd CRC). Thank you for your expressions of sympathy following her death. Thank you to Duven Funeral Home for handling the funeral arrangements.



FOR SALE
2022 MANUFACTURED HOMES,
(14x60), 2Br., \$39,499. (3Br.-
2Ba.), (14x70), \$44,499. (16x80),
(3Br.- 2Ba.) \$49,499. NEW (28 x
46) (3Br. - 2Ba) \$59,999. Deliv-
ered Factory-Direct, E. Of I-35,
& North Of I-80, 319-239-1920.
(MCN)

WANT TO BUY
WANT TO BUY your manufac-
tured or mobile home 1990 and
newer CENTURY HOMES of OS-
KALOOSA 641-672 2344.(MCN)

AUTOMOBILES
DONATE YOUR CAR, TRUCK
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Taken Care Of. CALL 1-855-977-
7030 (MCN)

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ATTENTION! Affiliate Marketers
and Network Marketers - Do You
Need High Quality Traffic For
Your Online Business? Create
Your Free Account And Start
Getting Traffic Today https://
r2.trafficauthority.net/Darnell3063
(MCN)

CABLE/INTERNET
DISH TV \$64.99 For 190 Chan-
nels + \$14.95 High Speed

Dave's Appliance Service

**With Over 30 Years
Experience**
in Oskaloosa and
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Servicing Most Major Brands
**Dave VerMeer, Owner
(641) 673-5544**

Internet. Free Installation. Smart
HD DVR Included, Free Voice
Remote. Some restrictions apply.
Promo Expires 7/21/21. 1-844-
316-8876. (MCN)

Earthlink High Speed Internet. As
Low As \$49.95/month (for the first
3 months.) Reliable High Speed
Fiber Optic Technology. Stream

Estate Auction

Thursday, July 15th • 6:00PM

Located at: 18733 220th Ave. • Eddyville, IA

Appliances & Furniture: Maytag washer & GE gas dryer, Black Frigidaire refrigerator, Black GE electric stove, chest freezer, oak dining room table w/ double pedestal & claw feet matching leaves & 4 press-back chairs, Dining room table w/ 2 leaves & 4 chairs, rocker recliner, lamp table, China cabinets, double chest-dresser w/ hutch top, nightstands, wooden rocker, wooden-frame sofa, bookshelves, entertainment center, twin bed, coffee tables & end tables, console stereo, 4 bar stools, jewelry armoire, coat rack

Tractor & Equipment: AC D17 wide-front gas w/ 2-pt, AC 2-pt 3-bottom plow, AC 2-pt disk, 2-pt blade, 3-pt bale carrier, Craftsman self-propelled mower, 2-man Go-Cart (runs good but need axle), chipper-shredder

Household & Misc.: 2 aquariums, sewing box-full, lamps, country records, owl lamp, tea cart, wooden garbage bin, pickle jar, bird cages, plant stands, picnic basket, pictures & frames, doll bed, kids' chairs, China, pots & pans, dishes, glassware, luggage, plasticware, glass cake cover, silverware

Estate of Rodney & Linda VanderBeek

**Terms: Cash, check, or credit/debit card*

**All announcements made day of sale take precedence over ads*

**Not responsible in case of accident or theft *Will accept absentee bids if not present*

*Sinnif Auction Service is not responsible for lack of
common sense!*

SINNIF AUCTION SERVICE, LLC
J.D. Sinnif & TJ Sinnif - auctioneers (Cell) 641-799-3615
Web: www.sinnifauction.com or check out Sinnif Auction
LLC on Facebook

LAND AUCTION

218+/- ACRES - 2 TRACTS



**Hawkeye
Farm Mgmt &
Real Estate**

**SALE TO BE HELD AT THE AMERICAN LEGION
BARNES CITY, IOWA**

THURSDAY, JULY 29TH 10:00AM

641-932-7796

www.UCIOWA.com

Luke Nissen | 712-304-4827

EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED

South Central Truck/Trailer Shop Retirement Auction

J. Myers Trucking LLC

Saturday, July 17th starting at 9:30 AM

Located at 2650 Luminary Lane, Oskaloosa IA

Directions; Go south on South Market just pass Lappin Tire, watch for signs.

As I have retired and am no longer going to be in the truck and trailer repair business I will sell at public auction all the tools and equipment that I have used over the years in the business. Many off the tools are Snap-On and in great shape.

Special items; 1956 White Autocar V8 Diesel 2 Stroke Tow truck; 3 year old Duro free standing vertical vehicle lift 9000 lb., Hotsy Heavy duty power washer w/ diesel burner, C-Aire II 7.5 HP 2 stage air compressor, 3 P&D tune up center cabinets full, 3 Standard plus cabinets full, Kar products 8 full drawers, Multiple bolt bins full, 22 drawer parts bin full of new lug nuts & studs

Diagnostic Computers; Jaltest multi brand diagnostic computer system, Snap-on Solus ultra diagnostic computer system, Cummings insight computer in line 6, Caterpillar computer, Ford diagnostic computer, Spi-Tronic pro 360 digital level, Bendix abs diagnostic tool, Acer Computer, Large black computer

Snap-On tools; Snap-on Polartec plus ac machine, 2 Snap-on roller carts, Snap-on torque wrenches in ¼ 3/8 ½ & ¾ in drives, Snap-on inch pounds torque meter, Snap-on halogen leak detector, several Snap-on timing lights digital to flashing, Snap-on 7 piece torque bits, Snap-on E-Z outs, 2 sets Snap-on bushing & ball joint drivers, Snap-on ball joint adapter set, Snap-on BC4200 Battery charger, Snap-on 1/2 inch drive wobble head sockets, Snap-on Electric grease gun, Snap-on ½ and 3/8 inch impacts, Snap-on battery tester, several Snap-on air tools, Snap-on power probe, several Snap-on wrench & socket sets, several Snap-on snap ring plier sets, Snap-on video inspection scope

Tools (a lot will be Snap-on); 3 hayracks full of tools, New 10 speed transmission with warranty, Cat motor stand, Berger transit and tripod, pipe cutting & threading set, timing gauges for Cummings engines, Blue point Tach. Tester, Pyrometer, set of one inch sockets up to 2&3/4 inch, Battery tester, multi tester, 3 large & 4 small tap and die sets, Fuel line disconnect, Noid ever tough tester set, Compression ring release set, set of body repair tools, Speedometer cable repair kit, Medium Impact sockets, 2 sets bushing driver sets, KD gear wrench set, 3 sets ¾ inch sockets, Digital timing light, Credit card reader, Model AK1000 porta power, zero tolerance timing set for Mercedes Benz, Cummings 4 piece 3/8 Micrometer torque wrench, Lots of Cummings tools, lots of HD U bolts, Transmission covers, Cummings piston & ring guide, Cummings wedges, set of Piston & sleeves for Cummings, radiator pressure tester, blue point Freon tester, Stark wrench HD multiplier 6400 nominal LB's, Sentinel decimal tolerance gauge, Power Probe electric probe set, Carolina 50 ton press, acetylene torch and cart, parts cleaner, Tradesman upright drill press, Craftsman roller tool chest, Mitutoyo dial indicator, pry bars, allen wrenches, piles of screw drivers, vise grips, punches, chisels, pliers, hammers, mauls, ball joint tools, breaker bars, pry bars, extensions, Deep well & regular socket sets, all brands (some Snap-on) open end wrenches, wrench sets up to 2inch, pipe wrenches, gas line release bits, Honing tools, Several gear pulling sets, Pilot shafts, lots of drill bits, Gray scissor jack truck lift, larger cherry picker, several air truck jacks, 6 chain link fence panels, large 4 wheel dolly cart, roller stands, heavy duty motor stand, heavy roller ramps, air grease tank, 8 hydraulic jacks, Lincoln 225 Arc stick welder with long leads, Lincoln LN25 wire & aluminum welder, Lincoln 110 wire welder, Hobart aluminum hand gun welder, several large vises, large transmission jack, Cat Cummins & Chilton manuals, Heavy duty performance manuals, Aluminum folding ladder, 2 aluminum extension ladders, fiberglass step ladder; Heavy duty pallet racking, Heavy duty welding table, Homemade utility trailer w/ramp, on stand 2 110 gallon totes 1 with 15-40 oil other antifreeze, Schumacher fast charge power booster, Slack adjuster parts, 2 retractable trouble lights, Craftsman 12 Gal. shop vac., office chairs, desks, Acroprint time clock, Microwave, used steel roofing

Tires; set of aluminum 17 in 8 bolt Chevy Duramax wheels with next to new tires & mud flaps, New and used 22.5 & 24.5 drive trailer & steer tires, New Dunlap steering tires, 3 sets Goodyear 24.5 trailer tires and 24.5 11r steering tires

Used Truck parts; aluminum wind jammers, Peterbuilt bumper, 2 chrome brush guards, grain trailer ladders, 2 aluminum ramp stand & trailer mounts, assorted air bags-brake chambers & parts, used EPU unit full working condition, 2 aluminum headache racks, new & used semi rims, Peterbuilt seat, semi radiator, spare tarp, 40X12 tree tarp, 7 two speed trailer landing gears, piles of ratchet straps 2inch&5 inch, pile chain binders, load locks, pile of flags & wide load signs, pile of tarp straps, many rebuilt starters-alternators& compressors, 4 tow hooks, 82 20 foot log chains sizes up to 5/8, 10 sets semi tire chains, 22 metal pocket stakes, 16 coil racks

This is a complete dispersal to many items to list individually.

**For complete listing and photos go to www.wellerauction.com
Owner: South Central Truck and Trailer repair**

Jerry Myers

For more information call (641) 569-0294

Terms are cash or good check, announcements day of sale take precedence over prior advertisement

Weller Auction Service

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Auctioneer

Dave Polkowske 641-660-1232 Steve Weller 641-660-1198

Web site: www.wellerauction.com

PICK UP THE LATEST COPY OF

The Oskaloosa

Herald

**AT ONE OF THESE
CONVENIENT LOCATIONS:**

OSKALOOSA:
Casey's, 1902 S. Market
Casey's, 901 S. Market
Casey's, 1310 A Ave. West
Casey's, 413 A Ave. West
Fareway, 311 3rd Ave. West
Hy-Vee, 110 S. D St.
Jiffy, 315 A Ave. East
Mahaska Drug, 207 N. E St.
Oskaloosa Herald, 1901 A Ave. West
Watering Hole, 1911 17th Ave. East

NEW SHARON:
Casey's, 205 S. Main St.

PELLA:
Casey's, 205 S. Main St.
Git-N-Go, 209 E. Oskaloosa St.

EDDYVILLE:
Casey's, 108 N. Merino Ave.

KNOXVILLE:
Casey's, 203 S. Lincoln St.
Casey's, 1007 N. Lincoln St.
Casey's, 1201 E. Main St.
Wal-Mart, 814 W. Bell Ave.
Fareway, 1308 S. Lincoln St.
Hy-Vee, 809 Rock Island St.

DEBT Consolidation

The Road to Freedom Starts Here!

By consolidating your debt you can make **one payment** instead of juggling several payments each month AND pay less interest!

YOU HAVE CHOICES

Unsecured Personal Loans
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Fixed rate loan with fixed monthly payments.

OR

FLEX Home Equity Line of Credit

Use your home's equity to consolidate your debt and typically enjoy a lower interest rate.

*Annual Percentage Rate (APR) is subject to change. Disclosed rate is for qualified borrowers with at least 6 months' time at their job (retirement/disability count as job time). Rates and terms are dependent on credit qualifications. Must be 18 years or older. Other restrictions may apply. Subject to credit approval and program qualifications. Offer may expire at any time.

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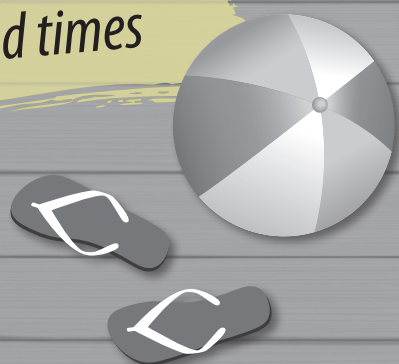
c1stcu.com/debtrelief

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EQUAL HOUSING OPPORTUNITY

Summer living

Tan lines and good times



How to build a campfire



Sitting around a roaring campfire with friends and family is one of the best parts of camping. Here's what you need to do to build the perfect fire.

1. Gather everything you need including a lighter or matches, newspaper, fire starter, kindling and firewood.
2. Crumple up a few pieces of newspaper and place them in the firepit.
3. Place a fire starter or a few twigs on top of the crumpled newspaper.
4. Arrange the kindling in a cone shape over the nest of newspaper and twigs. Leave enough room for air to circulate.

5. Light the newspaper or fire starter in several spots using a match or lighter.
6. Build up the fire with logs using your method of choice once you have a steady flame.

In some campgrounds, you're not allowed to gather wood directly on site. Instead, you must purchase it from a reception desk or local store. If you're allowed to collect firewood at your campsite, make sure to only gather it from dead or fallen trees.

Finally, be careful to not pitch your tent too close to the firepit. If there's no designated firepit, make sure your campfire isn't near any low-hanging branches or bushes.

Camping 10 food safety tips

Improper storage, handling and preparation of your food when camping can make you sick. Here are a few helpful food safety tips to keep in mind during your next outdoor adventure.

1. Prepare and freeze several dishes ahead of time. The frozen meals will last longer and help keep other items cool.
2. Place high-risk foods such as meat and dairy products on the bottom of your cooler. Keep more frequently used items on top to avoid leaving the lid open.
3. Use ice blocks, as they melt slower and last longer than ice cubes.
4. Place your cooler in a shady spot away from direct sunlight, and regularly add ice to make sure your perishables stay at or below 4 C.

5. Eat fresh or cooked meat within two to three days.
6. Wash your hands often, especially before cooking and after touching raw meat.
7. Keep your cooking utensils and work surfaces clean at all times.
8. Rinse meat, vegetables and fruit with potable water before eating.
9. Use different utensils for each food item, and never let raw meat touch cooked meat.
10. Immediately cover and store leftover food in your cooler.

Lastly, you should keep in mind that high-risk foods that are kept out of the cooler for more than two hours have too much bacteria to safely consume.



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673-3008

Summer living



Tan lines and good times



Fall in love with trail running



Trail running can be demanding, but many people enjoy it. Here are a few reasons this activity is becoming increasingly popular.

PHYSICAL HEALTH

On top of the usual benefits of running, trail running challenges your

balance, co-ordination and agility. Running up and down hills, along winding trails and over uneven ground forces you to adjust your pace and stride to suit the terrain. Not only is it more challenging, but the movements are less repetitive, reducing the risk of injury. In addition, the ground is

softer than asphalt, which limits the impact on your joints.

MENTAL HEALTH

Running over uneven terrain requires intense concentration. This increased focus helps you stay present instead of thinking about your worries and concerns. Plus, the benefits of spending time in nature and breathing in fresh air are well known. For these reasons, running outdoors can help relieve stress and keep your mind sharp.

What's more, the beautiful scenery helps you focus less on your performance and more on enjoying yourself. In particular, it encourages you to slow down and admire your surroundings. There's nothing like reaching your destination and being rewarded with a stunning view and a sense of accomplishment.

Lastly, trail running is simply fun. It can be freeing to let yourself trample through dust, mud and puddles. If you don't mind getting a little dirty, head out and explore the trails in your area this summer.



3 fat biking tips for beginners

Though fat biking in winter is becoming increasingly popular, this outdoor activity can also be enjoyed in the summer. If you're interested in trying this sport as the weather warms up, here are some tips.

1. TAKE IT SLOW AND STEADY

Even though the fat bike's oversized tires make it easier to ride over rough and bumpy terrain, you should avoid hairpin turns and steep slopes on your first few outings. It's best to start with short, flat trails until you get the hang of riding your fat bike.

2. LEARN TO CONTROL YOUR SKIDS

Experienced riders will tell you

that skidding in sand and snow is part of the thrill of fat biking. However, to avoid injuring yourself, you should first practise how to safely perform the manoeuvre on beginner-friendly trails.

3. PACE YOURSELF

If you come out of the gate running, you're going to tire yourself out pretty quickly. It's better to start off slow and gradually increase your pace as you gain more experience.

In addition, make sure to keep your fat bike in good working order by maintaining the right tire pressure, lubricating the chain and keeping it clean.



How to choose a kayak

If you want to purchase a kayak to paddle along lakes, rivers or the ocean, here are some things to consider.

USE

There are different types of kayaks available, and each is designed with a specific environment in mind. For this reason, you should first determine where and how you plan to use your boat. Will you be taking long trips on the ocean or short excursions on small lakes and rivers? If you plan on fishing, some kayaks come equipped with additional features such as rod holders and accessory mounts. If you'll be kayaking with a partner, a tandem model could be a good choice.

SEAT

There are sit-in and sit-on-top kayaks. The sit-in ones have an open cockpit inside the hull, and once you get in, you have to slide your legs under the deck. This helps keep cold breezes and water out of the boat. Conversely, sit-on-top kayaks have an open cockpit which makes them more stable. This also makes getting on



and off them easier.

DIMENSIONS

The kayak's length, width and depth will affect its speed and manoeuvrability. Shorter models are easier to carry, but longer ones are faster and have more storage space. The depth and weight of the kayak should suit your build and accommodate the equipment you want to carry.

TRANSPORTATION

It's important to remember that you'll have to transport your kayak to the water. Rigid kayaks are heaviest but more durable, folding kayaks are lighter but lack speed, and inflatable kayaks are great for casual use but take more time to set up.

Once you've narrowed down your options, take the time to sit in a few different kayaks. This way you'll ensure the one you choose is comfortable.

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