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Tips to prevent Lyme Disease



Walk in the center of trails



Use EPA-registered repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus, para-menthane-diol or 2-undecanone



Bathe or shower within 2 hours after coming indoors to find and wash off ticks



Check your entire body for ticks with a mirror after returning from outdoors



Examine your gear and pets to keep ticks from being brought inside

Content source: Centers for Disease Control and Preven



Tumble dry clothes on high heat for 10 minutes to kill ticks on clothing









Friends Of Minsi Lake Installs Memorial Benches At The Lake

By Michael Ortos

UMBT - Friends of Minsi Lake (FOML) launched a park bench fundraising blitz by soliciting \$500 donations each for 9-plus memorial benches in honor of loved ones to be installed at Minsi Lake. There are engineered spaces for 9 more park benches at Minsi: 3 crushkrete sites on the east side, 4 additional poured concrete pads on the south side, & 1 each crushkrete & paved macadam sites on the west side. Cruhkrete sites will require precast concrete pads to set & anchor the benches onto.

There's also a number of sites to place benches along the lakeside of the Dam Trail which the public has asked for on our Group FB page. PFBC has approved this with some guidelines. These, too, will require precast concrete pads to set & anchor the benches onto.

Also to be installed will be 11 picnic tables & 3 charcoal grills at the West Shore Pic nic Grove. Boat storage structures to be installed at the west side boat yard, message boards & kiosks at all 3 lakeside recreation areas & a fishing dock on the east side. these will be items purchased through memorial donations also.



MEMORIAL BENCHES

Rench includes a 3"H x 9"W plaque with engraving to fit 2"H x 8"W plate with 3 to 5 line

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	Sponsor:
	Address:
	Phone & e-mail:

Prior to engraving, you will be sent a proof by e-mail to review and approve Minsi Lake Park Bench Sponsorship - \$500 Per Bench Bench Donation Checks Should Be Made Out To: NCJCS-FOML And Mailed To NCJCS-FOML, PO Box 261, Bath, PA 18014.

For More Info Contact Jim Wilson at JWilson@norcopa.gov, 610-829-6404