



JOSETTE PLANK

# BB guns are great for learning gun safety

So Santa brought you a new BB gun for Christmas. Cool! And now you're saddling up your pinto pony, ready to ride onto the range with your trusty Red Ryder rifle by your side.

Hold on there, pardner! Before you start plinking at tin cans, let's test your gun-safety knowledge.

True or false: It is safe to shoot at water as long as the water is clear and you can see the bottom.

How about this next one? True or false: "Cease fire" means to fire your last shot, then put your gun down.

If you answered "true" to either of those questions, well my friend, you have obviously not taken part in the Daisy 10 Lesson Curriculum Shooting Education program. Put down that BB gun, buster, or you'll shoot your eye out!

A few nights ago, I stopped by Harrisburg Hunters' and Anglers' Association and joined the club's youngest members at the shooting range. Harrisburg Hunters and Anglers sponsors a youth BB gun program, and Burt "Rusty" Stockton, the youth group leader, says that even with BB guns, safety comes first.

"The BB gun program is open to kids between 8 and 15 years old," Burt said. "All members start out by taking part in the free, 16-hour safety course we hold each fall, beginning in October."

Each student marksman completes the four-week

Please see **PLANK** on Back Page



SEAN SIMMERS, PennLive

# WINTER WARRIOR

## THE ULTIMATE COLD-WEATHER SURVIVAL GUIDE

Now that we've all made it through the blizzard of 2016, are you prepared for the next 30 inches? Do you know how to keep your pipes from freezing? Do you have the best boots for digging your car out? Our three-page winter survival guide offers the best winter gear to keep you warm; tips for venturing out in the snow; and how to entertain the troops when you're stuck at home for a few days.

### STUCK AT HOME

#### DON'T GO CABIN CRAZY

When it comes to planning out a snow day, things can get pretty stressful for parents. And while we can't do much to help figure out who's going to stay home from work to keep an eye on the kids, we can suggest a few activities to keep everyone entertained and help ward off cabin fever

#### 1. Go outside

» Kids love playing in the snow. Adults usually aren't quite as excited about the prospect, but why not embrace it? You're probably going to have to shovel anyway. Blow some bubbles and allow them to freeze, or bust out the beach toys and sculpt snow instead of sand.

» Speaking of shoveling, why not suggest the kids help? If you have shovels small enough, enlist their help in clearing the sidewalks. Their reward can be using that excess snow to make the walls of a nice snow fort.

» There's always the old standards for playing in the snow: making snowmen, snowball fights and, of course, sledding. Save the snow angels for last. Nothing makes you want to go back inside like intentionally rolling around in snow.

#### 2. Bring some snow inside

» The worst thing about snow? It's so cold. Why not bring some inside, where it's nice and warm? Grab a few buckets of snow, and dump them into the bathtub. Let the kids have an indoor snow day of digging and sculpting with hopefully minimal mess. The novelty of inside snow ought to



DIANA ROBINSON, PennLive

Tywon Turner, 10, makes a snow angel as midstate residents clean up after a record-breaking snowfall.

keep them entertained for a while, and everyone will stay warmer. Dolls, cars and action figures can play in a winter setting without having to be carted outside. And once it all melts, just let it flow down the drain.

#### 3. Play some games

» Board games and puzzles were designed for days like this. Bust out the classics — especially the ones that take forever, such as Candyland or Monopoly. You have the entire day to get through the game, provided everyone has the patience.

» Maybe you've got a box of their toys hidden away somewhere — things thrown into a closet because you just didn't know where else to put

Please see **WINTER** on B4

### PREVENTING CHAPPED LIPS

During the winter, your lips might bear the brunt of the elements. Centrally heated homes and offices can be particularly drying, and whipping winds can take a toll. These five tips can help your lips weather the season:

» **Refrain from licking your lips.** It removes natural oils that keep moisture in your skin. In turn, that moisture evaporates, leaving them feeling dry and cracked.

» **Drink plenty of water.** Dehydration can happen when you spend time in dry environments (heating systems are the main culprit here), if you breathe through your mouth at night or if you're not drinking an adequate amount of water. To combat winter dehydration, drink plenty of fluids — especially water — and apply lip balm often.

» **Protect from the sun's rays with lip balm.** Lips have few oil glands, so to help keep them soft and healthy they often need external moisture, like that in a medicated lip balm. UV rays are present even in the winter months. Use a product with broad spectrum SPF 15 or higher — not just on sunny days, but every day. To seal in moisture, use a quality formula, such as Carmex Lip Balm, Chapstick or even Vaseline.

» **Cover your face, especially on windy days.** Make sure you have a scarf or hat with a mask that covers your lips.

» **Use a humidifier** in dry environments to help moisturize your skin and lips.

— Source: StatePoint



Courtesy of Walters Gardens

Russian sage "Peek-a-Blue" and "Rocketman"

# Best new perennial flowers of 2016

GEORGE WEIGEL

OVER THE GARDEN FENCE



A non-floppy sage, a showy-but-hardy hibiscus and a pair of coneflowers

in new colors headline the list of new perennial flowers hitting the market in 2016.

In the third installment of our best plants of 2016, let's take a look at some of the best of these perennial newcomers showing up in catalogs and primed to go on sale in garden centers in spring.

Don't miss the best new trees and shrubs of 2016 in an upcoming Thursday Living.

Russian sage 'Peek-a-Blue' and 'Rocketman'

Russian sage is one of the longest-blooming, most trouble-free perennials, but it has one trait working against it — it's a flopper.

That's why Montgomery County author and "Perennial Diva" Stephanie Cohen likes these two new

Please see **WEIGEL** on Back Page

# Westminster announces seven new breeds

The Associated Press

**NEW YORK** • A bumper crop of seven new dog breeds will get a shot at being best in show at the Westminster Kennel Club competition this month, while a new obedience contest makes more room for mixed-breed dogs at the nation's premier canine competition.

Drawing more than 3,000 dogs from all 50 U.S. states, the 139-year-old event still features primed pooches parading before a Madison Square Garden crowd. But it also is evolving to reflect a growing roster of recognized breeds and rising interest in dog

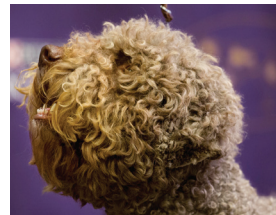
Please see **BREEDS** on Back Page



» **BOERBOEL:** Bred to guard farms in South Africa, they are powerful and imposing.



» **BERGAMASCO:** Italian breed that is an outgoing Alpine sheepdog with a distinctive coat of long, matted "flocks."



» **LAGOTTO ROMAGNOLO:** Italian breed that is a truffle hunter and affectionate family dog.



» **CIRNECO DELL'ETNA:** A sleek, keen rabbit-hunting hound believed to have been brought from Egypt to Sicily more than 2,500 years ago.



» **BERGER PICARD:** Hails from France, but Americans might recognize the shaggy, highly active breed from the 2005 movie "Because of Winn-Dixie."



» **MINIATURE AMERICAN SHEPHERD:** Developed in California in the 1960s, resembles an Australian shepherd and is known for versatility.



» **SPANISH WATER DOG:** Eager-to-please and has played multiple roles, herding livestock and helping fishermen.

### WATCH THE WESTMINSTER DOG SHOW

» After the Feb. 13 agility competition, the rest of the show unfolds Feb. 15-16, with high-level judging televised on CNBC Feb. 15 and on USA Feb. 16.