



Amherst Bee

GUIDE TO YOUR COMMUNITY

The **Amherst Community Guide** is the most up to date and comprehensive information contained in a popular and easy to reference booklet, published every year by **The Bee Group Newspapers**.

Use this opportunity to market your business all year long to the loyal readers of **The Amherst Bee**, as they will keep our Amherst Community Guide on hand to look up things to do, restaurant listings and local government names and numbers. It will be chock full of listings, addresses and phone numbers for government, social, recreational clubs and activities, and will also contain history, attractions, and future community dates and events.

Don't miss the chance to showcase your business in **The Amherst Community Guide**. It's the place to "Bee" seen!

Publishes: Wednesday, April 23, 2008

Deadline:

Friday, April 4th

Rates:

**Full Page: \$650.00; Half Page: \$345.00
Quarter Page: \$185.00**

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Bee Group Newspapers publishes Community Guides within our nine Bee Newspapers. Discounted rates are available for advertising in three or more Community Guides. *(See your representative for dates, rates and deadlines.)*
P.S. Make sure your group or organization is included in these guides by filling out our Web form at www.BeeNews.com. Look for the icon on the home page - Community Guide Information Form.

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Amherst Bee

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BEE INCLUDED...

The **Amherst Bee's "Community Guide"** will be distributed in the April 23rd edition of The Amherst Bee. Designed to be a reference for both homeowners and the business community, the Community Guide will include map, listings, addresses and telephone numbers for government offices, service clubs and other community groups.

In order to ensure that your organization is included in the 2008 Community Guide, fill out the form below or use the Web form located at www.BeeNews.com

Look for the icon "Community Guide Information Form" on our home page.



Jessica Finch, Assoc. Editor
E-mail: jfinch@beenews.com
The Amherst Bee
P.O. Box 150
Buffalo, NY 14231-0150

CONTACT NAME: _____
NAME OF ORGANIZATION/EVENT: _____
ADDRESS: _____
TOWN: _____ STATE: _____ ZIP: _____
TELEPHONE: _____

Deadline for submissions: April 1, 2008

There are good reasons to grow your own garden

More homeowners are focusing on health by planting their own vegetable gardens this year, rejecting the rising costs of food and fuel and pesticide-laden produce most often found in supermarkets.

Just about every environmental group in the United States, Canada and Europe warns that store-bought produce is loaded with petrochemical pesticides that build up in the human body. These chemicals are being blamed for many illnesses, from autism in children to cancer at all ages.



Growing your own pesticide-free food is easy, and there's nothing healthier and as good-tasting as produce picked at maturity right in your back yard. Using organic methods, follow these few simple steps.

1. Prepare your garden the old-fashioned way. Rent a roto-tiller and turn over the earth in a given plot, exposing the earth to the sun and the rain. In early spring, hand-rake the earth and break up the clumps. Dig a 5-inch-deep trench around the plot and fill with sharp stones. This stops voles from burrowing into the garden. Sprinkle the earth with Milky Spore powder to do away with white grubs that eat away at the roots of garden plants.

2. Begin by planting early "cool-season" crops such as spring onions, lettuce, radishes, green peas, Chinese cabbage, broccoli and turnips. A trip to your local garden center will provide you with lots of growing ideas. Don't pick seeds that have been genetically altered, such as GM corn, soy or wheat. These seeds contain the DNA of pesticides. Buy old-fashioned "heirloom" seeds that grandfather planted. Use organic fertilizer, not the chemical kind.

3. As the season warms up and the bugs arrive, control them with "organic insecticides." A simple dusting of plants with diatomaceous earth stops almost all bugs. Organic repellents keep away deer, hedgehogs, rabbits and other animals.

4. Put in companion plants such as mint and other herbs that repel insects and bugs. Plant watermelon, tomatoes and other great garden crops. Plant blackberries and raspberries, as these keep coming back year after year and require little attention.

5. When weeds arrive, pull them out by hand or selectively spray them with an organic weed killer.

If you buy produce at the supermarket, be sure to wash it with warm water, then spray with white vinegar. Mix one part white vinegar to one part water. This helps dissolve pesticide residue. Let sit for 30 minutes, then wash again but with cold water.

Organic bug sprays, weed killers and other natural controls and products can be found at www.milkyspore.com or by calling (800) 801-0061 for a free brochure from St. Gabriel Organics.

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