

What's UPstairs?

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Reference at the Framingham Public Library

SUMMERTIME!

Get in the swim of things!

Framingham has three town beaches that are staffed from mid June to mid August.

- Learned Pond - Lower Shawmut Terrace
- Saxonville Beach - Lake Road
- Waushakum - 54 Nipmuc Road

For more detailed information about hours and beach tags please call the Parks and Recreation Office at (508) 532-5960.



There are three Massachusetts State Parks with beach facilities nearby.

Cochituate State Park - 43 Commonwealth Rd. (Route 30), Natick, also offers boating, fishing, picnic facilities and restrooms. (508) 653-9641

Hopkinton State Park - Rte. 85, Hopkinton (508) 435-4303, and **Walden Pond State Reservation** in Concord (978) 369-3254 offer boating, fishing, picnic facilities and walking trails in addition to swimming.

There is a \$5.00 parking fee, but the library has a pass to Massachusetts State Parks, which entitles one car to free parking. Please call to reserve (508) 532-5570 ext. 4361 or go online to reserve at

www.framinghamlibrary.org.

Barbeque time!

It's time to heat up the grill and take your cooking skills outdoors. The library has an extensive selection of cookbooks to guide you away from boring hamburgers and hot dogs.

A few from our collection are:

Weber's Big Book of Grilling by Jamie Purviance and Sandra McGrae
641.76 Purviance

BBQ USA by Steven Raichlen 642.76 Raichlen

To get you started, here is the link to one of our favorite recipes:

Beer Can Chicken

http://www.barbecuebible.com/featured/recipe/basic_beercan_c.php

This recipe involves placing a can of liquid up into the cavity of the chicken, then slow roasting over indirect heat. The liquid inside the can boils, forcing flavor up through the chicken.



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Summertime pet
safety

Did you know...? The Library will be open from 9-1 on Saturdays for the Summer.



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in your face" can be hazardous to your pet's health.

Leave your pets at home: Don't let that eager look as you pull out the keys cloud your judgment. Even if you park in the shade and there's a nice breeze blowing outside, the temperature inside a car can shoot up to dangerous levels within minutes (120 degrees or higher!) even with the windows down. Unlike humans, pets cannot perspire to cool themselves. So don't take chances with your pet's life – leave them at home!!

Shelter: Dogs and cats need to have a cool place to stay when the summer temperatures soar, either inside or out. When it's really hot, the shade from a tree will not keep your pet cool enough. They need a dog house or other shelter to protect them from the heat. Dogs and cats can get sunburned just like people. Their ears and noses, which are not protected by thick fur, are especially susceptible.

Water: Make sure your pet always has access to cool, clean water, especially in the summer heat. Refill empty bowls and freshen water, but never give your pet ice water, which can shock the system and

cause severe upsets.

Beach and Pool: If you take your pets to the beach be sure to provide ample shade and hose them down after they have been in the salt water. Protect your pet's feet from the hot sand or pavement. Never leave your pet unattended around a pool. Once in, a dog cannot get out without help and may soon panic and drown.

Travel: When taking your dog in the car, have your pet ride completely inside the car with you, just like any other member of the family. Pets allowed to ride with their heads out the window and those relegated to the back of a pickup truck are in danger of injury from debris embedding itself in their eyes, nostrils, ear canals and throat. Pets riding in the back of a pickup truck can overheat from the sun off reflected roadways or be injured during a rough ride, or actually be thrown out onto the road if you brake suddenly.

Exercise: In the summer, exercise of any kind should be cut back and limited to the cooler, early morning or later evening hours.

For more information, Pet Care books are shelved at 636.09 or visit the following websites:

<http://www.humanesociety.org/animals/pets/>

<http://www.aspca.org/pet-care/pet-care-tips/>



Ticks and Lyme Disease

In recent years there has been an increase in the number of Lyme disease cases in Massachusetts. Lyme disease is the most common of tick-borne diseases in the U.S. and is transmitted by a tiny tick carried by the whitetail deer. There are ways of preventing Lyme disease. Using insect repellent with DEET and removing ticks immediately reduces the chance of getting the disease. For more information on Lyme disease and prevention see the MA Public Health Fact Sheet at www.mass.gov Also, UMASS (www.extension.umass.edu/agriculture/index.php/services/) has excellent information on ticks and Lyme disease. The EPA (www.EPA.gov) and CDC (www.CDC.gov) are other good resources. You will also find books on the topic in our circulating collection at 616.92.

