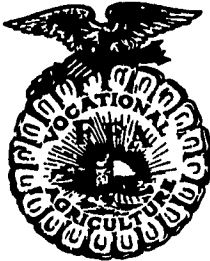


From Local Ag Teachers:



Thoughts in Passing



The article presented this week was prepared by Glenn Weber, vo ag teacher at Manheim Central High School, in keeping with National Farm Safety Week July 25-31.

What Do You Fall For?

It's into the summer season. Many families use this time of the year to accomplish some of the home and farm improvement projects that have been waiting for some time. With this increase of activity around the home each summer comes an alarming increase in the farm and home accident rate.

According to the National Safety Council, falls are among the most common accidents around the home and farm, yet they are perhaps the most difficult cause of injuries to prevent. President Nixon declared the week beginning July 25 as the 30th National Farm Safety Week. This year's theme is "Falls Hurt...Be Alert!" This emphasis on falls is vital when we focus on the facts that:

1. Nearly one-third of all reported farm injuries result from some type of fall.
2. Falls are the second leading cause of accidental death, exceeded only by traffic accidents.
3. 10,000 Americans were killed in home falls last year.
4. 81 percent of the victims of home falls were over 65 years of age.

Unfortunately, these statistics regarding falls are not falling — they are climbing. We must reverse this increasing trend of deaths and injuries that result from falls. Start now with yourself to prevent the needless accident of falling.

According to the Safety Council, the best weapon against accidental falls is alertness. Remember that your chances of falling are increased by illness, haste, fatigue, emotional upset, alcohol, and drugs. When your actions are influenced by any of these conditions, you may be heading for trouble.

Look for hazards around your home and farm. Here are several pitfalls to watch out for:

- Rugs - anchor them.
- Wires and cords - Keep



Glenn Weber

electrical cords out of walkways.

- Lighting - Good lighting is cheap insurance for safety in all traffic areas, especially stairs.
- Stairways - Use gates at head and foot of stairs to protect children. Fasten stair carpet securely, strong handrails are important.

- Bathtubs and showers - Install non-skid surfaces.

- Keep children off and away from farm machinery.

- Never jump on or off equipment that is moving.

- Use handrails, steps and ladders on machinery and keep them clean.

- Always mount and dismount slowly on all machinery.

- Take breaks to reduce fatigue.

Remember that most falls are the result of carelessness and ignorance. They can be prevented. Get wise to accidents — always watch your step. It's true "Falls Hurt...Be Alert" and stay accident-free in 1973.

Dr. Robert O. Becker, at the Veterans Administration Hospital in Syracuse, N. Y., is pioneering the first research toward regeneration of the damaged heart muscle following heart attacks.

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Charles H. Gable Honored at National Ayrshire Dairy Meeting

The Maine Ayrshire Club headed by president Leland Scamman, Saco, Maine along with other fellow Maine Ayrshire Breeders hosted the 98th National Ayrshire Dairy Cattle Convention in Portland, Maine in April. Attendance was representative of 22 states, Canada and Finland.

Awards and honors were presented by National president Philip Schuyler and executive secretary David Gibson Jr, at the Awards Banquet held at the Sheraton Eastland Motor Hotel.

Charles H. Gable, owner of Conebella Farm of Elverson, Pa. earned his 15th Constructive Breeder Award. This award recognizes herds in which cows bred by the owner excel in milk production combined with superior body conformation and 35 breeders qualified for this honor in 1972. On a strictly twice-a-day milking schedule for 305 days, the cows made an annual production average of 14069 pounds milk and 563 pounds butterfat, M E. (Mature Equivalent). The herd was a type classification score average of

.853 and 98 percent of the herd was bred by the CBA winner.

One of Conebella's older cows was recognized for her lifetime milk production achievement of 100,000 pounds during 1972. She was Conebella Ruth Ann with 101,393 pounds of 4.1 percent milk and 4112 pounds fat. She received a special Certificate for this achievement.

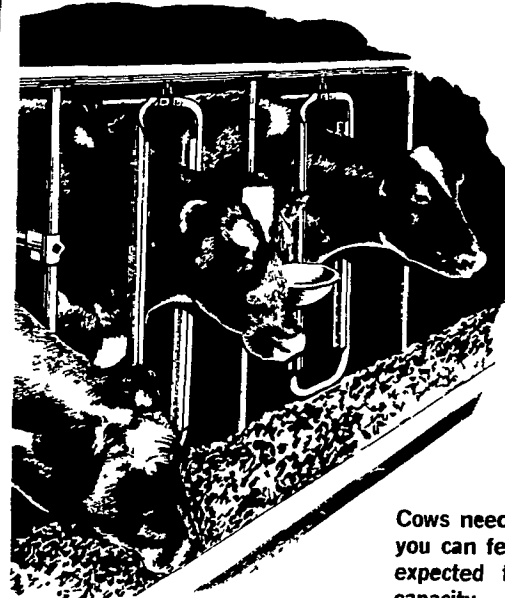
In reaching these production levels, the cows were never milked more than twice-a-day and records were checked by Penn State University's Department of Official Testing, University Park.

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