

Safe bicycling

(Continued from Page B14)

riding on the sidewalks.

While obeying the rules can keep you out of many accidents, the cyclist should be aware of other hazards that beginning cyclists often miss. In a booklet titled "Bike Basics" AAA provides a list of those hazards. The list includes:

- Drain or sewer gratings that consist of parallel bars just far enough apart to catch a wheel of a bicycle, forcing it to an abrupt and violent stop. When riding, watch well ahead in your path of travel and never ride over such traps.
- Potholes, bumps, rocks, ice patches, oil slicks, mud, cans, bottles, loose gravel, leaves, or soft shoulders that can cause a fall.
- Water on wheel runs or brake pads that can more than double stopping time for bicycles with handbrakes. When riding in the rain, apply light brake pressure for a short distance to dry out the brakes and recover braking power.
- Sun that can impair your ability to see the roadway. On sunny days wear a good pair of

sunglasses to protect your eyes from glare.

- Car doors opening into the roadway or cars pulling out into traffic, pedestrians crossing the street or children darting out from between parked cars can cause accidents. Beware of these dangers.

- Dogs that like to chase bicycles and snap at the wheels or the rider. A persistent dog can be discouraged by a harmless stream of commercial dog repellent consisting of mineral oil and chili papper.

- Drivers in right-turning cars who may not always see you when you are on their right side. Try not to ride in the motorist's blind area and be prepared for right-turning motorists at all times.

By teaching young children to operate their bicycles more safely, Weik said she hopes that "as they get older, they'll respect bicycling a lot better."

In a few years, she reminded, the kids who are riding bikes today will be driving cars. Learning safe bicycle use today, she said, is an excellent guide for them as they become drivers.

A bicycling 4-H project is

Vegetable recipe contest scheduled for Ag Progress Days

UNIVERSITY PARK — If you have been successful in experimenting with fresh Pennsylvania produce, plan to share your results. Enter your favorite recipe in the fifth annual Pennsylvania Vegetable Recipe Contest. Entries are due by July 20 and final judging will be held August 22 during Penn State's Ag Progress Days at Rock Springs, just west of State College.

Any original vegetable recipe using Pennsylvania grown vegetables in any form as a main ingredient may be entered. All Pennsylvanians 18 years or older, without professional food status, are invited to enter.

The first prize winner will receive \$100, the runner-up will

receive \$50, and the third and fourth place contestants will each receive \$25. All entries will be screened by a panel of judges and the top 12 entrants will be chosen to take their completed dish, prepared as on the entry, to Ag Progress Days on August 22. Facilities for reheating vegetable dishes will be available. Finalists are responsible for their own expenses.

The vegetable dishes will be judged on the following basis: taste and nutrition, 40 points; ease of preparation and practicality, 20 points; originality, 20 points; and appearance, 20 points.

Recipes should feature fresh Pennsylvania grown produce and be specific as to ingredients and instructions. Brand names may not be used. The number of servings and the baking time and temperature, if any, should be clearly stated.

The winning vegetable recipes will be featured in materials used

to promote the vegetable industry in Pennsylvania. The contest is sponsored by the Penn State College of Agriculture, the Pennsylvania Vegetable Growers Association and the Pennsylvania Department of Agriculture.

Each contestant should submit three typed copies of one recipe, complete with entrant's name and address, and telephone number, to: Vegetable Recipe Contest, 401 Agricultural Administration Building, University Park, PA 16802. Entry deadline is July 20.



available for youth who are interested in furthering their bicycling skills. For more information about a club in your area, contact your county's ag extension office.

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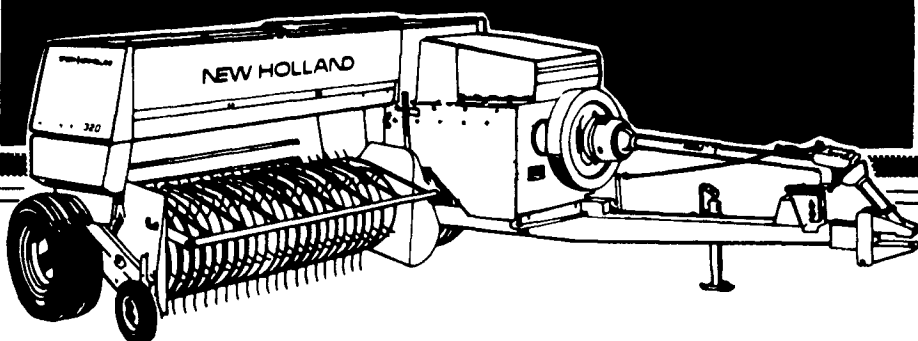
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