

TAKING TIME

by Rebecca Escott

Extension Home Economist



hypothermia than younger family members. Some medications may heighten a person's vulnerability to hypothermia. Ask your doctor if this concern applies to you. Wrist watches, tight pieces of jewelry, and tight shoes or boots may reduce the flow of warm blood to your hands and feet. Are you aware that hypothermia can occur in mild indoor climates? Any time you feel chilly, slip on another layer of clothes as a precaution.

Because water cools a person 25 to 30 times faster than exposure to air of the same temperature, people who fall into water must concentrate on quickly getting warm. Remember this if you are ice skating or wandering near a stream.

Hypothermia is only one of many winter safety issues. Another concern is sledding. The U.S. Consumer Product Safety Commission estimates that more than 50,000 people receive emergency room treatment annually for injuries related to sleds, toboggans and snow disks. Accidents occur when old sleds splinter, when steering mechanisms fail, and when icy conditions make it difficult to control the sled's speed and direction. Unfortunately children often plow blindly through new snow into hidden

rocks and tree stumps. Concussions and other serious injuries result.

To help prevent these injuries, teach children to roll sideways off a sled to lessen the chance of injury in a collision. Also sand rough edges and wax runners for smooth, controllable operation. Avoid roads and fence lines.

If you plan to retreat to a warm home and blazing fire after your outdoor fun, make this important safety check. Have your chimney inspected for creosote build-up. Creosote can clog the chimney and may ignite. Perhaps you know families who have suffered great loss due to chimney fires. It is possible to inspect the chimney with a mirror and to clean it if you have

the proper tools. But if you are unsure, this is one time that is worth paying someone to do the job well.

If all the hustle and bustle of the last few weeks has worn you out, I suggest that you to put off the plans for outdoor activities for a day or two and curl up under a warm afghan, sip a mug of hot chocolate and read a good book. Yes, it's refreshing to get outside. It's important to follow good winter safety practices. But it is also healthy to relax and enjoy a quiet moment indoors once in awhile, too.

Rebecca Escott is a Home Economist with Penn State Cooperative Extension in Lehigh County.

Wintertime Doesn't Spell End To Landis Valley Farm Work

LANCASTER (Lancaster Co.) — Ask any farmer and he'll tell you that even in winter there's plenty to do around a farm. Landis Valley Museum's Historic Farm Project is no exception. There's plenty to do this winter.

The museum is looking for individuals or families to lend a hand to help accomplish this work. There are many opportunities for interested youth and adult volunteers to assist the museum

farmer in a variety of chores — from routine farm and livestock maintenance, to special construction, restoration, landscaping and research projects. Volunteers also have the opportunity to learn interpretive skills and interact with visitors from the unique standpoint of living history during many of the museum's special events.

A strong back and a willingness to work outdoors are helpful, although not required, to join this ever-growing part of the Landis Valley Museum family.

Contact: Steve Miller - Curator of Agricultural History or Jeff Powell - Museum Farm Project Coordinator

Phone: (717) 569-0401 or (717) 299-7586 Mon - Fri

Hours: Starting Thursday 12:30 - 4:30 pm (flexible after orientation)

Minimum Hours: 4 hours weekly

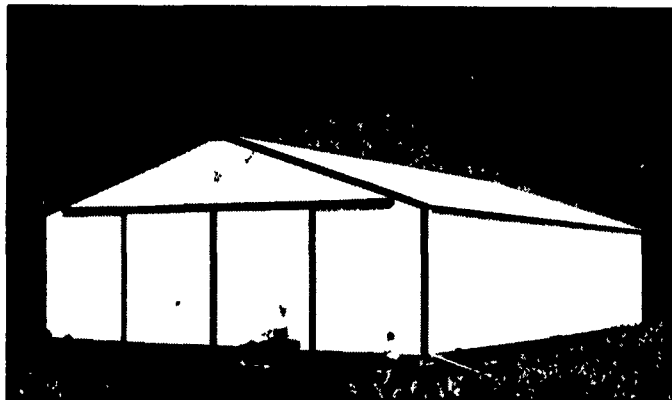
Equal size buildings can be very different . . .

Take advantage of *Special Pricing* until December 31, 1992!



Basic Machine Storage

- 54' x 18' x 76' - 7' 6" Truss & Column Spacing
- 1 - 24' x 14' 6" Double End Door
- 1 - 8' x 8' 6" Solid Walk Door
- 4 - Skylites and a Free Weather-vane Gutter & Downspout
- Heavy Gauge Commercial Quality Steel
- G-90 Galvanizing
- White Polyester Paint Finish
- KYNAR 500® Color Trim
- 50 Year Column & Snow Load Warranty (no weight limit)
- 5 Year Wind Warranty (no MPH limit)

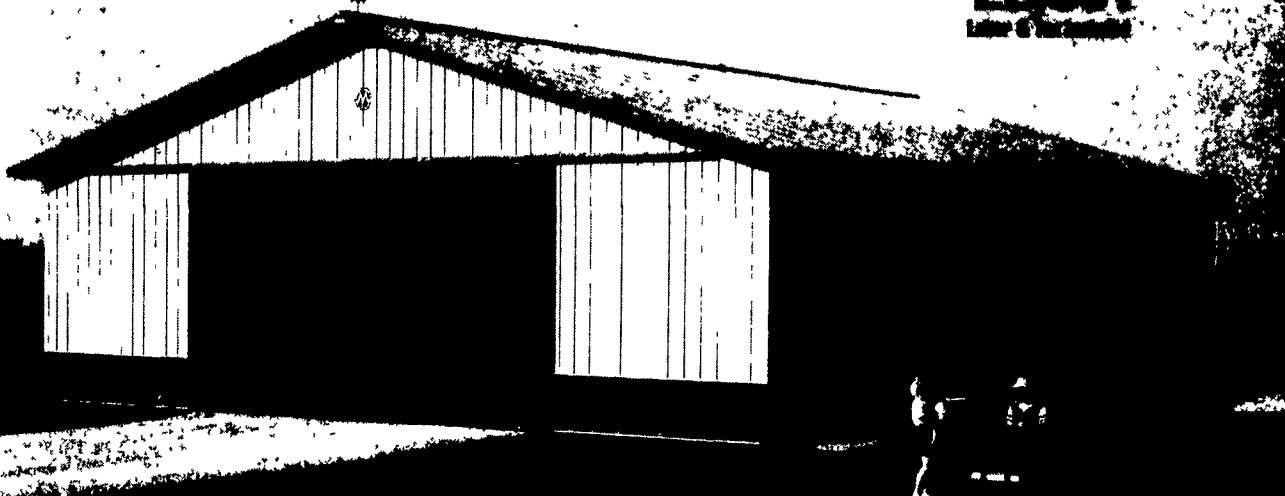


Deluxe Machine Storage

54' x 18' x 76' - 7' 6" truss & column spacing

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> 1 - 24' x 14' 6" Aluminum® Double End Door 1 - 22' 6" x 12' Aluminum® Double Side Door 1 - 8' x 8' 6" 6-1/2" Solid Walk Door 1 - 4' x 8' Sliding Window w/Screen 4 - Skylites and a Free Weather-vane Gutter & Downspout | <ul style="list-style-type: none"> Continuously Vented Ridge 2' Gable Overhangs 1' Vented Eave Overhang Interior Protective Liner Exterior Steel Walkcoat Heavy Gauge Commercial Quality Steel | <ul style="list-style-type: none"> Exclusive 4 mil Fluoropolymer Paint System on Steel KYNAR 500® Paint System on Aluminum 20 Year Red Rust/Field Warranty (includes maintenance) 50 Year Column & Snow Load Warranty (no weight limit) 10 Year Wind Warranty on Aluminum® Doors (no MPH limit) 5 Year Wind Warranty on Entire Structure (no MPH limit) |
|--|--|---|

\$22,881
Labor & Installation



All warranties include material and labor and are not prorated. Special pricing includes taxes, materials, labor and delivery within 40 miles of a Morton Buildings' sales office after January 1, 1993. Customer must provide a level building site with no underground obstructions which would create the need for extra equipment and participate in the three step payment plan. Prices may vary due to local building codes. This offer good until December 31, 1992.



CONTACT:

3368 York Rd., Gettysburg, PA 17325
717/624-3331

P.O. Box 126, Phillipsburg, NJ 08865
908/454-7900

SEE US AT THE PA FARM SHOW LOT #612



USED
WOOD & COAL STOVES
NEW & USED FURNITURE

FISHER'S FURNITURE, INC.

Bart, Pennsylvania 17503
Rt. 896 at Georgetown - 6 Miles
South of Strasburg
Hours: Mon - Thu 9:00 - 5:00, Fri 8:00 - 5:00, Sat 8:00 - 12:00

GRAIN STORAGE

NATURAL GRAIN DRYING
FLOORS
WET TANKS
FEED BINS
AUGERS
DRYING FANS AND HEATERS
GRAIN DRYERS



automatic
farm
systems

608 Evergreen Rd.
Lebanon, PA 17042
(717) 274-5333

"We not only give you what we have; but also what you want."