

Doctor Organizes Farm Safety 4 Just Kids

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**Lancaster Farming Staff
HARRISBURG (Dauphin Co.)**

— "Twenty children die each day from an accidental injury. If I can save just one, it will be worth it," said Bill Sheehan.

That's why this Lancaster post master is helping Dr. Albert Price, a Lancaster pediatrician, form a Safe Kids and Farm Safety 4 Just Kids chapter.

Both Sheehan and Price had a booth at the Farm Show where they handed out literature, showed videos, and talked to thousands of people about taking precautions to prevent childhood injury.

"Since I've been in Lancaster, eight to nine children have died from farm injuries that could have been prevented," Price said. "I can't live with that."

Nationwide he said that 300 children under the age of 16 died in a farm-related accident within one year. More than 23,000 children were injured while using or playing near farm equipment.

A week rarely passes without a child being killed in a farm accident.

He wants to make adults and children aware of dangers so that precaution is taking to prevent accidents.

His concern is not limited to farm kids but to every child.

He asked, "Did you know that more than 8,000 children die every year from preventable accidents in the United States?"

"More than 50,000 are permanently handicapped?"

"One in four children are badly injured each year?"

Sheehan said, "We want to get people proactive. Instead of saying 'isn't that a shame,' which doesn't help, we want to enlighten people on how to build a safe place."

Sheehan is concerned that playgrounds are often built from an adult's point of view instead of a child's perspective.

"A sliding board with a four foot drop might not seem like much to an adult, but a four foot fall can kill a child," Sheehan said.

A meeting promoting Safe Kids and Farm Safety 4 Just Kids will be held at the Lancaster Farm and Home Center on February 6, 9 a.m. to 11 a.m. Price urges farm families to attend.

Also, a bike fair is on the agenda since about one child a day dies from a bike accident. At the fair, bikes will be tested and checked for safety. Bike helmets will be encouraged as the fun thing to do.

Both Sheehan and Price are available to speak to groups and give demonstrations using videos and exhibits. They stress the need for using danger symbols on signs to warn children to stay away from machinery. They tell people to change fire alarm batteries twice a year, the same time that change clocks to adjust to daylight saving times.

Farm Safety 4 Just Kids is a national non-profit organization, but the Lancaster chapter is the first one in Pennsylvania.

"This is the first chapter in Pennsylvania, but we hope to get in other counties," he said.

Price said that his concern for child safety has been longstanding, but that he was especially motivated to do something when he attended a national SafeKids Campaign. Former Surgeon General C. Everett Koop, who is chairman of



D. Price and Bill Sheehan promoted Farm Safety to those who visited their booth at the Farm Show.

the campaign, said, "If a disease came along that affected one in four children, we would be told to spare no expense to find a cure and be quick about it."

That is why Price is establishing a dual-function group of SafeKids and Just Kids. The goal is to raise safety awareness, to educate the public about safety features and

precautions, to change public policy with better safety legislation and to work for safer products and environments.

For more information on Farm Safety 4 Just Kids, write or call Dr. Albert Price, Roseville Pediatrics LTd., 160 North Pointe Blvd., Suite 110, Lancaster, PA 17601, (717) 569-6481.

Ten Tips To Take Off Weight

Simple dietary changes can go a long way toward taking off extra holiday pounds. Remember to eat foods from all five food groups to maintain a balanced diet, and to eat "5 a Day" — five servings of fruits and vegetables, starting with the only fruit that crunches.

Apples are a sweet and satisfying snack any time of the day. Apples are full of fiber, which helps curb hunger in between meals. They're also portable and naturally packaged, ideal for sack lunches or on the way to work or school. With less than one gram of fat and only 80 calories in a 5½-ounce apple, they're a healthy alternative to that last piece of fudge or that holiday sugar cookie.

1. Fill up an hour before your meal. Apples are loaded with pectin, a soluble fiber that absorbs more water in the stomach and gives you a "full feeling" longer.

2. Escape the bland food blues. Tired of cottage cheese and dry toast? Tantalize those taste buds with the only fruit that crunches. And, with so many varieties, you can savor flavors like a spicy Winesap or a tart Granny Smith.

3. Treat yourself to something special. For a "you-won't-believe-it's-healthy dessert, core an apple, sprinkle with cinnamon and microwave for four minutes. Top with non-fat frozen yogurt.

4. It's not hip to skip. Skipping meals is not the way to cut your calorie intake. This just increases your chances for snacking or over-eating later. If lack of time is your excuse, crunch an apple during your morning commute to give your body energy for the day

ahead.

5. Take 5 a Day. Fad diets will be your downfall. Your diet must include all five food groups (dairy, grains, meat and protein, vegetables, and fruits) to give your body the nutrients it needs. The U.S. Department of Health and Human Services recommends that you eat two to four servings of fruit each day. So eat 5 a day!

6. Deck out your diet. If your meal doesn't look appetizing, you won't be satisfied. Add apple slices to fill up your plate, give it a splash of color, and great taste too!

7. Guilt-free grazing. It's natural to want to pick, so make sure there's something healthy in reach. Cut up apples and dip in orange, lemon or lime juice (to keep them creamy white) and place them "front and center" in the fridge so they'll be "quick for the pickin's."

8. Fight off those hunger pangs and energy lows. Ever get those afternoon slumps? Keep a portable, naturally packaged apple in your desk or briefcase to bring you up from the "sugar lows."

9. Arm yourself against temptation. Guarantee there'll be something nutritious and delicious even when you're not in the "safety" of your own kitchen. Equip yourself with refreshing fruit kabobs at the next potluck or for your bag lunch. Thread grapes, apple chunks, kiwi and pineapple cubes on toothpicks or bamboo skewers.

10. Give yourself a little extra. Add apple chunks to your cold cereal, oatmeal or yogurt to make your meal more filling and full of fiber.

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