

# Kids Korner

## Ideas For Summertime Fun

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**EPHRATA (Lancaster Co.)** —

Enjoy these last warm, lazy days of summer before school begins. Kids across the state are finding plenty to do — and doing it safely.

Did you know that summer is the

peak season for child injuries occurring outside the home?

Did you know that one in four children suffer a preventable injury serious enough to require medical attention?

A preventable injury means it did not need to happen if precau-

tions had been taken.

Did you know that more injuries are associated with bicycles than with any other consumer product?

Recently, a new law went into effect to help reduce bicycle inju-

### How To Choose A Helmet

- Select a helmet that fits properly and does not move around on the head. It should cover the top of the forehead. Choose a helmet that can be buckled and unbuckled easily.

- Buy only a helmet approved by either the Snell Memorial Foundation or the American National Standards Institute. This means the helmet has been tested for safety.

- White, yellow, and orange helmets offer the best visibility in traffic.

- Treat your helmet with care. If thrown or kicked, it could be damaged.

- Buy a new helmet if yours is involved in a bike crash.

ries. The new state law required children 12 and under to wear an approved bicycle helmet while riding as either the operator or passenger. The law applies to any vehicle propelled by human-driven pedals, including tricycles and other devices such as "big wheels."

Helmets have a hard plastic exterior and an inner shell made of strong material, which absorbs most of the impact from a fall.

If an accident occurs while riding, the risk of head trauma is between three and seven times greater for people who do not wear helmets.

Remember to take time to buckle your helmet no matter how quickly you want to jump on your bicycle. Wear it even if you are on a country road because they can be as hazardous to bikers as city streets.

Although fewer cars are traveling on country roads, the road often has bumps, ruts, loose stones or sharp drop-offs that can upset bicycles or cause a child to lose control. Country roads are often narrow and winding, which makes it difficult

for motorists to drive safely around a biker.

If you do not wear a helmet while riding a bicycle, tricycle or big wheel, you may be fined \$25. The fine may be dismissed with proof-of-purchase for an approved helmet.

### PROVE Rules For Bike Safety

- Predictable. Ride to the right. Use hand signals. Obey traffic laws and signs.

- Responsible. A bike is a vehicle, not a toy, and you are a driver. Obey traffic laws and signs. Be considerate of other cyclists, motorists, and pedestrians.

- Observant. Watch for road hazards including potholes, drainage grates, loose gravel and oil spots. Watch for cars exiting driveways.

- Visible. Wear fluorescent clothing and use a bike flag. Avoid riding after dark. If you must ride at night, use lights and reflectors.

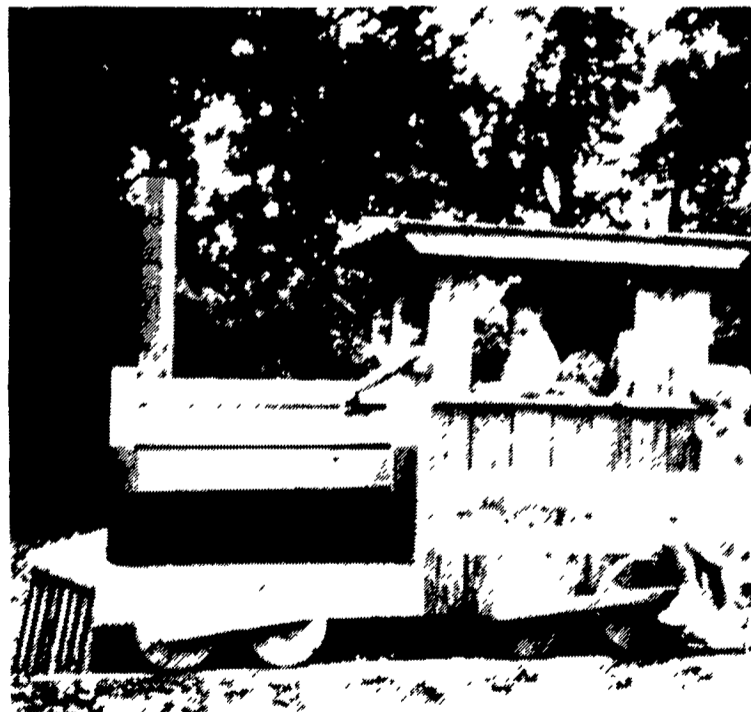
- Equipped. Wear a helmet and keep your bicycle well-maintained.



Always wear a helmet when biking or riding a tricycle or big wheel. More injuries are associated with bicycles than with any other consumer product. Children ages 6 to 12 face the greatest accident risk. Helmets reduce the risk of head trauma.



Derrin, 8; Brent, 7, and Curtis, 3, enjoy jumping and doing flips on the trampoline. They are the children of Merle and Charlene Ranck of Gap.



A 60-ft. wooden train that teaches children about milk and farm life recently arrived at PAWS Farm Nature Center in Mount Laurel, N.J., courtesy of Dairy Council, Inc. The sections of the train (dubbed the "Dairy Express") teach children how milk goes from a cow to the supermarket. PAWS, which stands for the Preservation and Wildlife Society, is a nonprofit organization that acts as a refuge for injured animals. PAWS volunteers nurse the injured animals back to health so they can be released into wildlife again.

Other attractions at PAWS include a fenced-in area for the animals and wildlife that will remain on the farm, a nature trail, and a restored farmhouse that shows children how items such as wheat, potatoes, apples, milk and eggs are turned into supermarket products. PAWS Farm Nature Center is open Wednesday through Sunday year-round from 10 a.m. - 4 p.m. Admission is \$1.25 for children and \$2 for adults. For more information contact Barbara Holmes at (609) 778-8795.



Eating ice cream is a great way to cool off. From left, Victoria, Kyle, and Melissa Brosius, grandchildren of Pa. Ag Sec. Charles Brosius, enjoy it. Victoria and Melissa are sisters, Kyle is their cousin. They live in Chester County.