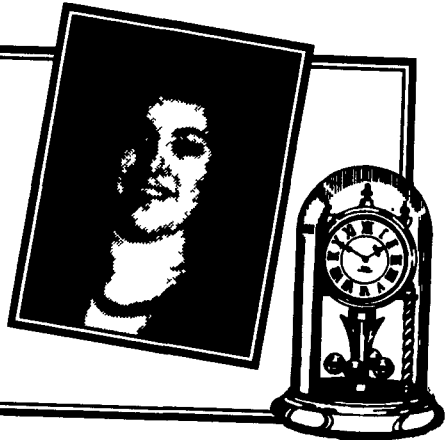


Taking Time
by
Rebecca Escott



Taking Time for Bike Safety
"School's out for summer!" That will be the cry from sidewalks and country lanes in the next few days. During the summer, lots of kids take to the roads on bikes—visiting friends, riding down to the creek to explore, getting to and from sports practices, "running around" their communities.

Kids love bikes. But bikes need to be respected. According to the National Safe Kids Coalition, bicycles are associated with more childhood injuries than any other consumer product except the automobile. Head injuries are the top safety concern with bicycles.

Several years ago, Pennsylvania passed a law requiring children to wear helmets when riding a bike. According to Safe Kids, nonhelmeted riders are 14 times more likely to be involved in a fatal crash than those with helmets. Helmets also protect the forehead and mid-face area.

Of course, it's important to practice safe cycling all the time, but parents should know the high-risk times and provide extra monitoring for children in these circumstances. Studies show that most of the deaths occur when a motor vehicle and a bike collide. These crashes tend to occur between May and

August and between 3 and 6 p.m. Nearly 60 percent occur on minor roads within a mile of the cyclist's home.

Most accidents are associated with the cyclist's behavior. Boys are in far more accidents than girls. And those children 10-14 years of age have the highest number of deaths. Common reasons for crashes include riding into a street without stopping, turning left or swerving into traffic that is coming from behind, running a stop sign, or riding against traffic.

While most deaths occur during the afternoon commute, the chance of injuries is four times greater in "non-daylight" hours—at dawn, dusk, or after dark.

There are lessons here for everyone. Drivers: Take extra caution as you enter your neighborhood or "home" road. You may naturally start to get comfortable with the surroundings and stop paying close attention.

A teenager may be just around the next curve on a bike. When you pass by a ball field or school playground, stay alert. Kids may be hurrying home to dinner just as you are.

Parent, consider restricting

the hours that your child can be out on the road to between 8 a.m. and 3 p.m. and between 6 p.m. and dusk. Take time to ride with your child to observe her skills many times before allowing her to ride to places on her own.

Be sure your child is wearing a helmet. Expect it, and enforce consequences if you notice that he is not. Like with so many other things, children follow the example of the peers and adults around them. Although adults are not required to wear helmets, usage studies show that children are more likely to wear helmets if they are with someone else and that person is also

wearing a helmet.

And remember, just when we think it's time to relax, it may actually be time to be on our toes. As children, especially boys, enter their teen years, parents may start to think of them as "big enough" to be on their own. When it comes to bike safety, that may not be true. Expect them to prove their maturity before you give it to them.

Finally, if the bike riders in your family don't own helmets, get them now! Give them as early birthday gifts. It's an investment you MUST make. Helmets are also a good idea for horseback riding, roller blading and other outdoor sports.



Lancaster Society 20

Lancaster Farm Women Society 20 met at the home of Valaria Ferguson with Jane Ferguson cohosting. The meeting was held on its spacious lawn and following the luncheon, Valaria had devotions and the group into praying the Lord's prayer and in the Allegiance to the Flag.

President Marie Foose presided at the short business meeting and 16 persons answered roll call by stating a place of historical interest to them.

The program was interesting as Ralph Homser and Betty Denlinger spoke on the history of Paradise as well as some of the history of The Woods Home (Summer Hill), which is where the meeting was held. Members took a tour of the home with its interesting antiques and winding stairs.

The meeting was closed by singing, "Brighten the Corner."

The next meeting will be held in July with Anna Mary Groff and Freda Wimer.

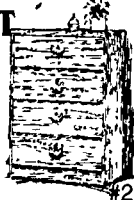
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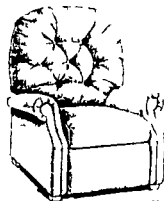
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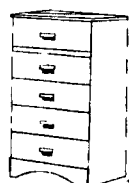
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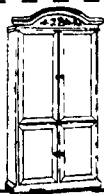
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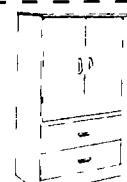
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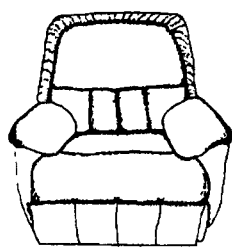
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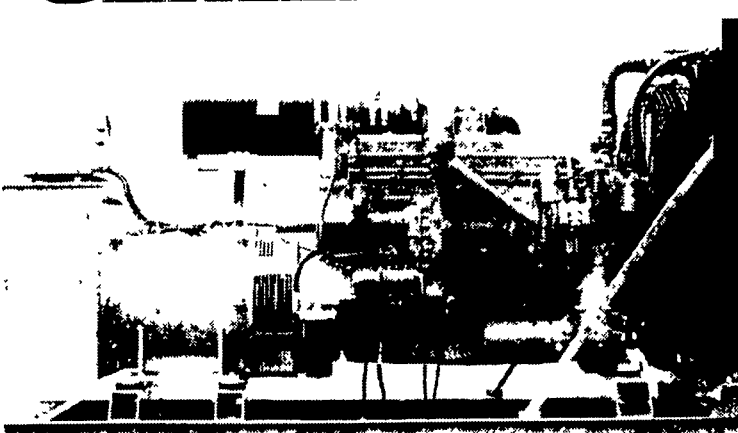
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