



Everett Newswanger, Lancaster Farming's editor, left, and Mike Harris, Heritage House representative, look through the hundreds of photos submitted by readers to be considered for publication in the book, *A Century of Farming*. The book is at the printers and scheduled to be delivered by November 15, in time for Christmas giving and the turn of the century. Deadline to save with pre-publication prices is October 10, 1999.

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Questions About Y2K?

LANCASTER (Lancaster Co.) — How much water do I need to store for my family?

Plan to have at least one gallon of water per person, per day. Store at least a three-day supply for each family member. You can use clean, sanitized plastic, glass, or metal containers. To sanitize a container, wash with soap and hot water, rise, and then sanitize with a solution of 1 tablespoon chlorine bleach in a gallon of water.

What kinds of foods do families need to have on hand?

Collect food items that need minimum preparation and no refrigeration. Canned foods and pre-packaged foods in one and two-use sizes so you do not have to store opened are good choices. Avoid dried foods that need large amounts of water and long cooking times. Purchase the amount that you need for an emergency. Rotate stock by eating from the supply and replacing what you use immediately.

How can food be heated?

You can use a propane or kerosene stove with fuel, outdoor charcoal or propane grill, candle warmers and non-electric chafing dishes, fondue pots, and sterno. Remember, gas grills and charcoal must be used outside.

Looking for more information:

An eight-page booklet, *Consumers and the Year 2000 (Y2K)*, contains basic information to help families prepare for unknown events that could disrupt daily routines for short periods. This publication will help you prepare for any emergency. To receive a copy, contact the Cooperative Extension office at 717-394-6851. For more information visit the website pa2K.org.

Bike Helmets

WILLIAMSPORT (Lycoming Co.) — The Consumer Product Safety Commission and McDonald's released a national survey on bike helmet usage: Helmet use is on the rise, but half of all riders are still not wearing helmets. The survey reports 69 percent of children under 16 wear a helmet on a regular basis while riding a bike. To help boost the percentages and to "help kids get the helmet habit," check out the new website at <www.bikehelmet.org> Visit the Parent/Teacher camp in Cranium Canyon and get your school-age kids involved with the effort.

Bike helmets are necessary while riding bikes, but the CPSC warns that children should not wear bike helmets when playing, especially on playground equipment. CPSC has reports of two strangulation deaths to children when their bike helmets became stuck in openings on playground equipment, resulting in hanging. Children should always wear helmets when riding bikes. But when a child gets off the bike, the helmet must come off too.

Source: Early Childhood Health Link, Vol. 10, Issue 3, Summer 1999.

Apple Cider Labeling

All unpasteurized apple cider must have an easily visible warning statement on the label beginning September 8, 1999.