

Living

Key fobs, headlights, distracted driving

Time again for letters we wish we'd receive.

Dear AARP DSP, My new car is keyless: I unlock the doors, open the trunk, and start the car with a push of a button. But I ignored the warning on my car's dashboard that the battery in my key fob was dead, and nothing worked. What can I do if I (foolishly) let this happen again? Signed, Locked Out

Dear Locked, First check your vehicle's owner's manual – you haven't read it cover to cover? But say you're locked out and cannot get the manual from the glove box. There's a smartphone app to help you. DeadKeyFob brings up a list of vehicle manufacturers; select yours from the list. Select unlock for instructions on how to take out the mechanical key hidden in your key fob; depending on the make of your vehicle, it may be easier or harder to unlock a door. (I'd bet lots of us didn't know such a key existed.) Next, select start for instructions on how to start your vehicle.

Dear AARP DSP, You wrote at least once before about using your headlights when your windshield wipers are on. What exactly is the law? Signed, Remind Me

Dear Remind, Headlights must be on any time windshield wipers are in continuous or intermittent use – day or night – it's not an option! Whenever you're driving,

DRIVER'S SAFETY

Mark Berg



it's as important for you to be seen as it is to see; that's why so many cars are equipped with daytime running lights (which, by the way, cannot substitute when headlights are required). I'm disappointed the law is not taken seriously and enforced. Have you ever heard of anyone ticketed for failing to have their headlights on while their windshield wipers were on?

The law in Pennsylvania also says, "The operator of a vehicle upon a highway shall display the lighted head lamps...between sunset and sunrise, and any time when the operator cannot discern a person or vehicle upon the highway from a distance of 1,000 feet due to insufficient light or unfavorable atmospheric conditions, including rain, snow, sleet, hail, fog, smoke" – again, regardless of the time of day.

Note to young drivers: Older drivers' eyes let in about half as much light as

younger drivers'. The leading cause of crashes by older drivers is failure to yield the right of way, so protect yourself by making your vehicle as visible as possible at all times.

Dear AARP DSP, I frequently drive through the intersection of Bullfrog Road and Pumping Station Road in Freedom Township. There's a stop sign only for Bullfrog, but Pumping Station curves away and down in both directions, limiting the sight lines and making it dangerous to cross. I have seen several near-collisions. Are the powers that-be waiting for a serious crash before making the intersection a four-way stop? Signed, Angry

Dear Angry, I am familiar with the intersection and agree with you completely. Perhaps PennDoT will take note of your letter and take action (although my comments about the passing zones on Route 30 east of Gettysburg fell on deaf ears).

April is National Distracted Driving Awareness Month. Some people still don't understand how dangerous distracted driving is. At any given moment during daylight hours, an estimated 660,000 drivers are using hand-held cell phones.

Don't do it. Mark Berg is a former instructor for the AARP Driver Safety Program. His email address is MABerg175@comcast.net.

Quality service review - A shout out

There is something new afoot at Adams County Children & Youth Services (ACCYS). It is a Quality Service Review (QSR). Every year the Department of Human Services (DHS) conducts an annual licensing review to make sure all Children & Youth agencies cross their "T's and dots the "T's. The review is a mandatory process, following state regulations in order to relicense agencies that serve county children. During November of 2014, in addition to the annual licensing, ACCYS participated in its first Quality Service Review (QSR).

A QSR differs from re-licensing in that it looks at family factors affecting the safety of, well being of and permanency for children in Adams County. Permanency consists of maintaining a child's connections to school, community and the extended family. The review took place over three days, with the reviewing teams coming from our community and service partners, in addition to a leadership team that included state and county child welfare professionals. It is a 3-day process involving a quick look at the case file, in-person interviews with the family and their supports, providers, friends or family. The compiled results contain with no reference to the family, as the review finds strengths and areas where the agency and/or DHS can improve the work with children and

CHILDREN & YOUTH

Melanie S. Brodhead



families.

I would like to take this time to thank our client families, community and service providers for their response. I also give a shout out to those families and foster families who agreed to participate. They graciously opened their homes and their vulnerability to the reviewers. It takes strength and resilience to allow complete strangers into one's home and answer questions. We applaud the ten families who participated.

In addition, ACCYS sent out reviewer requests to the community people and our partner agencies. We quickly received 30 responses. Furthermore, replacements offered their availability if the initial contact could not participate but knew another who could. The responses were a powerful display of the community commitment to the children and families of Adams County, as not only was there a commitment of

three days of review, but two days of training prior to the QSR.

I would like to thank the following community partners for their favorable responses and those selected to participate. Victim Witness, Adelphoi, Collaborating for Youth, CCBH, Dept. of Probation Services, Diakon Social Services, Family Design Resources, Healthy Adams County, NHS, Families United Network, HealthChoices, CJAB, Domestic Relations, Pressley Ridge, Survivors, TrueNorth, the Children's Advocacy Center, the Adult Correctional Complex, CYS Advisory Board, Gettysburg Area School District, Respective Solutions, Wisor HR Consulting. The following agencies participated on behalf of the state as reviewers: Lehigh County, Child Welfare Resource Center, SWAN, OMHSAS, and CAS-Lehman Center.

Adams County Children and Youth Services has committed to participating in the Quality Service Review every three years. In closing, our agency truly appreciates a community committed to seeing that each child and youth in Adams County has a safe and permanent family.

Melanie S Brodhead, MSW, is a Program Specialist-Quality Assurance; 18 years in Child Services, 13 with Adams County Children & Youth Services.

God's Closet

CHILDREN'S AID SOCIETY

Jan Zeigler



rives with nothing but the clothes on their back.

God's Closet reflects many hands coming together. A wonderful mural on the east wall is the work of a volunteer who designed a magical garden and painted it on the wall to make the area bright, cheerful, and child friendly. The gently used and new clothing comes from families, churches, and individuals. The Mothers of Preschoolers from Christ American Baptist Church regularly donate the clothes remaining after their clothing exchange. Each holiday season brings a wonderful gift of coats from the employees at Environmentally Safe Products and boxes of hats, scarves, and mittens from the Kniters and Stitchers at Cross Keys Village.

An agreement with Community Aid lets us exchange any clothes we can't use in God's Closet for clothing vouchers for their stores. That takes care of older children who come in all sizes, shapes, and styles. We've learned that trying to keep enough clothes on hand to suit teenagers is a losing battle. This way they can shop for what they want. The vouchers are also handy when a parent needs a particular size that we don't have on hand.

The voucher system also means we can accept donations of gently used clothing in all sizes. We can restock God's Closet and get credit for the rest. At home our resident Wren was singing on the front porch the other day so spring is on its way and that means changing out winter clothes for summer. As you get out your warm weather clothes think about donating that odd pair of pants that looked better in the store and you only wore once. If your children have outgrown their clothes think of the use another child could get from them if they are still in good shape. Our number is 717-624-4461 and we are grateful for your help.

Jan Zeigler, CFRE, is the interim executive director at Children's Aid Society.

National Kidney Month and World Kidney Day

Dear Annie: I was diagnosed with chronic kidney disease five years ago during an annual physical at the age of 79. I did not have hypertension, diabetes or a family history of kidney disease -- the distinctive risk factors for kidney disease -- although my age should have been a red flag.

Looking back on my medical history, it turns out my kidney numbers were abnormal for some time. I was told that the use of nonsteroidal anti-inflammatory drugs may have caused my kidney damage. It was a surprise to me that such a common drug did more harm than good. Since then, I've stopped the use of NSAIDs, but I feel many other people might be in the same boat I was in. I hope you can spread the word to help others keep their kidneys healthy. -- Better Now

Dear Better: Thank you for the information. NSAIDs (such as aspirin, Advil, Motrin, Aleve, Celebrex and other commonly used pain relievers) don't generally pose a problem for most people who use them in small doses on occasion. But there can be side effects, especially if you use the drugs for weeks at a time. They can cause bleeding ulcers, fluid retention, rashes, and kidney and heart problems. If you are taking any anti-inflammatory, over-the-counter

ANNIE'S MAILBOX

Mitchell & Sugar



drugs, please let your doctor know.

Kidney disease often goes undetected, because symptoms may not appear until the kidneys are close to failure. The good news is that early detection and proper treatment can slow the progression of kidney disease. If you have high blood pressure, diabetes, a family history of kidney failure or are over the age of 60, you should get your kidneys checked.

March is National Kidney Month and March 10 is World Kidney Day. The National Kidney Foundation urges readers to be proactive with their health. To learn more, visit www.kidney.org.

Dear Annie: Your response to "Sick of Men Complaining" was right on. She said no matter what meal she prepares for her husband, he always finds something to criticize about it. Aside

from pointing out that she seems to have a predilection for picking out men she cannot possibly please, you told her to inform him that he can cook his own meals if hers are not to his liking.

If my wife prepared an elegant meal for me and I complained about it like that, you can be sure she would tell me where to go. She also would inform me that from now on, I would be cooking my own food. And she would have followed through on that.

Her straightforward confidence makes me appreciate the wonderful wife and mother that she is. -- Pretty Darn Happy in New Mexico

Dear New Mexico: We are delighted to hear from someone who appreciates his spouse and the efforts she puts into their meals, and more important, thinks her direct and honest attitude is something to be admired. We trust she returns the same level of respect.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please email your questions to annies-mailbox@creators.com, or write to: Annie's Mailbox, c/o Creators Syndicate, 737 3rd Street, Hermosa Beach, CA 90254. You can also find Annie on Facebook at [Facebook.com/AskAnnies](https://www.facebook.com/AskAnnies).

Land Conservancy Month kicks off locally March 10

The Adams County Commissioners have proclaimed the period from March 10 to April 24 as Land Conservancy Month as a way to recognize the important of land preservation to the economic and environmental health of Adams County.

Land Conservancy Month kicks off on Thursday, March 10, with the Land Conservancy of Adams County's Annual Dinner and Silent Auction, to be held at the Historic Gettysburg Hotel on Lincoln Square.

It concludes with the group's 18th annual Art Auction on April 24 at the Blue Parrot Bistro, 35 Chambersburg Street, Gettysburg.

Several other events fall throughout the month that seek to draw attention to the importance of land conservation in the county.

The Land Conservancy of Adams County is a member-supported nonprofit that works to preserve the rural lands and character of Adams County by cooperating with landowners to create conservation easements that preserve land from unplanned development.

Since its inception in 1995, the LCAC has helped to preserve nearly 10,000 acres of land throughout the county.

On First Friday, April 1, the Blue Parrot Bistro, 35 Chambersburg Street, Gettysburg, will host an artists' reception from 4-6 p.m. in anticipation

of the Land Conservancy's Art Auction on Sunday, April 24. The reception will feature a wide variety of original works donated to the auction by local and regional artists, as well as provide an opportunity to meet the donor artists. Visitors will also have the opportunity to vote on their favorite piece to be awarded the "People's Choice" award.

The art will remain on display at the Blue Parrot Bistro throughout the month of April.

Doors for the auction itself, also hosted by the Blue Parrot Bistro, will open at 12 p.m. on Sunday, April 24, with bidding beginning at 1 p.m. Admission is \$15, with all auction proceeds benefiting Land Conservancy programming. There will also be door prizes and raffles.

For more information about Land Conservancy Month or the Land Conservancy of Adams County, visit LCACnet.org, email LCAC@adamscounty.us, or call 717-334-2828.

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- Faculty, University of Pennsylvania School of Dental Medicine, 1970-2005
- Director, Removable Prosthodontics
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