

# Kids' Summer Safety

Andover resident Sarah Lester, MD, a pediatrician with New London Hospital's Pediatric Care Center in Georges Mills, recently spoke before a group of community residents on the topic of Summer Safety for Children.

"Four out of five car seats are used incorrectly," Dr. Lester said. "Common mistakes include harness straps inserted through the wrong side, not using a booster seat, and using a seat that's been recalled."

Dr. Lester related that an infant can drown in an inch of water in 30 seconds. Advice to the parents present included constant attention, a fence around the pool, rigid safety control, and absence of toys in pool when pool is not in use.

A blistering sunburn during childhood increases twofold the risk of melanoma, a serious skin cancer. "Sunscreen can and should be used on children less than six months old," Dr. Lester recommended. "The SPF should be at least 30 and remember that the skin needs at least 30 minutes to absorb the sunscreen."

Any child riding something with wheels should wear a helmet.

To alleviate parents' concerns about West Nile virus, Dr. Lester revealed that in areas where the virus is circulating, if the mosquito is infected, less than 1% of people who get bitten and become infected get severely ill. To prevent West Nile disease, Dr. Lester recommends applying insect repellent, drain-



ing sources of standing water, wearing long sleeved shirts and pants, and using mosquito netting over infant carriers.

"Another area of concern for parents is Lyme disease," Dr. Lester said. Transmitted by infected deer ticks, Lyme disease is treated by a 21-day course of antibiotics. If bitten by an infected tick, a two to three percent risk exists that the disease will develop.

Other topics addressed by Dr. Lester at the community forum included poison ivy, swimmer's ear, swimmer's itch, pinworms, cuts, splinters, and bug stings.

Dr. Lester's presentation was part of a series of events sponsored by ABC's Child Care Center at New London Hospital. Information about additional events may be obtained by calling Tina Walker Cahill at 526-5242.

Further questions pertaining to summer safety for children may be directed to Dr. Lester at 526-5363.

# Cub Scouts Pack 489

By Heidi Terwilliger  
Cub Scouts Pack 489

The Cub Scouts of Pack 489 wrapped up another season with their Rain Gutter Regatta held at Highland Lake on Sunday, June 11. Although it was a chilly, windy day and no one went swimming, the rain stayed away and the boys finished their race.

Thirteen boys showed up with boats in hand to see who would come out the winner. The boys all tried hard, but when the race was over first, second, and third place trophies went to Alan Sietz, Kyle Smart, and Nicholas Terwilliger, respectively. Trophies for creativity were also awarded with first, second, and third place going to Chris Frenette, Steve Frenette, and Aaron Smith.

The Cub Scouts have also been busy finishing up other requirements. Nicholas Keniston, Nicholas Terwilliger, and Aaron Smith of Bear Den 5 all received their Bear Badge and their gold arrow point, as well as three silver arrow points for Nicholas Keniston and Aaron Smith and seven silver arrow points for Nicholas Terwilliger. Nicholas Terwilliger also fulfilled the requirements to earn his Religious Emblem, Religious Emblem Square Knot, Leave No Trace Behind Award, and Cub Scout Outdoor Activity Award.

Chris Frenette, Alan Sietz, and Todd Wilcox of Bear Den 9 all received their Bear Badge. All three boys also fulfilled requirements to earn their Art, Citizenship, Collecting, Fishing, Mathematics, Music, Science, Weather, and Wild Life Conservation belt loops, and Alan Sietz also earned his Baseball belt loop.



Nicholas Terwilliger and Nicholas Keniston compete in the Rain Gutter Regatta. Photo: Carmen Bates

Kyle Smart, Robert Smith, Sam Bentley, and Jeff Bates of Webelos Den 2, along with parents Shane Smart and David Bates, participated in a hike up Mount Sunapee with the Sunapee District on May 7. The boys received money from pledges for the distance they hiked and can use some of the money to help pay for their week of resident camp at Camp Carpenter in July. Jeff Bates, Sam Bentley, Nick Mullavey, Seth Newton, Tucker Peters, and Robert Smith all earned their Traveler and Fitness Activity badges, and Jeff Bates also received his Scout Sunday patch.

Some of the Cub Scouts will keep busy this summer by joining in on the flag raising ceremony and marching in the Fourth of July Parade, attending Camp Carpenter, and going to a Fisher Cats game along with watching a movie and camping out on the field after the game. There is always something fun and exciting for the boys to do.

Cub Scouts is open to boys in grades one through five. For more information contact Leighton Terwilliger at 735-6502.

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