

Holidays mean extra attention when children are in kitchen

With the holiday cooking season upon us, Safe Kids Kansas reminds parents and caregivers to check the kitchen for preventable hazards and to supervise children at all times in the kitchen.

“It’s important to keep cabinets closed and locked, and to store hazardous substances out of reach, but that’s not enough,” says Jan Stegelman, Safe Kids Kansas coordinator. “The most important safety precaution in the kitchen is constant, close, attentive supervision.”

Whether a child is helping an adult cook or simply watching, he or she should always be actively supervised – which means that the child is in sight and in reach at all times.

“Burns — from spills, steam, hot surfaces and flame — can be especially devastating injuries,” says Stegelman. “Because young children have thinner skin than adults, they burn more severely and at lower temperatures.”

Scald burns from hot liquid or steam are the most common type of burns among children ages 4 and under. A child will suffer a full-thickness burn (third-degree burn) after just three seconds of exposure to 140-degree water.

Safe Kids Kansas recommends these precautions against kitchen burns:

- Never leave a hot stove unattended. (Unattended food on the stove is the number-one cause of home fires.)
- Never hold a child while cooking or carrying hot items.
- Cook on back burners whenever possible, and turn all handles toward the back of the stove.
- Don’t allow loose-fitting clothing in the kitchen.
- Keep hot foods and liquids away from the edges of counters and tables. Be especially careful around tablecloths — children can pull hot dishes down onto themselves.
- Tie up the electrical cords of small appliances. A toddler playing with a dangling cord can pull a toaster or microwave down from a countertop.

In addition to hot surfaces, hot liquids and sharp objects, the other major hazard in the kitchen is poison. Store potentially hazardous goods, such as cleaning products and alcohol, in locked cabinets out of reach. Also, install a carbon monoxide detector to alert everyone to get out of the house in the event of a buildup of the odorless

toxic gas given off by fuel-burning appliances.

Children who can follow directions may be ready to help out in the kitchen with tasks that do not involve knives, appliances or heat.

“You know your own children. Don’t give them knives or let them handle anything hot until they have shown the maturity and coordination to do it safely,” says Stegelman. “Some children mature faster than others, so it’s up to parents to use good judgment about each child’s capabilities.”

For more information about kitchen safety and burn prevention, visit www.usa.safekids.org/fire.

Safe Kids Kansas, Inc. is a non-profit Coalition of 67 statewide organizations and businesses dedicated to preventing accidental injuries to Kansas children ages 0-14.

Safe Kids Kansas a member of Safe Kids Worldwide, a global network of organizations whose mission is to prevent accidental childhood injury. The lead agency for Safe Kids Kansas is the Kansas Department of Health and Environment.

REHE

Rawlins County Health Center

RAWLINS COUNTY HEALTH CENTER COMMUNITY CALENDAR

707 Grant Atwood, KS 67730 (785) 626-3211

Bringing Specialized Healthcare To Your Community

December 2008

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--------------------------------|--|--|--|-----|
| | 1 Dr. Rubinowitz Oncology Cardiac Rehab | 2 | 3 Diabetic Clinic Echocardiograms Ultrasounds Cardiac Rehab | 4 Dr. Reeves Podiatry MRI Mobile Unit Vasc Ultrasounds | 5 Dr. Reeves Cardiac Rehab Echocardiograms Ultrasounds | 6 |
| 7 | 8 Cardiac Rehab | 9 | 10 Dr. Frankum Surgery Diabetic Clinic Echocardiograms Ultrasounds Cardiac Rehab Mammograms | 11 MRI Mobile Unit Vasc Ultrasounds | 12 Cardiac Rehab Echocardiograms Ultrasounds | 13 |
| 14 | 15 Cardiac Rehab | 16 | 17 Dr. Curtis Cardiology Diabetic Clinic Cardiac Rehab Echocardiograms Ultrasounds | 18 Dr. Saba Orthopedics MRI Mobile Unit Vasc Ultrasounds | 19 Cardiac Rehab Echocardiograms Ultrasounds | 20 |
| 21 | 22 Cardiac Rehab Bone Density | 23 Dr. Miller Cardiology | 24 Echocardiograms Ultrasounds Cardiac Rehab | 25 Merry Christmas | 26 | 27 |
| 28 | 29 Cardiac Rehab | 30 | 31 Cardiac Rehab Echocardiograms Ultrasounds | Happy New Year 2009... | | |
| In House Services Available Daily CT Scan ** Bone Mineral Density ** EKG Electrocardiograms | | | TO SCHEDULE AN APPOINTMENT WITH A VISITING PHYSICIAN, PLEASE CALL (785)626-3211 Cheryl Banister, RN Specialty Clinic Director | | | |

Letters To Santa

Calling all kids!

Bring your Santa Letter by the office or mail to:
Colby Free Press
155 W. 5th St.
Colby, KS 67701

Deadline for letters is Wed., Dec. 10th

Your letter will appear in the paper so Santa can read it!

LOCAL TV LISTINGS

sponsored by the

SUNDAY

DECEMBER 7

| | 6 AM | 6:30 | 7 AM | 7:30 | 8 AM | 8:30 | 9 AM | 9:30 | 10 AM | 10:30 | 11 AM | 11:30 |
|--------------------|---|----------------|---|-----------------|---|-----------------------------|--|--------------|---|-----------------|-------------------------------------|-----------------|
| KLBY/ABC (4) (6) | In Touch With Dr. Charles Stanley (N) | | Good Morning America (N) (CC) | | This Week-George Stephanopoulos | | Hour of Power (CC) | | Paid Program | Paid Program | First United Methodist Church | |
| KSNK/NBC (3) (8) | (Off Air) | Paid Program | Today (N) (CC) | | Meet the Press (N) (CC) | | Paid Program | Paid Program | Your Bible | Paid Program | Paid Program | Paid Program |
| KBSL/CBS (12) (11) | Paid Program | Newspring TV | Cake (El) (CC) | Horse-land (El) | CBS News Sunday Morning | | Face the Nation | | Dino Squad | Sushi Pack (El) | NFL Today Host James Brown. (Live) | |
| K15CG (2) | Euro. Journal | Barney-Friends | Ninos-en-Casa | Plaza Sesamo | Kinder-garten | Mama-Movies | Wish-bone (El) | Saddle Club | Animalia | Keeping Kids | Wealth-Track | To the Contrary |
| ESPN (28) | Football Final | NFL Matchup | SportsCenter (Live) (CC) | | Outside Lines | Sports Reports | SportsCenter (Live) (CC) | | NFL Countdown (Live) (CC) | | | |
| USA (37) | Debt to Wealth | Chang-ing | Ed Young | Joel Osteen | The Starter Wife (CC) | | Movie: Stick It ** (2006) A rebellious teen attends a gymnastics academy. (CC) | | Movie: Bring It On **½ (2000) (CC) | | | |
| TBS (38) | (4:50) Movie: Shanghai Knights | | Movie: I Spy ** (2002) (PA) A spy recruits a boxer to help him retrieve a stolen plane. | | Movie: Kicking & Screaming **½ (2005, Comedy) Will Ferrell, Robert Duvall. (CC) | | Movie: The Whole Ten Yards (2004) | | | | | |
| WGN (39) | Paid Program | Amazing Facts | Key of David | Paid Program | Jimmy Swaggart | Feed the Children | Paid Program | Whacke-d Out | Whacke-d Out | Boston Legal | Schmidt Happens | |
| TNT (40) | (5:00) Movie: A Few Good Men **½ (1992, Drama) Tom Cruise. (CC) | | Good Men **½ (1992, Drama) Tom Cruise. (CC) | | Movie: The Guardian **½ (2006, Drama) Guard trainer makes a swimming champ his | | Movie: Lara Croft: Tomb Raider ** (2001, Adventure) | | | | | |
| DSC (42) | Paid Program | Paid Program | Paid Program | Paid Program | Time Warp | Time Warp | MythBusters Myths Reopened (CC) | | Prototype This! Pizza delivery. | Dirty Jobs | Micro Algae Man | |
| A&E (47) | Shatner-Raw | Shatner-Raw | Biography Andy Gibb (CC) | | Private Sessions Chicago Chicago. | The Sopranos Second Opinion | The Sopranos He Is Risen (CC) | | The Sopranos He Is Risen (CC) | The Rookies | The Rookies | |
| HIST (48) | Lost Treasures of the Ancient World | | Dogfights Death of the Japanese Navy | | Dogfights Kamikazes (CC) | | Tora, Tora, Tora: The Real Story of Pearl Harbor (CC) | | | | | |
| NICK (55) | Jimmy Neutron | Tak and Power | OddParents | OddParents | Spon-geBob | Spon-geBob | Barn-yard | Mighty B | Tak and Power | Spon-geBob | Spon-geBob | Spon-geBob |
| DISN (56) | The Wiggles | Johnny-Sprites | Ein-steins | Tigger & Pooh | Mickey Mouse | Mickey Mouse | Imag. Movers | Handy Manny | Handy Manny | Charlie & Lola | Movie: Zenon: The Zequel **½ (2001) | |
| FAM (58) | Sabrina-Witch | Sabrina-Witch | Sabrina-Witch | | Movie: Eloise at Christmastime ** (2003, Comedy) Julie Andrews. (CC) | | Movie: Richie Rich's Christmas Wish ** (1998, Comedy) David Gallagher. (CC) | | Movie: Anne Tyler's Saint Maybe (1998) A young man meddles in his brother's life. | | | |
| HALL (60) | Odyssey Network Presents | | NASCAR Angels | M'A'S'H (CC) | M'A'S'H (CC) | M'A'S'H (CC) | M'A'S'H (CC) | M'A'S'H (CC) | | | | |

SUNDAY

DECEMBER 7

| | 12 PM | 12:30 | 1 PM | 1:30 | 2 PM | 2:30 | 3 PM | 3:30 | 4 PM | 4:30 | 5 PM | 5:30 |
|--------------------|---|--------------|---|-----------------|--|---------------|--|------------------|------------------------|--------------|--------------------------------|---------------|
| KLBY/ABC (4) (6) | Paid Program | Paid Program | Food Fast | Paid Program | Paid Program | Paid Program | Colon Detox | Paid Program | Paid Program | Paid Program | ABC News | News (N) (CC) |
| KSNK/NBC (3) (8) | Colon Detox | Juicing Mach | Skiing: Audi Birds of Prey | | Golf: Del Webb Father/Son Challenge -- Final Day. Orlando, Fla. (CC) | | | | | | Storm Stories | NBC News |
| KBSL/CBS (12) (11) | Houses For \$300 | Paid Program | Paid Program | Food Fast | Motorcycle Racing: Freestyle Motocross | | NFL Football: Kansas City Chiefs at Denver Broncos. INVESCO | | | | | |
| K15CG (2) | McLaugh-hlin | McLaugh-hlin | Theol-ogy | Religion-Ethics | | | | | | | | |
| ESPN (28) | PBA Bowling: Cheetah Championship. (Live) (CC) | | College Football Final (CC) | | Rodeo: 2008 PRCA National Finals -- Third Round. Las Vegas. (CC) | | | | | | | |
| USA (37) | (10:54) Movie: Bring It On (2000) | | Movie: Happy Gilmore ** (1996) A hockey player joins the PGA tour. (CC) | | Movie: The 40-Year-Old Virgin *** (2005) Three co-workers unite to help their buddy get a sex life. Steve Carell. (CC) | | | | | | | |
| TBS (38) | (11:15) Movie: The Whole Ten Yards | | Movie: Zoolander **½ (2001, Comedy) Ben Stiller, Owen Wilson. (CC) | | Movie: A Night at the Roxbury **½ (1998, Comedy) Will Ferrell, Chris Kattan. (CC) | | Movie: Old School ** (2003) (CC) | | | | | |
| WGN (39) | Movie: A Shot in the Dark ***½ (1964, Comedy) Peter Sellers, Elke Sommer. (CC) | | Movie: Inspector Clouseau **½ (1968, Comedy) Alan Arkin, Della Boccardo. (CC) | | Movie: The Pink Panther Strikes Again *** (1976, Comedy) Peter Sellers. (CC) | | | | | | | |
| TNT (40) | (10:30) Movie: Lara Croft Tomb Raider: The Cradle of Life ** (2003, Adventure) Angelina Jolie. (CC) | | | | Movie: The Librarian: Quest for the Spear ** (2004, Action) Noah Wyle. (CC) | | Movie: Librarian: Return to King | | | | | |
| DSC (42) | Gettysburg: Changed America | | Survivorman | | Storm Chasers A New Season Begins | | Storm Chasers When Parts Fly (CC) | | Storm Chasers (CC) | | Storm Chasers (CC) | |
| A&E (47) | The Rookies | The Rookies | Parking Wars | Parking Wars | Parking Wars | Parking Wars | Parking Wars | Parking Wars | Parking Wars | Parking Wars | CSI: Miami From the Grave (CC) | |
| HIST (48) | Decoding the Past Biblical prophecies. | | The Wehrmacht (Series Premiere) | | The Wehrmacht (N) (CC) | | The Wehrmacht (N) (CC) | | The Wehrmacht (N) (CC) | | The Wehrmacht (N) (CC) | |
| NICK (55) | Jimmy Neutron: Boy Genius | | Barn-yard | Barn-yard | Zoey 101 (CC) | | Spon-geBob | Spon-geBob | Spon-geBob | Spon-geBob | Ned's School | Drake & Josh |
| DISN (56) | (11:00) Movie: Phineas and Ferb | | Zack & Cody | Zack & Cody | Cory in House | Cory in House | Phineas and Ferb | Phineas and Ferb | Zack & Cody | Zack & Cody | Wizards-Place | Wizards-Place |
| FAM (58) | (11:30) Movie: Harry Potter and the Chamber of Secrets *** (2002) A malevolent force threatens the students at Hogwarts. Daniel Radcliffe. (CC) | | | | Movie: Silver Bells ** (2005) A teenage runaway brings two lonely souls together. | | Movie: A Season for Miracles ** (1999, Drama) Carla Gugino, David Conrad. (CC) | | | | | |
| HALL (60) | Movie: Papa's Angels ** (2000, Drama) Scott Bakula, Eva Marie Saint. (CC) | | | | | | | | | | | |

SUNDAY

DECEMBER 7

| | 6 PM | 6:30 | 7 PM | 7:30 | 8 PM | 8:30 | 9 PM | 9:30 | 10 PM | 10:30 | 11 PM | 11:30 |
|--------------------|--|----------------|--|--------------------|--|---------------|--|----------------|--------------------------------|--|-------------------------------------|---------------|
| KLBY/ABC (4) (6) | Ty Pennington: Behind the Scenes | | Extreme Makeover: Home Edition (CC) | | Desperate Housewives (CC) | | Brothers & Sisters Just a Silver (CC) | | News (N) (CC) | KAKE Sports | Lawyer on Line | Paid Program |
| KSNK/NBC (3) (8) | Football Night in America (Live) (CC) | | NFL Football: Washington Redskins at Baltimore Ravens. M&T Bank Stadium. (Live) (CC) | | | | | | News (N) (CC) | News (N) (CC) | Monk Mr. Monk and the 12th Man (CC) | |
| KBSL/CBS (12) (11) | 60 Minutes (CC) | | The Amazing Race 13 (Season Finale) | | Movie: Front of the Class (2008, Docudrama) Patricia Heaton. (CC) | | | | News (N) (CC) | News (N) (CC) | Catch it Kansas | Whacke-d Out |
| K15CG (2) | Magnificent Mind at Any Age-Amen | | Panda Tales (CC) | | Andre Rieu: Live in Vienna (CC) | | | | Rare Visions | Mystery! Inspector Lynley: A Traitor to Memory (Part 2 of 4) | | |
| ESPN (28) | SportsCenter (Live) (CC) | | Bowl Selection Special (Live) (CC) | | A look at all 34 bowl game matchups. | | | | SportsCenter (Live) (CC) | | Sports-Center | |
| USA (37) | House Distractions (CC) | | House Skin Deep (CC) | | House Sex Kills (CC) | | House Clueless (CC) | | The Starter Wife (CC) | | Movie: For Love of the Game (1999) | |
| TBS (38) | (5:00) Movie: Old School ** (2003) | | Movie: Anchorman: The Legend of Ron Burgundy **½ (2004) Will Ferrell. (CC) | | Movie: Anchorman: The Legend of Ron Burgundy **½ (2004) Will Ferrell. (CC) | | Movie: Orange County **½ (2002) | | | | | |
| WGN (39) | WKRP in Cin. | WKRP in Cin. | Newhart (CC) | Honey-mooners (CC) | Honey-mooners (CC) | | WGN News Instant Replay | | Be-witched | Be-witched | Dream-Jeanie | Dream-Jeanie |
| TNT (40) | (5:00) Movie: The Librarian: Curse of the Judas Chalice (2008) Noah Wyle. (CC) | | Movie: The Librarian: Curse of the Judas Chalice (2008) Noah Wyle. (CC) | | Leverage Stolen airplane designs. (N) | | Movie: The Librarian: Curse of the Judas Chalice (2008) Noah Wyle. (CC) | | | | | |
| DSC (42) | Storm Chasers Broken radar. (CC) | | Storm Chasers No Place Like Kansas | | Storm Chasers Hail to the Beast | | Storm Chasers Tornado Showdown | | Storm Chasers Tornado Showdown | | Storm Chasers No Place Like Kansas | |
| A&E (47) | CSI: Miami Blood in the Water (CC) | | CSI: Miami Prey (CC) | | CSI: Miami A Grizzly Murder (CC) | | CSI: Miami Triple Threat (CC) | | CSI: Miami Bloodline (CC) | | CSI: Miami Prey (CC) | |
| HIST (48) | Extreme Trains Ice Cold Express (CC) | | '70s Fever Rare film footage and a period soundtrack help deconstruct the 1970s. (N) | | | | History Rocks The 70s (Part 1 of 2) | | Modern Marvels 70s Tech (CC) | | '70s Fever (CC) | |
| NICK (55) | Drake & Josh Drake and Josh make a promise to a little girl. | | | | Home Improve. | Home Improve. | George Lopez | George Lopez | Family Matters | Family Matters | Home Improve. | Home Improve. |
| DISN (56) | Zack & Cody | Hannah Montana | Hannah Montana | Wizards-Place | Movie: Herbie: Fully Loaded **½ (2005, Comedy) Lindsay Lohan. (CC) | | Zack & Cody | Hannah Montana | That's-Raven | Cory in House | | |
| FAM (58) | (3:30) Movie: Harry Potter and the Goblet of Fire *** (2005, Fantasy) Voldemort lays a trap for Harry at the Triwizard Tournament. Daniel Radcliffe. | | | | | | America's Funniest Home Videos (CC) | | Joel Osteen | Feed the Children | | |
| HALL (60) | Movie: A Christmas Visitor (2002, Drama) William Devane. (CC) | | | | Movie: The Christmas Card (2006, Romance) Ed Asner, John Newton. (CC) | | Movie: A Season for Miracles ** (1999, Drama) Carla Gugino, David Conrad. (CC) | | | | | |

MONDAY

DECEMBER 8

| | 6 PM | 6:30 | 7 PM | 7:30 | 8 PM | 8:30 | 9 PM | 9:30 | 10 PM | 10:30 | 11 PM | 11:30 |
|--------------------|--|---------------------------|--|-----------------|---|-----------------|---|---|--------------------------------|-------------------------|--------------------------------|---------------|
| KLBY/ABC (4) (6) | News (N) (CC) | Entertainment | A Charlie Brown Christmas (CC) | | Boston Legal (Series Finale) Crane Poole & Schmidt is in dire financial straits. (CC) | | News (N) (CC) | Nightline (N) (CC) | Jimmy Kimmel Live (CC) | | | |
| KSNK/NBC (3) (8) | News (N) (CC) | Chuck Versus the Delorean | Heroes Our Father (N) (CC) | | My Own Worst Enemy (N) (CC) | | News (N) (CC) | The Tonight Show With Jay Leno (CC) | Late Night | | | |
| KBSL/CBS (12) (11) | News (N) (CC) | Inside Edition | Big Bang Th | How I Met | Two/Half Men | Worst Week (N) | CSI: Miami The DeLuca Motel (CC) | News (N) (CC) | Late Show With David Letterman | Late Late | | |
| K15CG (2) | The NewsHour With Jim Lehrer (N) (Live) (CC) | | Antiques Roadshow Portland | | The Boomer Century 1946-2046 (CC) | | | World News | This Is America | Charlie Rose (N) (CC) | | |
| ESPN (28) | Monday Night Countdown (Live) (CC) | | NFL Football: Tampa Bay Buccaneers at Carolina Panthers. Bank of America Stadium. (Live) | | | | | SportsCenter (Live) (CC) | | | | |
| USA (37) | NCIS SWAK (CC) | | WWE Monday Night Raw (Live) (CC) | | | | | Law & Order: Criminal Intent | Law & Order: Criminal Intent | | | |
| TBS (38) | Seinfeld The Deal | Seinfeld (CC) | Family Guy (CC) | Family Guy (CC) | Family Guy (CC) | Family Guy (CC) | Name Is Earl | Seinfeld The Pen | Sex and the City | Sex and the City | Movie: The Bob & Tom Show (CC) | |
| WGN (39) | 7th Heaven Hot Pants (CC) | | America's Funniest Home Videos (CC) | | America's Funniest Home Videos (CC) | | WGN News at Nine (N) (CC) | Scrubs (CC) | Scrubs (CC) | The Bob & Tom Show (CC) | | |
| TNT (40) | Law & Order All in the Family | | Law & Order Home Sweet (CC) (DVS) | | Law & Order Cost of Capital | | Law & Order Illegal (CC) (DVS) | The Closer Speed Bump (CC) | Without a Trace (CC) | | | |
| DSC (42) | How It's Made | How It's Made | De-stroyed | De-stroyed | Hot Planet The effects of climate change on the planet. (N) | | The First 48 Stray Bullet: Payback (CC) | How It's Made | How It's Made | De-destroyed | De-destroyed | |
| A&E (47) | CSI: Miami The Oath (CC) | | Intervention In-Depth: Meth | | Intervention Coley Crystal meth. (CC) | | The First 48 Stray Bullet: Payback (CC) | The First 48 (CC) | Intervention In-Depth: Meth | | | |
| HIST (48) | Modern Marvels Famous barbecues. | | Modern Marvels Car Wash (N) (CC) | | Cities of the Underworld (CC) | | Ancient Discoveries (CC) | Ancient Discoveries (CC) | Modern Marvels Car Wash (CC) | | | |
| NICK (55) | Zoey 101 (CC) | Drake & Josh | Wonder Pets | Spon-geBob | Home Improve. | Home Improve. | George Lopez | George Lopez | Family Matters | Family Matters | Home Improve. | Home Improve. |
| DISN (56) | Zack & Cody | Hannah Montana | Movie: The Santa Clause 2 (2002) Santa must get married in order to keep his job. | | Movie: Jingle All the Way ** (1996, Comedy) Arnold Schwarzenegger. (CC) | | America's Funniest Home Videos (CC) | The 700 Club (CC) | Whose Line? | Whose Line? | | |
| FAM (58) | 'Twas Night | Cran-berry | Walker, Texas Ranger 99th Ranger | | Movie: Ebbie ** (1995) Female version of Dickens' "A Christmas Carol." Susan Lucci. | | | Movie: Ms. Scrooge (1997) A cold-spirited woman is taught the meaning of Christmas. | | | | |
| HALL (60) | | | | | | | | | | | | |