

Make kitchen safety a priority

As the holiday cooking season approaches, 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 Cherie Sage, State Director for the organization. "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 Sage. "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 chil-

dren ages four 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 (including many baking extracts), 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 Sage.

"Some children mature faster than others, so it's up to parents to use good judgment about each child's capabilities."

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

Sad houseplants don't need babying

Houseplants may start to look unhealthy in the fall – even shedding some leaves.

"That's when people often decide their unhappy plant needs more fertilizer or water to perk it up," said Ward Upham, who coordinates the Master Gardener program for Kansas State University Research and Extension. "Unfortunately, either input will just add to the plant's problems."

When plants exhibit a general thinning – lose leaves throughout their structure – the usual culprit is stress, he said. And, at this time of year, the usual cause is low light, Upham said.

Adding artificial light sources may help but typically can't solve the entire problem. Moving a plant to a sunnier window can help some, to, although touching cold glass can severely damage leaves.

The base problem is day length, which shortens through fall, he said. The sun's angle changes, too. It draws closer to Earth's northern latitude and its path in the sky moves closer to the horizon, so sunlight must travel through

more atmosphere to reach U.S. homes. This limits the light that get through.

"For a plant that no longer is getting the light it needs in order to feed an abundant crop of leaves, the only way to survive is to cut back," Upham said, "lose the number of leaves it can no longer sustain. Naturally, having fewer leaves will mean it needs less water and fertilizer, too."

He recommends:

- Cut back or eliminate fertilizer doses for houseplants through winter.
 - Water only when the plant's soil is dry to a depth of one-half to one inch. Then add enough that some water flows from the bottom of the pot. Doing this helps wash out the excess salts that tend to accumulate in potting soil, especially in winter.
- Upham warned that maintaining summertime levels of fertilizing and watering during winter can lead to leggy, weak plants, burned or oxygen-starved roots or root rot.

Veterans of Foreign Wars Auxiliary

The Veterans of Foreign Wars Auxiliary met Nov. 10 at the post home with President Anita Thiel calling the meeting to order.

The legislative chairman gave information about women pilots in World War II.

Community service reported 94 hours of volunteer service for September and 106 for October.

Poppy chairman reported a poppy display at the library for Veterans Day.

Five members did 13 hours of volunteer works at the museum for Make a Difference Day.

Hospital displayed 36 bags for gifts and 36 felt Santa money holders to be sent to Fort Dodge Veterans home.

Americanism read a letter from the district Americanism chairman, noting that according to the Department of Defense prisoners of war and missing personal office, two more World War II and

three Vietnam servicemen were found and identified recently.

Publicity reported news items in *Colby Free Press*.

Thiel reported on activities and information from the District Fall Conference in Hays, noting that 1,931 pairs of socks were received for Christmas gifts to veteran hospitals and nursing homes.

She also had a printout of information for committee chairs.

Veterans Day plans were dis-

cussed and thanks extended to all individuals and businesses for flying their flags.

National home prayer was offered and meeting closed with ritual closing prayer.

Next meeting will be at 5 p.m. Wednesday, Dec. 8, at the post home.

– Hazel Duffey, secretary

 **GAMEFLY.COM**

**VIDEO GAME RENTALS
DELIVERED TO YOUR DOOR**

Free Shipping • No Late Fees • Cancel Anytime
New Releases and Classic Games

EXTENDED FREE TRIAL*
SIGN UP AT
www.gamefly.com/print
ENTER CODE: NEWS73

XBOX 360 PLAYSTATION 3 Wii

*New members only. Free trial valid in the 50 United States only, and cannot be combined with any other offer. Limit one per household. First-time customers only. Internet access and valid payment method required to redeem offer. GameFly will begin to bill your payment method for the plan selected at sign-up at the completion of the free trial unless you cancel prior to the end of the free trial. Plan prices subject to change. Please visit www.gamefly.com/terms for complete Terms of Use. Free Trial Offer expires 12/31/2010.

 **BEST OFFER EVER!**

Over 100 channels

\$19.99
Month

**Lock In Your Savings!
For 12 Months!**

Call Today and Receive:

- Free for 3 Months 15 Movie Channels Including **HBO** & **SHOWTIME**
- **cinemax** for a YEAR for ONLY a penny!
- Lowest Price Nationwide!
- FREE 4 Room System with DVR!

 **Classic Bronze 100**
\$19.99
MONTH
Lock in your savings for 12 months! Reg. Price \$24.99/mo
Over 100 All-Digital Channels!



Hundreds More Channels Available!

Get 100% Digital TV Today!

FREE

- 4 Room System with DVR
- Platinum High-Definition
- High-Definition DVR Receiver
- Professional Installation

Call Now! \$570 Sign-Up Bonus!
1-877-585-8382

Call 7 Days a week - 8am - 11pm EST Promo Code: Q13

*Requires qualifying commitment and a valid major credit card. Satisfactory credit score required. Call for full details and disclaimer.

 

LOCAL TV LISTINGS
sponsored by the

 **COLBY
FREE PRESS**

Thursday Evening										November 25, 2010	
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
KAKE/ABC	Charlie Brown	Family	Beyoncé's: I Am...	World Tour	Local	Nightline	Jimmy Kimmel Live				
KBSL/CBS	Big Bang	Dad Says	Mike	The Mentalist	Local	Late Show Letterman	Late				
KSNK/NBC	Taylor Swift	People of the Year	The Apprentice	Local	Tonight Show w/Leno	Late					
KSAS/FOX	The Simpsons Movie	Local									
Cable Channels											
A & E	The First 48	The First 48	The First 48	The First 48	The First 48	The First 48					
AMC	The Godfather						Godfather Pt 2				
ANIM	Life	Life	Life	Life	Life	Life					
BRAVO	Real Housewives	Real Housewives	Real Housewives	Matchmaker	Housewives/NJ	Housewives/NJ					
CMT	Unforgiven				Smarter	Smarter					
CNN	CNN Heroes			CNN Heroes			Showbiz Tonight				
COMEDY	Tosh.0	Tosh.0	Tosh.0	Tosh.0	The Comedy Central Roast	The Comedy Central Roast					
DISC	Punkin Chunkin 2010				Brew Masters	Punkin Chunkin 2010					
DISN	The Incredibles	Deck	Deck	Good Luck	Good Luck	Fish Hook	Fish Hook	Hannah	Hannah		
E!	Bruce Almighty			Married	Married	Chelsea	Big Interview	Chelsea			
ESPN	College Football					SportsCenter	SportsCenter				
ESPN2	College Basketball	College Basketball				College Basketball					
FAM	Beauty	Miracle-34 St.				The 700 Club	My Wife	My Wife			
FOOD	Iron Chef America	Iron Chef America	Food	Meat	Chopped	Iron Chef America					
FX	Kung Fu Panda	Kung Fu Panda			Kung Fu Panda						
HGTV	First	First	Property	Property	House	Hunters	House	Property	Property		
HIST	Ancient Aliens	Ancient Aliens	Ancient Aliens		The Real Story	Ancient Aliens					
LIFE	The Break-Up	Beauty Shop			The Break-Up						
MTV	16 and Pregnant	16 and Pregnant	True Life	True Life	True Life	True Life					
NICK	My Wife	My Wife	Chris	Chris	Lopez	Lopez	Lopez	Lopez	Lopez		
SCI	World Is Not	Casino Royale									
SPIKE	Gangland	TNA Wrestling			TNA ReACTION	MANswers	Son Beach				
TBS	Monster-in-Law		Office	Office	Conan	Lopez Tonight					
TCM	Night of Iguala		Seven Days in May			Mayerling					
TLC	Cake Boss	Cake Boss	Cake Boss	Cake Boss	Cake Boss	Cake Boss	Cake Boss	Cake Boss	Cake Boss		
TNT	NBA Basketball				NBA Basketball						
TOON	Adventure	MAD	Regular	Robotomy	King-Hill	King-Hill	Fam. Guy	Fam. Guy	Delocated	Amer. Dad	
TRAV	Man, Food	Man, Food	Man, Food	Man, Food	Man, Food	Man, Food	Man, Food	Man, Food	Man, Food	Man, Food	
TV LAND	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne			
USA	Pretty Woman	Elf			Pretty Woman						
VH1	Saturday Night Live				Saturday Night Live	Saturday Night Live	Saturday Night Live	Saturday Night Live			
WGN	WWE Superstars	How I Met	How I Met		WGN News at Nine	Scrubs	Scrubs	WWE Superstars			
Premium Channels											
HBO	Avatar				Taxicab Confessions	REAL Sports Gumbel					
MAX	17 Again	Night-Smithsonian			Valentine's Day	Naked Lust					
SHOW	The Messenger				Dexter	Next Stop	Single	Halloween II			

©2009 Hometown Content, listings by Zap2it

Friday Evening										November 26, 2010	
	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
KAKE/ABC	Happy Feet				20/20	Local	Nightline	Jimmy Kimmel Live			
KBSL/CBS	CSI: NY		Blue Bloods	Blue Bloods	Local	Late Show Letterman	Late				
KSNK/NBC	School Pride	Enchanted			Local	Tonight Show w/Leno	Late				
KSAS/FOX	Holiday				Local						
Cable Channels											
A & E	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds					
AMC	Deep Blue Sea		The Walking Dead	Deep Blue Sea							
ANIM	Life	Life	Life	Life	Life	Life					
BRAVO	Ocean's Twelve				Ocean's Twelve						
CMT	The Dukes of Hazzard	Cheerlead	Michaels	Strictest Parents	Smarter	Cheerlead	Swing Vote				
CNN	Michael J. Fox	Larry King Live	Anderson Cooper 360			Larry King Live					
COMEDY	Jeff Dunham: Spark	Jeff Dunham	The Comedy Central Roast	The Comedy Central Roast							
DISC	Deadliest Catch	Swamp Loggers	Swamp Loggers	Deadliest Catch	Swamp Loggers						
DISN	I'm-Band	Fish Hook	Fish Hook	Phineas	Deck	Deck	Deck	Deck	Deck	Deck	
E!	Married	Married	Kendra	Kendra	The Soup	Fashion	Chelsea	E! News	Chelsea		
ESPN	College Football				Score	College Football					
ESPN2	NBA Basketball				NBA Basketball						
FAM	A Boy-Charlie	Snoopy, Come Home			The 700 Club	My Wife	My Wife				
FOOD	Diners	Diners	Diners	Food	The Best	Unwrapped	Unwrapped	Diners	Diners		
FX	Kung Fu Panda	Alvin-Chipmunk			Sons of Anarchy	Terriers					
HGTV	Hits & Misses	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters	Hunters		

 **We Celebrate Hometown Life**
Stories from hometowns just like yours. Look for us each week in this paper.

HIST	Modern Marvels	Modern Marvels	Top Gear	Gangland	Modern Marvels
LIFE	Beauty Shop	No Reservations		Sister Act 2: Back	
MTV	Teen Mom	World	8 Mile		Freedom
NICK	Victorious	My Wife	Chris	Lopez	Lopez
SCI	WWE SmackDown!		Sanctuary	You Only Live Twice	
SPIKE	Ways Die	Ways Die	Ways Die	Ways Die	Ways Die
TBS	The Wizard of Oz		Office	Office	Glory Daze
TCM	Good Bad Ugly				Days of Heaven
TLC	What Not to Wear	What Not to Wear	Homemade Millionaire	What Not to Wear	Homemade Millionaire
TNT	Air Force One	Michael Clayton		Three Kings	
TOON	Firebreather	Titan	King-Hill	King-Hill	Fam. Guy
TRAV	Ghost Adventures	Ghost Adventures	Ghost Adventures	Ghost Adventures	Ghost Adventures
TV LAND	Raymond	Raymond	Raymond	Raymond	Raymond
USA	Elf		Semi-Pro		Along Came Polly
VH1	Saturday Night Live	Shine a Light			Back-Future III
WGN	Chris	How I Met	WGN News at Nine	Scrubs	Scrubs
Premium Channels					
HBO	It's Complicated		Gran Torino		Preview
MAX	Friday Social		Four Christmases		Lingerie
SHOW	The Road		Next Day Air		Cocaine Cowboys II: Hustlin'

©2009 Hometown Content, listings by Zap2it

We want your local news! Call 462-3963