

Safety for kids is a priority

Safe Kids Kansas makes rural injury prevention a top priority during National Farm Safety & Health Week, Sept. 18-24. In Kansas, approximately 158,598 children live in rural areas and these kids are at greater risk of unintentional injury-related death than children living in urban areas.

The environment on a farm allows a child to be exposed to an array of hazards. Each year in the United States, approximately 70 children ages 14 and under die from injuries occurring on a farm. Children ages six to 12 are more likely to sustain injuries from farm equipment due to attempting farm tasks that are not age-appropriate. Tractors, large animals and falls are the primary cause for injuries on the farm for children ages six and under.

"Kids need to be supervised while doing farm work," says Cherie Sage, State Director for Safe Kids Kansas. "Kids should not try to do the work of an adult. It takes physical strength and development, as well as mature judgment, to operate mechanical farm equipment safely."

Safe Kids Kansas recommends that children under 16 never drive or ride ATVs (including youth-sized ATVs), snowmobiles or tractors. Mowers, tractors and mini-bikes that are built to only hold one person should never carry additional

passengers of any age.

No matter how shallow, children should also be supervised near irrigation ditches, ponds and other bodies of water. "A small child can drown in just a few inches of water," says Sage. "In reality, drowning doesn't happen like it does in the movies. A drowning child usually cannot cry or call for help, it happens quickly and silently."

Motor vehicle traffic incidents are the number one cause of injury fatality for children ages one to 14. Almost half of all fatal crashes occur in rural areas. "Never, ever let a child ride in the bed of a pickup truck," says Sage. "In a crash, the child would almost certainly be ejected and killed or suffer a permanent, life-changing injury." Kansas also prohibits children under age 14 from riding in any part of the vehicle not intended for passengers, including in the bed of a pickup truck.

Safe Kids Kansas recommends parents keep these safety tips in mind:

Make safe play areas on the farm, physically separated from animals, farm equipment and bodies of water.

Make sure children wear personal flotation devices while in or near water.

Ensure that space heaters, furnaces, fireplaces and wood-burning stoves are vented prop-

erly and inspected annually. Install smoke alarms in every sleeping area and on every level of your home. Test alarms once a month and change the batteries twice a year.

Homes with fuel-burning heat sources should also be equipped with carbon monoxide detectors, a buildup of this odorless, invisible gas can be deadly. Install Carbon Monoxide (CO) detectors in every sleeping area and on all levels of your home. Test the alarms every month.

Kids should always wear equestrian helmets that meet safety standards when riding a horse or pony. Don't let kids ride without supervision and select horses with child-friendly temperaments.

If it is necessary to walk along rural roads not marked for pedestrians, teach kids to walk on the shoulder of the road facing oncoming traffic (the left side) and to walk in a single file wearing retro-reflective decals.

National Farm Safety & Health Week is a program of the National Safety Council's National Education Center for Agricultural Safety: www.necasag.org. For more information about child safety, call 785-296-1223 or visit www.safekids.org.

Visit us at www.safekidskans.org and on Facebook.

HANSEN MUSEUM

The 38th Annual Hansen Arts and Crafts Fair was held Saturday, Sept. 17. The cool, misty day started at 6 a.m. with 44 crafters checking in. We had 52 signed up and eight were unable to attend. At around noon, the mist cleared and the afternoon was quite pleasant. Beth VanRoekel helped at the check in booth for crafters and food vendors. The membership table opened at 8 a.m., with Irene Koester and Waunnie Parsons. Throughout the day Donna Lowry, Kathy Noel, Stephanie Watts, Deb Berg, Betty Baird and Charlene Hildebrand worked at the table. The gallery opened at 9 a.m., with Rhonda Plummer. Other attendants during the day were Allyson Switzer, Janis Monier, Deloris Becker, Carol Bales, Nettie Palmer, Dolores Fischli, and Lynette Stockman.

The Kids' Games ran from 10 a.m.-11 a.m., and included turtle races, sand box treasure hunt and

egg toss. The Kid's Tent opened at 1 p.m. Karen Clements and our own Lisa Uhland manned the KAY Club tent. Face painting, helium balloons, and finger painting in shaving cream were part of the fun. The Logan High School sophomore class ran the inflatable amusements during the day for the kids.

The local EMS volunteered their time all day and was available for any emergency situation that might arise. The Phillips County Hospice was once again on hand serving ice water, tea and coffee which was truly appreciated by everyone around the square, particularly the coffee.

A big thank you goes to our many volunteers. We could not have done this without your help. Our Master of Ceremonies for the day was Tad Felts. This was Tad's 36th year at the Arts & Crafts Fair. Thank You Tad!

Our food vendors for the day were the St. John's Catholic Church, Logan Lions Club, Chyanne Hilburn, Logan KAY Club, LJHS Cheerleaders, Logan High School Cheerleaders, Sno Shack & Pookie Blecha,

The musical entertainment of "Intensity" Cloggers from Lincoln, Neb., and "Uncalled 4" a local barbershop quartet of Bruce Bandy, Colby; Al Finkbeiner, Russell; Gary Horchem, Ransom; and Warren Stafford, Hill City, was thoroughly enjoyed by the crowd. Both groups had a crowd of followers during the day each time they performed! We were very privileged to have these talented performers. Chain saw artist Gary Keenan from Iowa created five items during the day, of which three were given away at the drawing. The winners were Greg & Joyce Ford, Pat Nichols and Casey Koester.

Bob Jones, our antique appraiser from Jennings, was kept busy during the day giving free verbal approximations of value. The 4th Annual Antique Tractor Show was sponsored by the Logan Area Historical Museum. Award plaques were given to

the following: Oldest Tractor, Myron Veh, 1929 International Harvester #2236, Nicest Restoration, A.J. Grammon, International Cub 1948, Best Self Restoration, Iona Sidman, Minneapolis Moline, 1949 "Z", Best Original, Warren Newman, Allis Chalmers WD 45 and People's Choice, Cathy DeWitt, International Farmall "C". Many people took an interest in the tractors on display and asked questions about them. Thanks to all who exhibited and viewed the show.

The Artist of the Month winners were: Theresa Exchliman, Indianola, Neb.; Janet Gottsline, Logan; Janice Kenney, Elm Creek, Neb.; Sheldon VanAmburg, Lincoln; Carol Reicheneker, Kearney, Neb.; Roy Jessup, Oakley; Crystal Vette, McCook, Neb.; Tom & Mary Ewing, Oberlin; Blaine White, Downs; Paula Rumback, Oakley; Nancy Williams, Stockton; and Gordon Mai, Wilson. Joyce Underwood, Everest; and Alan and Tanya Butler, Hays, were selected as alternates.

The winners of the Purchase Prize Awards totaling \$500 were John & Waunnie Parsons, Leah Rhoades, Dorothy Zillinger, Norma Mullen, Joan Long, Deloris Becker, Frank Perchal, Joyce Eckhart, Donna Lowry and Bob Perchal.

"Going Places," an exhibition made possible through NEH on the Road, a special initiative of the National Endowment for the Humanities will run through Oct. 23. The exhibit is brought to you by Mid-America Arts Alliance and was organized by the Long Island Museum of American Art, History and Carriages in Stony Brook, New York. The exhibit holds 41 diverse artifacts (including a full-sized pony surrey, harness and tack and assorted carriages accessories) that speak volumes about our insatiable desire for travel, speed, and new technology.

Our September Artist of the Month is Staci Hartman from Logan. Staci has beautiful paintings on display and for sale.

Heritage Quilt Club

On Sept. 12, 28 members of the Heritage Quilt Club and one guest met at Prairie Land Electric for their monthly meeting.

Many quilts, pillowcases, pillows, pot holders and wall hangings were shared by members as they answered roll call. It was reported there were 72 quilted entries at the fair. This is an increase from past years.

The program was presented by Regina Stark, Missi Schoen and Lois Myers on Easy Half Square Triangles. Hostesses were Janice Beale, Judy Fawcett, and Kay Strevey.

For the next meeting on Oct. 3, at Prairie Land Electric, all members are requested to wear pink in honor of Breast Cancer Awareness month. The program will be a trunk show by Stitchin' Sisters and it will be a soup and dessert night.

Maximize fruits and vegetables

Did you know that September is national Fruits and Vegetables Month? Make half your plate fruits and vegetables each meal. It's one of the healthiest things that you can do for yourself and your family. Here are ten great tips for saving money while getting the maximum benefits from fruits and vegetables.

Get a food spending plan. Find out what is a reasonable amount to spend in order to feed your family healthy meals, using an easy (and free!) calculator online, at extension.iastate.edu/foodsavings/fooddollar

Cook enough for several meals and freeze leftovers. Place enough food for one meal in a freezer container. Thaw in the refrigerator for a no-hassle meal in the future, on a day when you don't have time to cook.

Buy fresh fruits and vegetables in season, when they are lower in price and taste better. To know which foods are in sea-

Home ed

Tranda Watts, Extension specialist



son during each month, visit the website, fruitsandveggiesmatter.gov/downloads/Get_Smart_Shopping.pdf

Minimize waste, by buying only the amounts your family will eat.

Enjoy the comforts of home more often. Eating at restaurants increases the amount you spend on food. Include fruits and vegetables in quick meals that you prepare at home. For delicious low-cost recipes to make in 30 minutes, visit the website, recipefinder.nal.usda.gov

Make homemade soup for a healthy and tasty way to use

vegetables. Make a big batch and freeze leftovers in lunch-size containers.

Canned fruits and vegetables can be stored for a long time. Choose canned vegetables that have no added salt and fruit that is canned in 100 percent fruit juice.

To make many fresh fruits and vegetables last longer, store them in the refrigerator soon after getting home from your shopping trip.

Clearly label your foods in the freezer and refrigerator with the contents and date. Use within a safe time frame.

Buy frozen fruits and vegetables in large bags, to stretch your budget. Avoid those with added sugar, salt or sauce.

For more information about healthy eating, contact your local K-State Research and Extension Office or contact Tranda Watts at ttwatts@ksu.edu.

Review planting do's and don'ts

By Kay Melia

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Every Sept., along about autumnal equinox time, about the time the garden has decided to give up for the season, I make a serious effort to do a little reviewing of what actually happened out there the last few months. For years, I've written down some "do's and don'ts" so that I will have some idea of what to do next season. And I think it's important that I make these notes at about the same time each year. If I don't make an effort to account for the past season, I will surely forget about what happened when things get rolling next spring.

So, I write down some things about my failures as well as some things that seemed to go well out in the backyard this summer. My most notable failure this year was green beans. So how, you might ask, could you possibly have a green bean failure? I'm not real sure myself, although a light hailstorm that came through about the time they were emerging might

have been the culprit. They just never seemed to recover.

My onions weren't very good either. That same small hailstorm seemed to damage the onions more than the rest of the crops, breaking off many of the brittle leaves that were flourishing at the time. The problem seemed to come later when nearly half of the mature bulbs I pulled at harvest time showed signs of rot from the top to the bottom of the bulb. My garden had a couple of 3 inch rains on it, so perhaps over watering may have been too much for them, but I still don't think you can water onions too much.

So, here are my top five successes in this year's garden.

1. Potatoes! Best crop I've ever had in my garden, and I give full credit to the leaf mulch I applied very deeply when the plants were only 6 or 8 inches tall. I also found a new variety this year, a white one named Dakota Crisp.

2. Peppers. I planted 20 pepper plants last spring all of which I had started myself, and

mulched them heavily when I set them out. I set out 5 each of Mucho Nacho jalapenos, Biggie Chili Anaheims, Flavorburst sweet bells, and the new little Cajun Bell. All produced wonderfully, and still are.

3. Cantaloupe. Good production from both the Ambrosia, and the big Early Hybrid Crenshaw, the latter from Burpee.

4. Cabbage. A great crop of Megaton, enough for two small crocks filled with enough cabbage for lots of sauerkraut.

5. Beets. After 2 straight years of failure, a bountiful crop of nice Red Ace variety, more than enough for canning and for some of that special Red Relish.

Those were my best this year, due mainly to great gobs of mulch, the most productive varieties, and timely rainfall. Overall, I felt the garden was about average when compared to years past, and I'm still picking tomatoes and peppers and still digging beets and carrots. Frost is surely just around the corner!

Cassat Clinic to be dedicated

The Wichita State University Foundation will celebrate the completion of the Evelyn Hendren Cassat Clinic by dedicating it at 4 p.m. Tuesday, Sept. 20, at the Eugene M. Hughes Metropolitan Complex at 29th and Oliver.

The majority of the estate gift

from Evelyn D. Cassat in 2008 is benefitting Wichita State's department of communication sciences and disorders, specifically the Speech-Language-Hearing Clinic, which has been renamed the Evelyn Hendren Cassat Clinic.

Call Mike with all your social news. 877-3361

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Hearing Screening

John Lang - H.I.S.

Miracle Ear Representative



Mr. Lang will be at the Norton Senior Center Tuesday, September 27 9:00 a.m. to 3:00 P.M.

Call for an Appointment 1-866-540-4327

FYI

Everyone is invited to a Party in the Park at 6 p.m., Sat., Sept. 24 in Auker Park, Norcat. Hot dogs, buns, marshmallows and tea will be provided. Just bring your own table service, a potluck side dish and chairs or blankets. A sing-a-long will follow.