

# Safety tips for Halloween night

Halloween is among the most joyfully anticipated holidays for children in the United States. Carving pumpkins, donning festive costumes and trick-or-treating are popular activities. Yet, there are potential injury dangers, too, ranging from pedestrian accidents to falls to burns to poisonings. Assuring safety while participating in Halloween activities should be the first consideration for every parent and caregiver.

"Kids need safety instruction before they go out trick-or-treating," says Cherie Sage, State Director for Safe Kids Kansas. "Many kids will be out trick-or-treating while it is dark when it is more difficult for drivers to see them. There are several easy and effective rules that parents can share with kids to help reduce their risk of injury. Children younger than age 12 should be with an adult. For older kids are mature enough to go trick-or-treating without adult supervision, parents should make sure they go in a group and stick to a planned route with good lighting."

On average, twice as many kids are killed while walking on Halloween between 4 p.m. and 10 p.m. compared to the same hours on other days throughout the year, according to a 2011 study published by Safe Kids Worldwide. Drivers need to be extra alert as there will be more children on the streets and sidewalks and those kids may be focused on the excitement of the holiday rather than being careful while crossing streets. Safe Kids Kansas urges drivers to slow down on neighborhood roads.

While pedestrian safety is a main concern on Halloween, parents and kids should also be careful when dealing with candy. It is best to check sweets for signs of tampering before children are allowed to eat them.

### Child Pedestrians

Children under 12 should only trick-or-treat and cross streets with an adult.

Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible.

Cross the street at corners and, using crosswalks. Parents should remind children to watch for cars that are turning or backing up.

Look left, right and left again when crossing and keep looking as you cross. Walk don't run, across the street.

### Drivers

Slow down and be especially alert in residential neighborhoods.

Anticipate heavy pedestrian traffic and turn your headlights on earlier in the day so you can spot children from greater distances.

Remember that costumes can limit children's visibility and they may not be able to see your vehicle.

Reduce any distractions inside your car so you can concentrate on the road.

### Costumes and Treats

Decorate costumes and bags with reflective tape or stickers and choose light colored costumes to improve visibility.

Choose face paint and make-up instead of masks, which can obstruct a child's vision.

Avoid carrying sticks, swords, or other sharp objects.

Have kids carry glow sticks or flashlights in order to see better, as well as to be seen by drivers. Liquid in glow sticks is hazardous, so parents should remind children not to chew on or break them.

Check treats for signs of tampering before children are allowed to eat them. Candy should be thrown away if the wrapper is faded or torn, or if the candy is unwrapped.

For more tips on how to help kids trick-or-treat safely on Halloween, visit <http://www.safekids.org>

# College preparation



Norton Community High School held a College Fair on Wednesday at the junior high school gymnasium. A large crowd of students and parents gathered information and talked to representatives from numerous area colleges to help with the decision-making process.

—Telegram photo by Mike Stephens

# Potential dangers of costume accessories

This October, people across the country will be transformed into zombies, vampires and other ghoulish characters for Halloween celebrations. Many consumers will go to great lengths to make their costumes look as realistic as possible. Decorative contact lenses will be a coveted item for those wanting to change the color or overall appearance of their eyes; however, many are unaware of the potential dangers linked to wearing this costume accessory.

The Kansas Optometric As-

sociation is warning consumers about the health risks of wearing decorative contact lenses sold illegally, without a prescription from an eye doctor. Even though these are non-corrective lenses, they still pose the same potential safety and health issues as other contact lenses, which is why they must be fitted and prescribed by an eye doctor. The risks consumers face include: bacterial infections; allergic reactions; or even significant damage to the eye's ability to function, which could lead to

irreversible sight loss.

Consumers need to understand only a proper eye and vision evaluation by a doctor of optometry can determine whether or not they are viable candidates to wear decorative lenses without problems.

For more information about the risks associated with decorative contact lenses, speak to an optometrist.

### PUBLIC NOTICE PRAIRIE DOG CREEK WTAP SIGN-UP OPEN

The Kansas Department of Agriculture will be accepting applications for the Water Right Transition Assistance Program (WTAP) from October 1 to November 15.

WTAP is a voluntary, incentive-based program designed to help restore aquifers and streams in critical areas by retiring water rights. The Prairie Dog Creek Basin is significant in requirements to maintain compliance in the Republican River Compact with the State of Nebraska. The "high priority" areas of this basin in Phillips, Norton, Decatur, Sheridan and Thomas counties have been determined to be in need of stream restoration and aquifer recovery and are now closed to further water appropriations.

Applicants who are selected for WTAP grants are compensated by the department's Division of Conservation in exchange for the permanent retirement of water rights on irrigated land.

For more information, contact Steve Frost, water conservation program manager, at (785) 296-8964 or [Steve.Frost@kda.ks.gov](mailto:Steve.Frost@kda.ks.gov). WTAP rules and regulations, applications, maps and other details are available on the Kansas Department of Agriculture's Division of Conservation website at <http://www.kksda.gov/doc/cid=1941>.

Information and assistance is also available on the Kansas Department of Agriculture's Division of Water Resources field office in Stockton at (785) 425-6787 or at the Northwest Kansas Groundwater Management District No. 4 in Colby at (785) 462-3915.

# HANSEN MUSEUM

The Dane G. Hansen Memorial Museum presents "Eat Well, Play Well." This exhibit opened Aug. 31 and will run through Dec. 2, 2012.

Visitors can test out their jumping ability at the electronic jump rope game. Lighted tubes simulate a jump rope and the individual must hop when the lights reach the bottom of the jump pad. They can try out three different difficulty levels and attempt to reach a specific number of jumps to successfully complete the game. Once they are finished, one can review a clinical research study and learn how

jumping builds bone for life.

We have twelve students in our quilting class, eight attended our cinnamon roll class and thirty-six attended our Joy of Painting class. Don't forget our Kaye Franklin Painting Workshop on Thursday, Friday and Saturday, Nov. 1, 2 and 3, 2012. Call in for more information or go to [www.hansenmuseum.org](http://www.hansenmuseum.org).

Our October Artist of the Month is Sheldon VanAmburg from Lincoln, KS. Sheldon has wood crafted items on display and for sale. It's time to start thinking about Christmas presents!

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