Informed shoppers can buy safe toys for kids

With more than 65 percent of the toys bought in the U.S. between the Friday after Thanksgiving and Christmas, parents and caregivers are heading into the country's busiest toy-buying season.

But with millions of toys being recalled because of dangerous lead paint and magnets, toy shoppers need to remember that number is a small fraction of the overall number of toys — about 3 billion — sold in the United States every year.

"Shoppers need to be even more informed than usual to make sure they buy safe, age-appropriate toys, said Jan Stegelman, Safe Kids Kansas coordinator. "Even though most toys in the U.S. today are considered to be safe, it doesn't mean we should throw caution to the wind."

Email alerts keep shoppers up-to-date on recalls

Each year, about 217,000 toy-related injuries are treated in emergency rooms. But on average, only 15 children under the age of 14 die from a toy-related injury.

To stay informed, Stegelman recommends that parents sign up for emails that will keep them up-to-date on recalls. "If you get emails each time a recall happens, you'll have everything up-to-the-minute and won't need to worry about missing anything," said Stegelman.

To sign up for recall emails, go to <http://www.cpsc.gov/>www.cpsc.gov and click on 'Sign up for Email Announcements.'

Parents and caregivers shouldn't hesitate to report defects or design features that seem dangerous. "If your child has a close call, the next child might not be so lucky," says Stegelman. "Report safety concerns about toys to the Consumer Product Safety Commission at 800-638-2772 or <http://www.cpsc.gov/. Your experience could be part of a pattern that might lead to a recall."

Stegelman reminds parents that most toys are safe, especially if you buy from a reputable retailer. "That doesn't mean you have to go to a 'big box' store, but if you shop a locally-owned toy store, make sure that the owner is aware and vigilant about getting recalled items off the shelves. And avoid used toys which could have been recalled and not removed from circulation."

"If you buy toys secondhand or get hand-me-downs, visit <http://www.cpsc.gov/>www.cpsc.gov to make sure the toy hasn't been recalled for safety reasons," says Stegelman. "If a new toy comes with a product registration card, mail it in right away so the manufacturer can contact you if the item is ever recalled."

Safe Kids Kansas also suggests:

• Make sure to buy age-appropriate toys. All toys are clearly marked if they have small parts; do not buy toys with small parts for children younger than age 3 (or allow a child under age 3 to play with those kinds of toys belonging to an older sibling). Avoid building sets with small magnets for children under age 6.

• Identify dangerous small parts. To be sure of a toy's size, use the cardboard tube from a roll of toilet paper to identify choking hazards. Do not let small children play with anything that can fit into one of these cylinders.

• Buy the proper safety gear. If you purchase a riding toy, such as a scooter, skateboard, in-line skates or bicycle, remember that the gift isn't complete without a helmet and appropriate protective gear. Riding toys should not be used near vehicle traffic, stairs, swimming pools or bodies of water.

• Inspect toys to make sure they are in good repair. Check children's play areas for missing or dislodged parts (such as magnets). Do not let young children play with toys that have straps, cords or strings longer than 7 inches, due to the risk of strangulation.

• Actively supervise children. Caregivers should actively supervise children playing with any toy that has small parts, moving parts, electrical or battery power, cords, wheels or any other potentially risky component. Simply being in the same room as your child is not necessarily supervising. Active supervision means keeping the child in sight and in reach and paying undivided attention.

• Practice proper storage. Teach children to put toys away after playing to help prevent falls and unsupervised play, and make sure toys intended for younger children are stored separately from those for older children. Toy chests should be equipped or retrofitted with safety hinges that prevent the lid from closing on a child who is leaning over the open chest; if a chest does not have safety hinges, remove the lid.

For more information about toy safety, visit <http://www.usa.safekids.org/>www.usa.safekids.org.

Safe Kids Kansas, Inc. is a nonprofit 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.

For more information, please visit <http://www.kansassafekids.org/>www.kansassafekids.org.

Milo may replace corn for pigs

MANHATTAN, Kan. - Many central U.S. swine producers switched in recent years to feeding their stock a corn-based diet. That decision may now need to change.

"With our recent harvests, as well as the increasing demand for corn in ethanol production, corn prices have risen dramatically - especially in comparison to milo´s (grain sorghum). As a result, milo is emerging in many areas of Kansas as the more economical feed alternative," said Bob Goodband, swine specialist with Kansas State University Research and Extension.

He uses a long-established price-point "rule" to assess when milo becomes competitive. That rule suggests milo merits a serious look whenever its price is 96 percent or less of the market value of corn.

"In some locations, milo now is just 70 percent of the value of corn," Goodband said.

Pound for pound, milo can totally replace corn in all swine diets, he said. A milo variety´s color (red, yellow, etc.) seems to have no impact on its nutrition. Average daily gains of pigs fed milo-based diets have proven to be similar to those of pigs fed a corn formulation.

Producers may want to consider, however, the fact that milo is a bit lower than corn in both energy and lysine content. Unless countered, this can lead to a small drop in feed efficiency.

"They might want to make a slight adjustment in soybean meal or synthetic amino acids," he said.

Milo has a small kernel that´s much harder than corn´s. So, proper processing is vital, Goodband warned. Roller mills are best for achieving the optimum particle size of 600 to 700 microns for meal diets.

More about Goodband´s latest research in swine nutrition is available on the web, as part of K-State´s 2008 Swine Day proceedings (http://www.oznet.ksu.edu/library/lvstk2/srp1001.

"We Serve" Pancakes

SAUSAGE & EGGS and PIE

Gem Lions Club

All ***YoU*** can ***EaT*** annual ***PaNcAkE day*** is:

Wed. Dec. 10, 2008

11:00 AM to 7:00 PM

Gem Community Building

Mmmm ... Pancakes!

FREE WILL DONATIONS

NET PROCEEDS GO TO: COMMUNITY BETTERMENT SIGHT CONSERVATION EDUCATION
WE RECYCLE USED EYEGLASSES & HEARING AIDS

Considering Weight Loss Surgery?

FREE Informational Seminar

Thursday, December 11, 2008

Program 9:45 am

Citizens Medical Center
100 East College Drive - Board Room
Colby, Kansas

Your benefits over time may include:

- Significant weight loss
- Relief of sleep problems
- Relief from urinary incontinence
- Lower cholesterol
- Decreased joint pain – improved mobility
- Improvement of Type II diabetes
- Relief of digestive problems
- Lower blood pressure
- Improved mood and self esteem
- Decreased medications associated with weight related diseases

If you are wondering if you should consider bariatric surgery, make plans now to attend this informational seminar. Dr. Zurab Tsereteli, Bariatric Surgeon, will discuss the procedure. The program will include general information on qualifying for surgery, an overall description of the lifestyle changes that are necessary following surgery, plus information on the insurance process. This informational session is **REQUIRED** for anyone considering Bariatric Surgery at Hays Medical Center.

Registration is required. Call 785-623-5945.

BARIATRIC SURGERY
At Hays Medical Center

LOCAL TV LISTINGS

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WEEKDAYS DECEMBER 9 - DECEMBER 15

	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	Good Morning Kansas		Good Morning America				The Martha Stewart Show		The View		Million-aire	News
KSNK/NBC 8 8	News Cont'd		Today						Live With Regis and Kelly		Today	
KBSL/CBS 12 11	News Cont'd		The Early Show				The 700 Club		The Price Is Right		The Young and the Restless	
K15CG 2	Lions	Maya & Miguel	Curious George	Sid the Science	Super Why!	Clifford-Red	Dragon Tales	Caillou	Sesame Street		Martha Speaks	Word-World
ESPN 28	Sports-Center	Varied	SportsCenter		SportsCenter		SportsCenter		SportsCenter		SportsCenter	
USA 37	Monk		JAG		Walker, Texas Ranger		Walker, Texas Ranger		Movie		Varied Programs	
TBS 38	Saved by Bell	Saved by Bell	Saved by Bell	Saved by Bell	Fresh Prince	Fresh Prince	Movie				Home Improve.	Home Improve.
WGN 39	Chang-ing	Believer Voice	Hillbil-lies	Hillbil-lies	Be-witched	Dream-Jeannie	Matlock		In the Heat of the Night		Nash Bridges	
TNT 40	Angel		Charmed		Charmed		ER		Las Vegas		Las Vegas	
DSC 42	Paid Program	Paid Program	Joyce Meyer	Paid Program	How It's Made	How It's Made	Cash Cab	Cash Cab	Varied Programs		The New Detectives	
A&E 47	Third Watch		Crossing Jordan		The Sopranos		American Justice		Cold Case Files		Cold Case Files	
HIST 48	Varied Programs											
NICK 55	Barn-yard	Spon-geBob	Spon-geBob	Max & Ruby	Backyar-digans	Go Diego	Wonder Pets	Dora the Explorer	Ni Hao, Kai-lan	Yo Gabba	Dora the Explorer	Go Diego
DISN 56	The Wiggles	Higgly-town	Ein-steins	Mickey Mouse	Handy Manny	Tigger & Pooh	Imag. Movers	Charlie & Lola	Doodle-bops	Higgly-town	Movie	
FAM 58	Sister, Sister	Sister, Sister	Sabrina-Witch	Sabrina-Witch	Step by Step	Living the Life	The 700 Club		Gilmore Girls		Full House	Full House
HALL 60	Paid Program	Paid Program	The Waltons		The Waltons		Little House on the Prairie		Little House on the Prairie		Touched by an Angel	

WEEKDAYS DECEMBER 9 - DECEMBER 15

	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	All My Children		One Life to Live		General Hospital		Rachael Ray		News	Access H'wood	News	ABC Wld News
KSNK/NBC 8 8	News		Days of our Lives		The Ellen DeGeneres Show		The Doctors		Jeop-ardy!	Deal or No Deal	News	NBC News
KBSL/CBS 12 11	News	Bold, Beautiful	As the World Turns		Guiding Light		Dr. Phil		Oprah Winfrey		News	Evening News
K15CG 2	Reading Rainbow	Barney-Friends	Varied Programs			Lions	Arthur	WordGirl	Fetch! Ruff	Cyber-chase	Maya & Miguel	Busi-ness
ESPN 28	SportsCenter		Sports-Center	Varied	Outside-Lines	Football Live	NFL Live	Rome-Burning	Around the Horn	Interrup-tion	SportsCenter	
USA 37	Law Order: CI	Varied	Law Order: CI	Varied	Law/Ord SVU	Varied	Law/Ord SVU	Varied	NCIS	Varied	NCIS	Varied
TBS 38	Home Improve.	Home Improve.	Just Shoot	Just Shoot	Yes, Dear	Yes, Dear	King of Queens	King of Queens	Ray-mond	Ray-mond	Ray-mond	Friends
WGN 39	WGN Midday News		Homicide: Life on the Street		Cosby Show	Cosby Show	Becker	Funniest Pets	America's Funniest Home Videos		7th Heaven	
TNT 40	Without a Trace		Law & Order		Law & Order		Charmed		Charmed		Law & Order	
DSC 42	The FBI Files		A Haunting		A Haunting		Varied Programs		Cash Cab	Cash Cab	Cash Cab	Cash Cab
A&E 47	CSI: Miami		Crossing Jordan		The Sopranos		American Justice		Cold Case Files		Cold Case Files	
HIST 48	Modern Marvels		Varied Programs									
NICK 55	Backyar-digans	Wow! Wubbzy!	Spon-geBob	OddPar-ents	Varied Programs				Spon-geBob	Spon-geBob	Drake & Josh	Drake & Josh
DISN 56	Movie Cont'd	Varied	Zack & Cody	Zack & Cody	Varied Programs							
FAM 58	Sister, Sister	Sister, Sister	Sabrina-Witch	Sabrina-Witch	Full House	Full House	What I Like	What I Like	Gilmore Girls		My Wife and Kids	My Wife and Kids
HALL 60	7th Heaven		7th Heaven		Little House on the Prairie		Little House on the Prairie		M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H

TUESDAY DECEMBER 9

	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)**	**Enter-tainment**	**America's Funniest Home Videos (CC)**		**Accord-ing-Jim**	**Accord-ing-Jim**	**Eli Stone** Help! (N) **(CC)**		**News** (N) **(CC)**	**Nightline** (N) **(CC)**	**Jimmy Kimmel Live** (N) **(CC)**	
KSNK/NBC 8 8	**News** (N)	**Wheel of Fortune**	**The Biggest Loser: Families** The final four contestants reflect on their weight loss.				**Law & Order: SVU**		**News** (N)	**The Tonight Show With Jay Leno (CC)**		**Late Night**
KBSL/CBS 12 11	**News** (N) **(CC)**	**Inside Edition**	**NCIS** A killer targets Jimmy Palmer. **(CC)**		**The Mentalist** Red Tide **(CC)**		**Without a Trace** A Dollar and a Dream		**News** (N) **(CC)**	**Late Show With David Letterman**		**Late Late**
K15CG 2	**The NewsHour With Jim Lehrer** (N)		**Doctors on Call**	**Second-Health**	**Nova** The Last Great Ape		**Frontline** Can You Afford to Retire?		**World News**	**Ro-mance**	**Charlie Rose** (N) **(CC)**	
ESPN 28	**College Basketball**: Davidson vs. West Virginia. New York. (Live) **(CC)**				**Score-board**	**College Basketball**: Texas vs. Villanova. New York. (Live) **(CC)**			**SportsCenter** (Live) **(CC)**			
USA 37	**(5:30) Movie: How to Lose a Guy in 10 Days** ★★ (2003) *Kate Hudson.* **(CC)**				**House** Paternity **(CC)**		**House** Occam's Razor **(CC)**		**Law & Order: Criminal Intent**		**Law & Order: Criminal Intent**	
TBS 38	**Seinfeld** The Note	**Seinfeld (CC)**	**Family Guy (CC)**	**Family Guy (CC)**	**Family Guy (CC)**	**Family Guy (CC)**	**The Office**	**The Office**	**Frank TV** (N)	**Sex and the City**	**Sex and the City**	**King of Queens**
WGN 39	**7th Heaven** I Really Did **(CC)**		**Nash Bridges** Promised Land **(CC)**		**Nash Bridges** Hit Parade **(CC)**		**WGN News at Nine** (N) **(CC)**		**Scrubs (CC)**	**Scrubs (CC)**	**The Bob & Tom Show (CC)**	
TNT 40	**Movie: The Librarian: Curse of the Judas Chalice** (2008) *Noah Wyle.* **(CC)**				**Leverage** Stolen airplane designs.		**Leverage** Wounded reservist. (N) **(CC)**		**Bones** The Bone That Blew **(CC)**		**Leverage** Wounded reservist. **(CC)**	
DSC 42	**How It's Made**	**How It's Made**	**Dirty Jobs** Maggot Farmer		**Dirty Jobs** Gourd Maker (N)		**Sturgis: Live to Ride** (N)		**Sturgis: Live to Ride**		**Dirty Jobs** Maggot Farmer	
A&E 47	**The First 48** Last Dance; Deadly Deal		**The First 48 (CC)**		**The First 48** (N) **(CC)**		**Manhun-ters**	**Manhun-ters**	**Jacked: Theft**	**Jacked: Theft**	**The First 48 (CC)**	
HIST 48	**Modern Marvels** The Telephone **(CC)**		**The Universe** Light Speed **(CC)**		**The Universe** Alien Faces (N) **(CC)**		**Extreme Trains** Steam Train **(CC)**		**Mega Disasters (CC)**		**The Universe** Light Speed **(CC)**	
NICK 55	**Zoey 101 (CC)**	**Drake & Josh**	**OddPar-ents**	**Jimmy Neutron**	**Home Improve.**	**Home Improve.**	**George Lopez**	**George Lopez**	**Family Matters**	**Family Matters**	**Home Improve.**	**Home Improve.**
DISN 56	**Zack & Cody**	**Hannah Montana**	**Movie: The Ultimate Christmas Present** (2000)			**Wizards-Place**	**Wizards-Place**	**Life With Derek**	**Zack & Cody**	**Hannah Montana**	**That's-Raven**	**Cory in House**
FAM 58	**Garfield Cmas**	**Cat in the Hat**	**Movie: A Dennis the Menace Christmas** (2007, Comedy) *Robert Wagner.* **(CC)**				**Seuss-Loose**	**Garfield Cmas**	**The 700 Club (CC)**		**Whose Line?**	**Whose Line?**
HALL 60	**Walker, Texas Ranger** Days Past		**Walker, Texas Ranger (CC)**		**Movie: A Season for Miracles** ★★ (1999, Drama) *Carla Gugino, David Conrad.* **(CC)**				**Movie: Angel in the Family** (2004, Drama) *Ronny Cox, Tracey Needham.* **(CC)**			

WEDNESDAY DECEMBER 10

	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)**	**Enter-tainment**	**Pushing Daisies** (N) **(CC)**		**Private Practice** Know When to Fold		**Dirty Sexy Money** The Plan (N) **(CC)**		**News** (N) **(CC)**	**Nightline** (N) **(CC)**	**Jimmy Kimmel Live** (N) **(CC)**	
KSNK/NBC 8 8	**News** (N)	**Wheel of Fortune**	**Little Spirit: Christmas**		**Life** Canyon Flowers (N) **(CC)**		**Law & Order** Sweetie (N) **(CC)**		**News** (N)	**The Tonight Show With Jay Leno (CC)**		**Late Night**
KBSL/CBS 12 11	**News** (N) **(CC)**	**Inside Edition**	**Old Christine**	**Gary Unmarr**	**Criminal Minds** Brothers in Arms (N)		**CSI: NY** The Triangle (N) **(CC)**		**News** (N) **(CC)**	**Late Show With David Letterman**		**Late Late**
K15CG 2	**The NewsHour With Jim Lehrer** (N)		**Emperors of the Ice (CC)**		**P.O.V.** Inheritance (N) **(CC)**			**Luxury Rides**	**World News**	**As Time Goes By**	**Charlie Rose** (N) **(CC)**	
ESPN 28	**Sports-Center**	**NBA**	**NBA Basketball**: Cleveland Cavaliers at Philadelphia 76ers. Wachovia Center. (Live)					**NBA Basketball**: Phoenix Suns at Los Angeles Lakers. Staples Center. (Live)				
USA 37	**NCIS** Twilight **(CC)**		**House** Dr. House treats a nun. **(CC)**		**Monk** Mr Monk and the Miracle **(CC)**		**Movie: Elf** ★★★ (2003) A man leaves Santa's workshop to search for his family.				**Law & Order: Criminal Intent**	
TBS 38	**Seinfeld** The Truth	**Seinfeld** The Gum	**House of Payne**	**House of Payne**	**House of Payne**	**House of Payne**	**House of Payne**	**House of Payne**	**Seinfeld (CC)**	**Sex and the City**	**Sex and the City**	**Movie: Kings**
WGN 39	**7th Heaven** The Ring **(CC)**		**America's Funniest Home Videos (CC)**		**Legend of the Seeker** Identity **(CC)**		**WGN News at Nine** (N) **(CC)**		**Scrubs (CC)**	**Scrubs (CC)**	**The Bob & Tom Show (CC)**	
TNT 40	**Law & Order** Bronx Cheer **(CC) (DVS)**		**Law & Order** In God We Trust		**Movie: The Librarian: Curse of the Judas Chalice** (2008) *Noah Wyle.* **(CC)**				**Movie: Jumanji** (1995) A sinister board game puts its players in mortal jeopardy.			
DSC 42	**How It's Made**	**How It's Made**	**Time Warp** (N)	**Time Warp** (N)	**MythBusters** Holiday myths. **(CC)**		**Prototype This!** Wearable Airbag (N)		**Prototype This!** Wearable Airbag		**Time Warp**	**Time Warp**
A&E 47	**CSI: Miami** Not Landing **(CC)**		**Bounty Hunter**	**Bounty Hunter**	**Dog the Bounty Hunter (CC)**		**Parking Wars** (N)	**Parking Wars** (N)	**Parking Wars**	**Parking Wars**	**Bounty Hunter**	**Bounty Hunter**
HIST 48	**Modern Marvels (CC)**		**Modern Marvels** The Lumberyard		**MonsterQuest** Chupacabra **(CC)**		**UFO Hunters** Arizona Lights **(CC)**		**UFO Files** UFOs of the '70s **(CC)**		**Modern Marvels** The Lumberyard	
NICK 55	**Zoey 101 (CC)**	**iCarly (CC)**	**Spon-geBob**	**OddPar-ents**	**Home Improve.**	**Home Improve.**	**George Lopez**	**George Lopez**	**Family Matters**	**Family Matters**	**Home Improve.**	**Home Improve.**
DISN 56	**Zack & Cody**	**Hannah Montana**	**Movie: The Cheetah Girls 2** (2006, Comedy-Drama) *Raven.* **(CC)**				**Wizards-Place**	**Life With Derek**	**Zack & Cody**	**Hannah Montana**	**That's-Raven**	**Cory in House**
FAM 58	**Mickey-C'mas**	**Pooh**	**Santa Claus Is Comin' to Town**		**Rudolph's Shiny New Year (CC)**		**Jack Frost (CC)**		**The 700 Club (CC)**		**Whose Line?**	**Whose Line?**
HALL 60	**Walker, Texas Ranger (CC)**		**Walker, Texas Ranger (CC)**		**Movie: Silver Bells** ★★ (2005) A teenage runaway brings two lonely souls together.				**Movie: Fallen Angel** (2003, Drama) *Gary Sinise, Joely Richardson.* **(CC)**			