

Simple mistakes being made by parents with kids' car seats

Parents are making five critical, but fixable, mistakes when using car seats, according to new data released by Safe Kids Worldwide and the General Motors Foundation. Parents can make sure their kids are getting every advantage with a 15-minute at-home annual checkup.

Seventy-three percent of car seats are not being used correctly. Safe Kids analyzed data from more than 100,000 car seat inspections done by certified technicians.

Data revealed that progress is being made, but also that parents and caregivers still have some work to do to ensure their children are restrained properly. Five safety steps every parent should take include keeping their children in rear-facing car seats for as long as possible, ideally until age two, selecting the correct seat for the weight, height or age of the child, tightening the harness enough and

knowing when to let kids ride in the front seat.

Governor Brownback has proclaimed Sept. 16 to 22 as Child Passenger Safety Week in Kansas. Every parent is asked to take 15 minutes for an at-home car seat checkup using this checklist.

Car Seat Checkup Checklist

- **Right Seat.** This is an easy one. Check the label on your car seat to make sure it's appropriate for your child's age, weight and height. Like milk, your car seat has an expiration date.
- **Right Place.** Keep all children in the back seat until they are 13.
- **Right Direction.** You want to keep your child in a rear-facing car seat for as long as possible, usually until around age 2. When he or she outgrows the seat, move your child to a forward-facing car seat. Make sure to attach the top tether after you tighten and lock the seat belt or lower anchors. Continue to

use a booster seat until your child properly fits in the seat belt, usually when they are between the ages of 8 and 12.

- **Inch Test.** Once your car seat is installed, give it a good shake at the base. Can you move it more than an inch side to side or front to back? A properly installed seat will not move more than an inch.

- **Pinch Test.** Make sure the harness is tightly buckled and coming from the correct slots (check car seat manual). Now, with the chest clip placed at armpit level, pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, you're good to go.

The checklist takes only 15 minutes and helps parents ensure their car seat is used properly.

For information on child safety in motor vehicles, call Safe Kids Kansas at (785) 296-0351 or go to www.safekids.org.

Cornerstone Ag donates money for education

The Kansas Foundation for Agriculture in the Classroom has released some information about how it uses donations, including \$250 from Cornerstone Ag of Colby, to connect students with agriculture in Kansas. Donor dollars help pay for printing of lesson plans, educator guides and educational magazines, which reach about 23,000 Kansas elementary students and their teachers.

The foundation also helps teachers attend summer graduate courses and inservice training,

with funding used to perform research and development activities to create new delivery methods for agriculture literacy lesson plans.

"We educate people about the importance of food production and delivery systems," said Cathy Musick, executive director for the foundation, "And use agriculture as a tool to reach core curriculum goals in math, reading, science, history, and social studies.

"Currently, we reach about five percent of Kansas elementary students. Our goal is to double that in

the next three years. Ag Advocate funding is critical in allowing us to increase our reach while maintaining excellent programming and developing new delivery methods that are efficient and effective for Kansas teachers. It is important for current and future generations of students to know how their food is produced and transported."

Musick said that the foundation is grateful to the donors and looks forward to continued support as they continue to grow the program.

Senior Progress Center

There will be bingo at the Senior Progress Center Tuesday.

Activities for the week:

Monday: 10:30 a.m. dart game. **Tuesday:** 10 a.m. exercise; 10:30 bingo. **Wednesday:** cookie day. **Thursday:** 10 a.m. exercise; 10:30 a.m. pinochle. **Friday:** 10 a.m. exercise; 10:30 a.m. Wii game.

Menus for the week:

Monday: macaroni and cheese with smokies, winter mix vegetables, plums, bar cookie. **Tuesday:** smothered steak, au gratin potatoes, seasoned carrots, ambrosia fruit salad. **Wednesday:** beef and noodles, cook's choice veg-

etable, stewed tomatoes, apricots. **Thursday:** pork roast with gravy, creamed potatoes and peas, strawberries and bananas, cake with frosting. **Friday:** lasagna, corn, tossed salad with carrots, garlic bread, cinnamon apple slices.

The Thomas County Nutrition Center invites anyone 60 and older and guests to lunch Monday through Friday at the senior center. Home delivery is available, as is pick-up service. A contribution of \$3 per meal is suggested for seniors, \$5.25 for non-seniors. For anyone under 60, home delivery is \$5.75.

Make reservations at (785) 460-2901 by noon the day before.

Red Barn

Activities for the week:

Monday: 2 p.m. Barnswallows; Joan Todd's birthday. **Wednesday:** 10 a.m. ladies' Bible study. **Thursday:** 2 p.m. come on Down; 6:30 p.m. Spuds 'n Splits. **Friday:** 9:30 a.m. Koffee Klatch; 10:30 a.m. board meeting; 2:30 p.m. Stitch and Chatter; Dick Sanford's birthday. **Saturday:** Delores Dible's birthday; Gary Delzeit's birthday; autumn begins.

Student News

Colby Public Schools

Activities: Monday: 1 p.m. varsity tennis, Scott City; 3 p.m. golf Colby Invitational, Meadow Lake Country Club; 5 p.m. junior varsity football vs. Ulysses; 7 p.m. school board meeting, administration building. **Tuesday:** 11:40 a.m. sophomore class ring sales, high school commons; 3 p.m. junior varsity tennis, Liberal; 5 p.m. seventh and eighth volleyball, Burlington with Goodland. **Wednesday:** noon – middle school site council, 2:50 pm school dismisses. **Thursday:** 1 p.m. varsity tennis, Russell; 3 p.m. golf with Holcomb, Garden City; 4 p.m. seventh and eighth grade football vs. Holcomb; 5 p.m. cross country, Hill City Prairie Trails Golf Course. **Friday:** ACT test registration deadline for Oct. 27 test; 8 a.m. debate, Hoisington; 7:30 p.m. football vs. Hugoton. **Saturday:** 8:30 a.m. volleyball vs. Topeka Seaman; 9 a.m. varsity tennis, Garden City; 9 a.m. junior varsity tennis, Phillipsburg; 9 a.m. C-team volleyball, Rawlins County Tourney, Atwood. **Sunday:** 1 p.m. volleyball rules meeting, middle school library.

Menus: Monday: breakfast: cereal choice, grape juice; lunch: chicken drumstick, savory rice, California blend veggies, mandarin oranges, pumpkin chocolate chip square. **Tuesday:** breakfast: French toast, syrup, pineapple slices; lunch: hamburgers, sweet potato fries, baked bean, mixed fruit. **Wednesday:** breakfast: cinnamon toast, apple juice; lunch: meatballs, macaroni and cheese, baby carrots, peas, bananas. **Thursday:** breakfast: blueberry muffin, orange juice; lunch: pizza, tossed salad, romaine, mixed veggies, fresh strawberries. **Friday:** breakfast: donuts, applesauce; lunch: mighty rib on a bun, tri-tater, broccoli with cheese, fruit cocktail.

Sacred Heart

Activities: Iowa Test of Basic skills, all week.

Menus: Monday: taco soup, whole-grain corn tortilla chips, fresh broccoli, sliced pears, snickerdoodle. **Tuesday:** whole grain

corn dog, garden spinach salad, peas, apple wedges. **Wednesday:** beef and noodles, mashed potatoes, fresh baby carrots, pineapple tidbits. **Thursday:** chicken quesadilla, salsa, whole-grain corn tortilla chips, refried beans, orange wedges. **Friday:** cowboy cavatini, tossed salad with romaine, green beans, fresh banana.

Heartland

Activities: Monday: 8:30 a.m. vision screening; 5 p.m. football at Grainfield vs. Wheatland-Grinnell; 5 p.m. high school volleyball at Grainfield vs. Wheatland-Grinnell.

Tuesday: 3 p.m. high school volleyball, Quinter Quad. **Wednesday:** noon – early dismissal. **Thursday:** 4 p.m. junior high volleyball and football vs. Cheylin. **Friday:** 3 p.m. high school volleyball, Flint Hills Tourney; 6:30 p.m. high school football, at St. John Military Academy, Salina, vs. Wichita Warriors. **Saturday:** 9 a.m. high school volleyball, Flint Hills Tourney. **Sunday:** 11 a.m. to 2 p.m. Heartland Christian School Fall Barbecue.

Golden Plains

Activities: Tuesday: high school volleyball, Quinter. **Thursday:** middle school volleyball and football, Palco-Logan. **Friday:** high school football, Weskan. **Saturday:** youth cheerleading camp.

Menus: Rexford: Monday: breakfast: French toast; lunch: ham steak. **Tuesday:** breakfast: scrambled eggs; lunch: soft taco. **Wednesday:** breakfast: pizza; lunch: potato bar. **Thursday:** breakfast: ham and cheese; lunch: ranch chicken. **Friday:** breakfast: sausage biscuit and gravy; lunch: barbecue meatball.

Selden: Monday: breakfast: burrito; lunch: beef and bean burrito. **Tuesday:** breakfast: donut; lunch: stromboli. **Wednesday:** breakfast: biscuit and gravy; lunch: barbecue beef. **Thursday:** breakfast: monkey bread; lunch: turkey and cheese sub. **Friday:** breakfast: eggs and toast; lunch: country style beef patty.

Brewster

Activities: Monday: 5 p.m. junior varsity football, 6 p.m. junior

varsity volleyball, Almena (Northern Valley); 7 p.m. Board of Education. **Thursday:** 4 p.m. junior high volleyball and flag football, 5 p.m. football, Northern Valley (Long Island); 5 p.m. high school cross country, Hill City. **Friday:** 7 p.m. football, Wheatland; no school.

Menus: Monday: breakfast: cinnamon roll; lunch: sloppy joe, potato puffs, baked beans. **Tuesday:** breakfast: scrambled eggs; lunch: chicken tetrazzini, cooked carrots, bread sticks. **Wednesday:** breakfast: breakfast sundae; lunch: pork ribecue on bun, tri-tater wedge, green beans. **Thursday:** breakfast: French toast sticks, sausage; lunch: lasagna, salad, broccoli, garlic bread.

Colby Community College

Activities: Sunday: baseball, Hays; women's golf, Meadow Lake golf course; softball, Kearney, Neb. **Monday:** women's golf, Meadow Lake; 5:30 p.m. Board of Trustees. **Thursday:** 6:30 p.m. volleyball, Pratt. **Friday:** Pride Day; 2 p.m. baseball, Wichita; softball, Sterling, Colo.; 7 p.m. rodeo, fairgrounds. **Saturday:** 1 p.m. baseball vs. Cardinal Scout Team; 2 p.m. volleyball vs. Cloud County; 7 p.m. rodeo, fairgrounds. **Sunday:** 1 p.m. rodeo finals; 1 p.m. baseball, Sterling, Colo.; softball vs. Blue Aces, Lamar, Colo.; men's golf, Wichita.

Triplains

Activities: Monday: no school; 5 p.m. junior varsity volleyball, Northern Valley; 6 p.m. junior varsity football, Northern Valley. **Tuesday:** 3 p.m. Kids a Cookin' for third through fifth grades, Home Ec room. **Thursday:** 4 p.m. junior high volleyball, Northern Valley (Long Island); 5:30 p.m. junior high football, Northern Valley (Long Island). **Friday:** 7 p.m. high school football, Wheatland/Grinnell.

Send us your calendar and menus. E-mail colby.society@nwkansas.com or mail Colby Free Press, 155 W. Fifth, Colby, Kan., 67701.



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