

Parents urged to childproof homes

Approximately 2,096 children in the United States, ages 14 and under, die from accidental injuries in the home each year and 3 million kids are treated in emergency rooms for accidental injuries occurring at home. Nearly 80 percent of the deaths are among children ages four and under. Most fatal injuries at home are caused by fire, suffocation, drowning, choking, falls, poisoning or firearms discharged unintentionally.

Safe Kids Kansas urges parents and caregivers to check their homes for basic safety precautions. "There's no substitute for active supervision, but childproofing your home provides extra protection and peace of mind," says Cherie Sage, State Director for Safe Kids Kansas. "It's easy to eliminate the most obvious hazards - and it doesn't have to involve a lot of expensive equipment."

The first step in childproofing a home is to explore every room at a child's eye level. "Literally get down on your hands and knees and crawl around. You'll be surprised at how much you can reach and how many small objects you can pick up," says Sage. "Anything that can fit through a standard 1 1/2 inch toilet paper tube is a potential choking hazard. Of course, cleaning products, medications, alcohol, firearms and other potentially harmful products need to be stored out of reach and locked up."

Safe Kids Kansas also recommends these precautions:

- Test your smoke alarms every month: Make sure you have working smoke alarms in every level of your home, outside each sleeping area and in every bedroom. Also, check for fire hazards such as frayed electrical wires or flammable mate-

rials near heating appliances.

- Always supervise children while they are in the bathroom and follow other important safety guidelines. Set your water heater at 120 degrees and test the bath water with your wrist or elbow before putting your child in it. Keep toilet lids closed and locked, and doors to bathrooms and utility rooms closed. When not in use, put razors, curling irons and hair dryers out of reach. Never leave young children alone in the bath tub - a child can drown in a matter of seconds.

- Install a self-closing and self-latching gate around the home swimming pool. Make sure the fence surrounds the entire pool.

- Look at every room as your child would. Ask yourself what looks interesting and what can be reached. Get down on your hands and knees and check for small things children can choke on such as jewelry, coins, small toy parts, buttons, pins, nails, batteries and stones. Be sure to keep all plastic bags out of reach and cover electrical outlets that are not in use.

- Always supervise young children while they're eating. To avoid choking, don't allow children under age three to eat small, round or hard foods, including hot dogs, hard candy, nuts, grapes and popcorn.

- Prevent serious falls. Keep furniture away from windows, install guards or stops on windows that are not emergency exits, install safety gates at the top and the bottom of stairs, never use baby walkers and use protective surfaces beneath playgroup equipment.

- Prevent tip overs. Kids can be seriously injured or killed as a result of climbing onto, falling against or pulling themselves up on shelves, bookcases, dressers, TV tables and

other furniture. If a piece of furniture is unstable or top-heavy, fasten it to a wall using brackets, screws or wall straps. Keep heavier items on lower shelves or in lower drawers and don't keep remote controls, candy or other tempting items on unstable stands or tables. A child might be enticed to reach for the top and pull down the object, the stand or both. Tie up loose cords, too - a child pulling on an electrical cord or tripping on one could pull an appliance off a stand.

- Avoid exposing children to potential poisons. Lock up potential poisons out of children's reach, including cleaning supplies, pet food, medicine, vitamins, beer, wine and liquor. Read labels and follow directions when giving medicine to children. Know which house plants are poisonous and keep them where children can't reach them. The residue from ice melting products may be poisonous to children. Carefully clean or remove shoes before entering the house.

- Install carbon monoxide detectors in every sleeping area and test them every month. This invisible,

odorless gas can be fatal. Make sure heating systems are vented outside and checked every year.

- Keep guns locked, unloaded and where kids can't reach them. And lock up ammunition in a separate place.

- Keep emergency numbers by every telephone. Call 911 if a child is choking, collapses, can't breathe or is having a seizure. If you suspect a child has been poisoned, call 1-800-222-1222.

- Check your first aid kit to make sure it is fully stocked. Make sure baby sitters know where to find first aid supplies and how to handle an emergency.

For more information about kitchen safety, window blinds, cribs, windows, furniture and other hazards around the home, www.usa.safekids.org.

"Safety comes first, even if it means making your home a little less convenient for adults," says Sage. "Safety gates and cabinet locks are a small price to pay to keep a child out of the emergency room."

Kansas Day to be observed

Kansas Day will be observed in Bird City at the American Legion Hall on Friday, Jan. 29. Registration will begin at 10 a.m., and at noon there will be a potluck meal followed by a special program.

Join a team of young detectives as they board a magic time machine and travel back to the 1880's in a quest to learn more about local history. The young detectives are students from St. Francis Junior High School. Dorothy Mast and Rosemary Powell invested many hours of research documenting the facts that unfold in this "History Detective" documentary. Don't miss this unique presentation.

Cheyenne County has celebrated Kansas Day since 1930, when the Mother's Circle of the Bird City Methodist Church organized the first celebration, a "Kansas Day Picnic", which turned out to be an all day affair. Down through the years, Kansas Day has been celebrated in Bird City with skits, dances, poems and songs.

On Friday, Jan. 29, this local Kansas Day tradition will continue with the observance at Bird City Legion Hall. Not many communities in Kansas observe Kansas Day, so come to Bird City this year and celebrate the birthday of our state.

Classifieds work! 899-2338

matters of record

Goodland Police

The following incidents have been reported to the Goodland Police Department:

Dec. 20 — 2:14 a.m., 220 W. Second, arrested Heather Pummer, Richard Alan Pummer, Bryan Dale Lewis and Kamisha Nonamaker for furnishing alcohol to a minor, unlawfully hosting minors consuming alcoholic liquor and minor in consumption.

9:02, 1609 Clark Ave., Wilma A. Rivera reported burglary and theft.

Dec. 21 — 11:25 p.m., 1504 Grand Ave., arrested Daxton Navarro, on a warrant. Case referred to city attorney.

Dec. 24 — 11:39 a.m., 1521 Kansas Ave., child in need of care. Case referred to county attorney.

Dec. 25 — 3:31 a.m., 516 W. Business U.S. 24, Apt. 515, arrested Jose Manuel Arellano-Lopez for disorderly conduct against Jorge Mendiola. Case referred to city attorney.

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Prayer and Praise: 6:00 p.m.
Wednesday: Royal Rangers Missionettes 6:30 p.m.
Adult mid-week service: 7:00 p.m.
Youth @ the Rock House: 6:30 p.m.
Small Group Ministries meets through out the week.
www.calvarygospel.net

Our Lady of Perpetual Help

Pastor: Father Norbert Dlabal
307 W. 13th • 890-7205
Sacrament of Reconciliation:
4:30-5 pm Saturday or by appointment
Mass Schedule:
Saturday: 6 pm, **Sunday:** 10:30 am
Spanish Mass:
Sunday: 12:30 pm



Word of Life

10th & Clark • 899-5250
Pastor: John Coumerilh
Sunday: 9:30 a.m. - Morning Star Cafe Opens
10 a.m. - Worship Celebration
and Kids' Church
Life Groups - call for times and locations
www.wordoflifegoodland.org
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890-3375
Sunday: Worship Service: 9 a.m.
Sunday School: 10 a.m.

Bible Baptist Church

Pastor: Clifford Middlebrooks
Fifth & Broadway
890-7368
Sunday: Sunday School: 9 a.m.
Morning Service: 10 a.m.
Evening Service: 6:30 p.m.
Wednesday: Evening Bible Study: 7 p.m.

Church of Jesus Christ of Latter-Day Saints

1200 15th Street • Burlington, CO
(719) 346-7984
Sacrament Meeting: 10 a.m.
Sunday School: 11:15 a.m.
Priesthood/Relief Society: 12 a.m.

Iglesia Del Dios Vivo

La Luz Del Mundo
Spanish Speaking Church
Minister: Esteban Ortiz B.
1601 Texas • 899-5275
Daily Prayer: Sunday thru
Saturday: 5a.m. & 6 p.m.
Sunday: Sunday School: 10 a.m.

United Methodist Church Brewster:

Pastor: Dorine Chambers
Worship Service: 10:45 a.m. CST
Sunday School: 9:45 a.m. CST
Winona:
Minister: Sheryl Johnson
Worship Service: 9 a.m. CST
Sunday School: 10:15 am CST

First Christian Church (Disciples of Christ)

Pastor: Rev. Carol Edling Jolly
Eighth & Arcade • 890-5233
Sunday: Worship Service: 10:30 a.m.
Sunday School: 9:15 a.m.
Activities: Junior High & High School Youth Groups,
Adult Bible Study, Choir, Men's and Women's Groups,
Devotions Study, Monthly Fellowship
Special Notice: Handicap Accessible, Hearing
Assistance Equipment and Infant and Toddler
Nurseries Available

Kanorado United Methodist Church

Pastor: Leonard Cox
399-2468
Sunday: Sunday School: 9 a.m.
Worship Service: 10:15 a.m.

Church of the Nazarene

Pastor: Bob Willis
Third & Caldwell
899-2080 or 899-3797
Sunday: Sunday School: 9:45 a.m.
Worship Service: 10:50 a.m.
Evening Service: 6 p.m.
Wednesday: Evening Service: 7 p.m.

Goodland United Methodist Church

1116 Sherman 899-3631
Pastors: Dustin and Shelly Petz
Saturday: Worship: 5:30 p.m.
Sunday: Adult Classes: 9:15 a.m.
Worship: 10:30 a.m.
Wednesday: Wednesday Nite Live
5:45 - 6:45 p.m. Simple Supper "Free will Offering
6:30 - 7:30 p.m. Classes for all ages

Goodland Bible Church

109 Willow Road • 899-6400
Pastor: Chad DeJong
Sunday: Sunday School: 9:30 a.m.
Morning Worship: 10:45 a.m.
Evening Worship: 6 p.m.
Wednesday: AWANA (Winter)
and prayer: 7 p.m.

First Baptist Church

Pastor: Travis Blake
1121 Main
890-3450
Sunday:
Coffee fellowship: 9:30 a.m.
Morning Worship: 10 a.m.
Sunday School: 11:15 a.m.
Thursday: Bible study 9:30 a.m.
Wheatridge Center

St. Paul's Episcopal Church

13th & Center
Church 890-2115 or Rectory 890-6969
Priest: Father Hal Lycett
Holy Eucharist: 10:00 a.m. Sunday
10:00 a.m. Thursday
Daily Morning Prayer
For emergencies 890-6969

Harvest Evangelical Free Church

104 E. Hwy. 24 • 890-7918
Pastor: Brian Fugleberg
Sunday: Worship: 10:30 a.m.
Sunday School: 9:30 a.m.
Wednesday: Junior high 6:30 p.m.
at Fugleberg's, 708 Washington
Senior high 6:30 p.m. at church

Seventh Day Adventist Church

1160 Cattletrail
Pastor: Jerry Nowack
Saturday: Sabbath School: 9:30 a.m.
Worship Service: 11 a.m.

Emmanuel Lutheran Church

13th & Sherman • 890-6161

Sunday: Christian eduction/fellowship:
10:15 a.m.
Worship Service: 9 a.m.

Church of Christ

401 Caldwell
890-6185
Sunday: Bible Study: 9:45 a.m.
Worship Service: 10:45 a.m.
Wednesday: Bible Study: 7 p.m.

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