



# News You Can Use



Fall 2017

## Safe Kids Grand Forks Members Attend PrevCon Conference, Celebrating 30 Years of Injury Prevention

This past July, Baltimore played host to the bi-annual Safe Kids Worldwide Conference, PrevCon. This conference brings together injury prevention specialists to learn about effective strategies to keep kids safe. The focus this year was on take-aways and our team left with lots of new partners, ideas and connections to make our work in this part of the country even better. At the conference, Safe Kids Worldwide celebrated the 30 year anniversary of becoming an organization. We were thrilled to have our co-founder and former President, Dr. Marty Eichelberger in attendance to share the rich history of our organization and to draw from his passion and expertise to keep kids safe.

Prior to and combined with our trip to the Washington DC area, Safe Kids members from Grand Forks and Fargo-Moorhead made time to meet with staff from Congressman Cramer’s office, staff from Senator Heidi Heitkamp’s office and with Senator John Hoeven. We are grateful for their work and partnerships to help keep kids safe.



Carma Hanson, Elizabeth (SK Fargo Moorhead Coordinator), Jasmine Wangen and Jessica Knutson. Jessica works for Safe Kids Grand Forks but did her MPH internship at Safe Kids Worldwide this past summer. We are so proud of her!! Bottom left photo includes Senator John Hoeven.

Above: We here honored to get a West Wing tour, thanks to Roz L. Here we are pictured in the Press Room with colleagues Kelly Ransdell of the NFPA and Daphne Greenlee, Coordinator for Safe Kids Springfield.



Left: Safe Kids GF Staff and volunteer, Judy Larson with Dr. Mary Eichelberger and his wife, Nancy. Celebrating 30 years of being “safety heroes”!!

# Safe Kids “Stars”



We have so many AMAZING car seat techs in the service area that Safe Kids Grand Forks covers (97 of them to be exact), but we want to highlight a new crew that has taken off with their new skills.

In June we held our yearly car seat technician training for people that want to be become a car seat tech. This is a 3.5 day class that is packed with information on car seats and how to use them correctly. We were excited when we heard that First Care Health Center in Park River, ND wanted to get a car seat tech on their staff. We were over the moon thrilled when we found out they were sending THREE people!

Allie Beneda (PTA), Emily Koenig (LCSW) and Robyn Sangrait (LPN) were excited to take what they learned in class and share that information with the Park River community. Shortly after the class they held an in-service for First Care employees and in August they held a car seat check up for the public at the

Farmer’s Market.

Pictured L to R:

Robyn Sangrait, Allie Beneda, Emily Koenig



Recently, a community input meeting about pedestrian safety / getting kids to school safely meeting was held at Discovery Elementary and South Middle School. Additionally, the City of Grand Forks is interested in getting input from our community members on the topic of bike and pedestrian safety and potential underpasses in our community. Here is your chance to weigh in on the survey. Please take a few minutes of time and provide your thoughts and ideas. The survey is open until the end of September . Visit the following link to take the survey and thanks for your input:

<http://www.surveymonkey.com/r/GFPEDX>



If you have a QR scanner on your phone, scan here to enter the survey.



# Changes to North Dakota's Child Passenger Safety Law

## Changes to North Dakota's Child Passenger Safety Law Effective August 1, 2017

### More Children Will Be Required To Ride in a Car Seat or Booster Seat

BISMARCK, N.D. – More children in North Dakota soon will be riding safely because of changes in the state's child passenger safety law. Effective August 1, children younger than eight years of age will be required to ride in a child restraint (car seat or booster seat) unless they are 4'9" tall or greater. The restraints must be used correctly – following the manufacturer's instructions. Children ages eight through 17 must be properly secured in a seat belt (or restraint, if needed). The law carries a penalty of \$25 and one point against the driver's license.

According to Dawn Mayer, director of the North Dakota Department of Health (NDDoH) Child Passenger Safety Program, "This revision basically extends the time a child is required to ride in a child restraint (car seat or booster seat) by one year." Child restraints offer more protection for children than just seat belts. Most children at age seven should be riding in a booster seat with a lap and shoulder belt because they are not tall enough to ride in a seat belt.

Booster seats are belt positioning devices that help position the lap and shoulder belt safely across a child's body – low on the hips and centered across the chest. It is required to use both the lap and shoulder seat belt when using a booster seat.

Booster seats come in two general types – backless boosters and high-back boosters. High-back boosters are recommended if the vehicle seatback does not offer head protection (meaning the vehicle seat back is lower than passenger's ears).

The NDDoH recommends all children younger than 13 years ride in the back seat. Follow these best practices when it comes to transporting children of all sizes:

- **Rear-Facing:** Children should ride rear-facing until at least two years of age (following car seat instructions) or until the upper size limits of the car seat.
- **Forward-Facing:** When children are at least two years of age or have outgrown the highest rear-facing size limits of their car seat, they may ride forward-facing in a car seat with a harness. Use the seat until the child reaches the harness's highest size limit allowed by the manufacturer.
- **Boosters:** When children have outgrown the harness in their forward-facing car seat, they may utilize a booster seat. Children should be at least 40 pounds and at least four years of age. Keep children in boosters until about 4'9" tall.
- **Seat Belt:** When children have outgrown their booster seat, they may use a seat belt when it



fits over their body correctly. For a seat belt to fit properly, the lap belt must lie snugly across the upper thighs and be centered across the shoulder and chest. It should not lie on the stomach or across the neck.

A fact sheet for the public explaining the revised law and child passenger best practices for transporting children is available on the Department of Health's website at [ndhealth.gov/injuryprevention/childpassenger](http://ndhealth.gov/injuryprevention/childpassenger).

For more information, contact Dawn Mayer with the North Dakota Department of Health at 701.328.4536 or 800.472.2286.



# Slow Down: Back to School Means Sharing the Road

School days bring congestion: Yellow school buses are picking up their charges, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work.

It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

## If You're Dropping Off

Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of all kids. More children are hit by cars near schools than at any other location, according to the National Safe Routes to School program. The following apply to all school zones:

- Don't double park; it blocks visibility for other children and vehicles
- Don't load or unload children across the street from the school
- Carpool to reduce the number of vehicles at the school

## Sharing the Road with Young Pedestrians

According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they're walking. They are hit by the bus, or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe:

- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing

pedestrians to go around you; this could put them in the path of moving traffic.

- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection.
- Always stop for a school patrol officer or crossing guard holding up a stop sign.
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas.
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way.
- Never pass a vehicle stopped for pedestrians.
- Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way.

## Sharing the Road with School Buses

If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children.
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop.
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus.
- Be alert; children often are



unpredictable, and they tend to ignore hazards and take risks.

## Sharing the Road with Bicyclists

On most roads, bicyclists have the same rights and responsibilities as vehicles, but bikes can be hard to see. Children riding bikes create special problems for drivers because usually they are not able to properly determine traffic conditions. The most common cause of collision is a driver turning left in front of a bicyclist.

- When passing a bicyclist, proceed in the same direction slowly, and leave 3 feet between your car and the cyclist.
- When turning left and a bicyclist is approaching in the opposite direction, wait for the rider to pass.
- If you're turning right and a bicyclist is approaching from behind on the right, let the rider go through the intersection first, and always use your turn signals.
- Watch for bike riders turning in front of you without looking or signaling; children especially have a tendency to do this.
- Be extra vigilant in school zones and residential neighborhoods.
- Watch for bikes coming from driveways or behind parked cars.
- Check side mirrors before opening your door.





# Featured Car Seat – Cosco Finale

The Cosco Finale 2-in-1 Booster Car Seat is a great low cost option for forward facing car seat use. It starts by keeping kids securely in a 5-point safety harness all the way up to 65 pounds. In its second mode, as a belt-positioning booster, it has them covered up to 100 pounds.

In both modes, the Finale Booster Car Seat is lightweight and easy to move from car to car which is excellent for families who are always on the go. It also easily fits 3 across in the back seat of most vehicles making it a smart choice for growing families with multiple kids in car seats at once.

With kids in the car, messes happen. But thanks to the easy-to-clean car seat pad, there's no need to stress. The pad removes from the seat and is both machine washable and dryer safe.

This seat can be purchased for around \$50.



# DON'T PASS THE BUS!



## It's Deadly. It's Illegal.



## While Red Lights Flashing

### Violators will be reported to the police.



This information brought to you by Safe Kids Grand Forks and your local bus service.

# SAVE THE DATE


Find the latest products, safety information, services and fashions. Shop for everything you and your baby/toddler will need, all under one roof!

**SAFE  
K:DS**  
GRAND FORKS

**Altru**  
HEALTH SYSTEM



**Reenes**  
PHOTOGRAPHY

 Safe Kids Grand Forks

 @SafeKidsGF

 @SafeKidsGF



Sunday, October 22, 2017  
12 - 3 p.m.  
Alerus Center

For more information about the  
Tummy to Tot Expo visit:  
[safekidsgf.com](http://safekidsgf.com)

or  
[facebook.com/TummytoTot](https://facebook.com/TummytoTot)





# Have you liked Safe Kids Grand Forks on Facebook yet?

What are you waiting for??



- Check out our events section to see a list of events we will be attending in the community.
- Watch for updates of different safety topics including; Water, Motor vehicle and child passenger safety in and around motor vehicles, Wheeled sports (bike, scooters, skateboard, in-line skates) Sports, ATV's, Playground, Farm and Summer safety, Poison, Fire and burns, Infant products, Safe travel, Pedestrian and Back-to-school safety, Halloween safety, Choking and strangulation, Home safety.



- Ask questions
- View our weekly Area Voices blog
- Contact information for the Safe Kids Grand Forks office:

Phone: 701.780.1489

E-mail: [safekids@altru.org](mailto:safekids@altru.org)



When I am on the bus,  
I stay in my seat.  
I sit on my bottom,  
not stand on my feet.



**A great reminder for all the bus riders out there!**







# 2017 Car Seat Check-Up Events

presented by: **SAFE KIDS GRAND FORKS** **Altru HEALTH SYSTEM**

**Rydellcars.com**



2700 S. Washington St., Grand Forks

**Second Thursday of every month from 4-7 p.m.**

January 12	July 13
February 9	August 10
March 9	September 14
April 13	October 12
May 11	November 9
June 8	December 14

No appointments needed at Rydell's

**Fire Station 5** 

1002 47th Ave. S., Grand Forks

January 25.....	1-3 p.m.
February 20.....	9-11 a.m.
March 22 .....	1-3 p.m.
April 26 .....	9-11 a.m.
May 25 .....	1-3 p.m.
June 26 .....	9-11 a.m.
July 24.....	1-3 p.m.
August 23.....	9-11 a.m.
September 28 .....	1-3 p.m.
October 23.....	9-11 a.m.
November 21 .....	1-3 p.m.
December 27.....	9-11 a.m.

Appointments at Fire Station preferred, call 701.780.1489

**Stop by either location and make sure your children have a safe ride.**

### Baby on the way?

Register for our "Bringing Home Baby" class taught by a certified car seat technician. This class will provide you with basic car seat education, hands on practice and assistance with installing your car seat in your vehicle. To register call 701.780.5179.



For more information, contact Safe Kids Grand Forks at 701.780.1489 or visit [www.safekidsgf.com](http://www.safekidsgf.com)



# Car Seat Check-Up Events

presented by:

**SAFE KIDS GRAND FORKS** **Altru HEALTH SYSTEM**

in cooperation with

**Rydellcars.com**



2700 South Washington Street

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's car seat on a recall list? Come and we'll check.

**Car seat check-ups are offered the second Thursday of every month from 4:00-7:00 p.m.**

**Stop by and make sure your children have a safe ride.**



### Baby on the way?

Register for our Bringing Home Baby class offered every week. This class is taught by a certified car seat technician and will provide you with basic car seat education, hands on practice and assistance with installing your car seat in your vehicle. To register call 701.780.5179.

### 2017 Dates

January 12
February 9
March 9
April 13
May 11
June 8
July 13
August 10
September 14
October 12
November 9
December 14

For more information, contact Safe Kids Grand Forks at 701.780.1489 or visit [www.safekidsgf.com](http://www.safekidsgf.com)



Additional dates and times on other side.



## MINNESOTA CAR SEAT ASSISTANCE

Keeping kids safe in vehicles is important to Safe Kids Grand Forks. Thanks to a generous car seat grant from the state of Minnesota, we are able to provide seats to residents of Minnesota that cannot afford a car seat. We have seats to fit children of all ages. To set up an appointment for car seat education and installation assistance, please contact Jasmine at 701.780.1660.





## Car Seat Check-Up Events

presented by:



**SAFE KIDS**  
GRAND FORKS

in cooperation with  
**Hanson's Auto & Implement**

110 5th Street West, Grafton, ND

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's car seat on a recall list? Come and we'll check. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with local Grafton child passenger safety experts and Hanson's Auto & Implement to offer routine car seat check-ups. These will be offered from 4:30-6:00 p.m. at Hanson's Auto Body, downtown Grafton.



**Stop by and make sure your children have a safe ride.**

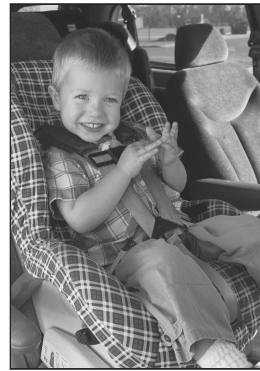


Proud Program Sponsors



### 2017 Dates

February 2  
May 4  
August 3  
November 2



## Car Seat Check-Up Events

presented by:



**SAFE KIDS**  
GRAND FORKS

in cooperation with  
**Brost Chevrolet**

1600 University Ave, Crookston, MN

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's safety seat on a recall list? Come and we'll check. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with Brost Chevrolet to offer regular car seat check-up events.

These are offered on the dates listed from 4:30-6:00 p.m.



**Stop by and make sure your children have a safe ride.**



### 2017 Dates

January 26

April 27

July 27

October 26

**For more information, contact Altru Clinic Crookston at 218.281.9100.**

## Warroad Community Launches a Life Jacket Loaner Program

This year the USCG Auxiliary is continuing to help keep kids safe while on the water by offering loaner life jackets to the Warroad community at no charge!

Here's how the Life Jacket Loaner Program works: If a boating family discovers they don't have enough properly-fitting children's life jackets on board, they can simply visit the Warroad Public Library and sign out a child or youth life jacket for the day, weekend, or week. When they've finishing boating, they can return the jackets to the drop box at the Warroad Campground Office.

The USCG Auxiliary is making 22 kids life jackets available for loan, allowing hundreds of children to stay safer on the water. Children under the age of 10 are required by law to WEAR a lifejacket when underway in Minnesota. Properly fitting life jackets in good condition are required to be available for everyone aboard.

If you would like to borrow a jacket for free, simply stop by the Warroad Public Library at 202 Main Ave.NE. Library hours are Mon-Sat 10am - 5pm, open until 8pm Tues and Thursdays. Sundays 1pm-4pm. Return life jackets to the drop box at the Warroad Campground Office at 1101 Lake Street anytime. If you would like to donate a life jacket, you can drop it here also. To find other loaner sites near you, visit [www.boatus.org/loaner](http://www.boatus.org/loaner). To check Minnesota life jacket laws visit [www.dnr.state.mn.us/regulations/boatwater/index.html](http://www.dnr.state.mn.us/regulations/boatwater/index.html).

# SAFE KIDS SUMMER

## 2017 CAR SEAT CHECKS

September 14	Grand Forks (Rydell Cars) 4-7pm
September 23	Seat Check Saturday TBD
September 26	Roseau (Roseau Electric) 4-7pm
September 27	East Grand Forks (Head Start) 3-5:30
September 28	Grand Forks (Fire Station #5) 9-11am
October 10	Crookston (Head Start) 3-4:30pm
October 12	Grand Forks (Rydell Cars) 4-7pm
October 26	Crookston (Brost Chevrolet) 4:30-6pm

For more information on each event, visit [safekidsgf.com](http://safekidsgf.com)  
or on Facebook search for Safe Kids Grand Forks



**SAFE  
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GRAND FORKS

Medications are a common type of poison for children in homes. Unused or expired medications should be disposed of properly when they are no longer needed. While Altru Health System offers a quarterly drive-up drop-off medication disposal process, they also have installed these devices in their pharmacy locations. A box such as this also exists in the lobby of the Grand Forks Law Enforcement Center, the EGF Police Department and in many other locations around the state. The UND Police Department is pleased to announce that they have also recently installed a drop box for medication disposal.

To find drop box locations, visit the ND Attorney General's web site at:

<https://attorneygeneral.nd.gov/public-safety/take-back-program>

For MN sites, visit <https://doseofreality.mn.gov/drug-takeback/>





# CARPOOL SAFETY CHECKLIST



Transporting your child safely is important – transporting someone else’s child is even more important. When your child is riding in a carpool with someone else or other children are riding with you, please make sure you can say “Yes” to all the following items:

## BEFORE THE RIDE

- » The person driving the carpool is a responsible, trusted person who has their driver’s license and carries auto insurance.
- » Before the driver gets into the car, they walk completely around the car – looking for kids, toys and pets.
- » The driver can see each child in the carpool as they are approaching the car.
- » I teach my child not to play around or near cars in driveways, parking lots or the street.

## DURING THE RIDE

- » Each child rides in a car seat, booster seat or seat belt, based on individual age, weight and height.
- » Each child has their own seat belt system to hold them, the booster seat or car seat.
- » Each child under 13 is riding in the back seat.
- » Airbags have been disabled for children who must ride in the front seat (front seat location is NOT recommended.)
- » The driver knows how to use a booster seat or car seat correctly for the children they transport.
- » The car does not start until every person is properly buckled.

## AFTER THE RIDE

- » Keep the vehicle locked, so kids cannot play in or around the car when an adult is not there.
- » Each child has seen and knows how the glow in the dark emergency trunk handle works in an emergency.
- » All children exit the car on the curb side.
- » Once children exit the car, the driver waits until they are safely supervised before driving off.
- » Never leave children alone in the car, not even for a few minutes.

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Altru<sup>®</sup>  
HEALTH SYSTEM

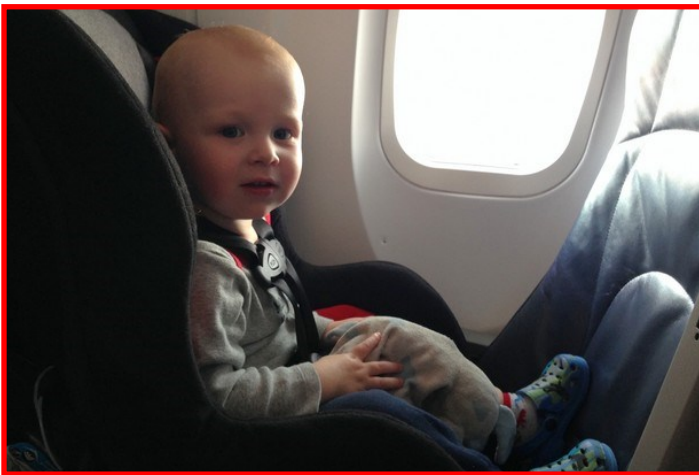
6053-0257 JULY 14



# Thinking about Flying with a Lap Child? Think Again!

Going on vacation or traveling to visit someone can be expensive. When you have to fly that price increases significantly! Airlines give the option of children until 2 year of age to fly for free if they sit in an adults lap. This can be a huge cost saver, but isn't the safest option.

When you put your child in a car seat in the vehicle, you are using that car seat to protect your child in a crash. When you use a car seat on a plane, you are using it to protect your child.



Above photo used with permission from:



Follow them on [Facebook](#), [Twitter](#)



## CHILD SAFETY DURING FLIGHTS

**80%** of crashes happen in the first 3 minutes of takeoff and the last 8 minutes before landing.\*

### COMMERCIAL AIRLINERS TRAVEL AT APPROXIMATELY:

- 250 MPH at takeoff/landing
- 500 MPH in flight



### STEADY FLIGHT

Holding a baby on your lap seems safe when the plane ride is smooth.



### SUDDEN STOP

If a plane going 250 MPH comes to an abrupt stop, a 20 lb child weighs approximately 2,500 lbs.

### SAFE SOLUTION

Like riding in a car, children are well protected while rear-facing in their car seats on an airplane.



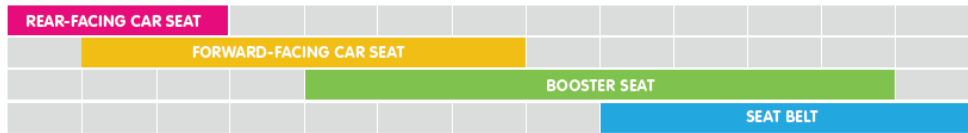
\*Sherwood, Ben. The survivors club: the secrets and science that could save your life. New York: Grand Central Pub., 2009. Print.





# Car Seat Recommendations: Choosing the Right Seat

AGE (YEARS) \_\_\_\_\_  
 Birth 1 2 3 4 5 6 7 8 9 10 11 12 13+



**REAR-FACING CAR SEAT**

Your child under age 1 should always ride in a rear-facing car seat in the back seat. There are different types of rear-facing car seats: Infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

A rear-facing car seat is the best seat for your young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.



**FORWARD-FACING CAR SEAT**

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness in the back seat.

A forward-facing car seat has a harness and tether that limits your child's forward movement during a crash.



**BOOSTER SEAT**

Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

A booster seat positions the seat belt so that it fits properly over the stronger parts of your child's body.



**SEAT BELT**

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.

A seat belt should lie across the upper thighs and be snug across the shoulder and chest to restrain the child safely in a crash. It should not rest on the stomach area or across the neck.

Reduce the risk of death and injury by properly securing your child. To maximize safety, keep your child in the car seat for as long as possible.

Car crashes are a **leading killer of children** ages 1 to 13.

In crashes from 2011-2015, **3,194 children** (under 13 in cars, SUVs, vans, and pick-ups) were killed. An estimated **599,000 children** under 13 were injured.



That's more than the population of Albuquerque, NM.

In 2015, **662 children** (under 13 in cars, SUVs, vans, and pick-ups) were killed in crashes.



Of those killed, more than **1 in 3** were unrestrained.

Car seats reduce the risk of infants (under 1 year old) being killed in cars by



Car seats reduce the risk of toddlers (1 to 4 years old) being killed in cars by



U.S. Department of Transportation  
 National Highway Traffic Safety Administration

[NHTSA.GOV/THERIGHTSEAT](http://NHTSA.GOV/THERIGHTSEAT)



Revised June 2017

13035a-062117-v2

## Got a dog or cat who rides in the car?

The Center For Pet Safety, an independent non-profit, developed crash test standards and tested a large number of dog/cat carriers, harnesses and crates and found that most are completely ineffective at keeping the animal restrained in a crash - in fact, most shred instantly in a crash sending the animal flying - which puts your pet AND the humans in the car at increased risk. Their testing found that the Sleepypod carriers & harnesses and the Gunner Kennels crates were the few products out of dozens to

effectively restrain an animal in a crash.

### Top 5 Reasons to Properly Restrain your Dog or Cat in a Car

1. It's safer for the humans in the car
2. It's safer for your dog or cat
3. Your pet won't run away - or into traffic - after a crash
4. You and your pet can get medical attention more quickly
5. It reduces driver distraction

Source: The Car Seat Lady  
[www.thecarseatlady.com](http://www.thecarseatlady.com)





Currently, kids in North Dakota are required to be in a car or booster seat until they are 7 years old. On **August 1, 2017**, they will be required by law to be in one until they are 8 years old.

While that's the law, kids are safest riding in a booster seat until the adult seat belt fits them correctly, usually sometime between 8-12 years of age. Here is how to determine proper seat belt fit.

The child sits with:

- Their back against the vehicle seat back.
- Their knees bent at the edge of the seat.
- Their feet flat on the floor.
- The shoulder belt crossing at the middle of their shoulder and chest, not on their neck.
- The lap belt fitting low across their hips, not on their soft tummy.

Have questions about the new law or need help getting a car or booster seat for your child? Contact Safe Kids Grand Forks at 701.780.1489 or [safekids@altru.org](mailto:safekids@altru.org)

## North Dakota's Child Passenger Safety Law Is Changing on August 1, 2017.



## ATV Talk

As a parent of a 2 and 5 year old, there is a lot to think about when it comes to my kid's health and safety. There are things I need to talk to them about now, like not getting into a stranger's car or not eating something they find on the ground. There are things I will need to talk to them about when they get older, like smoking/alcohol or distracted driving.

But there are things I need to talk to my kids about that aren't even a part of their life... things I wouldn't think about talking to them about, because it's not a part of our lifestyle and doesn't affect us. Depending on your family, it could be hiking, boating or rollerblading. For my family, it's ATV's.

My family lives within the Grand Forks city limits and we don't visit anyone that owns a farm, so talking to my kids about how to safely ride an ATV isn't something that would cross my mind... because it's not a part of our life. I encourage you to talk to your kids about things that you think may not be a part of their life, because someday.... 10+ years from now, when I let my kids go off and hang out with their friends when I am not around, they could be exposed to things that aren't part of our lifestyle and I want to make sure they are educated. What if 10 years from now my son (at age 15) goes with a friend's family somewhere and there is an ATV – how fun for a young teenager to ride around in the country?! But, if he has had no education on the dangers of

someone under 16 riding an adult size ATV or has no idea how to steer and could easily roll an ATV there could be serious and possibly life altering consequences.

I urge you to talk to your kids about things they will encounter in life and also things they may or may not encounter, and do it sooner rather than later. Kids are being exposed to things (good and bad) at a much younger age than they use to be. It's better to start discussing sooner than what may seem necessary than to look back and say "I wish I would have".

Submitted by Jasmine Wangen, Safe Kids Grand Forks



# Gratitude for Our Student Staff

Over a year ago, Safe Kids Grand Forks served as a clinical site for some students in UND's Public Health program. That is where we met Madison Wessling (left) and Jessica Knutson (right). They were outstanding students and portrayed the passion and enthusiasm for our work that we look for in volunteers and staff. Last summer, the two of them came on as flex time staff for Safe Kids Grand Forks, working many of our community events and even helping to coordinate some of their own. This summer, each of them had an internship to complete prior to graduation, Madison from her undergraduate program and Jessica with her MPH. Madison conducted her internship in Sioux Falls with a local public health project. We were so proud and excited that Jessica

completed hers with our Safe Kids headquarters in Washington DC, Safe Kids Worldwide. Each of these ladies have been a huge asset to our team and we know they have bright futures ahead in their work. We wish them well and thank them for their contributions to our team.



**SAFE  
KIDS**  
GRAND FORKS

## Giving Thanks for 20 Years of Support from the General Motors Foundation

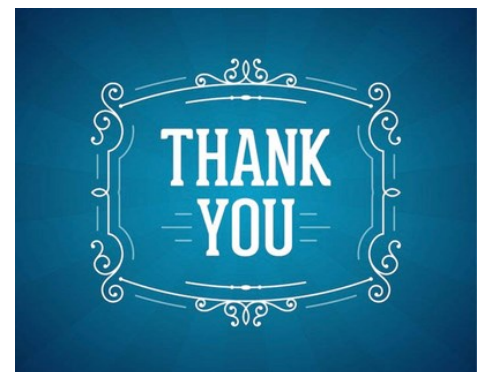


Safe Kids Grand Forks conducts work in many childhood injury risk categories but one of the areas we are most known for is that of child passenger safety. For the past 20 years, the General Motors Foundation has been a national

supporter of our Safe Kids Buckle Up program and the work that we do. We are grateful to that Foundation and also to our regional GM dealers that partner with us to conduct our routine check-up events. Without their willingness to let us use their indoor facilities and their help with promoting our events, our car seat checks would not be possible.

Thanks to the following dealerships for their on-going partnership to help keep kids safe in motor vehicles:

- ◆ **Grafton:** Hanson Auto & Implement
- ◆ **Crookston:** Brost Chevrolet
- ◆ **Grand Forks:** Rydell GM Auto Center





# C.A.R.S (Child & Restraint Systems) Class 2017 Training Schedule

2017

If you are a child care provider or foster parent, safe transportation of the children in your care is important. Come find out how to keep kids safe while in the car. The **C.A.R.S. (Child and Restraint Systems)** class is designed to meet the MN CPS course requirements for licensure & foster parenting and for law enforcement requirements. It has been approved for credit hours in MN. The class is also registered with Growing Futures credits in ND.

Certificate will be provided at the completion of the class.

To register, call 701.780.1639 at least 2 weeks prior to the class.

January 7, 2017 (Saturday) 9 am—12:30 pm  
February 7, 2017 (Tuesday) 6 pm—9:30 pm  
March 11, 2017 (Saturday) 9 am—12:30 pm  
April 11, 2017 (Tuesday) 6 pm—9:30 pm  
May 9, 2017 (Tuesday) 6 pm—9:30 pm  
June 15, 2017 (Thursday) 6 pm—9:30 pm  
July 11, 2017 (Tuesday) 6 pm—9:30 pm  
August 8, 2017 (Tuesday) 6 pm—9:30 pm  
September 9, 2017 (Saturday) 9 am—12:30 pm  
October 10, 2017 (Tuesday) 6 pm—9:30 pm  
November 4, 2017 (Saturday) 9 am—12:30 pm  
December 7, 2017 (Thursday) 6 pm—9:30 pm

All classes are held at Altru Health System  
Outpatient Psychiatry Center - Grand Forks,  
ND (860 S. Columbia Road)



We reserve the right to cancel any classes with less than 6 participants. Participants will be notified 1 week before class if it is canceled.

Registration cost is \$30 per person. Registration forms can be obtained by calling 701.780.1639 or visiting our Safe Kids web site at [www.safekidsgf.com](http://www.safekidsgf.com) (Click on Events/Classes).

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Have you ever tried to install a car seat into a vehicle?  
Do you know how a newborn baby should be placed in their car seat? 4 out of 5 car seats are used incorrectly and we want to assure that you are transporting your "precious cargo" safely after your delivery.



# Bringing Home Baby

For new or expectant parents

Altru Health System, Rydell Auto Center and Safe Kids Grand Forks have teamed up to offer **Bringing Home Baby**. This class is designed for expectant parents or those of newborn babies. We would encourage you to take the class prior to your delivery. If you already have purchased a car seat, bring it along to class and we will provide hands on training on how to properly install the car seat into a vehicle.

**Cost:**  
This class is free but you must register in advance by calling 701.780.5179.

## 2017 Class Dates

### Locations:

5 p.m. and 6 p.m. Classes held at Rydell Auto Center – 2700 South Washington Street – Grand Forks, ND (use front entrance on Washington St.)

9 a.m., noon and 4 p.m. Classes held at Altru Psychiatry Center, 860 South Columbia Road - Grand Forks, ND (use door B1-1 on south side of building)

January 12 ..... 6-7:30	May 6..... 9-10:30am	September 9 ..... 9-10:30am
January 16..... 4-5:30	May 11..... 6-7:30	September 14... 6-7:30
January 24..... 5-6:30	May 15..... 4-5:30	September 18... 4-5:30
February 9 ..... 6-7:30	May 23..... 5-6:30	September 26... 5-6:30
February 13 ..... 4-5:30	June 8 ..... 6-7:30	October 3 ..... 12-1:30
February 25 ..... 9-10:30am	June 13 ..... 12-1:30	October 12 ..... 6-7:30
February 28 ..... 5-6:30	June 19 ..... 4-5:30	October 16 ..... 4-5:30
March 9 ..... 6-7:30	June 27 ..... 5-6:30	October 24 ..... 5-6:30
March 13 ..... 4-5:30	July 13 ..... 6-7:30	November 4..... 9-10:30am
March 21 ..... 12-1:30	July 17 ..... 4-5:30	November 9..... 6-7:30
March 28 ..... 5-6:30	July 25 ..... 5-6:30	November 13.... 4-5:30
April 8 ..... 9-10:30am	August 5 ..... 9-10:30am	November 28... 5-6:30
April 13 ..... 6-7:30	August 10 ..... 6-7:30	December 5 ..... 12-1:30
April 17 ..... 4-5:30	August 14 ..... 4-5:30	December 14 .... 6-7:30
April 25 ..... 5-6:30	August 22 ..... 5-6:30	December 18 .... 4-5:30





# Sports Safety

## for Parents and Coaches

- Make sure athletes warm up and stretch before practices and games to prevent injuries.
- Learn CPR, AED and injury prevention skills, and have a stocked first aid kit handy.
- Know the signs and symptoms of a concussion, and remember, when in doubt, sit them out.
- Make sure athletes drink plenty of water before, during and after play.
- Make sure athletes use properly-fitted sports gear at every practice and game.
- Encourage athletes to take one or two days off each week from any sport to prevent overuse injuries.
- Encourage athletes to speak up if they get injured at any time.
- Teach athletes to follow the rules of the game, and show good sportsmanship to teammates, opponents, coaches and officials.

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WORLDWIDE™

Founding Sponsor

*Johnson & Johnson*



It takes a lot to excel in any sport, and knowing how to properly train and play is key. Continue to learn how kids can be top performers with Safe Kids Worldwide.

## Learn it.

Visit [www.safekids.org](http://www.safekids.org) to watch sports safety videos featuring leading sports experts and sports celebrities. Download additional tips and other resources.



## Share it.

Pass it on! On Twitter, Facebook, Instagram and Pinterest, share what you learn with other parents and coaches to keep the whole team in top form. Use #sportssafety and #JNJ.



## Go for it.

Go play! Take a photo of your kid putting these great tips into action and submit it at [www.safekids.org/sportsclinics](http://www.safekids.org/sportsclinics). We will feature selected photos.



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# Sports Safety 101

## Sportsmanship



Respect the judgment of officials and referees.



Make sure all the players feel a part of the team, even if they are not the best player.



Congratulate someone on a good play, no matter which team they are a part of.

## Acute and Overuse Injuries



Overuse injuries occur when athletes use the same muscles over and over without proper rest.



These injuries are affecting kids at a younger age, leading to surgeries that are designed for professional athletes.



With a few precautions, overuse injuries can be prevented.

## Sports Specialization



Encourage kids to play different sports throughout the year.



High school is the time to consider specializing in one sport.



Playing multiple sports helps kids avoid injuries and reach potential.

For more information on sports safety, including coaches training, equipment bag tags, hydration and concussion activities or educational materials for parents, players or coaches, please contact Safe Kids Grand Forks at 701.780.1489 or [safekids@altru.org](mailto:safekids@altru.org)

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# Sports Safety 101

## Sportsmanship



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## Acute and Overuse Injuries

Acute injuries are sudden injuries that can occur when you bump into another player, get hit by a ball, fall, etc. These injuries cause pain right away.

Overuse injuries occur from playing the same sport for long hours, without a break, causing a specific part of your body to get injured.

**How can I prevent injuries and take care of them if I do get hurt?**

- › Remember to warm up and stretch before games and practices.
- › Take at least one to two days off from any particular sport each week and take breaks between seasons.
- › Play a variety of sports to help balance muscle development, prevent burnout and lower the risk for injuries.
- › Speak up about any pain, injury or illness after practices or games. Quick treatment can shorten the time it takes to heal and get back in the game.
- › If you do have an injury, follow the recommendations of your doctor or athletic trainer.

## Sports Specialization

Encourage kids to play different sports throughout the year.



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# RunLites

RunLites is a wearable safety solution worn to light the path when working, playing, or exercising in the dark. As a runner and full time working mother, Mary could only find time to exercise at night and was frustrated by the inefficiency of flashlights and headlamps, but running in the dark presented dangers. Tiffin had similar concerns about her sons' safety when coming from the school bus, riding their bikes, trick or treating, or returning from play. For those reasons, Tiffin designed the product to ensure that she, her children, and now tens of thousands could be seen in low light or dark environments.

Offering an extremely lightweight hands-free solution, RunLites replace clunky and uncomfortable head lamps, light-up vests, clip-on lights, and handheld lights that limit the use of your hands. "Reflective wear works great for allowing people to see you when light is shining on you, but our product is a step up. We provide the LIGHT to see and be seen." said Tiffin.

As a mom, Tiffin knew that having a safety product was only part of the answer, getting kids to wear them was the other half of the solution. So with the help of an active and creative focus group of children, the RunLites kids line was born.

"We are so thrilled to have such great feedback from this energetic group of RunLites fans, this line was designed by and for kids." said Tiffin. The RunLites Super Hero Collection is

being released just in time for Back to School and Halloween.

So what makes them so special?

RunLites are a pair of specially designed athletic gloves made of breathable fabric. The gloves are available in two lengths: half gloves and full length (finger covering) gloves and sizes children through adults. The half gloves are constructed of a breathable wicking polyester fabric and the full-length gloves are constructed of a Polar Fleece for cold weather warmth. The thumb of both pairs is constructed of cotton terry blend. The machine washable gloves also include reflective strips for an added safety benefit.



The 2 components of the RunLites Product: The first is the light holding wearable (or glove) and the second is the LED unit.

For more information, see our website at [www.gorunlites.com](http://www.gorunlites.com)

\*RunLites are not meant to be a substitute for normal safety precautions which should be practiced at all times to ensure personal safety.

Submitted by RunLites Founder, Mary Tiffin





# Fueling Strategies to Prevent Injuries

Poor nutrition can lead to conditions that increase the risk of injury in athletes. Inadequate calorie intake will limit the amount of stored energy (glycogen) in the muscles and liver. Poor food choices can lead to iron deficiency and low bone mineral density. Young athletes are faced with many challenges when trying to eat healthy during the school year. Many athletes skip breakfast either due to lack of time or lack of appetite. They may have limited time between classes to eat and be rushed to get to practice. A few simple strategies can help fuel athletes during the school year, preventing injuries:

1. **Start Off Right** – If time allows, choose eggs, whole grain toast with peanut butter, cereal with milk, waffles, or pancakes. Create a list with your child of grab and go breakfast items such as trail mix, granola bars, cheese

sticks, yogurt, peanut butter sandwiches, fruit, 100% fruit juice or a bag of dry cereal with grab and go milk. Kids who don't have an appetite for breakfast can train themselves to eat breakfast by starting with something small or liquid and then gradually adding more food over time.

2. **Stay Hydrated** - Make sure they have access to adequate fluids by encouraging them to take a water bottle to school and use throughout the day. A sports drink during intense physical activity provides fuel and replaces lost fluids.
3. **Plan** – help them find portable foods to carry in their backpack to eat between classes or have on the way to practice. This can include whole grain crackers, granola or breakfast bars, pretzels, beef jerky, fresh fruit, dried fruit, nuts, dry cereal, and trail mix or peanut butter sandwiches. A small cooler can



be filled with string cheese, yogurt, boiled eggs, meat sandwiches, and regular or chocolate milk. The possibilities are endless; the key is to work with your child to create a menu of foods they like to make it handy for them to pack and go.

Talk with a sports dietitian to find out healthy ways to enhance your child's athletic performance. For more information on the sports nutrition services offered at Altru, call our team of Sports Dietitians: Becky at 701.780.6855 or Jenn at 701.732.7624.

This information has been provided by:  
Becky Westereng RD, CSSD, LD, CDE  
Board Certified Specialist in Sports Dietetics

## Grand Forks 311 System

The City's website serves as an Engagement Platform (311+) with the associated digital technologies including transparency and e-services, enhanced use of social media channels, interactive citizen feedback, reporting and response, increased video/digital announcements and news releases and user-updated, city-curated Frequently Asked Questions to improve overall education.

The GF 311 service is available by dialing 3-1-1 (701-746-4636 outside the city). Staff from the Public Information Office will answer calls Monday through Friday

8:00 am to 5:00 pm. Callers during other hours have the option to leave a voicemail and the call will be addressed the next business day.

The goal of GF 311 is to improve customer service city-wide by:

- Providing an easy to remember phone number for all non-emergency city services.
- Providing 24/7 access to city information through a web portal that will allow citizens to submit requests for service, ask questions, and track status of their requests
- Improving accessibility of city services to all constituents via phone and internet

- Providing exceptional customer service to all residents, businesses and visitors
- Improving staff accountability in providing non-emergency services



# Winship Students Receive a Bike Fleet For Use in Gym Class

This past May, a huge truck from Scheels rolled into the parking lot of Winship Elementary School and out came a fleet of twenty-two bikes. The new gym teacher at Winship is an avid cyclist and has used a bike fleet for his gym classes in his previous school in Colorado. Mr. Schafer was interested in starting a cycling program as a part of his gym class here in Grand Forks but didn't have bikes for that to be done. When he approached Safe Kids about this, we loved the idea and worked hard to find a generous funder that would support a program such as this. We want to thank the following entities for their support of the bikes, extra tires and pumps:

- ◇ Dakota Medical Foundation Healthy Living Bike Fund
- ◇ Dakota Medical Foundation Kevin & Courtney Ritterman Family Fund

After the truck arrived at Winship, members of Dakota Commercial and Community Contractors (leads of the above noted funds) were on-site to bring the bikes into a packed gymnasium. Teachers and kids alike were excited, surprised and thrilled when 22 people came walking in with bikes for their school. Safe Kids Grand Forks donated helmets for this program so that each child will have a properly fitting helmet to use when riding the bike. We are grateful to Mr. Schafer for the idea and for carrying out the biking curriculum in the school, to Mr. Travis Thorvilson, Principal at Winship for his support of this idea and to the generous donors of the above noted funds that provided us with monies to make this dream a reality. We'll post more photos as the kids take to the bikes this fall during their gym classes.



# The Medical Minute: Falls a common – and preventable – cause of childhood injury

Some falls are just part of childhood. Learning to walk and nursing scraped knees are milestones that few kids escape. But more serious tumbles – from beds, stairs, playground equipment and windows – are often the most easily prevented.

“Two weekends in a row now we have seen children who have fallen from windows,” said Dr. Mary Catherine Santos, a pediatric surgeon and trauma physician at Penn State Children’s Hospital. “It’s time to remind people.”

Unlike other types of falls – which are more common during certain stages of childhood – falls from windows send toddlers through teenagers to the emergency department. A 10-year study found that more than 5,000 children are treated each year nationwide as a result of falls from windows.

While some kids act like nothing happened to them afterward, others can end up with concussions, fractures and bleeding. Falls from higher windows or onto harder surfaces can even result in death.

“Some falls are more dangerous than others – and we may not be able to prevent all of them,” Santos said. “But some, we can. There are ways to make things a little safer.”

Emmy Sasala, a health educator with the Pediatric Trauma and Injury Prevention Program at Penn State Children’s Hospital, offers the following tips for preventing the most common types of falls.

## Windows (All ages)

- Move furniture and remove nearby items that a child could climb on to access windows.
- Use window guards or stops that prevent windows from opening more than four inches.
- If you have newer windows, consider opening them from the top rather than bottom for ventilation.
- Always keep windows locked when they are closed. A strong child may be able to push up a closed window.
- Know that a window screen cannot prevent a fall.

## Stairs (Age 3 and younger)

- Use hardware-mounted baby gates at the top of stairs – and at the bottom as well, if possible. Unlike pressure-mounted gates, they can’t be easily pushed open.
- Read the information on the gate you get to ensure it meets your needs and that you are using it correctly.

## Bed (Age 3 and younger)

- Infants should never be placed on an adult bed to sleep. If an infant is placed on a bed when awake, they should never be left unattended.
- Don’t allow children to use the bed as a trampoline.

## Playgrounds / backyard play sets (Ages 5-8)

- Make sure the playground equipment has a surface such as wood chips, rubber, synthetic turf or pea gravel underneath that can help absorb the shock and force of a fall.

- Check signs to ensure that the equipment is appropriate for your child’s ability level.
- Be involved with or attentive to your child’s play.

## Equipment for younger children

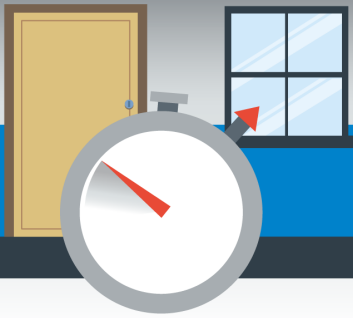
- Use the straps on swings, strollers, high chairs or booster seats so children don’t fall from them.
- Avoid baby walkers and use a stationary baby center instead, which allows movement and activity for the baby without access to dangerous areas such as stairwells.

“It is hard as a parent to give your child your full attention while accomplishing necessary tasks around the house,” Sasala said. “If your attention must be away from your child, make sure they are in a safe place.”

*The Medical Minute is a weekly health news feature produced by Penn State Health Milton S. Hershey Medical Center. Articles feature the expertise of faculty physicians and staff, and are designed to offer timely, relevant health information of interest to a broad audience.*







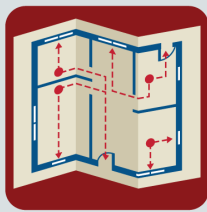
# Every Second Counts: Plan 2 Ways Out!™

Fire Prevention Week | Oct. 8-14, 2017

How fast does fire move? Very fast. You could have less than 2 minutes to get out safely once the smoke alarm sounds.

## 7 steps to practicing your escape plan

**1**



Draw a map of your home. Include all doors and windows.

**2**




Find two ways out of every room.

**3**




Make sure doors and windows are not blocked.

**4**




Choose an outside meeting place in front of your home.

**5**




Push the test button to sound the smoke alarm.

**6**



Practice your drill with everyone in the home.

**7**



Get outside to your meeting place.

For more information about escape planning, visit:  
[www.usfa.fema.gov](http://www.usfa.fema.gov) and [www.firepreventionweek.org](http://www.firepreventionweek.org).

[Click here to add image.](#)



FEMA



U.S. Fire Administration



The Official Sponsor of Fire Prevention Week Since 1922

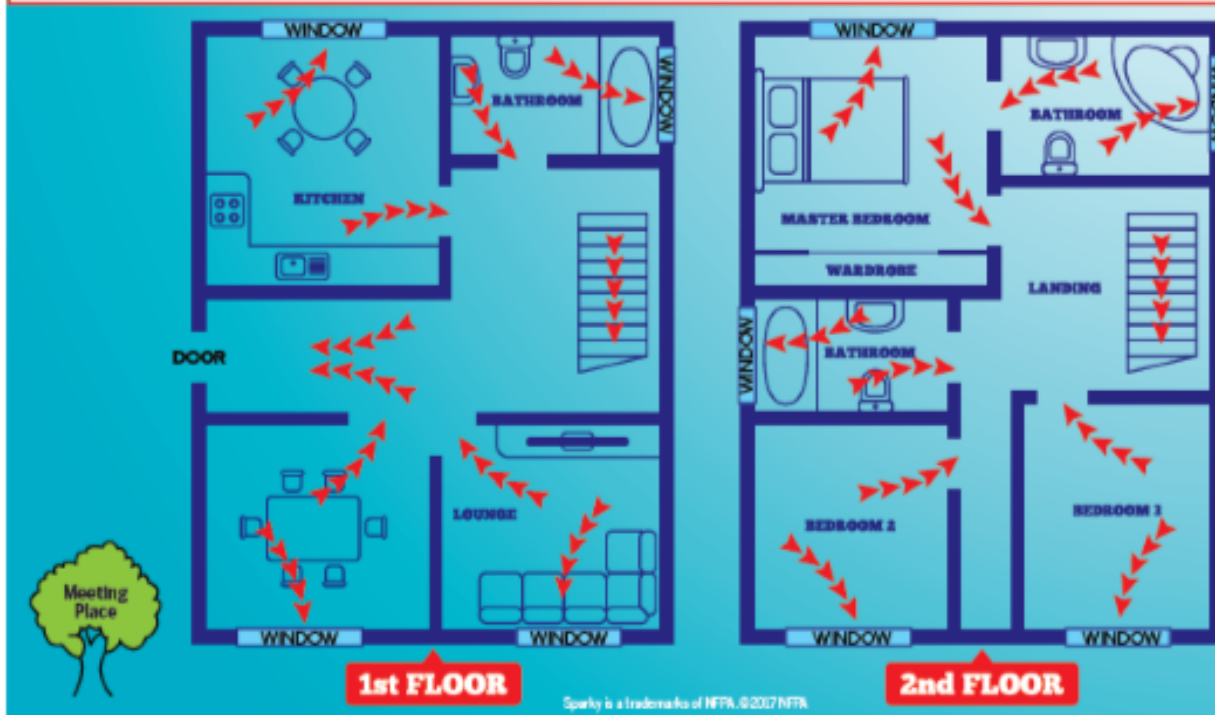


# How to make a Home Fire Escape Plan



The Official Sponsor of Fire Prevention Week Since 1922

- Draw a map of your home. Show all doors and windows.
- Visit each room. Find two ways out.
- All windows and doors should open easily. You should be able to use them to get outside.
- Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- Pick a meeting place outside. It should be in front of your home. Everyone will meet at the meeting place.
- Make sure your house or building number can be seen from the street.
- Talk about your plan with everyone in your home.
- Learn the emergency phone number for your fire department.
- Practice your home fire drill!
- Make your own home fire escape plan using the grid provided on page 2.



Sparky is a trademark of NFPA. ©2017 NFPA









# Halloween Safety Tips

Everything you need to know to keep your kids safe on Halloween.

Everyone loves a good scare on Halloween, but not when it comes to child safety. There are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury.

## Walk Safely

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up and walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.



## Trick or Treat With an Adult

- Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-or-treat in groups.

## Keep Costumes Both Creative and Safe

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.

## Drive Extra Safely on Halloween

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.

*On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year.*



For more information visit [safekids.org](http://safekids.org).

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Patty,  
Thank you for coming and teaching us the basic rules of safe bike riding! We had a BLAST!  
Love, Little Miracles Preschool and School –Age Rooms





# Community Safety Advocates Film Back-to-School Safety Public Service Announcement

Last year, 4 kids were hit by cars in Grand Forks while on their way to school. As a community, we need to come together to prevent those types of tragedies from occurring. We recently filmed a back-to-school public service announcement to “get the word out” and ask for the community’s help. Thank you to WDAZ for filming, producing and airing the advertisement, to FedEx and Safe Routes To School for their funding support of the project and to the Grand Forks Police Department for their help with our commercial. We had great “actors” in our PSA and hope to get the message out about staying safe while getting to school. Watch for it on WDAZ or check it out on our web page ([www.safekidsgf.com](http://www.safekidsgf.com))

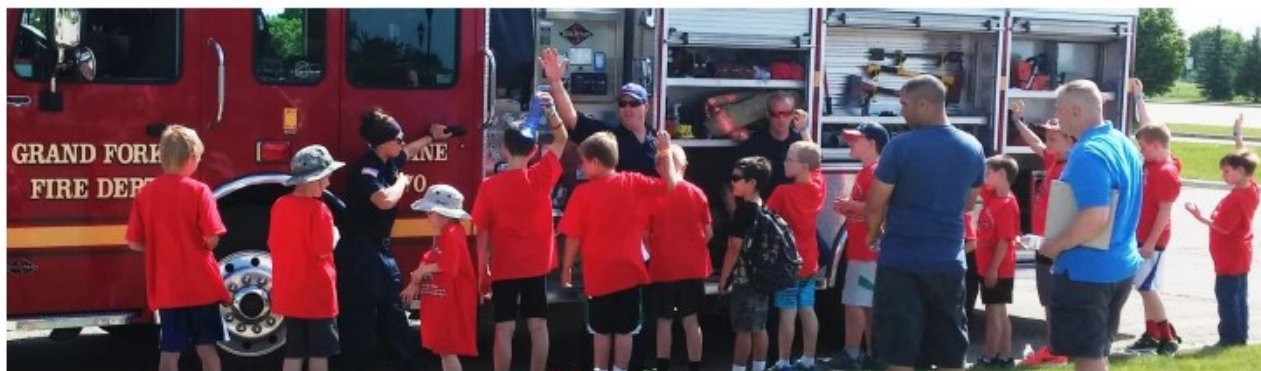






Fall 2017

# Join Cub Scouts!



**Join the Fun!**



**Join Cub Scouts!**



Join the Adventure with Cub Scouts! Cub Scouts is a youth program for Boys ages 5-11 or grades K-6<sup>th</sup> grade. For more information contact Thomas Huether @ 406-780-0690 or the Grand Forks Boy Scout office @ 701-775-3189.

**Stop by the Scout office at 1701 Cherry Street To sign up your son today!**

*Scout Office is Open  
Tuesday 9:00-3:30 pm  
Wednesday 9:00-3:30 pm  
Thursday 9:00-3:30 pm*