



# News You Can Use



**Summer 2015**

## Safe Kids Day 2015 A Huge Success

Safe Kids Day has become an annual event in which we raise awareness that unintentional injuries are the leading cause of death to children under age 19 and where we raise funds to help with the projects that our coalition undertakes to prevent those injuries and deaths from occurring. This fun-filled day would not be possible without the wonderful partnership with our many volunteers, sponsors and event attendees. We once again thank Wells Fargo for serving as our presenting sponsor and to the others that are listed here.

The kids and adults that attended were provided with a passport when they arrived and were given the chance to visit over 25 booths with interactive displays. Prizes were given from drawings to those that turned in their passport. Also available to add to the excitement of the day was FREE child identification from the GFPD, face painting, a photo booth manned by the men of ATO fraternity, gymnastic performances by Red River Valley Gymnastics Club and autograph signing by Ms. Grand Cities. Thank you to all involved for a fun-filled, safety-filled day at Safe Kids Day 2015!! (A special thanks to Red River High School for allowing us to host the event in their school!!!)

**SAFE KIDS DAY** Thank You to our Sponsors

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**Presenting Sponsor:**  
Wells Fargo

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**ATO**  
*We are grateful for the partnership from the ATO Fraternity at UND.*

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**SAFE KIDS GRAND FORKS** We thank you for your support of our injury prevention programs. Together, we are keeping kids safe!!



# Safe Kids Star



**“Hats off to two special teens that are helping to make their community a safer place!! We are grateful for their help!!”**

Last fall and again this spring, Safe Kids Grand Forks hosted a “Fire Up Your Feet Friday” event in which kids from New Heights Elementary School (grades K-2) in East Grand Forks were provided education on the benefits of walking and then the opportunity to put their feet into action. Because of the large distance these children travel to school, most come by bus or car which does not allow them to walk in school zones and learn safe pedestrian behaviors. “Fire Up Your Feet” was able to provide both a chance to walk and pedestrian safety education.

off there and our Safe Kids Safety Stars for this quarter walked them to their school, teaching them about stopping at corners, using crosswalks and watching for drivers to stop. Ryon Bowman and Shaelyn Mosher (pictured here in the crossing guard vests) were our student volunteers from East Grand Forks High School. They were on-site each Friday and helped to make this program a success. We are grateful they were willing to “get up a bit earlier on Friday mornings” and be a part of this project. Many thanks for your



efforts, Ryon and Shaelyn, our Summer Newsletter Safety Stars.

Each Friday, SKGF had their van in the church parking lot about 2 blocks from the school. Children were given the opportunity to be dropped

# Safe Kids Day (photos continued)



# Getting “Caught” Being Safe

Every year, Safe Kids Grand Forks visits schools, health fairs and other community events to provide education to children, youth and families on the importance of wearing helmets when bicycling or participating in other wheeled sports. We speak to nearly 1000 students and distribute 300 – 400 helmets throughout the region each year.

Many businesses and law enforcement agencies throughout our state recognize the importance of encouraging children and youth to wear helmets and have established incentive programs in their communities. When children get “caught” wearing a helmet by a law enforcement officer, they are given a certificate for a free ice cream cone at a local restaurant. Safe Kids is

grateful for the work of several businesses and agencies in the following communities:

## Larimore

- Grand Forks County Sheriff
- The Scoop
- Larson’s Drive Inn

## Northwood

- Northwood Police Department
- Cool Stuff

## Grand Forks

- Grand Forks Police Department
- McDonalds

## North Dakota

- Dairy Queen
- AAA
- Safe Kids Grand Forks
- Safe Kids Fargo/Morehead



- North Dakota Sheriff’s Department
- North Dakota Chief of Police Association
- WDAY 6/WDAZ 8/WDAY AM 970
- KBMY 17 Bismarck/KMCY 14 Minot

## Way to go North Dakota!

# Bike to School Day

While National Bike To School Day was Wednesday, May 6th, we got started early in Grand Forks. Ben Franklin Elementary, a school with a long history of prioritizing the safety of their students, was the selected site for 2015. On Tuesday, May 5th, students were greeted at the bike racks. Those wearing helmets were provided a Go-gurt and all students who walked or biked were provided a reflective zipper pull for their back packs.

Since it was also Global Road Safety Day, student leaders promoted “no phone in the school zone”. These enthusiastic students walked around the drop off area and brought attention to the importance of

keeping your eyes on the road, especially near the schools. We applaud Dr. Randklev, her staff, families and students for being physically active AND safe!



# C.A.R.S (Child & Restraint Systems) Class 2015 Training Schedule

2015

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. (\* Applied for in ND, pending notification.)

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 10, 2015 (Saturday) 9 am—12:30 pm

February 17, 2015 (Tuesday) 6 pm—9:30 pm

March 14, 2015 (Saturday) 9 am—12:30 pm

April 14, 2015 (Tuesday) 6 pm—9:30 pm

May 12, 2015 (Tuesday) 6 pm—9:30 pm

June 4, 2015 (Thursday) 6 pm—9:30 pm

July 14, 2015 (Tuesday) 6 pm—9:30 pm

August 6, 2015 (Thursday) 6 pm—9:30 pm

September 12, 2015 (Saturday) 9 am—12:30 pm

October 6, 2015 (Tuesday) 6 pm—9:30 pm

November 7, 2015 (Saturday) 9 am—12:30 pm

December 3, 2015 (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).

**SAFE**  
**K:IDS**  
GRAND FORKS

**Altru**  
HEALTH SYSTEM



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)



## BLAST!

### Babysitter's Lessons And Safety Training!

BLAST! is a babysitting class designed by the American Academy of Pediatrics to teach 11 – 14 year olds about the responsibilities of caring for children. Attendees receive a certificate of completion and a course manual.

June class is FULL. Next available date is August so don't delay in signing up.

This class will be offered at Altru Health System on the following dates:

February 7, 2015  
May 2, 2015  
June 13, 2015  
August 8, 2015  
October 3, 2015  
December 5, 2015



Class time on each date is 9:00 a.m. – 3:00 p.m.

Cost: \$45 (includes lunch)

Registration is required and can be completed at [www.altru.org/calendar](http://www.altru.org/calendar).  
For more information, call 701.780.5179.



# The back seat is the safest place to ride.

It is recommended all passengers 12 years of age or under ride in the back seat.

**Buckle in the back!**



- Air bags are designed for adults. They deploy at 200 mph in 1/20 of a second causing severe head and neck injuries to children and young adults.
- When adults wear seat belts, kids wear seat belts. Be a good example and buckle up for every ride. Lap and shoulder belts provide the best protection for preteens and adults.



**SAFE  
K:IDS**  
GRAND FORKS

**Altru**  
HEALTH SYSTEM



6053-0280 SEPT 14



## Car Seat Check-Up Events

presented by:

**SAFE  
K:IDS**  
GRAND FORKS

**Altru**  
HEALTH SYSTEM

in cooperation with

**Rydell Auto Center**  
2700 South Washington Street

### 2015 Dates

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

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

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 and Altru Health System are pleased to partner with our local GM dealer to offer monthly car seat check-up events.

**These are offered the 2nd Thursday of every month from 4:00-7:00 p.m.**

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

**Rydell**cars.com



## 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:



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

110 5th Street West, Grafton, ND

4 out of 5 car seats are used wrong. 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 local Grafton child passenger safety experts and Hanson's Auto & Implement to offer routine car seat check-ups. These will be offered the 1st Thursday of every other month from 4:00-6:00 p.m. at Hanson's Auto Body, downtown Grafton.



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

Proud Program Sponsors



### 2015 Dates

- \*February 5
- April 2
- June 4
- August 6
- October 1
- \*December 3

**\*By appointment only**  
For questions or to schedule an appointment, call Donna at Walsh County Health District, 701.352.5139.



## Car Seat Check-Up Events

presented by:



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



### 2015 Dates

- January 22
- April 23
- July 23
- October 22

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

**Did you know that 4 out of 5 car seats are used incorrectly?!**

**That misuse could lead to injury or death in the event of a crash. As you can find in this newsletter (events and resources listed on these pages, our summer check-up event schedule listed on page 11 and a special check-up event by appointment listed on page 22, there are lots of ways in which Safe Kids Grand Forks can help. Please find a way to connect with us and assure that your most precious cargo is riding safely in your motor vehicle.**

**We are here to help!!**

# Featured Car Seat– Urbini



## ON-THE-GO

- Super lightweight design - weighs less than 8 lbs.
- Easy to install and release from base



## SIDE IMPACT PROTECTION

- Expanded EPS energy-absorbing foam
- Deep sidewalls
- Rigorously crash and side-impact tested



## EASY TO USE

- Easy to use, built-in lock off helps secure a tight installation of the car seat base to the car
- Level Indicator helps confirm that the car seat is installed at the correct level



## PREMIE PLUS +

- Includes body support and removable preemie insert to properly position babies 4-6 lbs.
- Low harness position settings



Safety is the number one priority for parents everywhere. The rear-facing only Urbini Petal car seat combines safety with super lightweight design—it weighs less than 8 pounds and is lined with energy-absorbing foam. The adjustable harness with comfort pads grows with your baby and keeps infants from 4-35 pounds snug and secure.

This seat is sold at Walmart for under \$100 or you can purchase with as a travel system with a stroller for under \$200.

# Button Batteries



These types of devices may contain coin-sized button batteries.



## TAKE CHARGE. ACT NOW.

### 1 Keep Out of Reach

Keep devices with button batteries out of reach if the battery compartments aren't secured and lock away loose batteries.

### 2 Get Help Fast

If a child swallows a button battery, go to the emergency room right away. Do not let the child eat or drink and do not induce vomiting.

### 3 Tell Others

Share this information with others.





# Helmet Safety Workshops Held in McVille and Lakota

At Helmet Safety Workshops held in Lakota and McVille recently, participants learned that wearing a bike helmet greatly reduces the chance of serious head injuries if they were involved in a bike crash or fall. The workshops, which were a partnership between Safe Kids Grand Forks, Altru Health System, and the Nelson County Communities Preventing Childhood Obesity Coalition, taught everyone that wearing a helmet helps to protect your brain if you were involved in an accident while taking part in various sports activities.

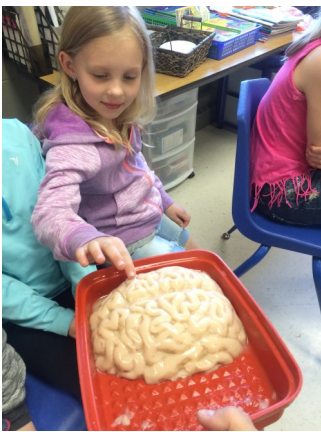
Carma Hanson of Safe Kids Grand Forks presented information on head injuries and demonstrated how a helmet reduces the impact of a crash

by dropping an egg in a mini helmet. She emphasized the importance of protecting your brain from injury and included a realistic Jello-brain mold to show everyone what a real brain looks and feels like. Next the participants learned how to choose and properly fit a helmet for a particular sport. Bicycle Safety Rules of the Road were also reviewed. Finally, all participants were able to choose a helmet after being sized and fitted for the type needed. A total of 80 youth and adults received free or reduced priced helmets at the workshops. The cost of the helmets were paid for with grant funds from the Nelson County Communities Preventing Childhood Obesity (CPCO) Coalition, which is administered through the NDSU Extension Service. The purpose of the CPCO Project is to

support healthy lifestyles for young children by encouraging physical activity and nutritious food choices. The Coalition is made up of individuals from agencies in Nelson County who work with young children: Local schools, Public Health, WIC Staff, childcare providers, preschools, Nelson County Social Services and the NDSU Extension Service.

Thank you to Safe Kids Grand Forks for the valuable information and to staff members of Lakota and Dakota Prairie schools, Nelson County WIC, Nelson County Sheriff's Department and Lakota Ambulance Service for helping at the workshops.

Article submitted by Kristi Berdal, NDSU Extension Agent



# Safe Routes to School-East Grand Forks

We have had some really exciting activities taking place at New Heights and South Point Elementary Schools as part of the Safe Routes To School Program.

## New Heights Elementary

Fire Up Your Feet Fridays: With the support of Our Saviors Lutheran Church, Safe Kids has been greeting K-2nd grade students in the parking lot of the church and walking with them to the school. When walking with them, we review safe behaviors and help bring visibility to young pedestrians. We could not do this without the support of two Senior High juniors who meet us every Friday morning –Shaelyn Mosher and Ryon Bowman. These young ladies volunteer every Friday morning and walk with the younger students, regardless of the cool temperatures. When we initially started this program in November of 2014, we had just two participants. This spring, our warmer Fridays have seen nearly 20 New Heights students walking to school! Big thanks also go out Principal Julie Pederson and all the parents who have shown a willingness to support a new program.



## Helmet Fittings

While our Safety on Wheels is typically just held at South Point in East Grand Forks, we have had many requests from New Heights teachers and parents to provide the K-2nd grade students an opportunity to be fitted for helmets. On April 19th, we visited New Heights and fit over 20 students for bike or multi-sport helmets!

## South Point:

Mobile Mondays: While South Point Elementary has a good infrastructure of sidewalks leading to the school, crossing Bygland Road can provide a challenge to the 3 – 5th grade students. Due to the high speed and volume of traffic, parents have been reluctant to allow children to cross this busy road. Safe Kids has worked with the administration of the school to initiate “Mobile Mondays”. Safe Kids parks our van at the corner of Bygland and 13th St. SE each Monday morning and walks or bikes with students to the school. This brings more attention to students choosing to cross at this location. We have been assisted in carrying out this program by the East Grand Forks Fire Department, East Grand Forks Police Department and city planning. We have also had volunteers from the MPO help us out.

The response to this supervised program has been wonderful. Drivers are slowing down, parents are dropping off their kids and students are enthusiastically participating. In an effort to improve pedestrian safety even more, Safe Kids is using Safe Routes To School

funds to have permanent signs made for this location. These signs were made last fall in a vinyl format and are now being made in a more durable metal.



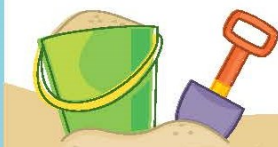
Way to go Green Wave !!



# SAFE KIDS **SUMMER**

## 2015 CAR SEAT CHECKS

- May 7 Crookston Head Start, 3 - 5 p.m.
- May 11 East Grand Forks Head Start, 11:30 a.m. - 1 p.m. & 3:30 - 5:30 p.m.
- May 12 Grand Forks Head Start, 11 a.m. - 1 p.m. & 3 - 4:30 p.m.
- May 14 Rydell Auto Center, 4 - 7 p.m.
- May 21 Grafton Head Start, 11:15 a.m. - 12:30 p.m. & 3:15 - 4:30 p.m.
- May 27 Little Lambs Daycare in Larimore, 4 - 6 p.m.
- June 3 All About Kids, 3:30 - 6:30 p.m.
- June 4 City Auditorium in McVillage, 10:30 a.m. - 12:30 p.m.  
(appointment required - call 701.332.5622 or 701.739.8705)
- June 4 Hanson's Auto & Implement in Grafton, 4 - 6 p.m.
- June 9 LifeCare in Roseau, 2 - 6 p.m. (appointment required - call 218.463.3211)
- June 11 Rydell Auto Center, 4 - 7 p.m.
- June 15 Grand Forks Montessori Academy, 3:30 - 5:30 p.m.
- June 18 D.L. Park in Northwood, 3 - 6 p.m.
- June 25 Safe Kids Grand Forks, 1 - 3:15 p.m. (appointment required - call 701.780.1660)
- July 1 Grafton WIC, 10 a.m. - 4 p.m.
- July 9 Rydell Auto Center, 4 - 7 p.m.
- July 16 East Grand Forks Head Start, 3 - 6 p.m.
- July 21 Grand Forks Early Head Start, 3 - 5:30 p.m.
- July 23 Brost Chevrolet in Crookston, 4:30 - 6 p.m.
- August 5 Altru Family YMCA, 4 - 6 p.m.
- August 6 Hanson's Auto & Implement in Grafton, 4 - 6 p.m.
- August 13 Rydell Auto Center, 4 - 7 p.m.
- August 14 Great Expectations in East Grand Forks, 4 - 6 p.m.
- August 20 Dahlstrom Motors in Oslo, 5 - 6:30 p.m.
- August 27 Wonder Years, 4:30 - 6 p.m.
- September 10 Rydell Auto Center, 4 - 7 p.m.
- September 17 Grafton Head Start, 11:15 a.m. - 12:30 p.m. & 3:15 - 4:30 p.m.
- September 22 East Grand Forks Head Start, 11:30 a.m. - 1 p.m. & 3:30 - 5:30 p.m.
- September 23 Crookston Head Start, 3 - 5 p.m.
- September 29 Grand Forks Head Start, 11 a.m. - 1 p.m. & 3 - 4:30 p.m.



All events with a community not listed are in Grand Forks.  
For more information on each event, visit [www.safekidsgf.com](http://www.safekidsgf.com)



# Fireworks Safety

The Fourth of July is certainly a time for celebration and brings with it the tradition of fireworks.

**The use of fireworks within the city limits of Grand Forks is against the law and our advice is to not use any fireworks at home but to attend the many public fireworks displays that are conducted by professionals.**

Handling fireworks in a safe manner, if using them in an area that they are legal, can be done by practicing safety at all times. The Grand Forks Fire Department offers the following safety advice:

- Kids should **never** play with fireworks.

- Buy only legal fireworks and store them in a cool, dry place.
- Always use fireworks outside and have a bucket of water or a hose nearby in case of accidents.
- Don't hold fireworks in your hand or have any part of your body over them while lighting.
- Point fireworks away from homes and keep away from brush, leaves and flammable substances.
- Don't allow kids to pick up pieces of fireworks after an event. Some may still be ignited and explode at that time.
- Soak all fireworks in a bucket



of water before throwing them in a trash can.

- Think about keeping everyone safe including your pets.

Fireworks are meant to be enjoyed and taking these extra precautions will allow you and your family to have a safe Fourth of July!

Article submitted by Kelli D. Flermoen, Battalion Chief

# Keep the HEAT in the MEAT this Summer!

## Grilling facts

Gas grills constitute a higher risk, causing an annual average of 7,200 home fires in 2007 through 2011, while charcoal grills caused an annual average of 1,400 home fires. On an annual average, grill fires account for 10 deaths, 140 injuries, and \$96 million in property damage. These facts illustrate that grilling accidents occurs often. But, by applying a few safety tips this summer we can all make grilling a lot safer!

## Safety tips

- Grills should be placed well away from the home, deck

railings, and out from under eaves and overhanging branches.

- Clean the grill often. Buildup of grease or fats greatly increase the chances of a grease fire.
- Ensure all gas lines and components are intact and in operating condition. Small pinholes or leaks can cause explosive conditions while grilling.
- Never leave a grill unattended when in use.
- Keep a portable fire extinguisher nearby.



This article was provided by Stephen Hjerstedt, SSGT with the GFAFB Fire Department. He is involved in their Fire Prevention/Public Education and is a member of Safe Kids Grand Forks.



Source: NFPA's "Home Fires Involving Cooking Equipment," by Marty Ahrens, November 2013.



# Safety Splash

## TO DO LIST

- Sign the kids up for camp
- Register for t-ball
- Clean out the camper
- Talk about water safety with the kids...wait what??

Families are gearing up for summer!

There is so much to do to get ready for the fun months ahead!

Yes, you read that right! Water Safety is commonly missed among a topic parents talk with their kids about.

May was National Water Safety Month. Did you know that only 34% of parents know that water

is one of the top killers of kids. So what should you and your kids know? Whether your at the pool or the Lake here are some important points to talk to your kids about.

### Swimming Pools

1. Follow all pool rules.
2. Don't play around drains or suction fittings
3. Inexperienced swimmers should wear a lifejacket.
4. Never swim without a lifeguard on duty.
5. Always swim with a friend.
6. Be aware of the depth changes in the pool you are swimming in.

### Lakes & Rivers

1. Never swim in open water (lake/river/ocean) without a lifejacket and responsible adult.
2. Never dive in without knows the depth. Always check for obstructions and take a feet first jump before diving in.
3. Don't play near the water. Even if they don't plan on swimming cool water temperatures, currents, and other underwater hazards can make an accidental fall into a life threatening situation.

The aquatic facilities in our community offer many programs to promote water Safety, and help kids learn to swim. To learn about more water safety tips and programs offered visit the Safe Kids website. Knowledge is power, and in this case a lifesaver! This information has been provided by Deb Collard from the Altru YMCA.



## Keeping { little } Safe

### AT THE LAKE OR POOL

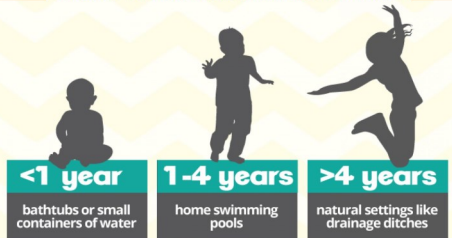


**Drowning** is the **second leading cause** of unintentional death in children. Get to know the risks and appropriate safety measures so your family can enjoy your day on the lake, beach, or pool!

#### SWIM RISKS: BY THE NUMBERS



#### MOST DANGEROUS AREAS BY AGE



#### HOW TO SPOT A DROWNING CHILD



#### ACT IMMEDIATELY

If you notice these signs of drowning:



#### WHAT YOU CAN DO TO PREVENT TRAGEDY

<p>Always designate a caregiver who hasn't been drinking alcohol to be responsible for maintaining visual contact of your child</p>	<p>Check that your child's life vest is US Coast Guard approved and designed for his/her age and the type of environment you're in.</p>
<p>Test drive new life jackets before you need them. For younger children, incorporate them in dress up or other play so the child is familiar and comfortable with them later.</p>	
<p>If a child is missing, always check the water first.</p>	<p>Learn CPR and lifeguarding skills and ask family and friends to do the same.</p>

#### SOURCES

- <http://www.poseidon-tech.com/us/statistics.html>
- <http://www.medicinenet.com/articles/196538.php>
- [http://www.redcross.org/magazines/MEDIA\\_CustomProductCatalog/m4240228\\_8OnlyTakesAMoment.pdf](http://www.redcross.org/magazines/MEDIA_CustomProductCatalog/m4240228_8OnlyTakesAMoment.pdf)

# River Safety

The Greater Grand Forks community is fortunate to be located at the junction of two rivers. Besides being the source of our city names, they also provide our drinking water, recreational opportunities, and add a natural beauty to our urban lives. These rivers can also pose dangers to users.

Swimming in the Red and Red Lake Rivers is banned within the city limits. Special events featuring swimming require a permit. Applications can be obtained online at [grandforksgov.com](http://grandforksgov.com). Boating, canoeing, kayaking, and paddle boarding is legal and can provide many enjoyable hours on the river.

Water recreation is a favorite summer pastime. We'd like to share a few tips to help make your river excursion safe and enjoyable:

- Always supervise young children playing near the water. Make sure to watch them closely around water – they can go under water quickly and quietly.
- Children under 10 years old are required to wear a life jacket while boating in Minnesota and North Dakota.
- Wear a life jacket that fits you. A loose or oversized life

jacket can easily slip off in the water.

- Recreational boats must carry one U.S. Coast Guard-approved life jacket for each person aboard. The life jacket must be available and accessible. This is a nationwide Coast Guard rule.
- Parents are powerful role models – if you wear a life jacket, it's more likely your children will too.
- Bring a cell phone in case of an emergency.
- Check river conditions before you begin your trip. Current river levels are available at [www.greenwayggf.com](http://www.greenwayggf.com) in the "Things to Do" section.
- If river flows are high, especially after a major rainfall, postpone your trip until the flows have returned

to safer levels. Flows can change quickly.

- Stay seated while in a boat, canoe, or kayak.
- Leave the water if a thunderstorm or lightning is approaching (applies to any activity in or near water).

For more detailed state regulations:

**Minnesota Water Regulations:**  
<http://files.dnr.state.mn.us/rlp/regulations/boatwater/boatingguide.pdf>

**North Dakota Water Regulations:**  
<http://gf.nd.gov/boating/boating-safety-guide>

This article has been provided by Kim Greendahl - Greenway Specialist - City of Grand Forks.



SAVE THE DATE

Find the latest products, safety information, services and fashions for you and your little one all under one roof!

**SAFE  
K:DS**  
GRAND FORKS

**Altru**<sup>®</sup>  
HEALTH SYSTEM



# Tummy to Toddler EXPO

Sunday, October 18  
12 - 3 p.m.  
Alerus Center

For more information about the  
Tummy to Toddler Expo,  
visit our website or Facebook:

[safekidsgf.com](http://safekidsgf.com)

[facebook.com/Safekidsgf](https://facebook.com/Safekidsgf)



Like us on Facebook at Safe Kids GF  
Join our event for updates and details!



Follow us on Twitter at SafeKidsGF



# WILL YOUR CHILD BE ALIVE AT 25?

Vehicle crashes are the #1 cause of death for drivers ages 14-24.

Help your child make it to age 25 safely.

**Enroll them in an Alive at 25 driver safety course today.**



To learn more or register, go to [www.ndsc.org/aliveat25](http://www.ndsc.org/aliveat25)\*



Set an example by enrolling yourself in a Defensive Driving Course at [www.ndsc.org/trafficsafety](http://www.ndsc.org/trafficsafety)\*

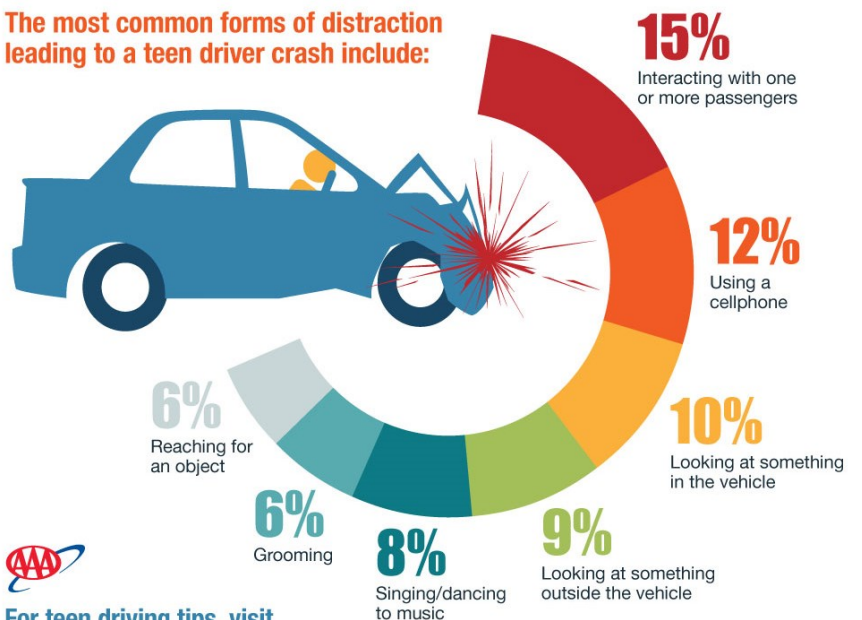
\*These courses qualify for an insurance discount and point reduction in North Dakota.



## 6 OUT OF 10 teen crashes involve driver distraction.

Resources to help keep your teen drivers safe!

The most common forms of distraction leading to a teen driver crash include:



For teen driving tips, visit [TeenDriving.AAA.com](http://TeenDriving.AAA.com)





## Sports Nutrition:

### Don't Let Food Poisoning Keep You on the Sidelines

The last thing an athlete needs is to be slowed down due to a bout of food poisoning. More than 100 different types of bacteria can cause food poisoning and keeping your kitchen safe is the first step in preventing this from happening.

1. Wash your hands for at least 20 seconds with hot soapy water before preparing food. Wash hands frequently during food preparation especially if handling raw meats.
2. Keep your counters and other work surfaces clean
3. Avoid cross contamination by using separate cutting boards and knives for meat, poultry, and fish, and fruits and vegetables.
4. Check the expiration dates on foods when you purchase
5. Wash dishrags and towels frequently. Sponges and other scouring pads can be washed in the dishwasher.
6. Put leftovers from restaurants away as soon as possible.
7. Cook meats, poultry, and eggs thoroughly. Use a meat thermometer to ensure proper cooking temperature.
8. Keep your refrigerator at 40 degrees Fahrenheit and your freezer at 0 degrees Fahrenheit. Use a fridge and freezer thermometer to keep an eye on the temperatures.
9. Put leftovers in the fridge within 2 hours of eating. Don't keep leftovers on the counter to cool before putting into the

them. Choose foods from the back of the shelf as they often post later expiration dates.



fridge. Instead, place them in shallow containers to cool quickly.

10. Use leftovers within 3-4 days or toss.

Use these simple steps to keep your athletes safe, healthy, and ready for competition.

If you are interested in more information to meet specific needs, call to schedule an individual appointment with a Sports Dietitian at the Sanny and Gerry Ryan Center for Prevention and Genetics at 701.732.2620. Fueling for Performance Classes will be starting mid June. For more information on Fueling for Performance or other sports nutrition services call 701.732.7624.

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

**How much water should a kid drink while playing sports?**

For every 20 minutes of play, a young athlete should drink about **10 gulps of water.**



1 gulp = ½ oz. of fluid

**A teen should drink about 20 gulps.**


The American Academy of Pediatrics (AAP) recommends: 5 oz. for an 88-pound child every 20 minutes, and 9 oz. for a 132-pound adolescent every 20 minutes

This message is brought to you by Safe Kids Grand Forks along with an important reminder to parents and players to make sure athletes of all ages bring a water bottle to all games and practices!! Don't Wait - HYDRATE!!





You might be worried about scraped knees once they're off and pedaling, but you won't lose sleep finding a safe place to get started with these five out-of-the-way destinations where kids can safely practice riding.  
 (And parents can practice keeping up)

	<p><b>SCHOOL RUNNING TRACKS</b>        With smooth surfaces and lanes for racing, running tracks are ready-made for bike games.</p>	<p>• <b>BICYCLING IS THE 2<sup>ND</sup> MOST POPULAR ACTIVITY FOR AMERICAN YOUTH, WHO MAKE 1.2 BILLION BIKE TRIPS PER YEAR</b></p>
	<p><b>CAMPGROUNDS</b>        Often featuring wide trails and low-traffic roads, campgrounds are havens for dirt-covered kids on bikes.</p>	
	<p><b>NEIGHBORHOOD CUL-DE-SACS</b>        Without through-traffic, kids can ride in circles until their parents are dizzy.</p>	<p>• <b>KIDS WHO REGULARLY BIKE ARE 48% LESS LIKELY TO BE OVERWEIGHT AS ADULTS</b></p>
	<p><b>EMPTY PARKING LOTS</b>        This tried and true classic remains a parental favorite. Just try to forget that in 10 years you might be back teaching your teenager how to drive.</p>	<p> <b>peopleforbikes</b>        JOIN THE MOVEMENT FOR A BIKE-FRIENDLY AMERICA AT <a href="http://PeopleForBikes.org">PeopleForBikes.org</a></p>
	<p><b>TENNIS COURTS</b>        These fenced in areas are great for entertaining (and containing) younger pedalers.        Bonus: They're often next to playgrounds.</p>	



Have you liked us on Facebook yet? If not, check out our page at Safe Kids Grand Forks. We post about upcoming events, safety tips and FREE resources to keep you and your family safe!!

If you are in need of a lifejacket, Safe Kids Grand Forks has them for sale or you can use one from our loaner programs that have been set up in a variety of communities in the region. This is FREE to access and we can fit infants—adults. Visit [www.safekidsgf.com](http://www.safekidsgf.com) and look under our Programs tab (water) for a listing of the communities in which these are offered.



the **Y** YMCA  
 FOR YOUTH DEVELOPMENT  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

**BEST SUMMER EVER!**

ADVENTURE CAMP 2015  
 ALTRU FAMILY YMCA  
 7:30AM-5:30PM

#campfever #camprocks [www.gfymca.org](http://www.gfymca.org)



The League of American Bicyclists has designated



Greater Grand Forks as a

**BRONZE LEVEL**



**Bicycle Friendly Community!**

And we couldn't agree more! Greater Grand Forks is home to a lot of great cycling opportunities and facilities! Over 60 miles of bikeway facilities, over 4,000 bicycle parking spots (we counted), an incredible bicycle safety program in the elementary schools, and so much more!

Join us as we present the cities of GF & EGF with a special award at

**1PM on Sunday, June 14 in Town Square**, as part of Grand Cities Art Fest!

Ride your bike to  
Grand Cities Art Fest  
June 13 & 14

Would you like to ride your bike to the Grand Forks Art Fest but can't find enough parking? If that's the case, then you will be happy to know that temporary bicycle parking will be available near Town Square. That's right. Bicycles will have priority parking near the vendors this year.

Our friends with the Bicycle Friendly Community committee will be providing racks to accommodate approximately 75 – 100 bicycles. The racks will be located in the grassy area just north of DeMers Avenue in Grand Forks. So avoid the traffic and enjoy VIP parking near all the action!

Volunteer to help  
with the 2015 trail  
count in June

The Greenway, Bicycle, & Pedestrian Advisory Group is looking for volunteers to conduct an observational count of trail use in the Greenway. Participating is easy - just relax on a bench near the trail and record gender, age, and trail use during a two-hour period. Information from the count is used to determine trail use and trends in trail recreation.

We're looking for volunteers to help on June 16, 17, and 20. Data will be collected at six locations:

- 7th Avenue North, GF
- Riverside Dam, GF
- Eagles Point, EGF
- South pedestrian, GF
- Sorlie Bridge, GF
- Bygland Road, EGF

Visit [www.bikingtheforks.com](http://www.bikingtheforks.com) to volunteer!

Learn more about  
cycling in Greater  
Grand Forks

Did you know there's a website devoted entirely to cycling in Greater Grand Forks? It's full of information on rules of the road, bicycle maps, bicycle events, and more! Check it out at [www.bikingtheforks.com](http://www.bikingtheforks.com) today!

[www.bikingtheforks.com](http://www.bikingtheforks.com)





# READY TO HIT THE ROAD

## SUMMER TRAVEL TIPS FROM



### BEFORE YOU BACK OUT OF YOUR DRIVE, KEEP THESE ITEMS IN MIND



#### TRAVELING WITH KIDS

-  USE ELECTRONIC DEVICES FOR PERIODS OF BOREDOM OR CRANKINESS.
-  PACK A COOLER WITH WATER AND HEALTHY SNACKS SUCH AS FRUIT, NUTS, & GRANOLA BARS
-  STOP EVERY FEW HOURS TO LET THE KIDS STRETCH THEIR LEGS
-  ALWAYS BE SURE TO USE PROPER RESTRAINTS

#### TRAVELING WITH PETS

- MAKE SURE YOUR PET IS WEARING ID TAGS 
- USE A SAFETY RESTRAINT 
- BRING A PORTABLE WATER BOWL 
- REMEMBER YOUR PET'S FAVORITE TOY 

# 5 Things You Should Know about Portable Pools

It's warm outside and you might be looking into getting a kiddie pool or inflatable pool for keeping cool. Keep these 5 tips in mind to help you choose the best pool for having fun and being safe.

## 1. Life isn't like the movies.

TV and movies have created the idea that it is obvious when someone is drowning and that we can respond quickly enough to help. But the truth is that drowning is quick, silent, and final. A child can drown in a few inches of water within just minutes and with little splashing or noise.

## 2. Supervise.

It's really important to always supervise kids closely when they use any kind of pool. That means staying focused on the kids — not your phone, your book, or any other distraction.

## 3. Cover it. Store it.

To prevent kids from using a pool when an adult is not supervising, your pool should have a cover or be small enough to empty and put away after each use. If it has a ladder, make sure the ladder can also be removed and put away or locked to prevent its use.

## 4. Fence it in.

Having a fence all the way around a pool, even a portable pool, is the best way to prevent kids from getting to the pool.

## 5. Seconds count.

Keep a phone with you while you are watching kids in the pool, learn CPR, and if a child is missing, always check the pool first.



PREVENT CHILD INJURY  
[www.PreventChildInjury.org](http://www.PreventChildInjury.org)

# Grand Forks Food Allergy Network: Calling New Members

The mission of the Grand Forks Food Allergy Network (GFFAN) is to raise awareness in the community for those individuals and families dealing with food allergies. We aim to provide understanding, compassion, support, advocacy, and outreach. Each monthly meeting covers a different food allergy topic, also allowing time for members to discuss other food allergy issues, questions, and concerns that they may be currently facing. For questions, call [701-780-6400](tel:701-780-6400) or email [gffan01@gmail.com](mailto:gffan01@gmail.com).



Join Altru allergist Dr. Fatima Khan for a monthly food allergy support group. Connect with and learn from others living with food allergies.

**April 8 | May 13 | June 10  
July 15 | August 12 | September 9  
October 14 | November 11 | December 9**

**6:30-7:30 p.m.  
Choice Health & Fitness Community Room  
4001 S. 11th St. | Grand Forks**

For more information, call 701.780.6400 or visit [altru.org/allergy](http://altru.org/allergy).

6305-0043 FEB 15

If you need your car seat checked, we need your help too!! Our class of newly trained technicians need some experience in checking seats (along with their instructors). You would have an assigned check-up event time and while your seat is being check, these new volunteers would be getting valuable hands-on experience. Call for an appointment today!!



**It's A Car Seat Check-up Event  
Thursday – June 25, 2015  
1:00 - 3:15 p.m.**

**Altru Health System – Safe Kids Building  
860 South Columbia Road**

This event is free of charge but appointments are required. We have appointment times at 1:00, 1:45 and 2:30 p.m.

(Times can be adjusted slightly if needed.)

For appointments, contact Carma Hanson at 701.780.1489 or [safekids@altru.org](mailto:safekids@altru.org)

Each seat takes about 30-45 minutes to inspect and technicians will be on hand to check for correct fit of the child in the seat and correct installation in the vehicle.

**SAFE  
K:DS**  
GRAND FORKS

**Altru**  
HEALTH SYSTEM

**Babies** learn from their **environment** by putting objects into their **mouths**. Here's what to **watch out** for & **action** to take to **prevent** choking or ingestion of dangerous items.



- » Watch for parts that might break off a larger toy and present a choking hazard.



- » Test for small parts using an empty toilet paper tube. **Anything that fits in the tube is too small for a baby or toddler under 3.**



- » Tiny powerful earth magnets can damage internal organs if swallowed by attracting across tissues. It is hard to keep track of these tiny magnets, so keep them out of homes with small children.



- » Button batteries can easily be swallowed and cause corrosive damage to the esophagus and gastrointestinal tract. **If your child swallows magnets or button cell battery, seek immediate medical attention.**



- » Other ingested items such as coins should pass through the system, but check with a doctor. **For choking incidents, call 911 immediately.**

- » Uninflated or pieces or broken balloons can cut off the respiratory airways if swallowed. When CPR is taken as an action, the balloon can expand within the throat, making removal difficult. **Keep uninflated or broken balloons away from children under 8.**



*Stay informed about choking and other product safety issues by signing up for safety alerts at [www.KidsInDanger.org](http://www.KidsInDanger.org) & direct notification of recalls at [www.cpsc.gov](http://www.cpsc.gov)*

*Submit and view reports of unsafe children's products at [www.SaferProducts.gov](http://www.SaferProducts.gov)*

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