

Make Halloween safety a priority

With the exception of Christmas, no holiday excites children more than Halloween. They enjoy the fun of picking just the right costume, class celebrations and, of course, all that candy.

Unlike their parents, though, safety is the furthest thing from their minds Halloween night. For parents, there is a fine line between fun and the need to keep their children safe.

Children can have a safe and fun Halloween, and their parents can relax by following a few safety tips that cover traffic, costume selection, healthy treats, pumpkin carving and more. The following "Ghoulishly Good Practices" are offered courtesy of the American Academy of Pediatrics and the National Safety Council.

- Trick or treat visibility is imperative. Costumes need to be bright and reflective and fit well to avoid tripping hazards. When buying costumes, look for the flame resistant label. Instead of masks, which can limit a child's ability to see, consider makeup.

- If using makeup, check the makeup on a small patch of skin to test for allergic reactions.

- Before heading out for trick or treating, parents should review safety procedures. Agree on a time when children will be home. Instruct children to stick to established routes, to never run out into the road, cut through alleys or across lawns or dart into the street



EATING HEALTHY

Ann Bloom

between parked cars.

Children need to use sidewalks and crosswalks when possible. If there is no sidewalk, children need to walk as far from the edge of the road, facing traffic, as possible.

- Older children need to follow a route acceptable to parents, and younger children should always be accompanied by a responsible adult. Instruct children to stay in groups. Review with everyone the procedure for dialing 9-1-1 in case there is an emergency; make sure someone in the group has a cell phone.

- To increase visibility, carry a flashlight. Instruct children to only go to homes with a porch light on. Children should never enter a stranger's car or home to get a treat. Any suspicious or abnormal activity should be immediately reported to law enforcement.

- Pumpkins are a regular part of Halloween. Children should never carve pumpkins. They can draw faces on them, and then adults can do the carving. Open flame lighted pumpkins should be placed on a sturdy surface and never left unattended.

- Safety is necessary on the part

of the homeowner, too. Obstacles that could pose a tripping hazard, such as hoses and yard decorations, should be removed. Pets should be restrained or placed in another part of the house so they don't run out the door.

- Halloween is a time for extra caution by motorists. Drivers must watch for children walking on curbs, in medians and on road ways, and should use caution when entering or exiting drive-ways or alleys. Discourage new and inexperienced drivers from driving on Halloween.

- A healthy Halloween, or at least one that limits sugar intake, is possible. Giving children a nutritious meal before allowing them out to trick or treat will discourage youngsters from making a dinner out of Twix, Skittles and M&M's.

A meal with lean protein and complex carbohydrates such as whole wheat pasta and vegetables will help to discourage over-indulging in sweets. Though tampering is rare, parents should inspect their children's "loot" and treats that are spoiled, unwrapped or in any way appear suspicious should be discarded.

Consider rationing children's treats for the days and weeks after Halloween.

Ann Bloom is a nutrition program assistant for the OSU Extension Service in Wallowa County.

QUALLE

Continued from Page A4

working like my two subordinates.

Greg works at not just an efficient rate, but at an accelerated pace and was accomplishing far more than I was comfortable with. Somewhat embarrassed by my lack of progress, I tried working faster until I noticed a salty liquid on my skin.

Not being used to a condition referred to as sweating, I felt pretty uncomfortable. By now it was close to 10 a.m. and what would normally be coffee time for the Mensa society meeting that occurs at the bakery each weekday.

I considered offering to see if I could recruit a few members to help us and who would probably slow down the pace to a reasonable rate. My fondest hope was to recruit the Mensa master who could probably drag things to a complete halt.

That however would require some creative trickery, and it better be good. He can be very evasive about anything requiring a lot of activity.

Alas, the suggestion was rejected. We pressed on at what seemed like a furious pace and by noon we had the demolition complete and ready for the backhoe to pull the posts, due in no small part to my 7 percent contribution, okay 5 percent, Todd graciously offered to buy Greg and I lunch. I accepted but Greg had some loose ends to wrap up before the backhoe arrived and declined.

Todd has been a politician for only a short time but seems to be adapting well. He has secured two \$500 donations for material to rebuild but is way short of the necessary amount to replace the facility

and any additional donations would be truly appreciated.

The corrals we tore down were not only functionally shot, they were a real danger with rotted off posts and broken boards. Totally unusable.

If the money can be raised for the completion, we will have a venue for team ropings, junior rodeo, mule days events and other competitions. I am pretty sure there is no minimum amount for any donations.

FOR THE last several years CJD has contracted with Dan Ackley to be the chute boss at the rodeo. Dan suffered a stroke at Pendleton this year and it proved to be fatal.

A chute boss has a huge responsibility. He needs to know the rules, barrier measurements, which side to tie the neck rope on the cattle and a whole lot of other minutia that keeps the timed events functioning like a well-oiled machine.

He makes sure the right cowboy gets the correct steer or calf. It is his responsibility to watch every aspect of every run and be sure everything is right. If anything malfunctions, he has to know the alternative and enforce it.

A malfunction sometimes causes conflict with a contestant and a big bulldozer can be very intimidating, but there was no back down in Dan, and everyone knew it. Dan worked a lot of rodeos in the northwest and will be missed at every one of them.

I can't tell you how much the crew at the timed event end looked forward to working with Dan each year. He will be hard to replace.

Barrie Qualle is a Wallowa County-based cowboy and author.

MEASURE 105

Time to 'just say 'no' to illegal aliens in America

Illegal is illegal and "no" is a complete sentence! Crossing the border illegally is a violation of the law.

Those who cross illegally are known as illegal aliens. Look up the definitions. Those who harbor law-breakers are complicit in violating the law.

I believe in following the law. Most illegal aliens are on the public dole. For those in Rio Vista, that means you and I are paying for them.

If that's OK with you, contact me and help with my husbands cancer and dialysis treatments. This would be much more rewarding

LETTERS to the EDITOR

than knowingly letting a law-breaker pick your pocket.

So, join me in supporting Measure 105, and just saying "no" to illegal aliens leaching from our system and being complicit in a losing codependent relationship.

Jennifer Ballard
Joseph

WALDEN

Walden supports reality in timber industry nationally

I am writing to encourage you to cast your

vote for Greg Walden for Congress. My husband and I have a small business in the natural resource industry, the timber industry.

We truly appreciate that Greg has been relentless in the uphill battle to get real change in the federal timber policies, which include active and consistent management plans.

The northwest must be allowed to actively manage our forest resources so that they don't continue to go up in smoke each summer and clog vital fisheries with mud, soot and silt every spring, not to mention the health consequences of breathing thick smoke for six months a year.

Active management means jobs and pride in community, so what's not to like!

Please join us in voting for Greg Walden, the continuing voice of reason and integrity for the natural resources industry.

Gina Birkmaier
Enterprise

He has brought sanity to wildfire policy, management

I want to thank Rep. Greg Walden for the work that he has done for the people of Oregon. It seems that much of the good work that he has accomplished has gone unnoticed.

I spent a good portion of my Forest Service career working as a wildland firefighter. I have seen the benefits of proper forest management and know from first-hand experience how important it is to have the tools and ability to manage our forests before fires even begin.

Additionally, when fires do start, it is so important to have the resources to properly and efficiently suppress them.

Walden has been leading the fight when it

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