

# The Hastings Family Times™

A **FREE** Weekly Publication for Families

October 20, 2003 - Vol. 1, No. 8

P.O. Box 1361, Hastings, NE 68902

## Teach Fire Safety and Fire Drills in the Home

by Cecile J. Callahan, Managing Editor

October is National Fire Safety Month, probably because fire risk increases as we turn on the heating system as the weather cools and some people still burn their leaves as they collect in the yard. So here are some tips to help prevent fires in the home and things to know in case of a home fire.

In the kitchen, a major source of home fire, never leave cooking unattended. Use oven mitts and wear tight-fitting or rolled up sleeves when you cook. Keep the lid to the pan you are using nearby, so that if the food catches on fire you can smother the fire with the pan lid. Use a cooking timer to remind you to turn off burners and the oven as you finish using them. Keep stove surfaces free of clutter and built-up grease. Don't cook if you are on medication that can make you drowsy.

Smokers need to have a large, deep, non-tip ashtrays. Empty ashtrays often, wetting the contents before dumping them into wastebaskets. Never smoke in bed or while drinking alcohol or while you are on medication that could make you drowsy or disoriented. (A good reason not to smoke; you eliminate an entire fire hazard and look at all the work you save yourself.)

If you use a space heater, and I don't recommend it, be sure to keep it at least 3 feet away from everything, including all people. Brushing against one can set your clothing on fire. In the event clothing catches on fire, immediately **stop, drop and roll**, in a rug or blanket if available, to put out a clothing fire. (My children actually taught this to me once they started school.)

Smoke detectors should be installed on every level in your house, one in each bedroom and one outside sleeping areas. They should be tested weekly or at the very least monthly. The battery should be replaced once a year or more often if it becomes low. (Most of them "chirp" as the battery gets low). And cleaning them at least once a year is also important. When you set your clock back in the Fall is an easy way to remember to do this. Also, there are smoke detectors that trigger a strobe light for hearing impaired people. When you test your smoke detector, use a broom handle to reach it, or if you climb, use a ladder or a sturdy step stool. Chairs are for sitting on. (Can't you just hear your mother telling you that?)

Additional fire safety equipment for home use should include all-purpose (ABC) fire extinguishers in good condition in the kitchen, garage and workshop areas and a flashlight (with working batteries or a rechargeable one) for each person in all sleeping areas. For bedrooms on upper floors, a rope ladder is a good idea.

Family fire drills are a good idea. First, make sure each family member knows at least two ways out of the house from every room, and that they can operate the door or window opening mechanism for each route. Show them how

to crawl along the floor where the air will be less smoky, because the heated smoke will rise, and check doors before opening to see if they are hot. They'll need to know that if all of the exits are blocked, that they should close all doors between them and the fire, stuff rags, towels or clothing in the cracks around the door to keep the smoke out and wait at a window for help. Their flashlight can be used as a signal in this instance. Once out of a burning building, stay out. Call 911 from a neighbor's house and proceed immediately to the agreed upon meeting place so you know everybody's out.

For your first fire drill, plan it ahead of time and work on it until everybody makes it to the meeting place quickly. After that, have fire drills randomly, without advance notice, at different times of the day, so that no matter where family members are and what they are doing, they will be prepared to exit the home quickly and safely. And hopefully the only time they will ever need this knowledge will be when they teach your grandchildren about fire safety.

Your insurance company and the Hastings Fire Department are resources for learning more about fire safety and prevention. It is worth the trouble to track down additional information and review it with your family.

### LEARN ABOUT FIRE SAFETY



## Upcoming Events

**Return to Standard Time** - Turn clocks back one hour as you go to bed Oct 25

**Pumpkin Painting Party** - Oct 25 - students in grades K-6 - sponsored by Friends of the Library - space is limited, so call the library to sign up now and reserve your spot

**Pumpkin Painting Contest** - ages 10 & under - bring your painted pumpkin to Big G Ace, 3203 Osborne Drive - deadline is Oct 29, 2003

**2<sup>nd</sup> Annual Pumpkin Parade** - Oct 25 - Fisher Fountain - 3-5pm - pumpkin decorating, ghost-calling, pie eating contest, and cider - put on your Halloween costume and come on out! -sponsored by the YWCA

**Family Fun Day** - Oct 25 - YMCA - 1-4pm - \$1/family-YWCA Week Without Violence Event

**Hastings Symphony Orchestra** - Oct 26 - 3 pm - City Auditorium - Nathan Buckner, piano - "Speaking Russian"

**Heartland Community Festival** - Oct 26 - Adams County Fairgrounds - 1-5pm

**Hastings Girl Scouts Annual Halloween Costume Party** - K-3rd grade Girl Scouts & Leaders -Oct 25 - 6:30-8pm - YMCA

**Enchanted Halloween Hike** - Crane Meadows Nature Center, 9325 South Alda Rd, Wood River - "non-scary" family Halloween event - hour long guided walk - Oct 24 & 25 - 6-9pm -ages 2-5, \$2; ages 6 & over; \$5 - group rate for groups 20 & over - special children's activities 4-6pm Sat for an add'l \$2/child - 308-382-1820

**Comp Tech**  
Custom Built Computers  
Computer Upgrades & Repairs  
**462-5530**  
714 W. 2nd St.

**Keith's Pharmacies**  
**Drive-In Drug**  
500 N. Hastings • 462-6101  
Hastings First Drive-thru Pharmacy  
**Medical Park**  
2115 N. Kansas • 463-0515

**Hidden Treasures**  
Antique and Flea Market  
Something for Everyone  
We accept consignments  
We also Buy or Sell for you on e-Bay!  
212 W. 2nd • Downtown

**STATE FARM**  
**INSURANCE**  
**Laura Schneider**  
Agent  
Life Insurance, Mutual Funds  
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**463-5408**

**HSBANK**  
HASTINGS STATE BANK  
Banking for the Hometown Life  
5th & Burlington - 463-0505  
Member FDIC

**CHAMPIONS**  
*Live like a champion today!*  
**Happy Halloween Party**  
Tuesday - Oct 28  
6-8 pm  
Call for details!  
**462-6220 • HASTINGS**

Friends gather at  
**Julie's**  
to stitch to their heart's content  
**Save 20%**  
with this coupon  
731 W. 2nd • Downtown

**The Plum Nelly**  
Everything for the Fiber Artist  
**Save 5%**  
on any Yarn Purchase

# A Stone In My Hand Shows Child's Perspective of War

by Cecile J. Callahan, Managing Editor

Found in the Young Adult section, *A Stone In My Hand* by Cathryn Clinton, is a moving look at war through a child's eyes. Eleven year old Malaak Abed Atieh, a Palestinian living in Gaza in 1988, spends her days silently waiting on the roof for her father to return home. A mechanic, he had gone to Israel to look for work because no one in Gaza could afford to have their car fixed any more, and has not yet returned. While she waits, she befriends and tames a white bird she names Abdo. In her thoughts, we meet her strong, quiet mother, and her brave, gentle, fun-loving father.

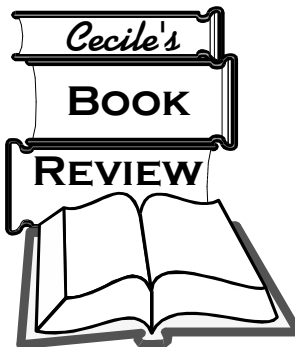
Through her eyes, we look fondly at the few photographs on the wall, mainly of happier days in Gaza, but a few older ones of her mother's family in Jerusalem before they left to escape the violence in 1948.

They had not planned to leave for good, just to wait for the armies to settle their differences and then return to their homes. This was not to be however, and they made a life for themselves in Gaza.

Now Malaak's older sister, having finished school, is waiting for this war to be over so she can get on with her life. Her brother, Hamid, one year older than Malaak, roams the streets with his friend, Tariq, learning the rhetoric of the first *intifada*.

One of the most important realizations is that these people make up an ordinary family, trying to live a normal life under extraordinary conditions. It gives one hope to see that love can still blossom within a family amid hatred, strife and violence, along with the strength to look forward to a day when war will be no more.

What's new at the Hastings Public Library?



*A Stone In My Hand*  
by Cathryn Clinton

## Coins Can Be Safe and "Spooky" Alternative to Halloween Candy

by Doug Hecox, United States Mint

(ARA) - Many grown-ups are turning to candy-less treats for the ghouls, ghosts and goblins knocking on their door.

With growing concerns about the tampering of candy, not to mention the nutritional detriments of traditional Halloween treats, more and more grown-ups are giving coins to little ghouls and goblins.

Generally considered to have been first made in the regions of Lydia and Ionia -- now known as western Turkey -- more than 2,600 years ago, coins have been around longer than Halloween itself.

For anyone who thinks coins aren't particularly spooky, consider this: It is a custom in some cultures to place coins on the eyelids of the dead to keep their eyes closed. Some



believe that, if the eyes of the dead remain open, we would see our own death captured in their eyes.

Ancient Greeks believed coins are to be placed on the eyes of the dead as payment to Charon, the boatman on the river Styx, for ferrying the dead to the other side. For this service, he was paid a fee that was placed in the mouth of the deceased.

In the Middle Ages and well into the modern age, coins were placed into the coffin to pay for expenses in the afterlife. In popular myth, it was hoped that coins would prevent the deceased from returning. By placing coins in the grave, the heir probably also wanted to free himself of any debts to the deceased and to ensure the goodwill of the dead person.

Coins were laid around the necks of the deceased with chains or ribbons, and sometimes they were placed under the person's head or in their hand. Coins also occurred as parts of rings, and archaeologists have found metal money that was left with the deceased in bags.

U.S. coinage also features many of the nation's most famous ghosts -- specifically the Lincoln penny and the Jefferson nickel. The ghost of Abraham Lincoln is said to haunt the Lincoln bedroom in the White House -- the very room in which he is said to have foreseen his own death. Many also claim to have encountered the ghost of Thomas Jefferson in various locations in Virginia. More importantly, because everyone depicted on them is long dead, coins make perfect targets for haunting.

This year, make your Halloween spook-tacular. Give trick-or-treaters coins instead of candy! For more spooky information about coins, contact Doug Hecox of the United States Mint at (202) 354-7577 or visit [www.usmint.gov/kids](http://www.usmint.gov/kids).

*Courtesy of ARA Content*

## Home-based Business & Craft Show at Imperial Mall

Twenty vendors from all over the state of Nebraska, from as far away as Valentine, will have their wares on display at the Imperial Mall, Saturday, Oct. 25 and Sunday Oct 26, 2003, during regular mall hours. (10-7, Sat; noon-6, Sun). Included among them will be Mary Kay and Avon distributors, a HomeAmerica booth and various crafters, both local and out-of-town. On Saturday, from 10-2 only, W.A.G.S. will be located at the old Hawthorne Jewelry location, south of center court, with W.A.G.S. items for sale and kitties to adopt. For every cat adopted, the adopting family will receive a pumpkin for holiday decorating.

### The Hastings Family Times™

#### Original & Local Word Search #8

by Dale Callahan, Age 14

I P K X C F O G N D H U  
I T K V I L L A N O R E  
F F S S R Q E O I B E G  
K I C S Q P N I Y A M B  
H S D V F V B T A N O T  
G T A R B Y S A D R R M  
D A I N L L A P I U M D  
L T R K G Z U L L S O Y  
W E Y D N U U E O S N D  
K F Q J E A S G H S I A  
Y A U A C N B V L I S P  
M R E I Y H C S W G L S  
S M E M L M H A U A A L  
A P N S R A E S F L N U  
H T R A M L A W K E D A  
K C O R E D I U G X Z P

Angus  
Arby's  
Blue Hill  
CVB  
Dairy Queen  
El Patio  
Garden Café  
Guide Rock  
Holiday Inn  
KFKX  
KHAS  
KICS  
MLMH  
Mormon Island  
Paul Spady  
Russ's IGA  
Sears  
State Farm  
US Bank  
Villa

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#### K.I.D.S. Recipe of the Week

##### Zucchini Bread

1/3 cup shortening                      1/2 cup sugar  
2 eggs                                        1/2 teaspoon soda  
1/2 teaspoon salt                        1 teaspoon cinnamon  
1 cup shredded zucchini            1 teaspoon baking powder  
1 3/4 cups sifted all-purpose flour

Cream together shortening and sugar; add eggs and beat well. Sift together dry ingredients; add to creamed mixture. Add zucchini, mixing until all ingredients are just blended. Pour into well-greased 9 1/2 x 5 x 3-inch loaf pan. Bake at 350° oven 40 to 45 minutes or until done. Remove from pan; cool on rack.

My boys aren't all that enthused about zucchini, even in bread, but they relish the opportunity to play with the food processor. So when we have zucchini, they are thrilled to shred it in the food processor. They have even progressed to measuring it into the freezer bags for me and leaving the food processor, and the kitchen clean when they finish.

Nadine Rutt, of Campbell, NE, likes to make muffins out of her zucchini batter and sprinkle cinnamon and brown sugar on top. I'm planning to try that next time I thaw out some zucchini. - *Cecile*