

Hand In Hand

October-November 2016

The Big Four of Hunting Safety:

Hunting Accidents Have Four Common Causes:

1. **Judgment Mistakes:** The number one cause of hunting accidents is mistakes in judgment, such as mistaking a person for game, not checking what's in front of or beyond your target, and getting caught up in the excitement of the hunt which can cause you to make foolish mistakes.
2. **Not Following Firearm Safety Rules:** Another common cause of hunting related accidents is not following safe firearm practices like the four primary rules of firearm safety.
3. **Not Enough Practice:** A huge problem that I see out in the field is hunters who don't know their firearms capabilities. This stems from a lack of practice that can lead to things like accidental discharges and stray shots.
4. **Mechanical Failures:** When it comes to firearms you can never let your guard down; mechanical failures can and will happen, so you must know how to deal with them when they do.



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The Four Primary Rules Of Firearm Safety While Hunting Are:

1. **Always Keep Your Muzzle Pointed In A Safe Direction:** The muzzle of your firearm should never be pointed towards anything that you don't intend on shooting. Practicing safe muzzle control is one of the most important things that you can do out in the field, and should be something that's second nature long before you ever head out into the field.
2. **There Is No Such Thing As An Unloaded Weapon:** Every firearm should be treated as a loaded weapon, therefore they should always be given the respect due a loaded weapon. When being handed a firearm in the field, always assume the gun is loaded, even if someone tells you it's unloaded.
3. **Make Sure You Know What's In Front Of & Beyond The Target:** When taking a shot, you must always be sure of what's in front of and what's beyond your target. If you cannot see what lies beyond your target, NEVER TAKE THE SHOT.
4. **Keep Your Finger OFF The Trigger:** When carrying any firearm, your finger should never be inside the trigger guard unless you're ready to shoot. This is a huge problem that I see time and time again with inexperienced shooters, and it's something should be mastered before ever going on a hunt.

Facts about Columbus Day

- The first Columbus Day celebration took place in 1792.
- In 1937, President Franklin D. Roosevelt proclaimed Columbus Day a national holiday.
- Columbus Day is an Italian-American heritage.
- Christopher Columbus made the voyage to the New World three times.
- South Dakota, Alaska and Hawaii do not recognize Columbus Day.
- He set sail in August of 1492. It was 35 days before a sailor spotted land.

Nurses News



What you should know about hand, foot, and mouth disease

Hand, foot, and mouth disease or HFMD, is a viral illness that affects infants and children. It is transmitted by close personal contact with an infected person, by breathing their respiratory secretions, coming in contact with their feces, or by touching objects and surfaces contaminated with the virus. It is not transmitted to or from pets or other animals.

How do you know if your child has HFMD?

Your child might have hand, foot, and mouth disease if they have symptoms like, fever, poor appetite, sore throat, especially if they have blister-like sores in the mouth. The sores are often in the back of the mouth and begin as small red spots that blister, and can develop into ulcers. Children with hand, foot, and mouth disease also can develop a skin rash over 1 to 2 days. The rash has flat or raised red spots, sometimes with blisters. The rash is usually on the palms of the hands and soles of the feet, but it can also appear on the knees, elbows, buttocks or genital area.

If your child has any of these symptoms, you can take them to a doctor for confirmation, however, this is no treatment for HFMD. HFMD is a viral illness that will resolve within 1-2 weeks.

Generally, a person with hand, foot, and mouth disease will be contagious during the first week of illness, but can still spread the virus for a few days after symptoms resolve. Children should stay home while they are sick with hand, foot, and mouth disease. Talk with your healthcare provider if you are not sure your child should return to school or daycare.

How to prevent your child from getting HFMD

You can minimize your chance of getting the infection by practicing good hygiene. Make sure your child washes their hands with soap and water after using the bathroom. All adults should wash their hands after changing an infant's diaper. Clean and disinfect frequently touched surfaces regularly including toys.

Information retrieved from www.cdc.gov/hand-foot-mouth/about/prevention-treatment.html



Ages and Stages is a voluntary program and the information provided is confidential. It is a screening that can help you follow your child's development as they grow. The ASQ will be sent to you until your child is three years old. The screening results are also helpful if you have concerns about your child's development that could be useful information for you appointments with your doctor, teachers, or other providers. It is important to ensure that your child's development is progressing without problems. Each questionnaire contains simple questions for parents to answer about activities their child is able or not able to do.

Each age-related questionnaire is then returned back to us at the Health District. The answers are scored and help determine whether the child's development is on schedule or should be referred for a developmental checkup with a provider.

If you would like to participate in this program for your child, please come to the Health District and fill out the paperwork. We will answer any questions you may have.

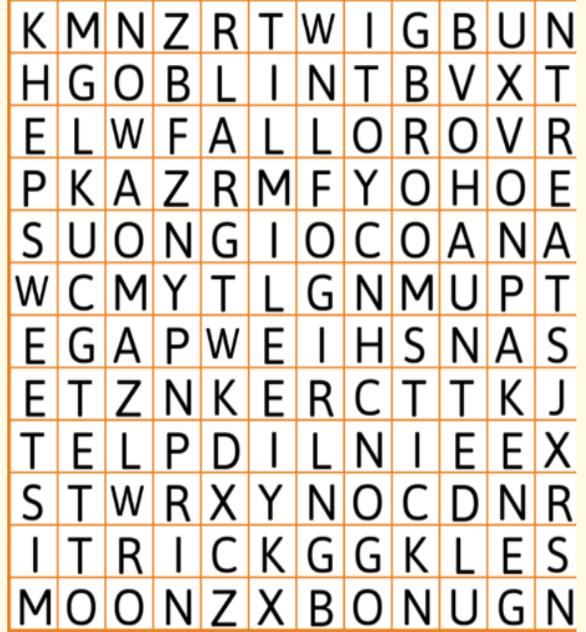


Miscellaneous

Organic Wreath



A wall gains harvest style from this wreath that resembles a sunburst. Soak husks in water until they are pliable, then tear into 1- to 2-inch-wide strips. Starting from the outer edge of a 14-inch straw wreath form, secure rows of strips with dressmaker pins. Overlap each row to hide pins. For the last row, pin strips to the back and bend to cover the inside edge. Strips hold their shape when dry.



TREATS MOON BROOMSTICK
 HAUNTED BOO CANDY
 GOBLIN FALL PUMPKIN
 FRIGHTEN LANTERN WIG
 SWEETS MONSTER TRICK



Raisinnet Spiders

- † 1/3 cup peanut butter
- † 20 round crackers
- † 80 thin pretzel sticks
- † 20 Nestle Raisinets milk chocolate covered raisins

Directions:

Spread about 2 teaspoons peanut butter over top of 10 crackers. Press 8 pretzels into peanut butter, arranging 4 on each side to resemble legs. Top with remaining crackers. Dab top of cracker sandwiches with 2 peanut butter dots. Place 1 Raisinet on each dot to resemble eyes.



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October 2016

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--------------------------------|--|-----|----------------------|-----|------------------------|-----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 Columbus Day | 11 | 12 2pm Early Release | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| National FFA Convention | | | | | | |
| 23 | 24 | 25 | 26 | 27 | 28 12:30 Early Release | 29 |
| 30 | 31 HALLOWEEN  | | | | | |

November 2016

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------------------------|-----|-----|------------------------------|-----------------------------------|--------------------------------|---|
| | | 1 | 2 Parent Teacher Conferences | 3 Parent Teacher Conferences | 4 12:30 Early Release | 5 State Cross Country |
| 6 Daylight Saving Time Ends | 7 | 8 | 9 | 10 | 11 School Closed Veterans' Day | 12 State Volleyball  |
| 13 | 14 | 15 | 16 2:00 Early Release | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 12:30 Early Release | 24 School Closed Thanksgiving Day | 25 School Closed | 26 |
| 27 | 28 | 29 | 30 | | | |