

# Cooking safety starts with YOU.



fpw.org

FIRE PREVENTION WEEK™



## Pay attention to fire prevention.™

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This year local volunteers are teaming up with the National Fire Protection Association® (NFPA®) to promote this year's FPW campaign, "Cooking safety starts with YOU. Pay attention to fire prevention.™" The campaign works to educate everyone about simple but important actions they can take when cooking to keep themselves and those around them safe. According to NFPA, cooking is the leading cause of home fires and home fire injuries in the United States.

Unattended cooking is the leading cause of cooking fires and deaths.

"Year after year, cooking remains the leading cause of home fires by far, accounting for half (49 percent) of all U.S. home fires," said Lorraine Carli, vice president of outreach and advocacy at NFPA. "These numbers tell us that there is still much work to do when it comes to better educating the public about ways to stay safe when cooking."

All residents are encouraged to embrace

the 2023 Fire Prevention Week theme. Your local volunteer firefighters offers these key safety tips to help reduce the risk of a cooking fire.

1. Watch what you heat. Always keep a close eye on what you are cooking. Set a timer to remind you that you are cooking.
2. Turn pot handles toward the back of the stove. Always keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner.

3. Have a "kid- and pet-free zone" of at least 3 feet (1 meter) around the stove or grill and anywhere else hot food or drink is prepared or carried.

4. Keep anything that can catch fire – oven mitts, wooden utensils, food packaging, towels or curtains – away from your stovetop.

5. Be on alert! If you are sleepy or have consumed alcohol, don't use the stove or stovetop.

## New Rockford Fire Department

**Brian Hopfauf, Chief (19)**

**Matt Pfeiffer, Asst. Chief (10)**

- Ken Thompson (37)
- R. Joseph Lies (34)
- Lonnie Thompson (33)
- Mark Seiler (28)
- Jeff Pfau (26)
- Travis Peterson (24)
- Rick Swenson (23)
- Todd Allmaras (20)
- Reed Weisenburger (15)
- John Allmaras (13)
- Jon Johnson (8)
- Neil Backman (8)
- Brett Ehni (5)
- Carson Hurn (3)
- Gunner Wetzel (3)
- Jeremy Schrock (2)
- Tony O'Connor (2)
- Zachary Smith (2)
- Ethan Shroyer (2)
- Matt Sullivan (1)
- Kyle Quinton (1)



New Rockford Fire volunteers, pictured from left to right – front row: R. Joseph Lies, Matt Pfeiffer, Carson Hurn, Brian Hopfauf, Neil Backman; back row: Jeff Pfau, Brett Ehni, Kyle Quinton, Rick Swenson, Mark Seiler, Ethan Shroyer, Gunner Wetzel, Zachary Smith and Lonnie Thompson

## Sheyenne Fire Department



Sheyenne Fire volunteers pictured from left to right: Bryan Rieger, David Karlsbraaten, David Chenze, Sr., David Chenze, Jr., Devin Millang, Jeff Labrensz, Richard Hoffner, Mark Seastrand, Ken Ames, David Rieger, Elvis Thumb, Jr., Kyle Alfstad.

**Elvis Thumb, Jr., Chief (21)**  
**David Chenze, Jr., Asst. Chief (10)**

- Richard Thueson (72)
- David Karlsbraaten, Secretary (49)
- Richard Hoffner (44)
- Kenneth Ames (42)
- Jeff Labrensz (42)
- David Rieger (41)
- Mark Seastrand (32)
- Bob Hanson (32)
- David Chenze, Sr. (28)
- Bryan Rieger (12)
- Kyle Alfstad (11)
- Collin Hanson (11)
- Julianna Millang (8)
- Mark Riggle (8)
- Evan Swenson (7)
- Devin Millang (5)
- Ben Grann (3)
- Chance Brenno (1)
- Don Chenze (1)

<p>Flair Boutique &amp; Coffee Shop</p>	<p>826 Central Ave, New Rockford 701.381.8876 OPEN Mon-Fri. 7am-5pm</p>	<p><b>Hefty</b> SEED COMPANY Agronomists Mike Johnston (701) 650-8379 Brandon Wall (701) 650-7617 1595 Hwy 281, New Rockford, ND • Mon. - Fri. - 8a - 6p</p>	<p>TUESDAY-THURSDAY 11A-8P FRIDAY &amp; SATURDAY 11A-9P SUNDAY 1P-6P MONDAY - CLOSED 104 Central Ave, New Rockford (701) 947-5781</p>
<p><b>HALEY'S</b> AUTO REPAIR</p>	<p>625 1st Ave N New Rockford (701) 652-5787</p>	<p><i>Shear Delight Salon</i> Jeselyn Collier Master Cosmetologist 820 Central Ave, New Rockford, ND 701.947.5963</p>	<p>Find us on Facebook @RocketWashNR Hwy 281 • New Rockford (South of Casey's) • 947-2405</p> <p><b>Rocket Wash</b> Open Daily 6 am - 10 pm</p>
<p>James River DENTISTRY Dr. Robert Cudworth • Dr. Amy Ellingson</p>	<p>708 1st Ave. N New Rockford (701) 947-2354</p>	<p><b>Yri Electric</b> New Rockford, ND 701-650-7097 LLC</p>	<p>Styles by Glenda   Carly Jo 701.302.0023   701.367.8393 6 8th St N, New Rockford, ND</p>
<p>Downtown New Rockford <b>Bakers Dozen</b> 947-2359</p>	<p>Open Tuesday - Friday 7:30 a.m. - 5 p.m. Try our soup, salad and sandwich bar!</p>	<p><i>Hanson's Bar</i> 811 Central Ave - New Rockford (701) 947-5522</p>	<p>COMMUNITY CREDIT UNION New Rockford 947-5011 Carrington 652-2482 Fessenden 547-3856 joinccu.com</p>
<p>Auto • Home • Farm • Crop • Business <b>Farmers Union</b> INSURANCE Lucas Schumacher, 630 1st Ave S, New Rockford Office: 701-947-2724 Toll Free: 800-598-1211</p>	<p><b>VORLAND</b> LAND COMPANY 701-947-5626 vlc@gondtc.com New Rockford www.vorlandlandcompany.com</p>	<p><i>Jenna Lee</i> PHOTOGRAPHY - Est. 2014 Jenna Weisenburger New Rockford (701) 307-0019</p>	
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# Cooking safety starts with YOU!

## COLORING CONTEST



**Sparky says:** Have a 3-foot (1-meter) “kid-free zone” around hot things like the grill or stove. Stay away from things that get hot.



**Kids**

Visit [Sparky.org](http://Sparky.org) • [fpw.org](http://fpw.org)  
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Color this page and bring it in to the Transcript office anytime during Fire Prevention Week. We'll hang your masterpiece in our big store window facing Central Avenue, and your name will be entered into a drawing to win one of 5 prize packages. Winners will be announced in the Oct. 23 edition of the Transcript. Open to all readers 12 years of age and under. One entry per person. Entries must be received by 4:30 p.m. on Friday, Oct. 13. Office hours are 8:30 a.m.- 4:30 p.m. Monday through Friday. Entries may also be mailed to PO Box 752, New Rockford, ND 58356, but must be received by Friday. Winners will be called to pick up their prizes.

Name and Age \_\_\_\_\_

Phone: \_\_\_\_\_

*Note: Phone number will be covered before entries are displayed in the store window to protect privacy.*

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