Integrity is learned task, experts say

United States Army Ranger and former pro football player, who was killed in action recently, is said to have shunned the limelight. After enlisting, he reportedly turned down interviews, saying that there were many men and women who were making the same sacrifice.

"His death is one among many who have sacrificed their lives for their country. Each is a hero in his or her own right," said Chuck Smith, Kansas State University Research and Extension child development specialist.

"In reality, these everyday heroes often outshine many that are fictionalized," Smith said.

"The willingness to sacrifice for the welfare of others — to step up and do what you believe is right – is evidence of integrity," he said.

There is nobility in taking such risks, but Smith said there are inevitable questions as well: What makes someone put his or her life on the

And, what separates integrity and willingness to make such a sacrifice from foolishness? Should a six-year cue a playmate that has fallen into your values.

Children typically want their parents to act with integrity and to be their hero."

> Chuck Smith, child development specialist

the water? Or run for help? Which solution is honorable? And, which

Integrity is typically learned by example. Putting it to use can reflect self confidence and decision-making skills that are developed during a child's growing-up years, said Smith, who offered these tips for

- Talk with your children about the values that guide your life, and ask them to think about what's important to them.
- Talk is the key word, because a conversation, rather than a lecture, can encourage a child to think about his or her values and choices,"
- Talk about decisions that mesh with or support these values.
- · Set a good example, and act old child who can't swim try to res-consistently in accordance with their fears.

"Children typically want their parents to act with integrity and to be their hero.

"They want to be able to say proudly, 'That's my Dad.' or 'That's my Mom," he said. The desire to be a hero to your child does not excuse parents from setting limits and maintaining standards. Learning respect for these actions also is part of the developmental process, Smith said.

• Read children stories about courageous individuals who have either acted with integrity or strived

"Listening to stories about others' noble or heroic behaviors can encourage children to think about their own values and choices," he

- Try to help children overcome

ful. There is so much that they don't understand. They may, for example, be afraid of the dark. Helping them overcome their fears in a reasonable manner can help them strive to be honorable and responsible young people who gradually learn to act with integrity," Smith said. Children who fail to learn how to be consistent with their beliefs about right and wrong may as adults look back at their lives and regret actions taken or not taken, he said.

For other questions on managing family relationships successfully and helping children realize their potential, visit Smith's Wonder-Wise Parent Web site: www.ksu.e-

Editor's note: The Kansas State University Agricultural Experiment Station and Cooperative Extension Service is a program designed to generate and distribute useful knowledge for the well-being of Kansans.

Supported by county, state, federal and private funds, the program has county Extension offices, experiment fields, area Extension offices and regional research centers statewide. Its headquarters is on the • Children can be inherently fear- K-State campus in Manhattan.

Developmental services to hold open house here

Developmental Services of opmental Center staff about this open house for summer courses in their College for Living program on Monday from 3:30-5:30 Colby. The public is invited to will be provided. attend this come and go event and visit with the Wheatland Devel- 462-3012.

Northwest Kansas will be hold- exciting program for people with ing their spring enrollment and developmental disabilities. Information will also be provided on the many other services provided at DSNWK such as emp.m. at Wheatland Developmen- ployment services, case managetal Center, 1675 W. Fourth in ment and more. Refreshments

For information, call (785)

Contest results announced

Ericka Erickson, a senior at Colby High School, was one of the students who took part in the Courtney-Spalding Chapter of the Daughters of the American Revolution Good Citizen essay contest.

Twenty western Kansas schools were invited to participate in the chapter's 2004 Good Citizen contest with nine schools responding by selecting one member of their senior class as their school's Good Citizen, said sponsors of the con-

These nine students then submitted an essay with Brandon Nimz receiving the winning entry.

Nimz is a senior at Trego Community High School and the son of Mark and Joleen Nimz, WaKeeney.

In addition to Colby, other schools competing were Plainville, Hays, Thomas More Prep, Grinnell High School, Hill City High, and Golden Plains High School.

Truetken, was the senior chosen from Golden Plains who took part in the competition also.

Health nurse: Skin cancer exams a must

The wonderful summer is upon us and chances for skin cancer will be here too. What can you do to prevent this? The American Cancer Society recommends a monthly skin self-exam and your routine health exam should include a skin examination for cancer.

How do you examine your skin? First, you need to get familiar with your skin and your own pattern of moles, freckles, blemishes and birthmarks. Check your skin monthly and be alert to changes in the number, size, shape or color of spots on your skin or sores that do

The best time to do this simple exam is after a bath or shower. Use a full length and a hand mirror so you can check your skin from head to toe, noting anything new. Face the mirror and check your face, ears, neck, chest and belly. Check both sides of your arms and the tops of your palms and hands. Sit down and check the front of your thighs, shins,

Plainville saddle club seeks entries

The Plainville Saddle Club is looking for single girls, the ages of 14 to 23, who would like to compete for its rodeo queen, club officials

Interested young ladies may contact one of the committee persons for an application.

Entries must be in by Monday, May 31, 2004. The contest will begin at 9 a.m., Friday, June 11, and will consist of two go-rounds of horsemanship, personal interview, and a written test.

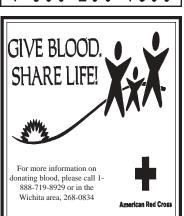
There will be a parade that afternoon followed by the rodeo. All contestants are asked to ride in the parade. The 2004 Plainville Rodeo Queen will be announced Friday evening, during the opening night of the Plainville rodeo.

"The queen will participate in the grand entry of the rodeo, said Candace Rachel, with the group.

Any one interested in entering the contest is asked to contact Patty Kramer at 502 S. Madison, Plainville, Kan. 67663, telephone 785-434-2139, or Rachel, 1690 AA Road, Plainville, Kan., telephone

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tops of your feet and in between your toes. Now look at the bottom of your feet, your calves and the backs of your thighs, first one leg, then the other. (You will need a hand mirror for the backs of your thighs.) Stand up and use the hand mirror to check the buttocks, lower back, (It may be helpful to look at your tor. back in a wall mirror by using a

If you do the exam regularly, you will know what is normal for you and can feel confident. Remember the warning signs and check with your health care professional or dermatologist if you find something. The most common skin cancers, basal cell and squamous cell, over, but may have differing shades often take the form of a pale, wax- of brown or black, sometimes with like pearly nodule, a red scaly, patches of red, white or blue. D is

Turkey and Dressing

Roast Beef/Mushroom Sauce

Baked Ham

Vegetables

Adults: \$8.50

11:00 - Misc

12:00 - Cars,

Tractors &

Machinery

(Storm date:

does not heal. Another form of skin cancer,

melanoma, often starts as a small, mole-like growth. Almost everyone has moles. The vast majority of moles are perfectly harmless. A change in a mole's appearance is a upper back and the back of the neck. sign that you should see your doc-Here's a simple ABCD rule to

help you remember the important signs of melanoma and other skin cancers. A is for asymmetry. Onehalf of a regular mole or birthmark does not match the other. B is for border. The edges are irregular, ragged, notched or blurred. C is for color. The color is not the same all

nothers woll

Children: \$4.50 (8 & under)

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LOCATION: From Trenton, NE - 5 miles North on Hwy 25

From Palisage, NE - 6 mi. East on Hwy 6 to 6 & 25 Junction, 3 mi. S.

Vehciles: (Running) - 1965 Ford Mustang, 302, tri-power, 4 sp., completely restored, 1931 Ford Roadster - All original wl. spoke wheels, 1929 Ford Model A Truck, 1937 Ford Coupe, 8 hp. flathead, V8, 31,000 actual miles, 1928 Ford Business Coupe, all original, 30,000 actual miles, 1977 Dodga

Mobile Traveler Camper, 318 motor, air, new tires, 81,552 miles, (2) 1938 Sedan, 2 door, 1957 GIVIC pickup, step side, 6 cyl., '3 sp., 1984 Ford 9000 Truck, day cab, Cummins. turbo 6, 1971 Ford

school bus, 330 motor, 1936 Diamond Ttruck, 15'box, flathead 6, 1946 Dodge Truck, 15 1/2'box 8 hoist, 1947 Studebaker truck, 1952 Chevy truck, cornerwindow, Inline 6,15' box & hoist, (3) 1948

Diamond Rio trucks, 1946 Diamond T 1´-ton truck, 1969 Chevy pickup, custom 10, long box (Rebuilders) - 1936 Ford Truck, V8, 1 1/2 ton, 1936 Diamond T Truck, 1929 Ford Model A, Denvei

body, suicide doors, 1962 Ford Thunderbird, completestraight, 1955 Ford pickup, 1/2 ton - 90% restored, (2) 1952 Hudson Hornet, 4 dr, 1953 Hudson Hornet, 1948 Diamond Reo truck, 1947

Studebaker truck, 1952 Chevy Coupe-2 door, 1966 Ford Mustang, (2) 1965 Ford Mustangs, V-8 1964 Fairlane Sport.Coupe, 1964 Ford Fairlane, 2 dr, 1964 Falcon Futura convertible, 1991 Oldsmobile

Cutlass, needs motor, 1952 Ford Truck, F350, box & hoist, 1964 Ford Galaxy 500, 1964 Ford Model A Truck, (3) 1924 Ford Model T Trucks, 1962 Ranchero, 1957

Ford 2 door, 1964 Ford Fairlane, 4 dr., 1950 Dodge Truck, 1951 Ford Bubble nose truck, flathead, V8, 15' box & hoist, 1952 International Truck, 1934 Ford Truck, flathead 6, 1 1/2 ton, 1952 Ford

truck, 2 ton, 1960 Lincoln Continental, 1967 Impala 4 dr., 1957 Ford Galaxy convertible, Chevy Nova station wagon, 1964 Mercury Comet, 2 dr., 1966 Chevy Impala, 4 door, Jeep pickup, 4 wheel drive

1964 IHC Scout Wagon, 1965 Ford, 4 dr., 1965Chevy Apache pickup, short box, 1974 IHC Scout 11, 1950 IHC L-1 20 pickup, step side, 1968 IHC 1200 pickup, 3/4 ton, 4 wheel drive, 1950 GIVIC pickup, 3/4 ton, 4 wheel drive, 1979 Buick Riviera, turbo, V6, 2 door **Wagons - Buggies:** 1906 Sears Roebuck Doctor Buggy, singledouble tongue, LIKE NEW, Mitchell wagon, John Q Adams

seat, Flare box, Small pony chariot—wood wheels, Corn wagon—wood wheels, Sleigh buggy—wood wheels, 2 Seat Buck Board—wood wheels, Buggy—wood wheels, 2 Seat Buck Board, Bucl Board Running Gear **Tractors**: Oliver 2655, 4 wheel drive, MM diesel engine, 3 pt., pto, SN45600892 J D 720, diesel, pony motor, 3 pt., wide front, SN 7222039, JD 70, diesel, good tires, SN 7030497

JD 70, propane w/ Haymaster loader, (2) Massey Harris 44, gas, wide front, 3 pt., new tires, Olive 880, diesel, SN 91583-873, 1946 Ford Ferguson, Oliver 70, row crop, spoke wheels, Oliver 88

Super, wide front, Oliver 1800, propane, 3 pt., SN 125-607842, MM 705 propane, SN 23601375, Oliver 1900, GM diesel, SN 125607, Oliver 77, wide front, diesel, SN 3506-910, MM 706, MFD, 504 diesel, near new tires, SN 23703727, Oliver 77, row crop, gas, good tires, SN 330586 C-77, MM 705, propane, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 standard, SN 820539, MM U, propane, w/ dozer, SN 23601952, Oliver 88 st

0194906040, MM U, gas, SN 0194907838 **Combines & Heads:** (2) 1976 Gleaner L, 3500 engine good tires, 24' header, (I)-Soybean special (2) Gleaner F, 18'headers Gleaner G, 18' header Gleaner e, propane, 6 cyl. Gleaner C 11, gas, 18'header, good tires (2) UFT Bean knives 24' Bean pickup Gleaner 3 row cornhead JD 5 row wide row crop head Gleaner pull type combine, Leroy engine, 4 cyl. Rebuilder Combines Massey Harris 90 Massey Harris 92 Super (3) Massey Harris 92 Oliver 30 Case 44" Threshing Machine Hartpar 28" Threshing Machine Boat: 1957 Wood Kris Craft boat, 35

hp, Sea King motor Rebuilder Tractors: (3) Oliver 88, SN 129699, SN 827954, SN 953501 (1) Oliver 88 Standard, diesel, SN 22658 Oliver 77, SN 349773 MM G, gas, SN 0205000996 1946 Oliver 70—stuck, SN 252948 Oliver 77, Diesel, SN 3506910. 1945 Oliver 70—stuck, SN 251872 Oliver 99—free, 8N SN 517462-C66 JD A, hydraulic rock shaft, w/belly sickle mower, 12 volt—stuck.

SN 559873 JD A - rock shaft—stuck, SN 572040 JD B —stuck, SN 156827 1945 MM, RTU-free, SN 4110021 MM G, propane-stuck, SN 0204800107 MM G, gas-free, SN 02004764 MM G 6, propane, SN 16100193 (2) MF 44, diesel Antiques: Anchor Brand wood tub wringer washer - Newton, Iowa (2) Gilber Baker MFG Co. gas pumps (2) Globes for gas pumps Tile roofing Oliver 2 row mounted corn picker, shedded MM Corn sheller JD 4 row lister Oliver one way Oliver pull type picker One row work tilese Several Cast Iron seats Farm Machinery & Equipment: IHC 800 Air planter, 6 row 30" with tilese fartilizer, IHC 400 & row planter, Miller 14/dies. Supflower 325 under cutter. Liteton & row

w/ tillers fertilizer, IHC 400 8 row planter, Miller 14 disc, Sunflower 3x5 under cutter, Liliston 8 row cultivator, (2) Van Brunt steel wheel drills, JD Spring tooth, (3) MM sickle mowers, Jeffery chisel Miller 12'rod, NH Wheel driven rake, Miller 14' drag disc, Farmhand hay basket, Grain-O-Vator 60 Feed wagon, Orthman Hydraulic driven bean rod, 6-30 Lift assist wheels, MF 4 Bottom rollover plow Gehl 2 row chopper, Oliver sickle mower, NH 9'windrower, Oliver steel wheel drill, Might Handy 34 od weeder, IHC Cultivator, JD Cultivator, MM Manure Spreader, JD 5 Shank steel wheel ripper, Flex King 21' rod weeder, 4 Bottom plow, (2) Oliver 9'Swathers, JD 3 pt. rotary hoe, IHC Planter units

Tuesday, May 18 • 11:00 CDT

sharply outlined patch or a sore that for diameter. The area is larger than 6 millimeters (about 3/4 inch, the size of a pencil eraser) or is growing larger.

Other important signs of melanoma include changes in size, shape or color of a mole or the appearance of a new spot. Some melanomas do not fit the ABCD rule described above so it is particularly important for you to be aware of changes in skin lesions or a new skin lesion.

Other warning signs are a sore that does not heal, a new growth, spread of pigment from the border of a spot to surrounding skin; redness or a new swelling beyond the border; change in sensation, including itchiness, tenderness or pain; change in the surface of a mole, scaliness, oozing, bleeding or the appearance of a bump or nodule.

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4 door, 6 cyl., white, 26K miles

2002 Chrysler Town & Country LX ₹22-24 MPG ≥



2003 Olds Alero GL

2004 Chrysler Sebring GTC ₹28-30 MPG

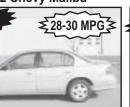
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