

Integrity is learned task, experts say

MANHATTAN — Pat Tillman, 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 line?

And, what separates integrity and willingness to make such a sacrifice from foolishness? Should a six-year old child who can't swim try to rescue a playmate that has fallen into

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Chuck Smith, child development specialist

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

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 parents:

- 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," Smith said.
- Talk about decisions that mesh with ^ or support ^ these values.
- Set a good example, and act consistently in accordance with your values.

"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 to do so.
- Listening to stories about others' noble or heroic behaviors can encourage children to think about their own values and choices," he said.
- Try to help children overcome their fears.
- Children can be inherently fear-

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.edu/wwwparent/.

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 K-State campus in Manhattan.

Developmental services to hold open house here

Developmental Services of Northwest Kansas will be holding their spring enrollment and open house for summer courses in their College for Living program on Monday from 3:30-5:30 p.m. at Wheatland Developmental Center, 1675 W. Fourth in Colby. The public is invited to attend this come and go event and visit with the Wheatland Developmental Center staff about this exciting program for people with developmental disabilities. Information will also be provided on the many other services provided at DSNWK such as employment services, case management and more. Refreshments will be provided.

For information, call (785) 462-3012.

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 contest.

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 not heal.

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,

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, upper back and the back of the neck. (It may be helpful to look at your back in a wall mirror by using a hand mirror.)

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, often take the form of a pale, wax-like pearly nodule, a red scaly,

sharply outlined patch or a sore that 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 sign that you should see your doctor.

Here's a simple ABCD rule to help you remember the important signs of melanoma and other skin cancers. A is for asymmetry. One-half 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 over, but may have differing shades of brown or black, sometimes with patches of red, white or blue. D is

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, scalliness, oozing, bleeding or the appearance of a bump or nodule.

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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 said.

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 785-434-4907.



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