

Books available to help young people enjoy sports

By staff members

Pioneer Memorial Library

Not every child who picks up a golf club as a three-year-old will be the next Tiger Woods.

Not every child who shows early talent at basketball will be the next Michael Beasley. An incredibly small percentage of kids who play youth sports, high school sports, and even college sports, will go on to play their sport professionally. But with the right encouragement they can play and love sports their entire lives.

Cal Ripken is one of the most respected baseball players to play the game. His sportsmanship and sense of fair play are legendary.

In *Parenting Young Athletes the Ripken Way*, he shares his simple yet effective philosophy for helping kids get the most out of sports. "Keep it simple, explain the

'why,' celebrate the individual, make it fun."

As parents, we often forget the "fun" part of sports as we strive to make our children more competitive. As young children, my sons loved to swim. In an "Ah ha!" moment I decided to sign them up for swim club.

They had fun, for the most part, the first year. They were somewhat successful. One of them even medaled in several events and just missed being one of the top swimmers in the league in his age group.

So, in my infinite wisdom, I decided he needed to be encouraged more. In other words, I pushed him.

At this point, he stopped having fun. Two practices a day for an 8 year old were about two more than were fun. To this day, as an adult, he still doesn't enjoy swimming in the carefree way he used

to. Not everyone reacts the same way to this environment. And I am certainly not advocating eliminating competitive sports for youngsters. But I am urging caution. Pay attention to your children's feelings. Be aware of pushing them beyond what they are able to do.

Game On by Tom Farrey examines just this issue. As parents, we are forcing our children to concentrate on one sport at a young age.

We are sorting the strong from the weak at earlier ages. This is resulting in fewer active kids, testier sidelines, and rising obesity rates.

With year round "travel teams" in many communities, parents are worried their child won't make the cut in grade school and this will eliminate their chance to participate in high school.

Farrey's book will challenge these, and

many other perceptions, of how we as parents should be encouraging our children.

It will change the way we look at the new "Tiger Woods culture" sweeping the nation.

Chalked Up by Jennifer Sey shows just how destructive this life style can be. Jennifer began competing in gymnastics at the age of six. She went on to become a National Gymnastics Champion, and a U.S. national team member. In *Chalked Up*, she reveals the tarnish behind the medals.

Sey chronicles the emotional and physical toll she endured. By pushing herself, she began to put her needs, her health, and ultimately her well-being on the line. The adults in her life refused to notice her downward spiral. Sey stresses the need for balance in the lives of young athletes — not obsession.

The library is open seven days a week, just for you to help your children achieve this balance. Come by to cool off and relax on a hot summer day.

We have books, magazines, and newspapers for you to enjoy.

The Summer Reading Kick-off will be next week.

Thad Beach will be at the library to entertain children of all ages at 10:30 a.m., Thursday, June 5.

His program will include sing-a-longs, hilarious participatory songs, and more. Sign up for Summer Reading will begin that day also.

The library began summer hours this week.

We are open Monday, Tuesday and Wednesday from 9 a.m. to 6 p.m.; Thursday from 9 a.m. to 8 p.m.; Friday from 9 a.m. to 5 p.m.; Saturday from 9 a.m. to 4 p.m.; and Sunday from 1 p.m. to 4 p.m.

Husband is Nervous Nellie around children

Dear Dr. Brothers: My husband and I have been married for four years, and we are beginning to think about having a family. He is an only child, and I am the youngest of four. My siblings have kids from infants to 8 years old, and naturally I have been watching my husband react to our various nieces and nephews. I can't help but think that he seems very uneasy and nervous around kids in general. I know everything is different when the child is your own — or is it? He claims that he likes children, and when I broach the subject, he just seems irritated with me and defensive. Does this bode well for him as a father?



Dr. Joyce Brothers

• Ask Dr. Brothers

in a family of four the way you have. Interactions that are second nature to you may still be unknown to your husband, and he may never have had a large circle of friends as a kid. The thing that counts is the willingness of your husband to go ahead and make a baby. He may feel more nervous for a while just because he may be second-guessing his fathering abilities. Be supportive, look over some baby (not just pregnancy) books together, and know that he will very likely rise to the occasion. Many an awkward uncle has become a super dad. Your husband can too.

Dear Dr. Brothers: I've finally done it: I've persuaded my wife to start going out and socializing. We've lived in this city for almost three years, and she's shown zero interest in making new friends. But after going out a few times, it now seems we have a new problem. We can't find a compatible couple

to hang out with! The people we meet are either too snobby or have nothing in common with either one of us. Is there some secret to compatibility that I'm missing?

— P.T.

Dear P.T.: While there's no secret or magic trick to finding the right couple to befriend, there is a certain intangible chemistry that must happen between two couples. Just like a relationship between husband and wife, two couples must click in order to have a pleasant and lasting friendship. Nothing can make you enjoy a person's or couple's company if you don't feel a certain degree of

empathy with them.

You may be trying too hard. Sometimes we spend a lot of time watching the toaster for the toast to pop up when we know it's going to happen eventually. Friendships should happen organically and not be forced.

You and your wife can increase the odds of getting along with another couple, though, by attending events where like-minded people would gather. It doesn't have to be a big deal or even cost you any money.

Local book groups are always a good place to find interesting discussions, as are lectures. You'll find that there are a lot of interesting couples out there who are looking for the same thing.

Don't rush it. Keep in mind that the best friendships between two couples are often forged with common interests and experiences.

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Vacation Bible Schools

Colby Berean Church

The Colby Berean Church, 1000 S. Franklin Ave., is sponsoring Vacation Bible School from 6 to 8:30 p.m., beginning Monday and continuing through Friday. This year's theme is *Beach Party: Surfin' Through the Scriptures*.

For questions about the school or to register, call 462-7997.

Church plans camp

Colby Wesleyan Church is an-

nouncing a free, summer day camp for children ages 4 to 12 called *Tuesdays at 10*. From 10 a.m. to noon every Tuesday from Tuesday, June 3 through Sunday, July 20, children are invited to participate in fun, games, food, clowns and crafts.

Children will meet at the Colby Wesleyan Church, 320 W. Pine. Lunch will be served. Call, 462-8391.

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Kansans urged to beware of company settlement scam

TOPEKA — Older Kansans should be wary of a phone solicitation promising settlement money supposedly offered by a large insurance company, Kansas Insurance Commissioner Sandy Praeger said today.

Praeger's department has identified at least one Wichita-area woman who sent money to persons in Canada and Texas for release of so-called settlement funds from a lottery scam.

Through phone calls from a purported insurance agent of a large national company, the woman was told 11 times to send money.

The woman was not a policyholder of the company but had been a victim of the lottery scam several years ago. Nine of the 11 wire transfers were to the same address in Canada.

The same "agent" made the calls to the woman each time.

A man with the same name has been identified on a consumer alert in the state of New York on a similar type of solicitation.

The woman reported the so-

licitation after the wire company identified one of the fund receivers in Canada as being listed on a scam alert.

"It is essential for Kansans to be alert and vigilant against these fraudulent activities," Praeger said.

In this case the perpetrators came back to a victim of another scam and used that to defraud her again.

"We urge people to follow the 'Stop.Call.Confirm' method for evaluating any insurance solicitations you believe are suspect," Commissioner Praeger said.

"Stop the call until you can find out more by Calling our department's Consumer Assistance Hotline to Confirm the information you received over the phone."

The department's Consumer Assistance Hotline is 800-432-2484. More about fraudulent insurance activities can be found on the department's Web site, www.ksinsurance.org, under the "Anti-Fraud" link at the top of the home page.

SHARE

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Worship in the church of your choice this weekend.

Schedule of church services

COLBY INDEPENDENT BAPTIST CHURCH, 730 E. 3rd (former Jaycee's building), Pastor Bernard Heinz, 460-0313, Sunday School 9:30 a.m.; Sunday Morning Worship 10:30 a.m.; Sunday Evening 6:00 p.m.; Wednesday Evening 7:00 p.m.

ASCENSION-ON-THE-PRAIRIE EPISCOPAL, Rev. Don Martin, College Drive & Wheatridge Rd., 462-3041, Holy Eucharist, 9:00 a.m. every Sunday. Evening Prayer, 5:15 p.m. Wednesday, September through May. Christian Education for Youth, 6:30 p.m. Wednesday, September through May

COLLEGE DRIVE ASSEMBLY OF GOD, Pastor, Jeremy Gundling, 245 W. College Dr. - 462-8234, Early Service - 8:00 a.m.; Sunday School 9:30 a.m., Morning Worship - 10:45 a.m.

BEREAN CHURCH, 1000 S. Franklin, 460-2763, www.colbyberean.com; Sunday School 9:30 a.m., Sunday Worship 10:45 a.m., Awana Clubs, Wednesday, 7 p.m., Middle & High School, Wednesday, 7 p.m. @ the Heartland Christian School Gym

FIRST BAPTIST CHURCH, (Affiliated with American Baptist Churches USA) Carroll H. Morony, Pastor, 615 W. Webster, 462-2867. Sunday School: 9:15 a.m.; Family Worship: 10:30 a.m. Sunday evening: 7:00 p.m.; Wednesday Bible Study: 3:00 p.m. & 7:00 p.m.; RC Club: 2nd & 4th Sunday: 2:00 p.m.

COLLEGE VIEW BAPTIST CHURCH, Pastor Tom Huffman, 1185 Wheatridge Rd. at College Drive, 460-7144, Sunday Bible Study 9:30 a.m., Sunday Worship services, 10:45 a.m.

MINGO BIBLE CHURCH, 420 Main Mingo, 785-462-2992: An independent community church served by Village Missions Intern Pastor Pat Colley. Sunday School: 9:30AM - all ages. Sunday Services: 10:45AM. Sunday Nights: 1st Sunday of the month: potluck following morning service - no evening service; 2nd Sunday: services at 6:30 PM; 3rd Sunday: informal fellowship - bring a snack to share!; 4th and 5th Sunday: services at 6:30 p.m.

SACRED HEART CATHOLIC, 462-2179, Father Dana Clark, Pastor, Saturday Eve. Mass 5:30 p.m., Sunday Masses 8:00 & 10:00 a.m., Confessions will be heard Saturday 4:30-5:05 p.m. and from 7:30-7:45 a.m. and 9:25-9:40 a.m. on Sunday.

FIRST PRESBYTERIAN CHURCH, Rev. Carol Rahn, 515 W. 4th, 462-6342, Worship, 9:00 a.m.; Adult Sunday school, following worship.; Sept. thru May: Kid's Club for kids age 3-5th grade meets first Wednesday of the month from 5:15-6:45 p.m.; Youth Group for 6th-9th grade meets the first Wednesday of the month 6:30-8:00 p.m., and the second Wednesday 7:00-8:00 p.m.

WESLEYAN CHURCH, 320 W. Pine - 462-8391, Sunday School 9:30 a.m., Sunday Worship 10:40 a.m., Sunday Evening Cell groups at 6:00 p.m., Wednesday Youth Ministries, Kids Clubhouse 7 p.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS, 1145 S. Franklin - 460-6605, President Gary Slavens, 460-2656; Jordan Barrett, 1st counselor, 460-1101; Tim Wilson, 2nd counselor, 785-846-7796. Sacrament meeting 10 a.m., Sunday School and Primary 11:20 a.m., Priesthood, Relief Society, YM/YW, 12:10 p.m.; Family History Center open to public, 7-9 p.m. Thursdays or by appointment. Call 462-3571.

COLBY UNITED METHODIST CHURCH, Rev. James Mardock, pastor, 950 S. Franklin, 460-6521, Sunday Worship Services at 8:30 and 11:00 a.m., Fellowship coffee 9:30 a.m., Sunday School, 9:45 a.m., KXXX broadcasts 11:00 worship. www.colbyumc.org

REDEEMING LOVE MINISTRIES, INC., 345 N. Franklin, Dr. W.G. and Rev. Orvella Romine, Equipping Class, Sunday, 10a.m., Sunday worship, 11a.m., Wednesday, R.L.M Training Centers (Bible School), 5 p.m. Shop online at: www.rlmregionalchurch.com

CHURCH OF CHRIST, 510 E. 4th, Sunday Bible Study 9:30 a.m., Sunday Worship 10:30 a.m., Sunday Eve. Worship 6:00 p.m., Wednesday, Bible Study 7:00 p.m.

FIRST CHRISTIAN CHURCH, (Disciples of Christ), Pastor Pat Stuart and Pastor Lyle Knebel, 385 W. 3rd - 460-2718, Sunday Morning Worship at 10:00 a.m.; Sunday School at 11:15 a.m. E-mail: fcclcolby@st-tel.net

TRINITY LUTHERAN CHURCH, Rev. John L. Schmidt, East 5th & Country Club, 462-3497, Services, Sat., 5:30 p.m., Sunday; Sunday School and Adult Bible Class 9:15 a.m.; Services, 10:30 a.m. Visit us at www.trinitycolby.com

OUR SAVIORS LUTHERAN CHURCH, Brewster, Sunday worship 9:00 a.m.; 2nd Sunday of the month at 8:00 a.m.

PLEASANT HOME CHURCH, Pastor, Charlie Busch, 694-2242, 3190 Road 70, Edson, Worship, 9:00 a.m., Sunday School 10:00 a.m., Evening service, 6:00 p.m.

LEVANT COMMUNITY CHURCH, 205 1st St., Pastor Jerry Vincent, 586-2376, Sunday School (classes for 3 years & up and 3 adult classes) 9:30 a.m., Morning worship 10:30 a.m.

WINONA METHODIST CHURCH, Rev. Sheryl Johnson, Sunday School, 10:30 a.m., Morning Worship 9:15 a.m. (CDT)

BREWSTER UNITED METHODIST CHURCH, PO Box 250, Brewster. Pastor Dorine Chambers, 785-462-6044, Sunday School: 9:45 a.m.; Worship Service, 10:45 a.m.

THE SHEPHERD'S STAFF, REXFORD, Joan Dingworth, Director, 687-2565

REXFORD COMMUNITY CHURCH, Rexford, Pastor Lane Purcell, 687-3305, Sunday School 9:30 a.m., Worship Service 10:30 a.m.

BREWSTER COMMUNITY CHURCH, Mike Pinkelman, Pastor, Brewster - 694-2720, Sunday School (all ages) 9:30 a.m., Worship Service 10:30 a.m., Bible Study 7:00 p.m., Wed. mornings 6:30 a.m. - Men's Bible Study, Wed. 7:00 p.m. - Children's Ministries (Royal Rangers/Missionettes), Wed. 7:15 p.m. - Intercessory & Prayer, Thurs. 4:00 p.m. - Women's Bible Study

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