

Family

Join library's discussion on 'designer genetics' book

This week I would like to share with you some books on children, parenting and one on pets. And though some of our pets are treated like our children, there is a difference.



Melany Wilks

Library Links

My cat, of course, would beg to differ with that. At times she talks and has as many demands as a child. She is also a lot of fun, just like children.

Speaking of children, at noon Wednesday Sue Evans will share the book, "Designer Babies: The Ethics of Genetic Choice," by Ronald M. Green. We are reviewing it for the Colby Community College Pickering Lectureship. The author will be speaking at the college Tuesday, March 9, but we wanted to discuss the book so people would feel prepared for the lecture.

The first book I would like to discuss is "Stop Second-Guessing Yourself - The Toddler Years: A Field-Tested Guide to Confident Parenting," by Jen Singer. This is an informative, easy-to-read book. She gives parents great tips. The chapter on transitioning a child to a bed was helpful. I loved the potty-training chapter. Her list of indicators that a child is ready for potty training was very insightful.

Giving information on food, allergies and how to get a child to eat, she stated that it takes "10 introductions for a kid to take to a new food" (p. 100). Her last chapter discusses being a stay-at-home mom, stay-at-home working mom, even being chronically sick, getting dad involved, finding a day care, and much more. Singer also has a website, (www.mom-masaid.net).

A second book is "Child Sense: From Birth to Age 5, How to Use the Five Senses to Make Sleeping, Eating, Dressing, and Other Everyday Activities Easier While

Strengthening Your Bond with Your Child," by Priscilla J. Dunstan. This book helps you understand that your child responds to life from four sense modes: tactile, visual, auditory, taste/smell. She also has a chapter for you to find out what yours is also.

Dunstan believes these sense modes really do affect how a growing child responds to the world.

Dunstan came to this book not only from 10 years of clinical observations, but also through her own children. She's written the book in such a way that you can read about your child's strongest trait, and begin the process.

A third book is "Free-Range Kids: Giving Our Children the Freedom We Had Without Going Nuts With Worry," by Lenore Skenazy. She writes 14 commandments for adults to consider for their children, the first being "know when to worry: play dates and axe murderers - how to tell the difference" (p. 3). I like commandment five, "don't think like a lawyer - some risks are worth it" (p. 41).

Her 13th commandment, while provocative, "lock them out - make them play - or else!" is not what I enjoyed as a child (and yes my older brother loved to lock us out of the house when Mom and

Dad were gone). Her point is that studies have shown that "play turns out to be ... like love, sunshine, and broccoli all juiced together" (p. 125). While this book sounds trivial she provides sources for her 14 commandments, issues of real safety, and information on other books, blogs, websites and family movies.

A fourth book is "A Parent's Guide to Raising Grieving Children: Rebuilding Your Family After the Death of a Loved One," by Phyllis R. Silverman and Madelyn Kelly. This book will help those who are grieving through the process, as well as those who are walking others through the process. It discusses the death of a parent, child, and friend, and grieving while a person is dying. It speaks through intimate glimpses of many persons sharing their personal stories. It will speak to adult, parent, child and youth.

A much more enjoyable book to read is "Can We Have One?: A Parent's Guide to Raising Kids with Cats and Dogs," by Lynn F. Buzhardt and Sue D. Steib. It covers bringing a baby into a home with a pet, the right time to obtain a pet, selecting the right pet for your family, responsibilities of ownership, managing the pet-child relationship, potential health hazards, and hardest of all, losing a pet. Notes and an index in the book help with reference work.

Remember that Alvin Volk comes in from 1:30 to 4 p.m. today and each Thursday to give free tax help to those who are "low- and middle-income, with special attention to those age 60 and older." See you in the library!

Couple celebrate 48th



Walt and Bonnie Biggs

Bonnie and Walt Biggs celebrated their 48th wedding anniversary on Tuesday, Feb. 23. Best wishes can be sent to them at Route H.C. 2, Box 21, McDonald, Kan., 67745.

College livestock team tops in Iowa

The livestock judging team at Colby Community College returned from a successful trip to compete in the Iowa Beef Expo in Des Moines.

The team of Larissa Lashell, Durango, Colo.; Ross Lohr, Gill, Colo.; and Clint Johnson and Ryan Boldt, Longmont, Colo., earned high team honors in placings, sixth in reasons and fifth overall.

Lohr and Johnson finished ninth

and 12th in placings respectively, and 11th and 12th overall.

Derek Frank, Johnstown, Colo., also had a successful trip, finishing fourth in placings.

Other team members competing were Case Rundel, Levant; Emily Harre, Exeter, Neb.; April Scott, Sutherland, Neb.; Aranda Stolz, Burlington, Colo.; and Garett Frank, Johnstown, Colo.

"The team continues to work hard and has made a great deal of improvement throughout the year," said coach Jim Latoski. "We are a very young team with two sophomores and eight freshmen."

Birthday gets best wishes

Best wishes go to Ken Christiansen of Brewster, whose birthday was Tuesday, Feb. 23, 2010.

No one will say how old he is, just that he is doing great for his age.

We want your local news: e-mail to colby.editor@nwkansas.com

1,800 Kansans qualify for additional savings on Medicare.

Do you or your loved ones? Find out by contacting the Area Agency on Aging nearest you, toll-free, at

1-866-457-2364



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 It Really Works...Compare and SAVE.

Corrections

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

Deaths

Hazel Fields

Hazel Irene Fields, Colby, died today, Thursday, Feb. 25, 2010, at the Prairie Senior Living Complex in Colby.

Services are pending with Pauls Funeral Home in Selden, (785) 475-3127.

Markets

Quotes as of close of previous business day
Hi-Plains Co-op

Wheat (bushel)	\$4.05
Corn (bushel)	\$3.23
Milo (hundredweight)	\$5.26
Soybeans (bushel)	\$8.45

MOVIES

NOW SHOWING
 February 26th - March 4th

EDGE OF DARKNESS
 Starring: Mel Gibson
 Genre(s): Drama/Thriller
 R 1 Hour, 56 Minutes
 Friday & Saturday 7:00 & 9:10
 Sunday -Thursday 7:00

THE WOLFMAN
 Starring: Anthony Hopkins
 Genre(s): Action/Thriller/Suspense
 R 2 Hours, 5 Minutes
 Friday & Saturday 7:00 & 9:10
 Sunday - Thursday 7:00

COMING SOON
 Shutter Island
 Percy Jackson
 Dear John
 Tooth Fairy

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LET'S GO TO THE MOVIES!

ATTENTION...

Colby High School, Brewster High School, Golden Plains High School and Heartland Christian School

Senior Parents & HOMESCHOOLERS

Hurry in parents!!
Deadline is April 26, 2010!!!

The Colby Free Press is now planning the Senior Graduation Tab and will be giving parents a chance to put a baby picture in along with a short message from the family for a small fee.

We will automatically feature your student's picture and information, but this will be your chance to put in a baby picture to show how much your senior has really changed over the years!

Call Andrea, Heather or Shaly @ 462-3963 for more information or stop by the office at 155 W. 5th in Colby.

WHITNEY COLETTE ADAMS

••• Small Sample •••

I plan to attend Colby Community College and play softball
PARENTS:
 Richard & Peggy Adams

It's been a real hoot, Whitney - go get em girl, and Godspeed. Love, Mom & Dad

COLBY FREE PRESS

We're Looking for EXECUTIVE MATERIAL!

Are you looking for a good job?

Recent college grads welcome!

The Colby Free Press is looking for a full-time advertising executive to sell advertising for Nor'West Newspapers. The work week would be 40 hours with occasional evening and weekend duties. Computer skills with Excel, Photoshop, InDesign, and Acrobat helpful but not necessary. Must have good communication skills, and excellent customer service skills with attention to detail. Send a letter and resume to Steve Haynes, publisher, at 155 W. Fifth St., Colby, Kansas., 67701 or s.haynes@nwkansas.com. This could be the job you've been looking for.

COLBY FREE PRESS

155 W. 5th • Colby, KS 67701 • 785-462-3963