Neb.

Student

Room.

Oakley.

Morgan, Imperial, Neb. Chase

County Fair; 6 to 11 p.m. Duck

Soup Tournament, Colby City

Recreation Fields. Sunday: 1 to 9

p.m. Duck Soup Tournament, city

golf tournament, Meadow Lake

Country Club; 3 p.m. volleyball at

Subway tournament, North Platte,

ball at Subway tournament, North

Platte; noon - baseball vs. Garden

City; 9 p.m. "The Mama's Boys,"

Triplains

Tuesday: 7 p.m. league meeting at

list? Send us your calendar and

menus. E-mail colby.society @

nwkansas.com or mail Colby Free

Press, 155 W. Fifth, Colby, Kan.,

Activities: Monday: no school.

Is your school missing from this

Union Multipurpose

Saturday: 10:30 a.m. volley-

Friday: 1 p.m. men's basketball

recreation fields.

# Teach preschoolers skills to shape responsible future

Don't leave young children out of the back-to-school preparations – get a head start on giving them responsibilities that will teach them important skills for the future, said a developmental pediatrician at Baylor College of Medicine (www.bcm.edu).

"Teaching simple independent living skills at a young age can help a child learn how to take care of themselves on their own," said Dr. Adiaha Spinks-Franklin, assistant professor of pediatrics at Baylor and a physician in the Meyer Center for Developmental Pediatrics at Texas Children's Hospital. "Many parents do not realize that there are simple chores young children are capable of completing.'

As the child grows older, he or she can accomplish bigger tasks, ultimately paving the way for a responsible self-sustaining adulthood, she said.

Some of the skills parents can help their children learn and at what age include:

#### Age 2

"Generally at age 2, a parent can show their child how to clean up," said Spinks-Franklin.

If a child drops a piece of paper, show them how to pick it up and put it in the trash, she said. When they play, have them put their toys away with adult assistance so that next time, the child can do it them-

"This is a very simple way to teach the child responsibility." she said. "From an early age, the child should learn age-appropriate responsibility for action. If you play, you clean up after yourself."

#### Age 3

Many parents also do not realize that at age 3, a child can help with laundry, Spinks-Franklin said.

"They can help put away laundry and eventually learn how to match socks," said Spinks-Franklin. "Again, the key word is keeping the chore simple."

#### Age 4

At four years, a child is perfectly capable of making a peanut butter and jelly sandwich, pouring their the toaster, Spinks-Franklin said. With adult supervision, these are perfectly appropriate tasks to give your child.'

need to help button or zip clothes and tie shoes but give the child some responsibility in the dressing process."

Other skills they can learn inand helping clean up their room. A 4-year-old can help sort laundry by colors - whites versus darks.

Age 5

At age 5, when the child is approaching elementary school, they can help set the table.

"Now this does not mean they can carry around the fine china,' said Spinks-Franklin. "But a parent can show them where the silverware goes on the table, for example, or how to sort the silverware in the drawer."

#### **Teach both boys and girls**

Spinks-Franklin emphasized the importance of teaching these skills to both boys and girls versus reserving the household chores for girls. "Remember, these will build

# Geese used as prison alarm

Brazil has added a new layer of security against escapes: two geese.

ton Picanco tells the G1 news guards to outbreaks violence.

SAO PAULO (AP) – An over- website the geese make a lot of body weight in their backpacks," said Dr. Rubin Bashir, assistant crowded prison in northeastern noise when they sense "strange professor of orthopedic surgery movements." at Baylor. "For example, a 100 He says the geese roaming the

Sobral prison warden Welling- prison grounds also will alert

responsibility across the board.

"If a parent does not start teaching these skills at a young age, and perhaps waits until adolescence, the child may resist," said Spinks-Franklin. "The child should be able to start helping wash and dry dishes at age 8, sweep the floor and clean their rooms by 9, and by middle school iron their clothes and clean the bathroom."

#### Allowing to problem solve

It is important for a child to own bowl of cereal and even using learn how to problem solve, think critically and learn from their own mistakes, said Spinks-Franklin. "This can be taught at an early age as well," she said. "For example, Also, let them pick out their if you are telling them not to jump clothes, she said. "A parent may on the couch, and they continue to jump anyway and fall, try not to rush to rescue them if they are not seriously hurt. The child will learn that they can fall if they jump from the couch. If later in clude bathing, brushing their teeth middle school, the child does not complete their homework assignment and gets a zero on the assignment, do not make excuses for them. Step back and let them learn from the consequences of their actions. Our goal is for our children to grow into healthy, independent, responsible adults."

### School Activities and Menus

**Colby Public Schools** Activities: Monday and Tuesday: staff development. Wednesday: staff workday; 7:30 p.m. football area supervisors meeting at Colby High School. Thursday: first day of school. Friday: last day students can add or drop first semester classes; 6 p.m. volleyball sports drink scrimmage at Colby High School gym; 8 p.m. football video scrimmage. Saturday: 8:30 a.m. girls junior varsity tennis at Trego Community High School, 9 a.m. girls C-team volleyball at Phillipsburg High School.

#### Sacred Heart Activities: Thursday: first day

of school. Menus: Thursday: tacos with lettuce, tomatoes and cheese, salsa, apple, biscuits. Friday: pizza, green beans, salad, watermelon, bread sticks.

#### Heartland

exercise, 10:30 a.m. pool game.

Activities: Monday: 9 a.m. exams, Health Science Building; new teacher orientation. Tuesday: 5 p.m. The Band Perry/Craig 67701.

Senior Progress Center

Activities for the week: Monday: 10:30 a.m. shuf-

fle board. Tuesday: 10 a.m. exercise; 10:30 a.m. Wii

game. Wednesday: cupcakes day. Thursday: 10

a.m. exercise; 10:30 a.m. pinochle. Friday: 10 a.m.

Menus for the week: Monday: smothered steak,

mashed potatoes with gravy, seasoned carrots, mixed

fruit. Tuesday: tuna salad, vegetable soup, pears,

crackers, cinnamon roll. Wednesday: macaroni and

cheese with smokies, peas, gelatin with bananas,

#### 9 a.m. teacher orientation; 6 p.m. parent/student orientation and potluck. Wednesday: 9 a.m. teacher orientation. Thursday: first day of school. Friday: 9 a.m. high school volleyball at Healy.

#### **Golden Plains**

Activities: Monday: back to school night, teacher inservice/ workday. Tuesday: teacher workday. Wednesday: first day of school. Friday: 5-6 p.m. volleyball scrimmage; 6:15-7:15 football scrimmage; barbecue follows. Saturday: 9 a.m. high school volleyball, Healy.

#### Brewster

Activities: Tuesday: 7 p.m. league meeting at Oakley. Friday: no school.

#### **Colby Community College**

Activities: Saturday: 8 a.m. - 5 p.m. Youth Outdoor Day, campus; 8 a.m. - 3 p.m. athletic department physicals and orthopedic

> watermelon. Thursday: oven-fried chicken, mashed potatoes with gravy, cook's choice vegetable, apricots. Friday: ground beef stroganoff, green beans,

> cucumber/tomato salad, strawberry shortcake. The Thomas County Nutrition Center invites any-

> one 60 and older and guests to lunch at the senior center. A contribution of \$3 per meal is suggested for seniors, \$5.25 for others.

> Make reservations at (784) 460-2901 by noon the day before.

### Parents are reminded to check backpack weight and fitting

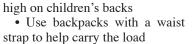
When children start piling their 15 pounds." new school supplies into their Bashir said research has shown backpacks, parents should be some relation between increased aware of how much weight they backpack weight and an increase are carrying, according to an exin back pain in children. pert at Baylor College of Medi-

As children get older, the books get heavier, so heavy backpacks are hard to avoid, says Bashir.

If a child complains of back pain, parents should look into how much weight they are carrying.

• Be sure children are carrying

hanging low, but are snug and



at home

• Consider purchasing a rolling backpack. • Keep an extra copy of books

## **→HOG-ROAST GEM LIONS CLUB** August 24, 2011

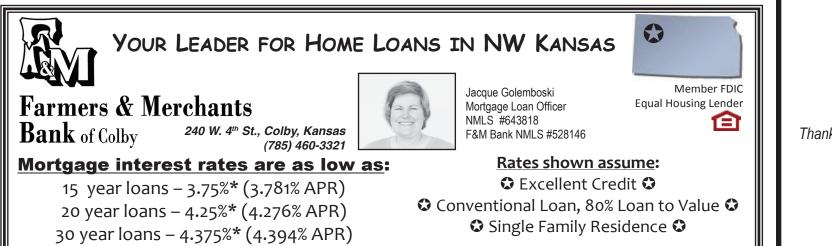
### Gem Community Building

Net Proceeds go to Community Betterment Projects and individuals with Special Needs We recycle prescription eye glasses & Hearing Aids

Entertainment

Blue Grass, Folk, Country Music Horseshoe Throwing Raffle (1/2 Hog) (8 chances to win with each ticket)

Thank you to the following businesses for donating hogs: FRONTIER AG. BREWSTER FRONTIER AG. MINGO **HI PLAINS COOP** FARM IMPLEMENT & SUPPLY COLBY IMPLEMENT



cine (www.bcm.edu).

"Carrying a heavy backpack can

be an issue, and parents should

be sure children are carrying no

more than 10 to 15 percent of their

backpacks on both shoulders pound child should not carry a · Make sure backpacks are not backpack that weighs more than

Bashir also makes the following suggestions:

\*Rates may change without notice subject to market conditions. APR based on a loan of \$100,000, actual fees may vary. Mortgage products are subject to change and availability. The actual mortgage product you qualify for will depend upon the verification of the value of your home, your credit score and other considerations.

DR. SHANE FRANZ TOM SLOAN/GOLDEN HARVEST SEEDS

