

‘Correct Posture’ celebrated during the month of April

Editor's note: The following article is provided as a public service from the Thomas County Health Department.

How's your child's posture? Did you know this is correct posture month? Why should you be concerned with your child about this issue?

It's hard for parents to know what to do when they see their children slumped and round-shouldered.

Elizabeth Langford, in her book *Mind and Muscle*, has some suggestions for this situation. With 30 years of dealing with such habits and problems, she recommends that you stand back and resist your impulse to say something to change things.

A lot of the postural advice you hear is likely to make matters worse. How many adults look as shapely and move as gracefully as a pre-school child?

Don't say "Pick up your feet." This usually results in stiffening and in lasting bad habits in walking. Scuffed shoes are a small price to pay for avoiding this. Small children use their feet and legs naturally better than most adults.

Don't say "Sit up your feet." Children don't know what you mean by this, do you honestly know yourself? Youngsters will either make unsuitable efforts that they cannot maintain, or will resent being told what to do, and slouch on purpose. Or both!

Don't say "Shoulders back!" This really is something you should never say. It can be very hard to resist.

Of course you don't want your child to grow up "round-shouldered." But what you are seeing is that the child is narrow across the front of the chest. Pulling the shoulders back is no solution. It just makes the child narrow across the back, too. So now there are two problems instead of one. And several new problems are created. Natural breathing is interfered with. The normal relationship of head, neck and shoulders get all upset.

Healthy Haps

The way is paved for back problems later on.

Don't say "Take a deep breath" or "Breathe deeply." How a person breathes is a by-product of how he or she stands, sits, moves in general. Nothing at all is gained by making a problem out of what babies do perfectly. Why create complications?

You as a parent can do a tremendous amount to protect your child from influences that make things go wrong. The usual culprits are imitation, boredom, tiredness and fear. From a very early age, quite unconsciously, children imitate their parents. That is why certain ways of standing and moving seem to "run in the family"—not so much inherited as unconsciously copied. Set a good example, it's one of the greatest things you can do for your children.

Be aware of your own posture. Some children complain that "school is boring." Remember that a certain amount of boredom can be quite fruitful. A child that is always artificially amused will miss many interesting things. Children and adolescents are often genuinely tired. Some of their school activities include carrying heavy school bags around from place to place all day. And not only books but sports equipment, musical instruments, etc. Of course you do everything possible to protect your child from physical danger and from every kind of bullying.

Some less obvious things that will produce similar postural reactions include fear of looking foolish, fear of not knowing the right answer and fear of being a bit brighter than the peer group.

Adolescents are often self-conscious. You can tell by how they stand. Boys who suddenly "shoot up" taller than their parents, girls who develop a woman's figure before they feel grown-up often slouch and thrust their hips forward.

Forensics team holds open house



Regina Heier (right) presented her oral interpretation of prose piece "Leslie's Journal" and Josh Cox performed "Thirty Pieces of Silver" during the Colby High School forensics team's open



TISHA COX/Colby Free Press

house Monday night at the high school auditorium. Several students have qualified for the state forensics championship and festival on Saturday.

McCook veterans group plans open house

There will be an open house Saturday from 2 to 4 p.m., at the McCook National Guard Armory, 404 West 7th.

"We need family or friends to contact us with names of soldiers that they would like to have honored as soon as possible," said Charlynn Hamilton, one of the open house coordinators.

"If your soldier has served and returned home, is returning home now or is currently serving, we would like to honor them at this special open house celebration," she said.

Additionally, Herron said that if a soldier will not be able to attend, they will have a special place set up for picture and contact information for those wanting to provide the details.

The theme for this open house is "Patriotic, Red, White and Blue," and some of the following assistance is needed.

Hamilton said that first of all, they would like to have names and

pictures of those to be recognized.

Volunteers are also needed to make cookies and cakes or give money to cover refreshments or decorations.

Anyone wanting to provide patriotic decorations, but would like to have them returned can do so after the open house concludes at around 4:30 p.m.

Anyone wanting to help decorate, serve, set up or clean up is also needed.

For those interested, call either

Char Hamilton at (308) 286-3388 or e-mail to: hamilton@gpcom.net and write *soldier* in the subject box; Shari Haag (308) 345-5889; or Jean Rogers (308) 345-3018.

In addition, Pam Herron, another coordinator is urging everyone to show their continued support with yellow ribbons and flags especially Saturday.

Those wanting yellow ribbons can call Herron at (308) 345-7868 if you would like yellow ribbons for trees.

Check each issue of the Free Press for additional TV Listings

TV LISTINGS sponsored by the COLBY FREE PRESS

WEEKDAYS

APRIL 27 - MAY 3

	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
KLBV/ABC 4 6	News		Good Morning America				Make-over	Make-over	The View	Hollywood	News	
KSNK/NBC 3 9	News Cont'd		Today						Live With Regis and Kelly	Martha Stewart Living		
KBSL/CBS 12 11	News			The Early Show		The 700 Club			The Price Is Right	The Young and the Restless		
K15CG 3	World News	Priscilla-Yoga	Body Electric	Caillou	Boohbah	Barney-Friends	Dragon Tales	Lions	Sesame Street	Clifford-Red	Teletub-bies	
WGN 13	Chang-ing	Believer Voice	Celebrity Justice	Hillbilly-ies	Hillbilly-ies	Happy Days	Matlock		In the Heat of the Night	Rockford Files		
NICK 29	Oddpar-ents	Rocket Power	Rugrats	SpongeBob	Max & Ruby	Rubba-dubbers	Dora the Explorer	Blue's Clues	Dora the Explorer	Blue's Clues	Little Bill	Maggie-Beast
FAM 30	Digimon-Digital	Bey-blade	Power Rangers	Digimon-Digital	Growing Pains	Living the Life	The 700 Club		7th Heaven	Full House	Growing Pains	
USA 31	Varied Programs											
TBS 37	Saved by Bell	Saved by Bell	Movie				Dawson's Creek		Dawson's Creek	Saved by Bell	Saved by Bell	
TNT 38	The Lost World		The Pretender		Charmed		ER		ER		Judging Amy	
DSC 42	Paid Program	Paid Program	Paid Program	Paid Program	Assignment Discovery		Monster House		Designer Guys	Designer Guys	Rally Round the House	
A&E 47	New Explorers		Movie				Murder, She Wrote		Murder, She Wrote		City Confidential	
ESPN 49	SportsCenter		SportsCenter		Sports-Center	Varied	SportsCenter		SportsCenter		Outside-Lines	Baseball Tonight
HBO 7	Movie Cont'd		Varied Programs		Movie		Varied Programs					
DISN 17	JoJo's Circus	Stanley	The Wiggles	JoJo's Circus	The Wiggles	Stanley	Rolie Polie	Rolie Polie	Out of the Box	PB&J Otter	Koala Brothers	The Wiggles
MAX 21	Movie		Varied	Movie	Varied Programs							

WEEKDAYS

APRIL 27 - MAY 3

	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
KLBV/ABC 4 6	All My Children		One Life to Live		General Hospital		Dr. Phil		Judge Judy	Judge Judy	News	ABC Wid News
KSNK/NBC 3 9	News	Family Feud	Days of Our Lives		Passions		Inside Edition	Family Feud	Million-aire	Jeopardy!	News	NBC News
KBSL/CBS 12 11	News	Bold, Beautiful	As the World Turns		Guiding Light		The People's Court		Oprah Winfrey		News	CBS News
K15CG 3	Reading Rainbow	Mister Rogers	Varied Programs		George Shrinks		Beren-Bears	Liberty's Kids	Cyber-chase	Arthur	Zoom	Busi-ness
WGN 13	News		In the Heat of the Night		Street Smarts	Street Smarts	Cosby Show	Cosby Show	Fresh Prince	Fresh Prince	Home Improve.	Will & Grace
NICK 29	Max & Ruby	Dora the Explorer	Rugrats	Rugrats	Varied Programs		SpongeBob		Amanda		U-Pick	Hey Arnold!
FAM 30	Family Matters	Family Matters	Step by Step	Step by Step	So Little Time	Full House	7th Heaven		Switched!	Knock First	Full House	Full House
USA 31	Varied Programs								Walker, Texas Ranger		Walker, Texas Ranger	
TBS 37	Cosby	Cosby Show	Cosby Show	Fresh Prince	Fresh Prince	Steve Harvey	Steve Harvey	Drew Carey	Drew Carey	Home Improve.	Home Improve.	Seinfeld
TNT 38	Law & Order		NYPD Blue		NYPD Blue		Judging Amy		Angel		Charmed	
DSC 42	Surprise by Design	Surprise by Design	Rally Round the House		Double Agents		Varied Programs					
A&E 47	American Justice	Movie			Murder, She Wrote		Murder, She Wrote		City Confidential			
ESPN 49	Varied Programs				Around the Horn	Interruption	SportsCenter					
HBO 7	Movie Cont'd	Varied Programs			Movie		Varied Programs					
DISN 17	JoJo's Circus	Stanley	Winnie-Pooh	House of Mouse	House of Mouse	Recess	Lilo & Stitch	Recess	Kim Possible	Proud Family	Even Stevens	Sister, Sister
MAX 21	Movie Cont'd	Varied	Movie	Varied Programs	Movie	Varied Programs						Movie

THURSDAY

APRIL 29

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBV/ABC 4 6	(5:59) News	Ent. Tonight	Extreme Make-over: Home Edition (CC)	Stephen King's Kingdom Hospital	Prime-time Thursday (N) (CC)	News (CC)	Nightline (N) (CC)	Jimmy Kimmel Live (N) (CC)				
KSNK/NBC 3 9	News	Wheel of Fortune	Fri-ends (N) (CC)	Fri-ends (CC)	Will & Grace I Do, Oh, No, You Di-in't	ER Abby Normal (N) (CC)	News	The Tonight Show (N) (CC)	Late Night (N)			
KBSL/CBS 12 11	News (CC)	Fri-ends (CC)	Survivor: All-Stars (N) (CC)	CSI: Crime Scene Investigation (N)	Without a Trace Two Families (CC)	News (CC)	Late Show Kelly Ripa. (N) (CC)	Late Night				
K15CG 3	The NewsHour With Jim Lehrer	Sun-flower	Art Auction	Live From Lincoln Center: Vivaldi	Frontline: The Jesus Factor (N) (CC)	World News	Keeping Up	Charlie Rose (N) (CC)				
WGN 13	Will & Grace	Movie: Blown Away ** (1994) A mad Irish bomber plots revenge on his former pupil. Jeff Bridges. (CC)			WGN News at Nine (CC)	Becker (CC)	Becker (CC)	Elimi-date (N)	The 5th Wheel			
NICK 29	Rugrats (CC)	Spon-geBob	Oddpar-ents	Sabrina-Witch	Full House: Full House	Cosby Show	Cosby Show	Rose-anne	Rose-anne	Cosby Show	Cosby Show	
FAM 30	7th Heaven: We the People (CC)	Movie: Hook *** (1991, Fantasy) Captain Hook kidnaps the children of the adult Peter Pan. Robin Williams. (CC)						The 700 Club (CC)	America's Funniest Home Videos (CC)			
USA 31	JAG Second Acts (CC) (DVS)	Law & Order: Special Victims	Movie: Notting Hill **½ (1999, Romance) A bookseller and a movie star have an unlikely romance. Julia Roberts. (CC)									
TBS 37	Seinfeld (CC)	Fri-ends (CC)	Movie: Gone in Sixty Seconds * (2000, Action) (PA) A retired thief must steal 50 cars to save his brother.					Movie: Gone in Sixty Seconds * (2000, Action) (PA) A retired thief must steal 50 cars to save his brother.				
TNT 38	Law & Order: Slave (CC) (DVS)	NBA Basketball: Conference Playoffs -- Teams to Be Announced. (Live) (CC)						NBA Basketball: Conference Playoffs -- Teams to Be Announced. (Live) (CC)				
DSC 42	News Detectives: Forensic Science	Queen Mary 2, Birth of a Legend The massive, elegant luxury-liner. (N)			Launch: A Product Is Born (N)	Queen Mary 2, Birth of a Legend The massive, elegant luxury-liner. (N)						
A&E 47	American Justice: Woodward	Cold Case: Files (CC)			The Dark Side of Parole (CC)	Third Watch (CC)	Cold Case: Files (CC)					
ESPN 49	Sports-Center	NHL Hockey: Conference Semifinal Game 4 -- Teams to Be Announced. (Live) (CC)			Baseball Tonight (Live) (CC)	SportsCenter (Live) (CC)	Outside-Lines	Baseball Tonight				
HBO 7	Looking for Fidel	Movie: Anaconda * (1997, Horror) Jennifer Lopez. (CC)	Movie: Basic (2003) A DEA agent probes the fate of a much-hated Army officer. (CC)				Size Matters: A Real Sex Xtra (CC)	Deadwood Plague (CC)				
DISN 17	Sister, Sister	Lizzie McGuire	Movie: Going to the Mat ** (2004) Andrew Lawrence. (CC)	Recess (CC)	Sister, Sister	Boy Mts. World	Kim Possible	Proud Family	Even Stevens	Sister, Sister		
MAX 21	(5:20) Movie: Falling Down **½	Movie: Just Married * (2003, Comedy) Ashton Kutcher, Brittany Murphy. (CC)			Movie: Dreamcatcher *½ (2003, Horror) Morgan Freeman, Thomas Jane. (CC)			Bedtime Stories	Movie:			

FRIDAY

APRIL 30

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBV/ABC 4 6	(5:59) News	Ent. Tonight	George Lopez	The Big House	Hope & Faith (N)	Hope & Faith	20/20 Be My Baby (N) (CC)	News (CC)	Nightline (N) (CC)	Jimmy Kimmel Live (N) (CC)		
KSNK/NBC 3 9	News	Wheel of Fortune	Dateline NBC (CC)				Third Watch Higher Calling (N) (CC)	News	The Tonight Show (N) (CC)	Late Night (N)		
KBSL/CBS 12 11	News (CC)	Fri-ends (CC)	Joan of Arcadia Anonymous (N) (CC)	JAG Fighting Words (N) (CC) (DVS)	CSI: Miami Stalkazzi (CC)	News (CC)	Late Show (CC)	Late Night				
K15CG 3	The NewsHour With Jim Lehrer	Wash. Week	Walt-Force	Market-Week	Kansas	10 Yrs of Burn	BBC World	Red Green	Charlie Rose (N) (CC)			
WGN 13	Will & Grace	Home Improve.	MLB Baseball: Chicago Cubs at St. Louis Cardinals. Busch Stadium. (Live) (CC)				WGN News	Becker (CC)	Elimi-date (N)	The 5th Wheel		
NICK 29	Rugrats (CC)	Spon-geBob	Jimmy Neutron	Danny Phantom	Teenage Robot	Chalk-Zone	Cosby Show	Cosby Show	Rose-anne	Rose-anne	Cosby Show	Cosby Show
FAM 30	7th Heaven: The Voice (CC)	Movie: The Birdcage *** (1996, Comedy) A son's engagement throws a kink into a gay couple's life.					Whose Line?	The 700 Club (CC)	Paid Program	Paid Program		
USA 31	JAG Pas de Deux (CC) (DVS)	Law & Order: Special Victims	Law & Order: Special Victims	Law & Order: Special Victims	Touching Evil Love Lies Bleeding (CC)	Law & Order: Special Victims	Touching Evil Love Lies Bleeding (CC)					
TBS 37	Seinfeld The Pie	Friends (CC)	Home Improve.	Home Improve.	MLB Baseball: Atlanta Braves at Colorado Rockies. Coors Field. (Live)			Movie: Get Carter *½ (2000) (PA)				
TNT 38	Law & Order: Girlfriends	Law & Order: Untitled (CC) (DVS)	Law & Order: High & Low (CC) (DVS)	Law & Order All My Children (CC) (DVS)	Law & Order Pro Se (CC) (DVS)			Movie: Kindergarten Cop				
DSC 42	Monster House Hollywood House	American Chopper Black Widow (CC)	American Chopper Black Widow 2 (CC)	American Chopper Black Widow 3 (CC)	American Chopper Black Widow 4 (CC)			American Chopper Black Widow 2 (CC)				
A&E 47	American Justice: Pizza Conn.	Movie: Dirty Harry *** (1971, Drama) Clint Eastwood, Harry Guardino. (CC)			Movie: Rocky V (1990) The former champ agrees to train a rising young fighter. (CC)			Movie: Dirty Harry *** (1971) (CC)				
ESPN 49	Sports-Center	NBA	NBA Basketball: First Round Game 5 -- Teams to Be Announced. If necessary. (Live) (CC)					NBA Basketball: First Round Game 5 -- Teams to Be Announced. If necessary. (Live) (CC)				
HBO 7	(5:00) Movie: Star Trek V: Frontier	Deadwood Here Was a Man (CC)	Deadwood The Trial of Jack McCall (CC)	Deadwood Plague (CC)	On the Record (N) (CC)			Chris Rock: Never Scared (CC)				
DISN 17	That's-Raven	Lizzie McGuire	Movie: George of the Jungle 2 *** (2003, Comedy) (CC)	Recess (CC)	Barbar-ian	That's-Raven	Kim Possible	Proud Family	Even Stevens	Sister, Sister		
MAX 21	(5:30) Movie: My Big Fat	Dream-catcher	Movie: House of 1000 Corpses * (2003) Sid Haig.		Movie: Analyze That ** (2002) Robert De Niro. (CC)			Bedtime Stories	Movie: The Mummy's Kiss			