

# K-State instructor believes diversity good for children

MANHATTAN — Even children as young as preschool-age can begin to learn the value of diversity, according to a Kansas State University instructor.

Children typically notice differences in those around them, such as physical characteristics, at about age 2, said LuAnn Hoover, instructor of family studies and human services.

That age is also the critical time when toddlers begin to form atti-

tudes based on significant others, including parents and teachers.

“Attitudes are caught not taught,” Hoover said.

“Nonverbal actions are picked up on. Kids don’t attend to what adults say but to what they do.

It’s the saying, ‘Actions speak louder than words.’”

Hoover said the best thing parents can do when teaching their children about diversity is to check their own attitudes and beliefs, as children

pick up on adults’ nonverbal actions.

“We think we’re open-minded, but oftentimes our actions and behaviors tell otherwise,” said Hoover, who is also program coordinator of the K-State

Early Childhood Laboratory. “How accepting adults are of differences is what they model to children.” While there is not one best way to teach children about similarities and differences, Hoover

said young children learn best by hands-on activities.

Children also do a lot of playing in their younger years, which is how they learn.

“Children are playing out life experiences, trying on different roles,” Hoover said. “Who am I, what can I do?”

Hoover said learning about diversity is important because children need to learn to respect all people and understand that everyone is

alike, but also different. Learning about diversity can also affect their social and emotional development.

“Learning to have respect for others is a lifetime social skill that positively impacts a child’s developing sense of self,” Hoover said.

“Teaching children to respect differences is also a beginning in the prevention of aggressive and violent behavior.”

When children can’t be exposed to diversity naturally, Hoover rec-

ommends reading books to them. If the books include images of different children, it will expose the child to diversity, she said.

Learning about diversity is also important for children because they now have more access to the world, Hoover said.

“We live in a global society,” she said. “Kids in preschool are much more aware of the world around them than the previous generation, through media, Internet, travel and computers.

More access to the world introduces diversity.”

## Full disclosure not required after compliments on wigs

DEAR ABBY: I wear wigs and hairpieces because I have thinning hair.

They are always clean and well-groomed, and I have been told they look very nice. That’s the problem! People — strangers, co-workers — often approach me and say things like, “Your hair always looks so nice.

Who’s your hairdresser?” or “How do you keep your hair looking so perfect in this humidity?” or “Do you color your own hair?”

I’m not ashamed of the fact that I wear wigs, but I don’t feel I should have to explain it to total strangers. On the other hand, I don’t feel right just saying thank you. I feel I’m deceiving people.

And when I tell people I’m wearing a wig, the compliments stop. What should I say to these people, Abby?

— BE-WIGGED AND BE-WILDERED IN OHIO

DEAR BE-WIGGED: You are no more obligated to reveal to a stranger or casual acquaintance that you’re wearing a wig than you would be to tell someone who compliments you on your figure that it’s really silicone or sea sponges.

It would not be dishonest to reply that you don’t go to any hairdresser in particular (it’s the truth) and add, “How nice of you to say that.” Then shut your mouth and smile like the Mona Lisa. It’s not dishonesty; it’s discretion.

DEAR ABBY: I have been divorced more than four years. The marriage was an extremely unpleasant chapter in my life, but I have moved on.

The problem is that my mother refuses to take down a photograph of me and my ex-husband that hangs in her home. She says it’s a good picture of the two of us, and she won’t take it down.

I tell her repeatedly that it reminds me of an unhappy time in my life, something I’d prefer not to relive, and I don’t want to see it when I visit. Mom says I’m being childish and I should “get over it.”

Is it childish to ask her to remove something that has negative connotations to me, even though it’s in her home?

— KIMBERLY IN SAN ANTONIO

DEAR KIMBERLY: I don’t think so, and frankly, I see your point. I find it fascinating that your mother finds it necessary to cling to something she knows makes you uncomfortable.

Is it that the picture is unusu-



**Abigail Van Buren**

• Dear Abby

ally flattering of you? If that’s the case, consider having a lovely studio portrait done of yourself, complete with hair, makeup and professional lighting and present it to her for her wall.

If that doesn’t do the trick, I wouldn’t blame you if you limited your visits to your mother’s.

DEAR ABBY: I share an office with someone whose religious beliefs prohibited her from eating during the day for 30 days. I found it awkward at lunchtime whenever I brought food into the room and she was sitting there, obviously starving, but could not eat due to her religious beliefs.

Should I have moved my lunch to another space, although I tend to eat at my desk and work through the lunch hour?

I felt like I was being completely rude, although I asked her if my lunch bothered her and she replied no. Your thoughts would be appreciated.

— DIDN’T WANT TO BE RUDE, ROCKVILLE, MD.

DEAR DIDN’T: Fasting is a sacrifice your office mate makes willingly, and she has already told you that having your lunch in

front of her doesn’t bother her. If she was uncomfortable, I’m sure she was free to leave during the lunch break.

However, because it made YOU uncomfortable, in the future, eat your lunch elsewhere during the 30 days she’s fasting.

DEAR ABBY: The holiday season has begun and most people have started planning for family feasts, gifts, home decorating and travel. Not everyone, however, will be able to leave home, enjoy a holiday trip, or be with family and friends. For many people who are frail, elderly, sick and have disabilities, the holidays mean staying home without the festivities enjoyed by others.

May I offer some simple suggestions to brighten the holidays for our homebound neighbors?

1. One way to literally make the holidays brighter is to help replace burned-out lightbulbs inside and outside their homes. This can be extremely helpful for someone who has difficulty standing or turning bulbs in light sockets. (The same is also true for replacing batteries in smoke detectors.)

2. Help with holiday decorations. Because putting up decorations can be difficult for frail elderly people, a little assistance with lights and ornaments that usually remain in boxes could brighten their holidays.

3. Give a holiday gift of nonperishable food items. For elderly individuals on fixed incomes, a special gift of jam, instant hot cereals, fruit or a selection of teas or coffee

could be a “luxury.”

4. Check to see if the heat inside the home is adequate and that precautions have been taken to ensure that faucets are working during sub-zero temperatures.

5. A lap robe or quilt can be a welcomed gift for someone whose home is not well-insulated or heated when the temperature falls.

Many elderly people find it difficult to ask for something, valuing their self-reliance and independence, even if it means ignoring a need.

If you think a homebound neighbor could use assistance or a special gift, please reach out and make the effort to help.

— LINDA MASON, VISITING NURSE ASSOCIATION OF TEXAS

DEAR LINDA: I hope your suggestions will stimulate people to think about how they can help

those who have difficulty helping themselves. To your terrific suggestions, I would like to add: Loneliness is the ultimate poverty. If you can, spend some time visiting.

For someone who lives alone, the holidays can be a constant reminder of family or friends who are no longer living. A little company can go along way toward easing these feelings of loneliness.

And if you’re feeling lonely yourself, consider volunteering to deliver Meals on Wheels.

Holiday vacations can create a shortage of the volunteers needed to bring meals and human contact to homebound elderly, and those who are sick and disabled. Besides delivering food, the drivers can also provide much-needed holiday cheer.

There is no greater “upper” than bringing joy to others.

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**ESTATE SALE**

**For the Estate of Mrs. C.J. Deckman & Others**

**Date: Saturday, December 17, 2005**

**Time: 10 a.m. CT (Doors open at 8 a.m. day of sale)**

**Auction Location:** T-N-T & Jones Auction Facility, 200 N. Franklin, Colby, Kan.

Preview sale items between 5-7 p.m. CT Friday, December 16, 2005.

**ANTIQUES/COLLECTIBLES:** Early American Gossip Bench - 1950s Oak 3 pc. Bedroom Set - Maple Early American 6' Drop Leaf Coffee Table - Pine 1950s Hexagon Dinette Table & 4 Captains Chairs - USA Brown & White Pitcher - Gissons Tea Pot, made in England - 6 Pic. Pottery Nesting Bowls - Crock Mixing Bowls - Pyrex Nesting Bowls - Jars of Jewelry - 1930s Walnut Cedar Chest - 1940s Cedar Chest - Solid Maple Early American Dining Room Set (Drop Leaf Table w/4 leaves & 6 chairs, Open Front China Hutch) - 2-5 gal. Water Cocks - Assorted Crock Jugs - Records - Brass Fire Extinguisher Floor Lamp - Set of Johnson Bros. China "Strawberry Fair" pattern - Copper Kettles - 1920s Universal Coffee Urn-Selve Service - Assorted Silver Pieces - Crystal Punch Bowl - Brass #23 Aladdin Kerosene Lamp - Community Silverware - Art Glass - Hull Pottery 4 3/4 14-A - Assorted cut & Pressed Glass - Masons Ironstone China Set w/extra pieces, made in England - Teapots - Crystal Wine Decanters - Complete Set of Willow Ware China by Royal China - Currier & Ives Dishes - Fenton Hobnail Cranberry Bowl - Assorted Depression Glass - Fancywork - Tulip Appliqued Quilt - Indian Blanket - Bow

back chairs - Cast iron 3-legged bean pot w/lid - Crock Bowls - Oak Palor table - Walnut 5-Shelf corner stand - Walnut small, l table with drawer **HOUSEHOLD** - Oak Glider Rocker - Microwave Cart - RCA Console Color TV w/Remote - Electric Lift Chair-sea foam green - Card Tables - Metal Shelves - Multi Blue Sofa w/Oak Trim - Floral Swivel Chair - Assorted Pots & Pans - Cookbooks - Cooking Utensils - 4 Drawer Metal File Cabinet - 9 Drawer Pine Dresser - Table Lamps - Oak & Glass Dinette Table & 4 Chairs - Blue & White Striped Sofa w/Oak Trim - Oak hex end table w/matching square end table - Assorted Books - Area Rugs - Maple Fern Stand - GE Dishwasher - Amana Radar Range Microwave Oven - Assorted Brass Knick-Knacks - Assorted Bedding - Twin Mattress & Box Springs - Blue Recliner - 1/2 moon dole painted table/cabinet - 1950s double pedestal desk - Assorted pictures - Bedding - Blue wing back chair - Brass table lamp - Floor lamp - High back office chair - Metal door storage cabinet - Oak Computer Desk - Sanyo Color TV - Stereo - Upholstered armchair - Waterfall chest of drawers - White cabinet base - Wire 3-shelf rack



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## Retirement Is No Time To Slow Down

When advanced knee or hip pain severely limits your ability to walk, work or enjoy leisure activities, joint replacement should be considered.

In its early stages, joint pain may be relieved with anti-inflammatory medications, injections or arthroscopic surgery. However, as pain progresses, joint replacement surgery may be the best solution for long-term pain relief.

Could you be a candidate for hip, knee, shoulder or other joint surgery?

### Hip

- Do you have hip, groin, or thigh pain when walking or standing?
- Have you noticed a loss of motion of your hip?
- Does your hip or leg pain limit what activities you may participate in?
- Do you have difficulty getting up from a chair or going up steps due to hip or leg pain?

### Knee

- Does your knee swell or feel "stiff" after activity?
- Do you have knee pain during or after activity?
- Does your knee "pop" or "crunch" when you move it?
- Does knee pain limit what activities you participate in?

### Shoulder

- Have you noticed a loss of motion in your shoulder?
- Do you have pain in your shoulder when you lift objects?
- Does shoulder pain limit what activities you participate in?
- Does your shoulder "pop" or make "crunching" noises when you move it?

If you answered "YES" to two or more of these questions, you should consider seeing your physician or orthopedic specialist about whether knee or hip replacement may be right for you.

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