



You and
Your
Child

Self starters

Following up on last week's column on the family constellation and birth order of children, Dr. Thomas Connellan, director of The Achievement Institute, writes that self-starters and super-achievers are usually the first-born. This was revealed by a survey of astronauts, top-ranking scientists, and other over-achievers. There are three factors at work that determine the self-starting mechanism in these people. They are: very high expectations—people expected them to achieve great things, more responsibility was given to them at an earlier age, and more feedback and attention was shown to what they were doing.

These same three factors can be used to turn children (and young adults) who are not first born into self-starters. Our expectations influence others, often in subtle ways, and inadvertently, parents communicate their expectations to their children. When they expect great things from their children, the children will usually measure up to it. When they have low expectations, the children tend to just do enough to get by.

It's not enough just to give children responsibility. They should also be accountable for the results. They should also learn to set goals—not unattainable goals.



Students are enriched

A special group of Grade 6 enrichment students from Brookville Public School visited a class for trainable mentally retarded students at E.C. Drury High School as part of a weekly "enrichment" program. Michelle March, left, and Amanda Jazrawy, talking with Marty Copland, are two of the six Brookville

students rounding out their studies of the handicapped. The enrichment program allows students to research any topic which interests them, one day a week. Other topics planned for research and field studies include architecture and the save the whales campaign.



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**FIFTH WHEEL
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The 24-hour restaurant service at Fifth Wheel, 40 Chisholm Dr., has been popular with both highway travellers and the citizens of Milton and district for 10 years now.

The 65-seat coffee shop and 90-seat dining room are unique in serving breakfasts, lunches, snacks and dinners 24 hours a day, seven days a week. And the coffee is a "bottomless" cup with meals.

Sunday brunches and buffets are a tradition at Fifth Wheel. Brunches are served buffet-style from 9:30 a.m. to 1 p.m. featuring ham, bacon, sausages, pancakes, eggs, buns, salads and fruit dishes. Cost is just \$4.50 for adults, \$1.95 for children.

Suppertime buffets include a hip of beef, potatoes, vegetables, soup and salads and an array of desserts. Buffets run from 5 to 8 p.m. each Sunday and cost just \$7.95 for adults, \$2.95 for children.

A new Thursday evening buffet introduced this year offers a hip of beef plus all the trimmings, for just \$7.95 adults, \$2.95 children. It's open 4 to 8 p.m.

Fifth Wheel also offers a monthly special meal in its restaurant and this month introduces a new dish, Chicken Pot Pie for only \$2.95. Like all Fifth Wheel meals, it's available 24 hours a day.

Fifth Wheel operates a growing chain of full service truck stop facilities. Others are located in Dorchester, Bowmanville, Cornwall and North Bay. The company also operates a coffee shop and dining room division called Country House, with restaurants in Cambridge and Casselman and a new one opening this spring in Aurora.



Our restaurant is open
24 HOURS

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SUNDAY BUFFETS, with a hip of beef and all the trimmings. Bring the family, adults \$7.95, children under 12 only \$2.95, served 5 to 8 p.m.
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Schnitzel Menu	1st	2nd
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2. Hunter Schnitzel in mushroom sauce	8.40	4.20
3. Gypsy Schnitzel	8.40	4.20
4. Cordon Bleu Schnitzel	8.50	4.25

324 STEELES AVE., MILTON
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