

News

Empty Boxes Top High-Tech Toys on Doctor-Recommended List

Report suggests heavy use of electronic screens may interfere with development

By **Lindsey Tanner**
AP Medical Writer

Skip the costly electronic games and flashy digital gizmos. Pediatricians say the best toys for tots are old-fashioned hands-on playthings that young children can enjoy with parents — things like blocks, puzzles — even throwaway cardboard boxes — that spark imagination and creativity.

“I just tell them to go outside and play

“A cardboard box can be used to draw on, or made into a house,” said Dr. Alan Mendelsohn, co-author of a new report on selecting toys for young children, up to around age 5.

Many parents feel pressured by ads promoting tablet-based toys and games as educational and brain-stimulating but there’s not much science to back up those claims, Mendelsohn said. Their main misconception: “The toy that is best is the one that is the most expensive or has the most bells and whistles or is the most technologically sophisticated.”

Simpler hands-on toys that parents and young

children can play with together are preferable for healthy development, said Mendelsohn, a pediatrician at NYU Langone Health in New York.

The report published Monday by the American Academy of Pediatrics cites studies suggesting that heavy use of electronic media may interfere with children’s speech and language development, replace playtime with parents and lead to obesity.

Studies also have found that more than 90 percent of U.S. kids have used mobile devices and most started using them before age 1.

The pediatricians’ group recommends no screen time for children up to age 2, and says total screen time including TV and computer use should be less than one hour daily for ages 2 and older.

“A little bit of screen time here and there is unlikely to have much harm if a child otherwise has other activity,” Mendelsohn said. But he added that screen time can overwhelm young children and is difficult to limit and control.

The academy’s website offers suggestions on ideal toys for young children, including balls, puzzles, coloring books and card games.

Shopping recently at Dancing Bear Toys in Asheville, N.C., a store that doesn’t sell electronic toys, Leah Graham Stewart said she supports the academy’s advice even if avoiding digital toys and games is tough.

She said she’s noticed

her two young boys tend to misbehave after playing on an iPad she typically reserves for long airplane rides.

“We try to keep it as minimal as possible,” Graham Stewart said. “I just tell them to go outside and play.”

Erika Evers, Dancing Bear’s co-owner, said the store’s mission is to give

kids an alternative to tech toys.

“Not that video games and electronic toys don’t have their place — in moderation, in our opinion,” she said. “But we feel like kids really need opportunities to socialize and interact with their environment in a way that is hands-on and tangible.”

Obituary: Catalina Caldera Nov. 25, 1940 - Nov. 26, 2018

Catalina Caldera, 78 years old, passed away peacefully on Monday, November 26, 2018, at Legacy Emanuel Hospital, in Portland, Ore.

Catalina was surrounded by all of her children and grandchildren, final visits from good friends, prayers and bible scriptures.

Catalina was born on November 25, 1940 in Calera de Víctor Rosales, Zacatecas, Mexico. She is the middle child of 15 children born to her parents Jesus Caldera and Consuelo Montoya. Catalina was first married to Fortunato Peñalver in Zacatecas and she gave birth to five children: Eduardo, Fortunato Jr., Jaime, Joel, and Esmeralda. Years later Catalina met her second husband Salvador Meza in Los Angeles where she gave birth to her sixth and final child Jorge. As matriarch of the Caldera family, Catalina also has 11 grandchildren.

For nearly three de-



Catalina Caldera

cedes, Catalina has most publicly been known as the owner of Catalina’s Mexican Restaurant at 517 NE Killingsworth St.

Catalina was a staple in the northeast community and she was loved by generations of customers, many of whom lovingly called her “momma”. Catalina is survived by her four children Eduardo, Jaime, Esmeralda, and Jorge. She is preceded in death by her beloved sons Joel and Fortunato.

Funeral services will be held December 11, 2018 at Holy Redeemer Catholic Church, 25 N. Rosa Parks Way. Services will begin with a visitation at 9:00 a.m., followed by a funeral mass at 10:00 a.m. Directly afterward there will be a graveside service at Lincoln Memorial Park and Funeral Home. A Celebration of Life will be held at Catalina’s Mexican Restaurant after the burial. There will be an open casket viewing of the queen on December 10 at Zeller Chapel of the Roses, 2107 NE Broadway St. from 3:00 p.m. until 7:00 p.m.

Obituary: Stanley H. Mitchell Feb. 18, 1936 - Nov. 25, 2018

Stanley H. Mitchell of Portland, Ore. passed away peacefully at home surrounded by family on Nov. 25, 2018. He was 82 years old.



Stanley H. Mitchell

He was the third of seven children born to Clara (Wilkins) and Reuben Mitchell of Cleveland, Ohio.

He was former U.S. Army Sergeant, commercial driver, and business owner.

He was an active member of American Legion, Rabin Post 134 until illness forced him to end his participation.

Stanley is survived by his loving wife of 61

years, Mildred; brothers Leonard Mitchell and Zackery Bouey; sister Marie Hamilton; daughters Susan and Tracie; six grandchildren; two great-grand-

children; and a host of nieces, nephews, and friends.

He will be greatly missed by all of those whose lives he touched, all of whom are better for having known him.

A military honors ceremony will be held Dec. 13, 2018 at 13:00 hours (1:00 p.m.) at Willamette National Cemetery followed by a gathering at American Legion Post 134 from 2:00 p.m. – 4:00 p.m.

Obituary: Gail Strong-Price Jan. 31, 1943 - Nov. 25, 2018

Gail Strong-Price was an international opera singer and educator who had a passion for children and the performing arts.



Gail Strong-Price

Gail was a teacher loved by her students. It was commonplace for her to be recognized and greeted by her many students as she was out and about in the community.

Gail was also known as one of the local community’s most aspiring artists. She has performed in operas and musical productions all over the world.

Gail Strong-Price was a recipient of the Martin Luther King Community Award as well as the Albina Women’s League of Portland Award for outstanding achieve-

ment in the field of music. She co-founded the Vancouver Children’s Opera Company and founded Success With The Arts.

In addition to her musical career, she is known for her family’s restaurant Ma & Pa Strong’s Kitchen, a popular barbecue restaurant in NE Portland.

Gail was known for her strong faith in God, musical genius and gift of bringing people together to experience God’s beauty as expressed through art and giving.

Gail’s Homegoing Celebration will be held on Friday, December 14, 2018 at 11:00 a.m. at Life Change Church, 3635 N Williams Ave., Portland, Ore.

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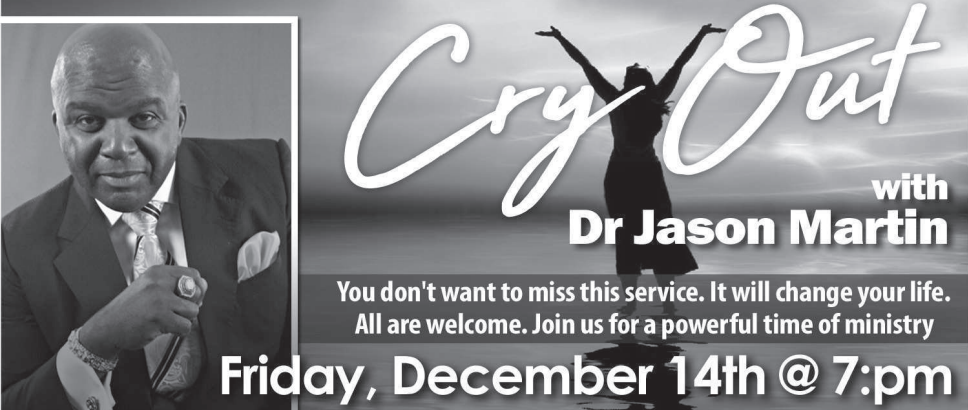
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