# Students say they have stress both at home and in school

Ask a child of school age if they have stress in their life, and the answer will be a definite "yes," something that many adults don't realize.

And they indicate those stresses occur both at home and in school. School stress is probably the most often noted, including wanting peer approval, getting along with friends, and worry about homework



#### **High Plains Mental Health**

Plain Sense

A community service from the High PlainsMental Health Center

keeping up with a busy schedule ties. that includes homework and study-

Older children add the stress of ing, sports and other school activi-

High school students have the stress through such behaviors as

added stress of making decisions about what they need to be doing after graduation.

Children as well as adults react to and handle stress differently, based on many factors.

Some are just a little more easygoing and adjust with little difficulty to these challenges in life.

Others may show symptoms of

aches and stomach aches and increased irritability or withdrawing.

characteristics in the child, family and community can help both adults and children in bouncing back in the face of stressful events and situa-

ship with at least one adult within self and spiritual resources.

physical ailments such as head- the family, positive connections to adults outside the immediate family, an optimistic attitude and belief Research indicates that certain in one's own ability, feeling able to help out another family out another family member, feeling loved, lovable and worthwhile, and effective problem solving skills.

In addition, belief in the ability These include a loving relation- to make things better for him or her-

# Transit systems step up security after warning

warning that terrorists might strike trains and buses in major U.S. cities using bombs concealed in bags or luggage has the nation's transit systems ratcheting up security

Greg Hull, security chief for the American Public Transportation Association, said Friday the transit systems are at "code yellowplus" following the bulletin about a possible terror plot from the FBI and the Homeland Security De-

U.S. officials said they had received uncorroborated intelligence reports about a plot by terrorists to target commercial transportation systems but had no information about specific cities or

A senior federal law enforcement official, speaking Friday on condition of anonymity, said the intelligence, coupled with the deadly March 11 commuter train attacks in Madrid in which bombs went off inside backpacks, has increased the level of wariness about a similar attack in the United

"It should not be considered unusual that the FBI should issue this what occurred in Madrid last might involve bombs made of amroad said in a statement.

Homeland Security spokesman Brian Roehrkasse said information the National Law Enforcement available. Telecommunications System to ensure proper security measures are implemented nationwide.

Officials said the message was sent mainly out of an abundance of caution, and the threat — deemed "somewhat credible" by one official—was not causing undue alarm throughout the government.

The nation's terror alert level remains at vellow, or elevated, the midpoint of the five-color scale. It was last raised to orange, or high, on Dec. 21 amid suspicions about terror attacks using commercial aircraft. The level returned to yellow on Jan. 10.

Passengers could see changes because of the bulletin. Federal officials are encouraging local transit authorities to conduct random passenger inspections and security sweeps of stations and to increase public announcements encouraging people to report unattended baggage or suspicious behavior.

month," the Amtrak passenger rail- monium nitrate fertilizer and diesel fuel, similar to the explosive concealed in a rental truck that blew up the Oklahoma City federal building in the bulletin was being shared via in 1995. Both items are readily

> The improvised bombs would be concealed in luggage and carry-on bags, such as backpacks or duffel bags, and detonated either aboard buses or trains or in transportation stations, the government warning

> Al-Qaida and other terrorist groups have "demonstrated the intent and capability" of attacking public transportation systems using a variety of bombs, the bulletin

> Attacks in Israel, Greece, Turkey, Spain and elsewhere have used suicide bombers or triggered bombs with timers and cell phones.

> Between 1997 and 2000, more than 195 terror attacks occurred on transit systems worldwide, congressional investigators say.

On Friday, Spanish authorities found and disarmed a bomb connected to a detonator with a 450foot cable under tracks of a highspeed railway between Madrid and

More than 9 billion trips are taken each year on the U.S. public transportation system, with 32 million trips every weekday — about 16 times the number of trips taken on airlines, according to the American Public Transportation Association.

The association estimates that \$6 billion is needed to upgrade and modernize U.S. transit systems to meet security needs.

The Transportation Security Administration dedicated only \$10 million for passenger rail and public transit security in the current year's budget, according to the House Homeland Security Com-

"Failure to invest in the security of passenger rail and public transit could leave these critical systems vulnerable to terrorist attack," the committee's Democrats said in a letter to Homeland Security Secretary Tom Ridge.

"Making these systems as safe as they can be from terrorist attack must be a high priority."

After the Madrid bombings, the **Homeland Security Department** announced a series of security initiatives, but with no major new

## Woman pleads guilty but mentally ill in hoax

LEBANON, Ind. (AP) — The thorities. If she also receives time accept the 18-month prison term ordered for a Kansas woman who raised false hope that the girl had during the 45-minute hearing and finally been found.

Donna Walker pleaded guilty but mentally ill on Friday to impersonating the missing girl through phone calls and e-mail messages in a hoax that crushed Shannon Sherrill's parents last

Boone Superior Court Judge Matthew Kincaid accepted a deal Walker, 36, Topeka, reached with ordered the sentence recommended in the agreement: 18 months in prison and four years of probation. Walker will receive credit for eight months already served in Indiana and Kansas since her July 31 surrender to au-inflicted," she said.

family of a young girl who disap- off for good behavior, she could peared in 1986 is struggling to be released as soon as a month from now. Family members who spoke

> then hugged Prosecutor Todd Meyer afterward expressed frustration that state law is not equipped to deal more severely with such emotionally wrenching

"It's torn my family apart," said Dorothy Sherrill, the missing girl's mother. "I don't see how someone could do this."

Kelly Clark, the stepdaughter prosecutors late last month, and of Mike Sherrill, Shannon's father, read a statement on his behalf, saying the family has endured "emotional torture."

"There needs to be a law in the future to protect families from the type of pain Donna Walker has

### Despite drought, farmers plant more thirsty crops WICHITA (AP) — With severe est yield established and go out and

drought still gripping much of the state, Kansas farmers are putting in far more acres of thirsty plants such as corn and soybean this spring with little hope of ever harvesting a crop.

"We are just planting for the insurance," said Brian Baalman, president of the Kansas Corn Growers Association and a Colby-area

"We are going to go for the high-

plant and hope. If it doesn't make, we have the insurance to back us

Kansas farmers are putting in 3 million acres of corn, up 3 percent from last year, Kansas Agricultural Statistics Service reported in its prospective plantings report. They are also planting 2.7 million acres of soybeans, up 4 percent.

But spring plantings of more

drought-hardy crops such as sormillion acres. Sunflower acres are good right now, Baalman said. down 2 percent at 190,000 acres.

Part of the reason is market price; ghum are down 4 percent at 3.4 Corn and soybean futures prices are





## Check each issue of the Free Press for additional TV Listings

### TV LISTINGS sponsored by the COLBY FREE PRESS

#### **WEEKDAYS APRIL 6 - APRIL 12**

	6 AW	6:30	/ AW	7:30	8 AW	8:30	9 AM	9:30	10 AM	10:30	11 AW	11:30
KLBY/ABC 4 6	News		Good Mor	ning Amer	ica		Mak- eover	Mak- eover	The View		Holly- wood	News
KSNK/NBC 8 9	News Cor	nt'd	Today						Live With and Kelly	Regis	Martha St Living	
KBSL/CBS	News				The Early	Show	The 700 C	lub	The Price	Is Right	The Youn Restless	g and the
K15CG 3	World News	Priscilla- Yoga	Body Electric	Caillou	Boohbah	Barney- Friends	Dragon Tales	Lions	Sesame S	treet	Clifford- Red	Teletub- bies
WGN 13	Chang- ing	Believer Voice	Celebrity Justice	Hillbil- lies	Hillbil- lies	Happy Days	Matlock		In the Hea Night	t of the	Rock- ford	Varied
NICK 29	Oddpar- ents	Rocket Power	Rugrats	Spon- geBob	Max & Ruby	Rubba- dubbers	Dora the Explorer	Blue's Clues	Dora the Explorer	Blue's Clues	Little Bill	Maggie- Beast
FAM 30	Digimon- Bey- Digital blade		Power Rangers	Digimon- Digital	Growing Pains	Living the Life	The 700 Club		7th Heaven		Full House	Growing Pains
USA (31)	JAG		Nash Brid	ges	Movie		Varied Pro	ograms	Movie			Varied
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 Prete	nder	Charmed		ER		ER		Judging A	Åmy
DSC 42	Paid Program	Paid Program	Paid Program	Paid Program	Assignme Discovery		Varied Pro	ograms	Designer Guys	Designer Guys	Rally Rou House	nd the
A&E (47)	Varied Pro	ograms	Movie				Murder, S	he Wrote	Murder, S	he Wrote	City Conf	idential
ESPN 49	SportsCe	nter	SportsCei	nter	Sports- Center	Varied	SportsCe	nter	SportsCer	nter	Varied Pro	ograms
HBO	Movie Cont'd	Varied Pro	ograms									
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 Cont'd	Varied Pro		Movie	Varied Pro	grams	-	•	-		•	

#### **WEEKDAYS APRIL 6 - APRIL 12**

112 PM | 12:30 | 1 PM | 1:30 | 2 PM | 2:30 | 3 PM | 3:30 | 4 PM | 4:30 | 5 PM | 5:30

	IZ PIVI	12:30	I I PIVI	1:30	Z PIVI	2:30	J PIVI	J 3:30	4 PW	4:30	D PINI	5:30
KLBY/ABC  4 6	All My Ch	ildren	One Life to Live		General Hospital		Dr. Phil		Judge Judy	Judge Judy	News	ABC Wid News
KSNK/NBC	News	Family Feud	Days of Our Lives				Inside Edition	Family Feud	Million- aire	Jeop- ardy!	News	NBC News
(BSL/CBS	News	Bold, Beautiful	As the World Turns		Guiding Light The People's Court		Oprah Winfrey		News	CBS News		
K15CG	Reading Rainbow	Mister Rogers	Varied Programs			George Shrinks	Beren. Bears	Liberty's Kids	Cyber- chase	Arthur	Zoom	Busi- ness
WGN 13	News	Varied	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			Spon- geBob	Amanda	U-Pick	Romeo!	
FAM 30	Family Matters	Family Matters	Step by Step	Step by Step	So Little Time	Full House	7th Heave	en	Switche- d!	Knock First	Full House	Full House
USA (31)	JAG	Varied Programs								Walker, Texas Ranger		Varied
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 & Ord	der	NYPD Blu	e	NYPD Blu	е	Judging A	ludging Amy Angel			Charmed	
DSC (42)	Surprise b	y Design	Surprise I	y Design	Rally Rou House	nd the	Double A	gents	Varied Pro	ograms	•	
A&E (47)	American Justice Movie Murder, She Wrote								Murder, She Wrote		City Confidential	
ESPN (49)	Varied Pro	/aried Programs								Interrup- tion		
HBO (7)	Movie Cont'd	Varied Pro	ograms						•	•	•	
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
	Movie		Varied Pro				Movie	Varied Pro		<u> </u>	Movie	Varied

### **TUESDAY**

APRIL 6

	6 <b>PM</b>	6 <b>:3</b> 0	7 PM	<b>7:3</b> 0	8 PM	<b>8:3</b> 0	9 PM	<b>9:3</b> 0	10 <b>PM</b>	10 <b>:3</b> 0	11 <b>PM</b>	11 <b>:3</b> 0	
KLBY/ABC	(5:59) Ne ws	Ent. Tonight	8 Simple Rules	I'm With Her (CC)	Accord- ing-Jim	It's All Relative	NYPD Blu (CC)	e (N) (PA)	Ne ws (CC)	Nightline (CC)	Jimmy Kir (CC)	mmel Live	
KSNK/NBC 8 9	Ne ws	Wheel of Fortune	Whoopi (N) (CC)	Happy Family	Frasier (N) (CC)	Scrubs (N) (CC)	Law & Ord Special Vi		Ne ws	The Tonig (N) (CC)	ht Show	Late Night (N)	
KBSL/CBS	News (CC)	Friends (CC)	Navy NCIS UnSEALed				Judging Amy The Quick and the Dead		News (CC) Late Show Willis; Ren		<b>v</b> Bruce iee Askins.	Late Late	
K15CG 3	The News With Jim I		Nova Anci Creature o			nnovation Crash ite Secrets (N) Now With Bill Moyers (CC)			BBC That's World My Boy		Charlie Ro (CC)	ose (N)	
WGN 13	Will & Grace	Home Improve.		<b>ght and th</b> e obert De Nii	City *** o. (CC)	(1992,	WGN News at Nine (CC)		Becker (CC)	Becker (CC)	Elimi- date (N)	The 5th Wheel	
NICK 29	Rome o!	Spon- ge Bob	Oddpar- e nts	Sabrina- Witch	Full House	Full House	Cosby Show	Cosby Show	Rose- anne	Rose- anne	Cosby Show	Cosby Show	
FAM 30	7th He ave Girlfriends					Whose Line?	Whose Line?	The 700 C	lub (CC)	America's Home Vid			
USA 31	JAG Into ti (CC)	he Breech	Law & Ord Special Vi	Movie: Congo ★★ (1995) A communicative figures in a search for a lost city. <i>Dylan Wa</i>					ape h.	Law & Ord Special Vi		Kare n Sisco	
TBS 37	Friends (CC)	MLB Base (Live)	ball: New \	ork Mets a	t Atlanta Br	aves. Turne	er Field. <b>Movie: Outbreak</b> ***/½ (1995) An African monkey carries a lethal virus to California. <i>Dustin Hoffman</i> .						
TNT 38			ce <b>tba</b> ll: Tord Gund Aren		rs at Cleveland NBA Basketball: Po C) Angeles Lakers. Sta							Inside the NBA	
DSC 42	The FBI Fi Backstage		Monster O Monster N		Animal Fa					arage ation 1	Animal Face-Off Lion vs. Tiger		
A&E (47)	American Lethal Inje		Biography Smith (CC				s One Night on the Bayou; lisdemeanor (CC)			Third Watch Patterns (CC)		Biography Will Smith (CC)	
ESPN 49		Women's Four Spec					ICAA Tourn New Orlea		SportsCenter (Live) (CC)		Outside - Lines	Base ball Tonight	
HBO (7)	(4:45) Mov Show ★★		Movie: Ide Suspense)	ntity *** John Cusa	(2003, ack. <b>(CC)</b>	Movie: Th (2002, Act	ne Transporter ★★ tion) Jason Statham.			anos (CC)	<b>Movi</b> e: 61 (2001) <i>Bai</i>		
DISN 17	Sister, Sister	Lizzie McGuire		e <b>t th</b> e <b>D</b> ee ve Van Wo	dles ★½ rmer. (CC)	Kim Possible	Sister, Sister	Boy Mts. World	Kim Possible	Proud Family	Even Stevens	Sister, Sister	
MAX (21)	(5:00) Mov Murder-Nr				7) The heat wntown Lo		Movie: Femme Fatale (2002) A sexy jewel thief double-crosses her violent partners.				Movie: Ex (2001) Juli		

#### **WEDNESDAY APRIL**

	6 PM	6 <b>:3</b> 0	7 PM	<b>7:3</b> 0	8 PM	<b>8:3</b> 0	9 PM	<b>9:3</b> 0	10 <b>PM</b>	10 <b>:3</b> 0	11 <b>PM</b>	11 <b>:3</b> 0	
KLBY/ABC 4 6	(5:59) News	Ent. Tonight	My Wife and Kids	My Wife and Kids					News (CC)	Nightline (CC)	Jimmy Kimmel Live Hank Azaria. (CC)		
KSNK/NBC 8 9	<b>N</b> ews	Wheel of Fortune	The Appre Price Is He		Law & Ord Shrunk (Co		Law & Order Darwinian (CC)		Ne ws The Tonig		ht Show	Late Night (N)	
KBSL/CBS	News (CC)	Friends (CC)	60 Minute	s II (CC)		The Stones	48 Hours Investigat	48 Hours Investigates (CC)		Ne ws Late Show		Late Late	
K15CG 3		The NewsHour Secrets of the Dead Shroud of Christ?			My Journe America as				World News	Two's Cmpny	Charlie Ro (CC)	ose (N)	
WGN 13	Will & Grace	Home Improve.		Movie: Striptease ★★ (199 Drama) Demi Moore. (CC)		medy-			Becker (CC)	Becker (CC)	Elimi- date (N)	The 5th Wheel	
NICK 29	Rugrats (CC)	Spon- ge Bob	Oddpar- e nts	Danny Phantom	Full House	Full House	Cosby Show	Cosby Show	Rose - anne	Rose - anne	Cosby Show	Cosby Show	
FAM 30		Heaven It Takes Movie: Romy and Michele's Hoo, Baby (CC)  Movie: Romy and Michele's Hoo, Baby (CC)					Whose Line?	Whose Line?	The 700 C	lub (CC)	Home Vide os	Home Vide os	
USA (31)	JAG Offen Action (CC		Law & Ord Special Vi		Law & Ord Special Vi		Karen Sise One's Girl		Law & Ord Special Vi			The Dead Zone Shaman (CC)	
TBS (37)	Seinfeld (CC)	Friends (CC)	Seinfeld (CC)	Seinfeld (CC)	Seinfeld (CC)	Seinfeld (CC)	Movie: Tango & Cash ★★ (1) (PA) Sylvester Stallone, Kurt				Movie: Hi Final Dim		
TNT (38)		Law & Order Born Law & Order Movie				e Winning Matthew Mo	Se ason (20 dine. (CC)	004,		e <b>Winning</b> Matthew Mo	Se ason (2004, dine. (CC)		
DSC (42)								Monster O Monster N		RFK Assassination			
A&E (47)					American Traces in E	Justice Blood (CC)	City Confi (CC)	de ntial	Third Wat What You		Biography The Rock (CC)		
ESPN (49)			ence Quarte ced. (Live) (		e 1	Fast- break			den State V arden. (Live		Portland	Sports- Center	
HBO (7)	Movie: So encounters	l <b>aris ★★★</b> s his late wi	(2002) A ps fe on a spa	ychologist ce station.	The Sopra	nos (CC)	On the Re Bob Thorn	cord Billy ton. (CC)	De adwood	d (CC)	Movie: Bl		
DISN (17)	Sister, Sister	Lizzie McGuire	Movie: Th ★★ (1999)	e <b>Thirt</b> eent <i>Chez Start</i>		Recess (CC)	Sister, Sister	Boy Mts. World	Kim Possible	Proud Family	Even Stevens	Sister, Sister	