

We've got the back-to-school blues!



SAM DIETER/Colby Free Press

Students at the elementary school seemed to have mixed feelings about their first day of school while waiting to be picked up by their parents about 3:45 p.m. last Thursday.

On the Beat

COLBY POLICE
Saturday
 11:13 a.m. – Caller reported theft of money. Report filed.
 3:06 p.m. – Caller reported neighbors with loud music. Spoke with individuals; music turned down.
 10:27 p.m. – Caller reported loud music. Spoke with subject; music turned down.
 11:07 p.m. – Domestic call. Report filed.

THOMAS COUNTY SHERIFF
Thursday
 8:16 a.m. – Report filed on incident at Brewster Public School.
 8:51 a.m. – Child in need of care report filed.
 3:08 p.m. – Provided traffic control for subject who had a flat tire on a pickup in the 2300 block of U.S. 24.
 3:29 p.m. – Booked Carl Eugene Vigil Jr.
 5:29 p.m. – Released Joshua J.

Carman.
 7:28 p.m. – Booked Travis Shane White.
 8:46 p.m. – Highway patrolman needed traffic control help at southbound K-25 mile 202. Provided assistance.
Friday
 11:23 a.m. – Booked Jonathan H. Brown.
 12:38 p.m. – Helped ambulance crew at County Rd. Y.
 1:19 p.m. – Booked Clayton T. Garland.
 1:43 p.m. – Golden Plains School reported an out-of-control juvenile.
 3:06 p.m. – Served arrest warrant for Northwest Kansas Community Corrections on Shawn Michael West.
 3:25 p.m. – Booked West.
 5:02 p.m. – Took three inmates to Rawlins County Sheriff's Office.
 5:06 p.m. – Arrested Brown on warrant.

5:06 p.m. – Arrested Garland on warrant.
 7:58 p.m. – Released Travis Shane White.
 10:38 p.m. – Cow out found in the 1800 block of U.S. 83; got cow back into pasture.
Saturday
 3:32 a.m. – Driving under the influence report filed.
 5:30 a.m. – Booked Cody Ryan Stewart.
 5:42 a.m. – Released Stewart.
 10:36 a.m. – Caller reported five or six cows out in the 2600 block County Rd. 23. Contacted owner to handle.
 5:49 p.m. – Caller reported cow out on Taft north of Wagoner's. Animal put back in fence.
 10:23 p.m. – Oakley Police Department advised of vehicle at J&J Oil wanting to speak with officer about possible accident occurring on U.S. 83. No report.

Kids need help with school routine

Every kid dreads and every parent looks forward to back-to-school time, but it's usually stressful for the entire family. For kids, going from a lazy summer routine of sleeping in and staying up late to having to rise with the sun and be alert in school all day can be a major shock. For parents, enforcing school-time rules after a summer without them can be tough.

But Stephen Lauer, M.D., a pediatrician at the University of Kansas Hospital, has five end-of-summer tricks to help kids and parent make going back to school less stressful.

Cut back TV time

TV viewing in the summer is usually pretty high. But Dr. Lauer says no more than two hours a day for kids during the school year. He also strongly advises not letting your child have a TV in their room.

Great Expectations

Be sure to talk with your child about how they're seeing the upcoming school year. Transition years between grade school and middle school, and middle school to high school can be especially stressful. Listen to their worries. When they say "I don't want to go to school," find out if they're worried about the work, making new friends, intimidated by a new school building or simply don't want summer to end. Help them realize that both their teachers and you will do everything they can to help them succeed.

Tighten Family Schedule

Things were probably pretty loose over the summer, but it's important to set a schedule for the school year; not just for the kids but Mom and Dad too. Kids need to know when their chores must be done and when dinner is served each night. It takes some work to

allow for good family time, but it's important to let everyone talk about their day and what's coming up.

Sleep Schedule

It's important to get the children's sleep schedule back on track after a summer of "anything goes." Adolescents actually need more sleep than younger children. A 10th grader, for example, needs one or two more hours than a third or fourth grader. Parents need to do the math – start at what time they have to be up in the morning and work backwards. If your child needs to be up at 6:30 and they need nine hours of sleep to function well, they need to be in bed by 9:30.

Vaccinations and medications

Schools require that vaccinations be current, but it's also a good time to make sure your child's medications are up-to-date.

Odd statue honors railroad builder

TUCSON, Ariz. (AP) – People who catch a glimpse of a large bust of a man flanked by what look like gargantuan barbells in Tucson start scratching their heads.

Is it a monument to Arnold Schwarzenegger or some other bodybuilder?

Not exactly. The monument recognizes railroad magnate and Tucson businessman Epes Randolph. The objects that look like huge barbells are actually railroad car wheels.

The bronze-and-steel work done by Nicholas Lowell Burke is located in a plaza near the north side of Reid Park and Hi Corbett Field.

It was paid for by the city and honors Randolph, for whom Randolph Park was named. The park's name later was changed to Reid Park.

"The bust itself is cast bronze, but I constructed the base out of actual railroad rail," Burke told *The Arizona Daily Star* (bit.ly/NAIXCw). "He was a railroad magnate, so I thought that would be appropriate."

The Union Pacific Railroad donated the pieces of rail and the railroad car wheels, according to Burke.

Randolph, who lived from 1856 to 1921, moved to Tucson in the late 1800s and was a leader in rail-

road development and other business ventures.

He co-financed the Santa Rita Hotel in Tucson, invested in banks and mines, and took a leading role in many civic and educational activities.

His business and civic achievements led to the naming of the park in his honor.

The Colonia Solana Neighborhood Association was instrumental in getting the Epes Randolph Plaza completed and dedicated in 2008.

The association and the Union Pacific Foundation game money for the project.

Thousands audition for movie in Oklahoma

TULSA (AP) – Nearly 4,300 people answered the casting call for a movie based on the Pulitzer Prize-winning play, "August: Osage County."

The 4,292 people who stood in line at the Tulsa Promenade mall one Saturday were vying for a spot as an extra in the film, which will

feature Oscar-winning actresses Meryl Streep and Julia Roberts.

Edmond resident Suzi Watson was the 1,000th person to be evaluated. She told the *Tulsa World* she put her odds of being picked at about 1,000 to 1.

Katie Standlee told KOTV she's wanted to be an actress since she

was little, but will see where the audition goes.

Extras will be notified as little as 24 to 48 hours before they're needed.

The film is set to begin shooting in Pawhuska and Bartlesville in September.

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