

Start of school means change, many new activities underway

School starts tomorrow. Aahhhh! Getting ready to go back to school can be a hectic time for both kids and parents. Here are some simple steps to take to make the transition from summer to school a little easier.

Hopefully you have already been working on winding down the summer schedule and started back with regular bed and breakfast times. If not, there is no time like the present. More and more studies are showing that adequate sleep is essential for good health.

How much sleep do kids need? It depends on their age. Three- to 6-year-olds need 10 to 12 hours of sleep, 7- to 12-year-olds need 10 or 11 hours and 12- to 18-year-olds need a minimum of eight or nine hours per day. Sleep needs remain just as vital to health and well-being for teenagers as when they were younger. In fact many teenagers may need more sleep than in previous years. However, social pressures generally work against this.

Remember that breakfast is considered the most important meal of the day. Research has shown that children who have eaten breakfast are more attentive in class and score higher on tests and assignments.

Continuing on the topic of health, also remember to encourage activity in your child's day. One way to incorporate activity is to have them walk or ride their bike to and from school. Be sure to go over all the safety rules, and to have them wear a helmet if riding their bike. If your child is young, go with them the first few days to help instill all the rules.

Another suggestion for starting the year on the right foot is to make sure there is open parent-teacher communication. Early in the school year, schedule a get-acquainted meeting with your child's teacher. Approach the meeting with the concept of developing a team plan for how you can best work together.

Ask the teacher how he or she views parents' roles. Discuss the best ways to communicate with one another about schoolwork, illness or other absences. You may want to offer a brief overview of your child's strengths and weaknesses – but consider it to be background for the teacher, rather than a list of "do's and don'ts."

Along with the school year comes an array of school and non-school activities. Include your child in decision making when choosing which activities to start or continue. Talk with your child about his or her interests.

When looking at activities, don't forget 4-H. It is for all kids 7 to 18 years old by Tuesday, Jan. 1. We have a project to catch almost any interest and teach a lot of life skills. The new year starts Monday, Oct. 1, so August and September is the time to visit the



Diann Gerstner

• Knowledge for Life

clubs and see which one your child likes best.

Stop by our office for more information. Also if you have a third, fourth or fifth grader, they can participate in Kids-a-Cookin'. This is a hands-on food preparation class that includes nutrition and sometimes economics and games. It is held after school, approximately 3:45 to 5 p.m., in the Community Building basement. Fall dates are Thursdays: Sept. 13, Oct. 11 and Nov. 15. Call the City Recreation Department to sign up.

Back to looking at all the activities, consider how much time each activity will take and remember to allow enough unscheduled time for the family to spend together and maybe just some down time for relaxation. If you need to eliminate some activities, help your child to make a list of positive and negative aspects of each prospective activity.

Below are more tips for the new school year. I hope you find them helpful and have a great year.

- Study school policies and help your child learn to follow them.
- Model respect for teachers and school administrators to help your child learn how to be courteous and respectful at school.
- Encourage your child to pursue his or her interests.
- Reinforce learning outside of the classroom through extracurricular or family activities.
- Demonstrate lifelong learning. Nurture your own interests and pursue learning activities.
- Talk with your child, but do not press for every detail. Learn to be a good observer and really listen to what your child is saying.
- Establish a study area and limit distractions during study hours.
- Celebrate your child's effort, rather than grades. Emphasize the process of learning, rather than test scores.
- Try not to make homework an issue. Allow your child to take responsibility for finishing it.
- Maintain a rule that your child will finish homework before moving on to the "fun stuff."

Diann Gerstner is the family and consumer sciences agent for the Thomas County Extension office.

You have to have what?!



DEBBIE SCHWANKE/Colby Community College

Rockell Bedore and Walter Vacik of Colby helped a Colby Community College student locate books for fall semester classes in the Campus Bookstore. Though classes began Tuesday, many students were still completing enrollment and buying books.

Season opener of arts association to be mid-September jazz program

The Western Plains Arts Association will open its 43rd season for the northwest Kansas families with the Queen City Jazz Band at 3 p.m. on Sunday, Sept. 16, at the Goodland High School.

Other programs tentatively scheduled include: Cloggers, 3 p.m. Sunday, Sept. 30, Atwood High School auditorium; Peter Davison Air Show, 3 p.m. Sunday, Oct. 7, Cultural Arts Center, Colby; "Three Little Kittens," Monday and Tuesday, Oct. 15 and 16, Winona, Brewster, Hoxie and Oberlin; Home Free Vocal Band, 7:30 p.m. Friday, Oct. 19, Oakley

High School;

Celtic Fire, 3 p.m., Sunday, Nov. 18, Oakley High School auditorium; George Dyer Christmas Show, 3 p.m., Sunday, Dec. 9, Colby High School Auditorium; Troupe America, 7:30 p.m., Thursday, Jan. 31, at Oakley High School; Jeff Davidson and the Trail Riders Band, 3 p.m., Sunday, Feb. 10; Pride of the Prairie orchestra, 3 p.m., Sunday, Feb. 24, Hoxie High School auditorium; The Marvelous Wonderettes, 7:30 p.m., Friday, March 1; The U.S. Navy Sea Chanters, 7:30 p.m., Thursday, March 7; Drums

of the World, 3 p.m., Sunday, Sharon Springs, high school auditorium; Jim Salestrom, songs by John Denver, Sunday, April 7, St. Francis High School; Diamond Wranglers, 3 p.m., Sunday, April 21, Colby High School auditorium.

Ticket purchase levels are available online at www.wpaa.us, or contact board members Pat Ziegelmeier, (785) 460-5518; Amie Kendrick, (785) 460-3837; Joan Albers, (785) 460-6448; or Carol Rahn, (785) 460-7963 for prices and information.

Insurance scammers now target consumers over Affordable Care Act

Scam activity directed against insurance consumers occurs on a regular basis, but since the U.S. Supreme Court ruling on the health reform law, scammers have new lines to try out on unsuspecting Kansans, according to Sandy Praeger, commissioner of insurance.

The Kansas Insurance Department is aware of several examples of possible fraud activity in the past few weeks, Praeger said. Many of them involve requests for personal information falsely based on the Affordable Care Act, which the court ruled on in June.

"Scammers often pose as employees of government agencies or health insurance companies

when they make these unsolicited calls," the commissioner said. "They request Social Security numbers, bank account information, Medicare IDs or credit card numbers."

In a recent example, a woman in the Wichita area was contacted several times by someone who said, "We have your new health insurance card ready to mail out but need to get your bank number before we do."

"The woman was smart and hung up on the caller," Praeger said. "But before she did, she got the phone number. That should help in investigating the incident."

The Affordable Care Act has

many provisions that have been put in place, but Praeger urges caution when callers pitch giving out personal information such as the items listed above; say you have to act immediately to purchase health insurance; or promote a limited-time insurance offer at a certain price.

"Before you give out information, sign a document or make a payment on something that might not be legitimate, call the Kansas Insurance Department's Consumer Assistance Hotline at (800) 432-2484," Praeger said. "Stop. Call. Confirm" is the best way to stay safe from financial predators and identity thieves."

Corrections

The Colby Free Press wants to maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

Pot's smell was 'irresistible'

CHARLEROI, Pa. (AP) – A western Pennsylvania man is accused of stealing a small bag of marijuana held as evidence because he allegedly couldn't resist the drug's aroma.

Authorities say that 27-year-old David Allan Thompson of Charleroi stopped at a police station Aug. 11 to offer police some unspecified information.

Police tell the *Observer-Reporter* newspaper (bit.ly/ShJlKl) that Thompson apparently stole the drugs while an officer was logging them into evidence after police had seized them that night. Police confronted Thompson

outside the station. They say handed over the drugs and confessed, saying, "I just couldn't help myself. That bud smelled so good."

Thompson faces a preliminary hearing Thursday. Online court records list no attorney for him.

Markets

| Quotes as of close of previous business day Hi-Plains Co-op | |
|--|---------|
| Wheat (bushel) | \$8.39 |
| Corn (bushel) | \$8.36 |
| Milo (hundredweight) | \$14.18 |
| Soybeans (bushel) | \$16.22 |

LAST 3 DAYS
Thursday • Friday • Saturday
August 23rd, 24th, & 25th

Summer Clearance Sale

Take an additional **50% off** all red sticker items and **25% off ALL** gift items!

PALACE DRUG STORE
460 N. Franklin • Colby • 785-460-7507
Open: 8:30 - 6:00 Mon - Fri & 8:30 - 2:00 Sat

NIGHT OWL DINING
WITH **1/2 PRICE**

APPETIZERS
DINE-IN ONLY

TUESDAY THRU THURSDAY 8-10 P.M.
FRIDAY & SATURDAY 9-11 P.M.

MONTANA MIKE'S STEAKHOUSE
1855 S. Range • Colby, KS • 785-462-7178

Colby Rotary Club

Colby Rotary Club met at Colby Community College Tuesday with 29 members and guests District Governor Bob Friesen, Assistant District Governor Peggy Cabrinha and Ross Volkmer attending.

A collection for the Polio Plus Program was taken.

Friesen commended the club for their efforts in "Service Above Self" projects both on the local and national level. He presented President Melany Wilks with a 2012-13 Rotary theme banner.

Friesen reviewed district goals with club members

and challenged the club to increase membership and continue giving to the Rotary Foundation. He encouraged each member to become a sustaining member via the Every Rotarian Every Year program.

On behalf of the club, Wilks presented both Friesen and Cabrinha with appreciation gifts.

Ross Volkmer won Roto-Lotto.

Rotary meets weekly in Room 106 of the Student Union.

— Relda Galliz

Court moves to streaming video

TOPEKA (AP) – The Kansas Supreme Court will offer live, on-line video streaming of oral arguments beginning next week.

The court has offered live audio streaming of arguments since 2004. Chief Justice Lawton Nuss announced the addition of video streaming Tuesday.

Nuss says it's intended to make the judicial process more accessible to the public. He says the justices believe the service will

also benefit schools, colleges and universities.

The high court will hear arguments from 9 a.m. to noon Monday through Friday next week.

Nuss noted that the week's docket includes arguments Aug. 31 on a case of broad public interest – a challenge by environmental groups to state permits for a

proposed coal-fired power plant in southwestern Kansas.

Online: Kansas Supreme Court: www.kscourts.org.

We want your local news: e-mail to colby.editor@nwkansas.com

Virgil St. John

Virgil St. John, 86, of Marshalltown, formerly of LeGrand, died Sunday, August 19th, at the Grandview Heights while in the care of the Iowa River Hospice.

Memorial services will be held at 10:30 a.m. Wednesday, August 22nd, at the First Baptist Church with Pastor Dick Sipe officiating. He will be laid to rest in the Riverside Cemetery with full military honors by the Veterans of Foreign Wars Harry C. Harter Post #839/ American Legion Frank Lewis Glick Post #46. Visitation will be held one-hour prior to the services at the church. For condolences, please visit www.mitchellfh.com. The Mitchell Family Funeral Home is caring for Virgil and his family: Ph. 641-844-1234.

Born on June 17, 1926, in Sterling, Colorado, he was the son of Harold and June (Fiddler) St. John. He attended school in Marshalltown and enlisted in the United States Navy to serve our country honorably during WWII. Upon his return to Marshalltown, he graduated from the Marshalltown High School and later Marshalltown Junior College. Virgil loved his membership to the First Baptist Church – a journey that led him and Betty to the Lord by Pastor Pieter Smit.

On September 22, 1946, in Olathe, Kansas, he was united in marriage to Betty Hutchings, who he knew since the 2nd grade. They resided in different communities including Marshalltown, Clear Lake, Mason City and LeGrand since 1986 where they owned and operated St. John Antiques. Virgil was also an insurance underwriter prior to following his true passion in life – buying and selling antiques. He and Betty started their dream in 1974 at their shop in Mason City.

Left to cherish his memory are his daughters – Regan (Dan) Roberts of Marshalltown and Martha (Ed) Collins of Colby, Kansas; daughter-in-law Grace St. John in Tennessee; six grandchildren – Ericka Bell, Becky Rogers, Matthew Roberts, Adam Jaspersen, David St. John and Elizabeth Collins; five great-grandchildren, brothers – Bobby St. John of Rochester, MN, and Larry St. John of San Diego and his special friend, Jennie Powers.

In death, Virgil rejoined his beloved Betty who died in 2006, his parents, son Marshall, daughter Leslie Jaspersen, and siblings Roger Hildebrand, Margie Myers and Patty St John.

