

Cheating is more than just a word

Dear Dr. Brothers: I am having a big debate with my wife regarding what cheating actually is. In fact, we are fighting about this almost every day now, since I stopped sending out photos of myself on the Internet because she objected. See, the thing is, we don't really have much sex, and I find that I can get my urges satisfied on the Internet by going to sex Web sites or else by chatting with some hottie in a private room online, or even by phone sex. That way, I don't have to bother my wife, who isn't interested (aren't I considerate? Ha-ha) and also not make her feel bad for having a low sex drive. She doesn't like it, though, and says she considers it cheating.

on the Net, then I hope you will see that even if you are being above-board and honest, this can only hurt your marriage, because it will drive a wedge between you. So for that reason, you might offer to quit chatting and deliberately focus on rediscovering your spouse.

Dear Dr. Brothers: I was absolutely shocked to read a recent column about girls who are experimenting in a sexual way with other girls and then going out with their boyfriends as usual and fooling around with them, too. I can't imagine that all these girls are full-fledged lesbians — they are too young to know what they are, in my opinion. Are things going downhill that fast? How do these kids decide exactly "what" they are, if anything goes?

Dear L.B.: Today's teens have changed quite a bit when it comes to sex talk among themselves and their peers. This bunch grew up frequently discussing their sexuality, and if there is any outcry against this sort of thing, it is not being heard by many of today's world-weary, cable-TV-addicted high-school and college kids. There is a great deal more open talk about sex today, and teens have become pretty casual about sexual encounters. And perhaps surprisingly, girls who try out various sexual lifestyles often experience less of a stigma than guys when it comes to gay play.

In fact, it is much more usual for girls to experiment with kissing and sex play than it is for boys, as the taboo against males behav-



Dr. Joyce Brothers

• Ask Dr. Brothers

ing this way is pretty strong. No, I don't think someone is a lesbian after one or two encounters with someone of the same sex, because the motivation today typically involves experimentation and might even include wanting to make a splash, like the media figures these girls could be emulating. Others might truly be attracted to someone of the same sex. With today's permissive attitudes about alternative sexuality, they might consider same-sex fooling around not a big deal, or just a passing phase or fad until they figure out their real sexual orientation.

Dear Dr. Brothers: I am a normal mother of two kids, both of whom are now in college. My husband and I gave them a stable upbringing, and I am happy to say that they graduated from high school in the same town in which they were born. Now that they are away at school, we are planning to move to another state, where we can live more like retirees and pay lower taxes, and we hope our kids will visit us as often as possible and live in our new home during the summers while they are off from school. The problem is that I am happy about our plans but find myself feeling awfully depressed as I pass all the landmarks that were important when my kids were little

or when they were teens. I have constant flashbacks to the happy times we had. Am I losing it?

— E.B.
Dear E.B.: If you mean "flashbacks" in a way that removes you from reality for some minutes or that make you confused about where or who you or your children are, I would be rather concerned, and would suggest that you have a mental and emotional health evaluation. I know that having an empty nest can be very stressful, because you have to take on a brand-new role after living comfortably in the shoes of "Mommy" for many years. So even if you were only using a figure of speech, it is a difficult period you are weathering. My advice: Give yourself a break.

The fact that you are planning a move far away from this place that holds so much meaning for you can only serve to make your emotions even more volatile. With fond memories of the old life, you might wonder if things can ever be the same, or as happy. You might even feel a bit panicky about the coming changes. What you are experiencing is a kind of mourning for the old lifestyle that can never be again. It is OK to mourn, as you are; it will help you get through this difficult time. Good luck.

District 5 candidate speaks about issues

By Tisha Cox
Colby Free Press

Democrat Tim Cruz of Garden City is running against Sally Cauble of Liberal for the District 5 Kansas State Board of Education seat.

Cruz decided to take a stand and run for the seat because he felt the current representative wasn't doing enough for the children in the district.

"I had deep concerns about that," he said. "I felt we needed better representation on the board."

Cruz emphasized the board needs to be about working together instead of trying to further individual agendas.

He said he would make a good candidate because of the past boards he has served on. His two children are in public school in Garden City, and Cruz said he understands public education changes on almost a daily basis.

"I want to help unify the board and get it back on track," he said.

Kansas has been in the news because of the fight over science standards — mostly over the debate between evolution versus creationism or intelligent design. He said some board members did their jobs and kept the needs of Kansas school children in mind instead of focusing on only one issue.

Proving students a good education and teachers what they need to provide it should be the board's

objective.

Another issue he finds important is school consolidation.

"That's an emotional issue," Cruz said.

Consolidation affects all students in western Kansas, which includes most of District 5, made up of 41 counties and 77 school districts he said. Cruz has been to all of the counties and talked with each of the superintendents.

"When people in Kansas talk consolidation, the western half comes to mind," he said. "If consolidation should be considered, it should be in eastern Kansas. With several school districts close together, it would make more sense there."

In western Kansas, consolidation means the loss of a school in a community and busing students long distances to other towns.

"That isn't fair, or smart, and has a negative impact on students," he said.

He hopes voters will do their homework, and vote on Nov. 7. Cruz said he has a strong voice for the children of Kansas and would be willing to listen to people's concerns if elected.

Cruz has served twice as the mayor of Garden City and on several committees for USD 457 in the community. Cruz's wife, Penny, is a school teacher.

He is also on the Children's Cabinet for the state of Kansas.

A Garden City native, Cruz and Penny have two children, Zachary, 19, and Joscelyn, 16.

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