

# Look at what the cat dragged in



## Dr. Joyce Brothers

### ● Ask Dr. Brothers

Dear Dr. Brothers: I have a problem that might sound funny, but it's really causing me to worry about myself. It all started a few weeks ago when my adorable cat, Bootsy, brought me a "present" in the middle of the night. Unfortunately, it was a mouse he caught in the basement. He dumped it on my stomach in bed — and, as you can imagine, I was totally freaked out! Anyway, I find that I am still angry at Bootsy, and I shut the door to keep him out of my bedroom at night. I also can't stand to get under my covers anymore, and I have to wash the sheets every day or I can't even sleep there. I don't like these reactions! Can you help me? — S.E.

Dear S.E.: Wow, I can't blame you for freaking out. I do think you have had plenty of time to calm down, though, so let's see what might help you get rid of this rather phobic response to an unusual event. First, I think you should deal with your relationship with the cat. Being mad is not really an appropriate response; you know your cat was exercising his hunting instinct, not trying to gross you out. Some would even say he was trying to please you by bringing you a gift. So, try letting him in the room again. Then you won't feel like such an ogre.

As for the bedding, gradually try easing off the washing — every other day, then every three

days, until you are comfortable with once a week.

Dear Dr. Brothers: I am the godmother of a lovely girl who is just graduating from college. She is old enough to make her own decisions now, and her parents have always allowed her a lot of leeway, but I notice that she is very uptight about her diet and seems to be stuck in a rut of eating only a few food items that her vegetarian social circle approves of. At my home, she actually has a meat sandwich or a piece of fish occasionally, but she will nervously ask me not to tell her friends. Is there some way I can help her stick up for herself and eat what she wants? I don't want her to be intimidated, or miss the pleasures of good dining. — L.A.

Dear L.A.: I see a number of young women who are in your goddaughter's shoes, many of them in high school or even younger. Generally speaking, she should be able to stand on her own and make her own dining choices by the time she leaves college, even with the strong peer pressure she has been subjected to. In any case, when she gets out on her own, she probably will not be so influenced by a peer group and will begin to make some more-informed and personal choices for herself.

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## Grant assists with district

From "STUDENTS," Page 1

Since its inception, the committee meets once a month during the school year. In 2003, the district was one of the benefactors of a federal grant, called Project Achievement, administered by Emporia State University.

"Under the terms of the grant, USD 316 educators had 15 semester hours of ESL work provided free-of-charge, as well as all their textbooks and fees," Baskerville said.

He, along with Sally Jones, Title I instructor, were the first Golden Plains' educators to complete their ESL endorsements under the terms of the grant. Since 2004, Julie Ziegelmeier, fifth grade instructor; Margaret Houtz, middle school language arts' teacher; and Traci Uehlin, high school mathematics

instructor, have completed their endorsements.

Baskerville said because of the growing Hispanic population in Rexford, over the past seven school years the Golden Plains' district and community-wide organizations have hosted Cinco de Mayo celebrations for the minority population.

In addition, the district has developed a parents' and patrons' computer facility that is available for technology usage and instruction during the school day.

"Minority adults, as well as non-minority citizens, are free to utilize the room whenever school is in session at Golden Plains," Baskerville said. "During the summer months, specific evenings are set aside for all the district's adults to work on their computer and English and Spanish skills."

## School projects sparks Nobel nomination

PITTSBURG (AP) — A high school project to tell the story of a Polish woman who saved thousands of children during the Holocaust has earned the woman a Nobel Peace Prize nomination.

In 1999, a teacher at Uniontown High School suggested that four students research the facts behind the life of Irena Sendler, who is credited with saving 2,500 Jewish children from the Warsaw ghetto in 1942-43.

Now, teacher Norm Conard and others are working with the presi-

dent of Poland and the prime minister of Israel on Sendler's nomination for the Nobel Peace Prize.

"Of course, a nomination for the Nobel Peace Prize is a long way from receiving it," Conard said. "But I was just telling someone today, the project has gone leaps and bounds above what any of us could have imagined."

The nomination is the latest step for Conard and the students, whose project grew to include a short play called "Life in a Jar," that depicted Sendler's story. The students pre-

sented the play hundreds of times and traveled to Poland to meet Sendler. The project was the subject of a documentary and has garnered international recognition for Sendler and the students.

"It has touched the hearts of so many people," Conard said. "It's a testimony to not only Irena Sendler, and the courageous acts that she completed, but also to a bunch of dedicated young people passionate about making a difference in the world."

It began when Megan Stewart,

Elizabeth Cambers, Jessica Shelton and Sabrina Coons entered their project in the National History Day program in 1999.

Megan Stewart — now Megan Felt — said when they started, the students found only two Web sites with information about Sendler. They sent a letter to Sendler and received one back a few months later.

In February, the Milken Family Foundation plans to make a DVD of "Life in a Jar" to distribute for educational purposes.

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