

Bird feeder?



HARM BRIERY/Colby Free Press

Three deer made their way to a Hoxie resident's bird feeder to find nourishment during last weekend's storm. Another six inches of snow fell Saturday on the already 11 inches of snow and ice on the ground in and around Hoxie.

Colby women fall behind early

The Colby Community College women's basketball team couldn't overcome a slow start and lost 81-70 at Hutchinson Community College Saturday.

Hutchinson started the game with a 27-5 run over the first 10 minutes of the game.

"We started off so slow," Colby coach Tom Stephens said.

"We missed shots early, and our defense wasn't very good."

Although the Lady Trojans had an early deficit, they closed the gap in the second half.

They were able to outscore Hutchinson 48-41 in the second half, but couldn't quite get over the hump.

"We battled back, but never was able to get the lead," Stephens said.

"We fouled a lot, and gave them easy points."

Jamie Schroeder had 14 points on 5-10 shooting to lead Colby.

She also contributed five rebounds. Sandra Sormaz (Serbia, freshman) contributed 14 points and Jacci Tinkel (Topeka, sophomore) had 10 points.

The Lady Trojans were out-rebounded by Hutchinson 41-26, something that has been a concern all season.

"We just need to be a little more focused on our rebounding and take care of the ball," Stephens said.

After the three-game road trip, the Lady Trojans return home to face Barton County 6 p.m. Saturday at the Community Building.

Barton County is 16-3 overall on the season, and 4-1 in the conference.

Colby is 7-13, 3-3.

Trojans' schedule changes

Colby college's wrestling team did not compete last weekend at Worthington, Minn., as scheduled because of transportation problems. The team is scheduled to compete Thursday at Lincoln, Ill.

Men's basketball

The Colby Community College men's basketball team will play 7 p.m. tonight at Hutchinson Community College. The game was rescheduled from Saturday because of the weather.

Hutchinson is 15-3 on the season, 2-2 in the conference. The Trojans (7-12 on the season, 1-4 in the conference) are looking to break a three-game losing streak.

Housemates struggle with rivalry issues

Dear Dr. Brothers: I am a recent graduate of a state university, and I have been working at my first job for about three months. I took a house-share to pay the rent, and the problem is my housemate.

She graduated from a "better" college than I did, and no matter what I accomplish, she is better than me, or so she thinks.

Should I keep standing up for myself, or just agree with her that she is the best at everything? — T.S.

Dear T.S.: It must be a very discouraging situation to find yourself with a hard-earned diploma in hand, going to a bright, shiny new job, and having somebody one-upping you at every turn.

It's a shame you couldn't have roomed with friends you already knew, who appreciate you for the great person you are.

And if it is at all practical to move into that kind of situation, I urge you to try to do it. Life is too short to live at the bottom of the totem pole! But for the time being, you need to find some coping strategies.

Sometimes people who constantly pump themselves up and put others and their accomplishments down are simply trying to talk themselves into a sense of self-esteem.

I know you probably don't care about your housemate's emotional health; you just want her to stop acting so superior.

But maybe you can outsmart her by throwing some praise her way — find something to compliment, and see if she has any sense of decency at all and will compliment you in return. If you try to lessen the competition, it might work. If not, then to protect your own sense of self-worth, I suggest that you distance yourself from her as much as possible and start looking for another living situation where there are people with whom you can feel comfortable sharing your successes and failures.

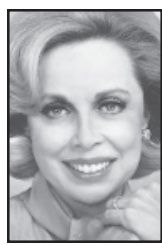
Dear Dr. Brothers: I have a concern about my 16-year-old son. He has never been very athletic, nor interested in studying himself in the mirror or picking out just the right clothes. But he has suddenly taken to following his dad to the gym and working out with him.

This wouldn't be a problem, but my husband is encouraging him to go for a body image that I don't think is achievable for this slender, not-very-strong kid. Should I interfere in some way, or let the two of them "bond" this way? — A.G.

Dear A.G.: You are really dealing with two separate issues here, and it would be good for you to learn to take each one on its own terms. I know that you must be conflicted about the values your husband is instilling in your son, as well as the possible negative consequences to his self-esteem should he fail to live up to his father's vision of what his body should be.

At the same time, there's a lot to be said for the two of them spending time together and forging a bond in the teenage years. So you don't want to mess that up by criticizing what they are doing together.

I think you should talk to your husband and alert him to the fact that teenage boys need to be striving for healthy, strong bodies — which the workouts can help with



Dr. Joyce Brothers

● Dr. Brothers

— and urge him not to pressure your son to change. Compliment your son on good food choices and give him a clothing allowance to shift his focus.

Tell your husband about a recent study of 285 college students by Ohio State University that showed that those males who were unhappy with their bodies and who felt pressured to have a muscular physique were more likely to engage in obsessive workouts, steroid use or eating disorders. Hopefully, a word to the wise will be sufficient.

Dear Dr. Brothers: I have been a big worrier my entire life. I have tried various tricks and suggestions about living in the moment, only worrying about things I can change (then changing them) and so forth. I've even been on several different pills, but I guess I can't change my basic nature.

Every day now, I seem to feel more and more nervous about the terrorist threats that seem to be part of our daily lives. This is not something I can control or do anything about!

Will I have this bothering me all my life in addition to my normal worries? — E.W.

Dear E.W.: Your "normal worries" must seem almost like old friends at this stage of your life. You have lived with them, tried to manage them as best you could, and tried to work through them and banish them. Nothing has worked well enough to make you feel worry-free. It does seem unfair and frightening that the terrorist threats we hear about nearly every day will be piled on top of everything else, to make your life an unhappy one.

Have you ever stopped to figure out what you are gaining from all this worrying? A therapist might be able to help you sort out what kind of subconscious benefit you might be receiving by occupying your mind this way.

Try to set aside a time each day for a half-hour of worrying, to free you to do and think about other things for the rest of the time. You are not alone — worriers make up about 10 percent of the population, and it's a sure bet that events that are unpredictable and malevolent are going to make people more anxious. Perhaps if the terrorist threats persist, we will all — sadly — get used to them.

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