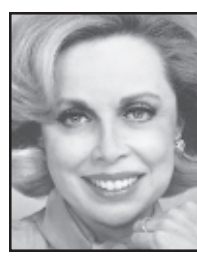


Reader dislikes being celebrity lookalike; radio listener sick of fan

Dear Dr. Brothers: I am frequently mistaken for a well-known TV star. While I know that might sound glamorous, this actress actually is a woman who is at least 10 years older than I am, weighs quite a bit more ... and in general is not at all attractive.



Dr. Joyce Brothers
● Ask Dr. Brothers

I have tried different approaches to these thoughtless strangers who point out that I look like so-and-so (usually in a loud voice in front of a bunch of people!), but no matter how I respond, I never feel anything but depressed afterward.

I really dread those incidents. I know someone else would just laugh it off.
Why can't I? — G.F.
Dear G.F.: Sure, someone else might laugh it off — the first time or the second time. But give yourself a break. No one wants to be a dead ringer for someone they don't consider attractive, or constantly be embarrassed in public. It's perfectly understandable that you are upset.

People can be incredibly insensitive. I'm sure one of the responses you have thought of — perhaps even tried — is to come back at them with a snappy comparison to some hideous actor they might resemble.

But that might make you feel just as awful, when they probably meant you no harm in the first place.

I guess the only thing you can do is keep changing your hairstyle and color, wear sunglasses or, if you can afford it, get plastic

surgery and change whatever feature you need to in order to no longer resemble Madame X.

Or you can have the last laugh: Go the other way entirely and join one of those celebrity-lookalike entertainment bureaus, and capitalize on your bad fortune. It's all up to you.

Dear Dr. Brothers: I like to listen to political shows on the radio, but I can't stand the way certain people call in and drool all over the hosts. I don't mind a few compliments if the host deserves it, but these people are so disgustingly sucking up to their heroes that they just ruin the listening experience for me.

It especially bothers me when grown men call in and slobber all over these guys. Don't they have any dignity?

What is your opinion of these political fans? Do they make you sick with their butt-kissing, or is it just me? — L.T.

Dear L.T.: It's not just you; many people find sucking-up behavior to be distasteful. It is especially hard to swallow if you are listening to a radio or TV show with a host you don't even respect, while others idolize him or

her. In that case, I suggest that you find a station with a bunch of commentators who are more to your liking, and then you won't be so aware of the people giving gratuitous compliments. You might even call up and be one of them.

In the meantime, realize that there will always be fans, whether it is in the sports arena or elsewhere. Today, just about anyone in the public eye can be the subject of adoration by their audience.

It's great that you are not one who feels so inferior to someone you hear on the radio that you have to indulge in hero worship. It shows you have a healthy ego and can think for yourself instead of being one of a flock of sheep. Those people who call in with an overabundance of gushing probably don't have much of a real life. But if you find them capable of raising your blood pressure as you listen, by all means, switch to a music station until they go away. It just isn't worth it to be so well-informed!

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Center for Civic Leadership marks first women's conference

HAYS — More than 200 women ages 18 to 95 recently gathered in Hays for the Center for Civic Leadership's first women's leadership conference, "The Leadership Advantage: Kansas women's leadership conference."

The conference was intended to 'speak' to women of all ages and backgrounds, said Christie Brungardt, conference coordinator and Fort Hays State University instructor of leadership studies.

The participants represented the majority of the state of Kansas as well as some from Colorado and Nebraska.

Conference objectives included strengthening networking opportunities for women, encouraging development of leadership in women of all generations, promoting mentoring between and among women, and fostering a celebration of women's diversity.

"It was a very powerful conference," said Cari McGrath, conference participant. "The sessions really catered to both young and seasoned professionals and the kinds of issues they deal with in the workplace and in their personal lives."

Ann Crittenden, author of "If You've Raised Kids, You Can Manage Anything: Leadership Begins at Home," served as keynote speaker. Crittenden is an award-winning journalist from Washington, D.C., who has worked as a reporter for the

“It was a great day of networking, learning and exploring the district. We look forward to partnering with the Center for Civic Leadership to host next year's conference.”

Sabrina William
Downtown Hays Development Corp.

New York Times, and is currently a member of the Council on Foreign Relations.

Dereama Allenbaugh, owner of Salon 1007 and Rock Haven Spa, both located in Hays, led a session in which she coached women on the different techniques for self-reflection and balance and the importance of nurturing oneself and effective leadership.

Rose Arnold, chair of the Department of Sociology and Social Work at FHSU, led what seemed to be the day's most popular session, "Sticks and Stones, the Costs of Gender Miscommunication."

Arnold discussed the different conversational styles of the sexes and the consequences that follow.

Arnold's session quickly transpired into a leadership study. Kelley Parker, instructor of leadership studies at FHSU, helped women find their personal leadership styles using scenes from the ABC comedy/drama Desperate Housewives for examples.

Following the panel discussions was a closing keynote session by Christine Downey-Schmidt, vice chair of the Kansas Board of Regents and former Kansas State Senator, and a presentation of the first ever Kansas Woman Leader of the Year award to 95-year-old Fort Hays State University senior Nola Ochs.

"This year has been so rewarding for me," said Ochs upon receiving her award and her congratulatory video address from Gov. Kathleen Sebelius. "Ninety-five is a great year."

"The downtown Hays merchants were honored and excited to host the first women's leadership conference in the Chestnut Street District," said Sabrina William, coordinator of the Downtown Hays Development Corporation.

For information visit kansas-womensleadership.org or contact Brungardt at (785) 628-4473 or cjbrunga@fhsu.edu.

Adopt-A-Highway seeking volunteers

Make a difference in your community and help the environment at the same time — join the Adopt-A-Highway program in Kansas.

The goal of the program is to clean along the roadways throughout the state to increase safety for motorists and pedestrians as well as improve the beauty of Kansas, said Kim Stich with the state's transportation bureau.

"This helps to raise awareness on the negative effects of pollution and the positive aspects of a clean community," she said.

"Members must be at least 11 years old and have adequate adult supervision. Groups have clean-ups three times a year and are recognized for their efforts with signs marking their sections of highway," she said.

Adopt-A-Highway groups are also gearing up for the annual Clean Up Kansas Campaign which takes place during the month of April.

"This event, as well as the program, is sponsored by the Kansas Department of Transportation," Stich said, "and all Adopt-A-Highway groups are encouraged but not required to participate in the state-wide event."

There are about 1,800 Adopt-A-Highway groups in Kansas.

"One by one, those groups are helping to make Kansas a better place to live and visit," she said.

For information, call the north-west Kansas coordinator at (785) 877-3315.

FAIRVIEW ESTATES RETIREMENT COMMUNITY

1630 Sewell Ave. • Colby, Kansas ~ (785) 462-2154



Our new marketing associate, **Duffy Keller**, will be available to talk with you and provide a personal tour on April 20 from 11:00 a.m. through the afternoon. If you're looking for a retirement community that allows you independence and frees you from the worry of being a homeowner, please give her a call at 1-308-640-6444 or call the Fairview Estates office at 785-462-2154 and leave a message for her to return your call.

TV LISTINGS

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WEEKDAYS APRIL 17 - APRIL 23

	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
KLBY/ABC (6)	Good Morning Kansas	Good Morning America			Martha			The View		Millionaire	News	
KSNK/NBC (8)	News Cont'd	Today			Live With Regis and Kelly			Paid Program	Paid Program			
KBSL/CBS (12)	News Cont'd	News		The Early Show		The 700 Club		The Price Is Right		The Young and the Restless		
K15CG (2)	Business	Body Electric	Curious George	Clifford-Red	Dragon Tales	Big Big World	Beren Bears	Lions	Sesame Street	Teletubbies	Barney-Friends	
ESPN (28)	SportsCenter	SportsCenter		SportsCenter		SportsCenter		SportsCenter		Varied Programs		
USA (37)	JAG	JAG		Walker, Texas Ranger		Walker, Texas Ranger		Texas Ranger		Varied Programs		
TBS (38)	Saved by Bell	Saved by Bell	Saved by Bell	Saved by Bell	Dawson's Creek		Movie		News-Radio	Cosby Show		
WGN (39)	Changing	Believer Voice	Hillbillies	Hillbillies	Matlock		Magnum, P.I.		Homicide: Life on the Street		Da Vinci's Inquest	
TNT (40)	Angel	Charmed		Charmed		ER		ER		Judging Amy		
DSC (42)	Paid Program	Paid Program	Joyce Meyer	Paid Program	How It's Made	How It's Made	Deadliest Catch		MythBusters		How It's Made	How It's Made
A&E (47)	The District	24		Crossing Jordan		City Confidential		American Justice		Cold Case Files		
HIST (48)	Varied Programs											
NICK (55)	Danny Phantom	OddParents	SpongeBob	SpongeBob	Dora the Explorer	Go Diego	Blue's Clues	Backyardigans	Wonder Pets	Dora the Explorer	Go Diego	Blue's Clues
DISN (56)	The Wiggles	Higglytown	Little Mickey Mouse	Mickey Mouse	Handy Manny	Doodlebops	Charlie & Lola	Koala Brothers	The Wiggles	Higglytown	Lilo & Stitch	Little Mermaid
FAM (58)	Family Matters	Family Matters	Boy Mts. World	Boy Mts. World	Home Videos	Living the Life	The 700 Club		Gilmore Girls		Full House	Full House
HALL (60)	New Morning	The Waltons		The Waltons		Little House on the Prairie		Little House on the Prairie		Touched by an Angel		

WEEKDAYS APRIL 17 - APRIL 23

	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
KLBY/ABC (6)	All My Children	One Life to Live		General Hospital			Millionaire	Judge Judy	News	Judge Judy	News	ABC Wild News
KSNK/NBC (8)	News	Extra	Days of our Lives		Passions		The Ellen DeGeneres Show		Jeopardy!	Jeopardy!	News	NBC News
KBSL/CBS (12)	News	Bold, Beautiful	As the World Turns		Guiding Light		Dr. Phil		Oprah Winfrey		News	Evening News
K15CG (2)	Reading Rainbow	Caillou	Varied Programs			Curious George	Cyberchase	Arthur	Maya & Miguel	Post-cards	Cliff Pup	Business
ESPN (28)	Varied Programs	Mike and Mike	1st and 10	Outside-Lines	NFL Live	SportsCenter	Rome-Burning	Around the Horn	Interruption	SportsCenter		
USA (37)	Movie	Varied Programs									Law & Order: Criminal Intent	
TBS (38)	Steve Harvey	Steve Harvey	Steve Harvey	Steve Harvey	Home Improve.	Home Improve.	Yes, Dear	Yes, Dear	King of Queens	King of Queens	Seinfeld	Seinfeld
WGN (39)	WGN News at Noon	The Greg Behrendt Show		America's Funniest Home Videos		Moesha	Cosby Show	Even Stevens	Lizzie McGuire	Home Improve.	Home Improve.	
TNT (40)	Judging Amy	Law & Order		Law & Order		Charmed		Charmed		Varied Programs		
DSC (42)	Varied Programs				Deadliest Catch		MythBusters		Cash Cab	Cash Cab	How It's Made	How It's Made
A&E (47)	CSI: Miami	24		Crossing Jordan		City Confidential		American Justice		Cold Case Files		
HIST (48)	Modern Marvels	Varied Programs										
NICK (55)	Backyardigans	Varied	SpongeBob	SpongeBob	Jimmy Neutron	Danny Phantom	OddParents	Avatar-Last Air	SpongeBob	Drake & Josh	Ned's School	OddParents
DISN (56)	Timon & Pumbaa	Buzz Light	Whiskers	Proud Family	American Drgn	Kim Possible	Varied Programs			That's-Raven		
FAM (58)	Family Matters	Family Matters	Step by Step	Step by Step	Full House	Full House	Sabrina-Witch	Sabrina-Witch	Gilmore Girls	7th Heaven		
HALL (60)	Matlock	Matlock		Little House on the Prairie		Little House on the Prairie		M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	

TUESDAY APRIL 17

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBY/ABC (6)	News (CC)	Entertainment	George Lopez	George Lopez	Dancing With the Stars Results Show		Boston Legal Guise in Dolls (N) (CC)		News (CC)	Nightline (N) (CC)	Jimmy Kimmel Live (N) (CC)	
KSNK/NBC (8)	News	Wheel of Fortune	Dateline NBC (CC)		Law & Order: Criminal Intent		Law & Order: SVU		News	The Tonight Show With Jay Leno (CC)	Late Night	
KBSL/CBS (12)	News (CC)	Inside Edition	NCIS Once a Hero (CC)		The Unit Report by Exception (CC)		48 Hours Mystery (CC)		News (CC)	Late Show With David Letterman	Late Late	
K15CG (2)	The NewsHour With Jim Lehrer (N)	Doctors on Call	Second-Health	America at a Crossroads (N) (CC)				BBC World		Summer Wine	Charlie Rose (N) (CC)	
ESPN (28)	SportsCenter	NFL Live (Live)	SportsCenter Special (Live) (CC)		Contender Challenge		Baseball Tonight (Live)		SportsCenter (Live) (CC)		Fast-break	Baseball Tonight
USA (37)	Law & Order: Criminal Intent	Law & Order: SVU			Movie: Unbreakable (2000) A train-crash survivor discovers an extraordinary talent.				Law & Order: Criminal Intent		Law & Order: SVU	
TBS (38)	Raymond	Raymond	Raymond	Raymond	Sex and the City	Sex and the City	Friends (CC)	Friends (CC)	Sex and the City	Sex and the City	Raymond	Movie: Cocktail
WGN (39)	America's Funniest Home Videos (CC)	Funnies Pets	Funnies Pets	Funnies Pets	Funnies Pets	Funnies Pets	WGN News at Nine (CC)		Sex and the City	Scrubs (CC)	Scrubs (CC)	Becker D.N.R.
TNT (40)	Law & Order: Guynap (CC) (DVS)	Law & Order Red Ball (CC) (DVS)		The Closer Battered (CC) (DVS)		The Closer Good Housekeeping (CC)		Cold Case Red Glare (CC)		Law & Order: Cherished		
DSC (42)	Deadliest Catch A Tragic Beginning	Deadliest Catch A fishing boat sinks.		Deadliest Catch Pain and Paybacks		Oil, Sweat and Rigs Phoenix		MythBusters Vocal firefighting. (CC)		Deadliest Catch A fishing boat sinks.		
A&E (47)	CSI: Miami Simple Man (CC)	CSI: Miami Dispo Day (CC)		Dog the Bounty Hunter Rusty Cuffs		Driving Force		Driving Force		CSI: Miami Complications (CC)		CSI: Miami Dispo Day (CC)
HIST (48)	Modern Marvels (CC)	Decoding the Past (CC)		Ancient Discoveries: Robots		Man, Moment, Machine (CC)		Wild West Tech Brothel Tech (CC)		Decoding the Past (CC)		
NICK (55)	OddParents	Jimmy Neutron	SpongeBob	Drake & Josh	Funnies Mom	Full House	Roseanne	Roseanne	Fresh Prince	Fresh Prince	Cosby Show	Cosby Show
DISN (56)	Phil of Future	Zack & Cody	Movie: The Cheetah Girls 2 (2006, Comedy-Drama) Raven. (CC)			Life With Derek		Phil of Future	Zack & Cody	That's-Raven	Phil of Future	Kim Possible
FAM (58)	Smallville Rosetta (CC)	Movie: Rudy *** (1993, Drama) A working-class teen dreams of admission to Notre Dame. Sean Astin.			Whose Line? It's a Mystery!		The 700 Club (CC)		Falcon Beach Strawberry Social			
HALL (60)	Walker, Texas Ranger (CC)	Walker, Texas Ranger (CC)		Movie: Dave *** (1993, Comedy) A presidential look-alike takes over for the ailing leader. Kevin Kline.		Movie: Love Affair ** (1994, Drama) Warren Beatty. (CC)						

WEDNESDAY APRIL 18

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBY/ABC (6)	News (CC)	Entertainment	Accord-ing-Jim	Under-belly	Accord-ing-Jim	In Case-Emer	Lost Catch-22 (N) (CC)		News (CC)	Nightline (N) (CC)	Jimmy Kimmel Live (N) (CC)	
KSNK/NBC (8)	News	Wheel of Fortune	Thank God You're Here (N) (CC)		Crossing Jordan Post Hoc (N) (CC)		Medium The One Behind the Wheel		News	The Tonight Show With Jay Leno (CC)	Late Night	
KBSL/CBS (12)	News (CC)	Inside Edition	Jericho Casus Belli (N) (CC)		Criminal Minds No Way Out (CC)		CSI: NY Consequences (CC)		News (CC)	Late Show With David Letterman	Late Late	
K15CG (2)	The NewsHour With Jim Lehrer (N)	Secrets of the Dead Tomb of Christ (CC)		America at a Crossroads (N) (CC)				BBC World		As Time Goes By	Charlie Rose (N) (CC)	
ESPN (28)	SportsCenter	NBA Basketball: Washington Wizards at Indiana Pacers. Conesco Fieldhouse. (Live) (CC)			NBA Basketball: New Orleans Hornets at Los Angeles Clippers. Staples Center. (Live) (CC)							
USA (37)	Law & Order: Criminal Intent	Law & Order: SVU			Law & Order: SVU		Law & Order: SVU		Law & Order: Criminal Intent		Law & Order: SVU	
TBS (38)	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	King of Queens	King of Queens	Movie: Scary Movie 2 ** (2001) Shawn Wayans. (CC)		Movie:	
WGN (39)	America's Funniest Home Videos (CC)	Home Improve.	Home Improve.	Becker (CC)	Becker (CC)	Funnies Pets	Funnies Pets	Sex and the City	Scrubs (CC)	Scrubs (CC)	Becker (CC)	Becker (CC)
TNT (40)	Law & Order: Capital	Law & Order Dining Out (CC) (DVS)		Law & Order Ghosts (CC) (DVS)		Law & Order In God We Trust		Without a Trace John Michaels (CC)		Las Vegas The Real McCoy (CC)		
DSC (42)	How It's Made	How It's Made		Hazard Pay Ultimate Fighter		MythBusters Birds in a truck. (N) (CC)		MythBusters Son of a Gun (CC)		Dirty Jobs Turkey and potatoes.		
A&E (47)	CSI: Miami Double Cap (CC)	CSI: Miami Grave Young Men (CC)		The Sopranos (CC)		The Sopranos Proshai Livushka (CC)		Driving Force		CSI: Miami Grave Young Men (CC)		
HIST (48)	Modern Marvels Panzers (CC)	Modern Marvels Engines. (CC)		Modern Marvels Trucking industry.		Modern Marvels More Military Movers		Modern Marvels The Autobahn (CC)		Modern Marvels Engines. (CC)		
NICK (55)	OddParents	Jimmy Neutron	SpongeBob	Drake & Josh	Full House	Full House	Roseanne	Roseanne	Fresh Prince	Fresh Prince	Cosby Show	Cosby Show
DISN (56)	Phil of Future	Zack & Cody	Movie: Max Keeble's Big Move ** (2001, Comedy) Alex D. Linz, Larry Miller. (CC)			Life With Derek		Phil of Future	Zack & Cody	That's-Raven	Phil of Future	Kim Possible
FAM (58)	Smallville Visitor (CC)	Movie: The Mask of Zorro *** (1998, Adventure) Zorro's protege crosses swords with a returning tyrant. Antonio Banderas.			The 700 Club (CC)		Home Videos		Home Videos			
HALL (60)	Walker, Texas Ranger End Run	Walker, Texas Ranger (CC)		Movie: Little House: Look Back to Yesterday ** (1983) Michael Landon.		Movie: The Lost Child *** (2000, Drama) Mercedes Ruelh. (CC)						