

# Adjusting to changing gender roles leaves wife feeling odd

Dear Dr. Brothers: My husband and I are not a two-career household, at least in terms of salaries. We have two lovely children, and I'm the one who goes to work every day. I guess this should (and does) turn out OK for some couples, but we're not doing too well.

One reason this was a mutual agreement is because, frankly, I earn more money than my husband and suspect this might always be the case.

Oddly, he isn't the one having the trouble.

I am, because I feel the fact that I'm not doing the usual job with the house and children is an indication of a lack of femininity or something.

What's the matter? I'm not conventional about most things. — G.E.

Dear G.E.: It's harder than most people know to break stereotypic thinking; it's not unlike trying to break a bad habit that we've had since childhood. Beliefs about gender roles have been around for centuries, but not necessarily because they're the right ones.

Some predict that in the not-so-distant future, few of either sex will be commuting to nearby cities to make their livelihood, but instead their office will be in their home.

Women in the future might not be carrying and bearing their own children, but chances are, they'll still continue to do most of the nurturing and caring for the very young out of maternal desire rather than necessity.

In the very near future, there'll be more nurseries and facilities in the buildings in which women and men work.

Like many women, you want to be with your children more, and you and your husband might need to make adjustments in order to make this possible ... such as both working part-time, even though it means less money.

Dear Dr. Brothers: I've always



Dr. Joyce Brothers

## • Ask Dr. Brothers

had a close, quite rewarding relationship with the man I've been married to for 16 years.

Recently, my comfort and overall happiness have been diminished, mostly because of his sudden emphasis on his sexual needs, thanks to a golfing pal and co-worker who suggested he try Viagra.

We're hardly kids. We're both in our mid-50s, and I don't welcome this sudden surge of passion.

Anything you can suggest will be appreciated. — T.B.

Dear T.B.: The first thing I'd suggest is that you discuss this with your family doctor. He or she might consider small doses of testosterone that can elevate sexual desire in women — or, now I hear that there are several new medications on the market for this purpose.

There are many different psychological factors that can affect our libido and general sex drive — something as simple as lack of sleep resulting from stress or attempting to do too much in too little time, for example.

After a certain number of years, couples need to budget in time that allows and stimulates innovative, new approaches to sex.

It could be removing any emphasis on sex and instead looking for ways to make life itself more interesting, such as taking a brief holiday together.

Sometimes coldness toward sex can result from underlying resentment and unexpressed anger that have been swept under the rug.

Should you find the need for some couples therapy, a few sessions might help clear things up and provide insight.

Dear Dr. Brothers: If a person — a virgin even though she's in her late teens — thinks she's in love and knows she is looking to hook up with a guy permanently but isn't ready yet to have sex, I think what this person can't figure out is how can she hold onto this guy and not lose him if she doesn't have sex with him.

Then she'll be alone, no one will ever want her and it'll be talked about — you know, like she's no fun. — C.C.

Dear C.C.: Most boys secretly respect a person who respects himself or herself.

There's something very admirable about having the strength and courage to stand up for one's beliefs, rather than caving in to pressure from others.

It's interesting that in studies of adult males, when asked about what qualities attract them to females, they ranked self-confidence among the top four listed.

I suspect the young man you've written about wouldn't reject this young woman permanently, but instead would remember her in a positive way, and if she could try to discuss her feelings honestly with him and tell him how much he means to her, he might even feel closer to her and would be willing to cease pressuring her to go beyond her own limits.

It might encourage him to express his feelings, to feel free to discuss his own problems, insecurities and fears.

Instead of this being one of those high-school crushes that often seem to explode or fade out, this could develop into a serious relationship that endures.

(c) King Features Syndicate

				8		6		
	5		6		1			
						7		3
	9						5	
2				4				8
	6						4	
8		7						
			3		4		2	
		5		2				

This is a logic-based number placement puzzle. The goal is to enter a number, 1-9, in each cell in which each row, column and 3x3 region must contain only one instance of each numeral. The solution to today's Sudoku puzzle is below.

1	7	2	4	8	3	6	9	5
9	5	3	6	7	1	4	8	2
4	8	6	2	9	5	7	1	3
7	9	4	8	1	2	3	5	6
2	3	1	5	4	6	9	7	8
5	6	8	9	3	7	2	4	1
8	2	7	1	6	9	5	3	4
6	1	9	3	5	4	8	2	7
3	4	5	7	2	8	1	6	9

Difficulty Level ★★★★★

6/01

©2007 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

### Bridal Registry

Jessica Stephenson & Aaron Dempewolf

June 1st, 2007

OFFICE WORKS

Home Furnishings

900 S. Range • Colby 462-2222 Fax: 462-2262

Make a Difference

## RECYCLE

# Pay Day Loans

Online, Phone or Fax

## 1-800-989-8969

www.bbpd.com

you're on the right track in the CLASSIFIEDS!

### General Public Transportation Van

Hours: 8 am to 4 pm  
Days: Monday - Friday  
Phone: 460-2901 (8 am-12:30 pm)  
443-9208 (12:30 pm - 4 pm)

If possible call for Reservations by 11 am the previous business day. Provided to Colby, Brewster, Gem, Menlo, Rexford and a Portion of Oakley as needed.

"This Project Funded in Part by the KDOT Public Transit Program"

## Get Caught

www.getcaughtrecycling.org

VAP CONSTRUCTION, INC.

FINANCING AVAILABLE WAC

Post Frame Barns...

for the everyday farm and ranch

**Barn Special: \$17,600**

40' x 56' x 12' fully erected, colored metal, engineered trusses on 4' centers, posts on 8' centers, 2"x 6" wallboards on 2' centers, #2 lumber used on roof purlins and wallboards. Includes: 1- upgraded walk door, 1-12' slider, rat guard, eve trim, top and bottom closure strips, tax, and a one year guarantee. Additional freight may apply.

1-866-492-1978 785-626-3121 785-626-5110

Vap Construction, Inc. • Owner: Jeff Vap • vaps@sbcglobal.net

# REHE

## Rawlins County Health Center

RAWLINS COUNTY HEALTH CENTER COMMUNITY CALENDAR

707 Grant Atwood, KS 67730 (785) 626-3211

Bringing Specialized Healthcare To Your Community

## June 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 MRI Mobile Unit Vasc Ultrasounds Cardiac Rehab	2
3	4 Cardiac Rehab Dr. Rubinowitz Oncology	5 J Molstad to McDonald	6 Diabetic Clinic Echocardiograms Ultrasounds Cardiac Rehab Nuclear Stress Test	7 Dr. Reeves Podiatry	8 MRI Mobile Unit Vasc Ultrasounds Cardiac Rehab Dr. Reeves Podiatry	9
10	11 Cardiac Rehab	12 L Horchem to McDonald	13 Diabetic Clinic Echocardiograms Ultrasounds Cardiac Rehab Dr. Frankum Surgery	14 Flag Day	15 MRI Mobile Unit Vasc Ultrasounds Cardiac Rehab	16
17 Father's Day	18 Cardiac Rehab	19 J Molstad to McDonald Dr. Miller Cardiology	20 Diabetic Clinic Echocardiograms Ultrasounds Cardiac Rehab Dr. Curtis Cardiology	21 Summer Begins	22 MRI Mobile Unit Vasc Ultrasounds Cardiac Rehab	23
24	25 Cardiac Rehab	26 L Horchem to McDonald	27 Diabetic Clinic Echocardiograms Ultrasounds Cardiac Rehab	28 Mammograms	29 MRI Mobile Unit Vasc Ultrasounds Cardiac Rehab	30

TO SCHEDULE AN APPOINTMENT WITH A VISITING PHYSICIAN, PLEASE CALL (785)626-3211 Cheryl Banister, RN Specialty Clinic Director

In House Services - Available Daily  
CT Scan \*\* Bone Mineral Density  
\*\* EKG Electrocardiograms