

Woman hesitant to begin second career; self-sabotage



Dr. Joyce Brothers

• Ask Dr. Brothers

Dear Dr. Brothers: I am an older woman, and I'm starting out in a new career in biological research. I recently applied for a job that usually is given to kids just out of college, and I was not hired. I know I have better qualifications than the person who was hired, and I think I was turned down because of my age. Now I'm hesitant to apply for other jobs because I feel I will be denied. How can I get over this fear and make myself more appealing to employers? -- K.T.

Dear K.T.: It's important to realize that people are turned down for jobs for any number of reasons, many of which have little to do with the qualifications you can see written down on paper. While certainly there are cases of age-based discrimination in the job market, you are not necessarily a victim of it. The best and most productive thing you can do right now is get back out into the market and keep looking.

Since you are changing careers, it might be particularly challenging to find a desirable job. Fortunately for you, you have unique qualifications that can make you more appealing than a 20-something just out of college. You should emphasize your experience, especially in your previous career.

It may help to sit down and think about ways that your previous jobs could help you in your new career, even if you think they have nothing to do with each other. For example, if

you had been a flight attendant, you'd have learned how to interact positively with people in stressful and tense situations, and this could benefit a research laboratory during important collaborative experiments. All it will take for you to get back in the game is a little creative thinking and a good dose of positive thinking. Use your age to your advantage, and make your potential employer believe that he or she needs someone with your unique experience.

Dear Dr. Brothers: I recently received a big promotion at my company. I've worked there for years, and have certainly earned this promotion, but now I'm nervous and not used to this level of success. My uncertainty is causing me to underperform. Is there any truth to the idea that people sabotage themselves when they begin to succeed, because they are more comfortable with the certainty of the status quo? -- A.S.

Dear A.S.: Congratulations on the promotion -- it sounds like you are on the brink of great success. The good news is that you've realized that something is detracting from your job performance, and now you can take action to change that.

This idea of "self-sabotage" recently was put to the test in a representative study published in the *Journal of Personality and Social Psychology*. This study found that people who believe their own abilities or intelligence to be not easily changed are more likely to reject their own successes and allow their performance to deteriorate. The practical application of this knowledge is that you can realize that your views of your own capabilities can affect your performance and your ability to cope with success.

Gaining a better understanding of yourself and your ideas about your own intelligence will help you reconcile your current success. If you can begin to think about your abilities as changeable and not fixed, you may be better able to perform up to your full potential.

Especially since you know that you tend to gravitate toward what is comfortable, teaching yourself to branch out and accept new experiences -- whether they are successes or failures -- will benefit you in the long run.

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Decatur County Hospital asks county for help to find new doctor

Oberlin Herald

The Decatur County Hospital administrator asked the county commissioners for money to help the doctor procurement committee hire a new physician last Tuesday, but left without a commitment.

Commissioner Ralph Unger said the commissioners needed to look at the budget and see how much money is available, which Administrator Lynn Doeden said was fine.

Mrs. Doeden said the committee is going to have to hire a recruiting firm. Last week, she said, she spent 28 hours trying to hire a doctor and still hasn't found one.

The recruiting firm, she said, will cost about \$28,000. There is about \$15,000 left in the account from the last time the procurement committee hired a doctor. The Oberlin-Decatur County Area Economic Development Corp. gave \$5,000, said Mrs. Doeden.

She said she would be asking other governments and agencies for money as well.

The committee has hired a firm called Kansas Recruiters, said Mrs. Doeden, to look for graduates in the state. She said the members also have gone to some job fairs.

Mrs. Doeden asked the commissioners to consider a donation,

adding that the committee probably won't need the money for about a month, because the recruiting company only needs the first half up front. The rest then needs to be in the bank so the committee can pay the second half, she said.

Mrs. Doeden said she's also been working on U.S. Department of Agriculture paperwork for a \$650,000 loan to finance the new specialty clinic addition at the hospital. She said she has had Rhoads Construction and the architect sign the papers, but some need to be signed by the county attorney. County Attorney Steve Hirsch wasn't at the meeting, but the commissioners said they would get him the paperwork.

The administrator said she also needs an amendment to the management lease for the hospital, because it needs to be at least as long as the length of the loan, which is 20 years.

The county owns the hospital building, said Mrs. Doeden, and leases it to Decatur Health Systems, a nonprofit firm formed by the county hospital board. She said the lease probably needs to include Cedar Living Center, an attached nursing home.

She said the pre-closing for the bonds will be on Tuesday, Feb. 19, and the closing on Friday, Feb. 22.

Commissioner Stan McEvoy asked if the hospital has the Wheat Ridge Terrace building on its insurance. The county can't insure it, said Mr. Unger, because the county doesn't own it.

The hospital doesn't either, said Mrs. Doeden, it just manages Wheat Ridge Terrace. She said she will check into the insurance on the building.

Public Notice

IN THE DISTRICT COURT OF THOMAS COUNTY, KANSAS

CRANSTON TRUCKING, INC., Plaintiff

vs. Case No. 2007-CV-62

DAVE TANKERSLEY, EZ TRUCKING, LYON FINANCIAL SERVICES, and the unknown heirs, executors, administrators, devisees, trustees, creditors, and assigns of any deceased defendants; the unknown spouses of any defendants; the unknown officers, successors, trustees, creditors, and assigns of any defendants which are existing dissolved, or dormant corporations; the unknown executors, administrators, devisees, trustees, creditors, successors, and assigns of any defendants who are or were partners or in partnership; the unknown guardians, conservators, and trustees of any defendants who are minors or are under any legal disability; and the unknown heirs, executors, administrators, devisees, trustees, creditors, and assigns of any person alleged to be deceased, Defendants

NOTICE OF SUIT

The State of Kansas to the above named Defendants, and all other persons who are or may be concerned:

You are hereby notified that a Petition, has been filed in the above entitled District Court by the above named Plaintiff praying for a judgment and decree quieting Plaintiff's title in and to the following described personal property, to-wit:

1999 Merritt Trailer VIN#:1MT2N4824XH012310

and further praying for a judgment and decree barring and excluding you and each of you from hereafter asserting any claim of right, title, interest or estate in or lien upon said above described real estate and you are hereby required to plead to said Petition on or before April 9, 2008, in said Court at Colby, Kansas. Should you fail therein, judgment and decree will be entered in due course upon said Petition.

Cranston Enterprise, Inc. d/b/a Cranston Trucking, Inc. Plaintiff

Lindsey D. Patmon Attorney for Plaintiff SLOAN & ELAND Attorneys at Law P.O. Box 565 736 Main Hoxie, KS 67740 (785) 675-3217 Fax No. (785) 675-3983

(Published in the Colby Free Press January 28, February 4 and 11, 2008.)

Greensburg group plans green homes

HUTCHINSON (AP) — A nonprofit group charged with leading tornado-damaged Greensburg's environmentally friendly initiatives has announced plans for a dozen "green" demonstration homes.

The homes, which will be built using environmentally friendly techniques, such as insulated concrete forms, solar energy and wind-generated power, will cost \$200,000 to \$300,000 to build. They will be rented out to visitors or residents on a first-come, first-served basis and will be the centerpiece of the town's ecotourism concept, allowing visitors to spend the night in a green home.

"There's no science museum in the country that allows you to come stay overnight, but this one will," said Greensburg Green-Town Executive Director Daniel Wallach.

Wallach said the project is unique. "Nothing like this exists in the world that we are aware of. This has piqued a lot of interest all over the world — and that's what we were hoping for," he said.

Public Notice

IN THE DISTRICT COURT OF THOMAS COUNTY, KANSAS

In the Matter of the Estate of Frances M. Wallace, Deceased.

No. 06-PR-31

NOTICE OF HEARING ON PETITION FOR FINAL SETTLEMENT

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that a petition has been filed in this Court by Diana J. Pence, duly appointed, qualified and acting Administrator of the estate of Frances M. Wallace, deceased, praying Petitioner's acts be approved; account be settled and allowed; the heirs be determined; the estate be assigned to the persons entitled thereto pursuant to the laws of intestate succession; fees and expenses be allowed; costs be determined and ordered paid; the administration of the Estate be closed; the Administrator be discharged and Petitioner be released from further liability.

You are required to file your written defenses thereto on or before February 25, 2008, at 11:00 a.m., in the District Court, in Colby, Thomas County, Kansas, at which time and place the cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon the petition.

DIANA J. PENCE

Submitted by: John D. Gatz, #10808 Attorney at Law P. O. Box 346 Colby, Kansas 67701 (785) 460-3383 Attorney for Petitioner

(Published in The Colby Free Press on February 4, 11, and 18, 2008)

TV LISTINGS

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COLBY FREE PRESS

WEEKDAYS FEBRUARY 12 - FEBRUARY 18

	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 (4) (6)	Good Morning Kansas		Good Morning America				The Martha Stewart Show		The View		Millionaire	News
KSNK/NBC (3) (8)	News Cont'd		Today						Live With Regis and Kelly		Today	
KBSL/CBS (12) (11)	News Cont'd		The Early Show				The 700 Club		The Price Is Right		The Young and the Restless	
K15CG (2)	Business	Body Electric	Curious George	Clifford-Red	Super Why!	Dragon Tales	Big Big World	Word World	Sesame Street		Caillou	Barney-Friends
ESPN (28)	SportsCenter		SportsCenter				SportsCenter		SportsCenter		SportsCenter	Varied
USA (37)	JAG		Becker	Becker	Monk		Walker, Texas Ranger		Walker, Texas Ranger		Varied Programs	
TBS (38)	Saved by Bell	Saved by Bell	Saved by Bell	Saved by Bell	Fresh Prince	Fresh Prince					Home Improve.	Home Improve.
WGN (39)	Changing	Believer Voice	Hillbillyies	Hillbillyies	Matlock		Nash Bridges		Nash Bridges		Homicide: Life on the Street	
TNT (40)	Angel		Charmed				ER		ER		Las Vegas	
DSC (42)	Paid Program	Life Today	Joyce Meyer	Paid Program	How It's Made	How It's Made	Cash Cab	Cash Cab	MythBusters		How It's Made	How It's Made
A&E (47)	Third Watch		Crossing Jordan				American Justice		American Justice		Cold Case Files	
HIST (48)	Varied Programs											
NICK (55)	OddParents	OddParents	SpongeBob	SpongeBob	Backyardigans	Go Diego	Wonder Pets	Dora the Explorer	Ni Hao, Kai-lan	Yo Gabba	Dora the Explorer	Go Diego
DISN (56)	The Wiggles	Higglytown	Tigger & Pooh	Mickey Mouse	Einstein	Handy Manny	Doodlebops	Koala Bro	Higglytown	Charlie & Lola	Lilo & Stitch	Little Mermaid
FAM (58)	Family Matters	Family Matters	Sister, Sister	Sister, Sister	Step by Step	Living the Life	The 700 Club		Gilmore Girls		Full House	Full House
HALL (60)	Paid Program	Paid Program	The Waltons				Little House on the Prairie		Little House on the Prairie		Touched by an Angel	

WEEKDAYS FEBRUARY 12 - FEBRUARY 18

	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 (4) (6)	All My Children		One Life to Live		General Hospital		Millionaire	Judge Judy	News	Judge Judy	News	ABC Wid News
KSNK/NBC (3) (8)	News		Days of our Lives		The Ellen DeGeneres Show		The Insider	Extra	Jeopardy!	Jeopardy!	News	NBC News
KBSL/CBS (12) (11)	News	Bold, Beautiful	As the World Turns		Guiding Light		Dr. Phil		Oprah Winfrey		News	Evening News
K15CG (2)	Reading Rainbow	Teletubbies	Varied Programs				Lions	Cyber-chase	Arthur	Maya & Miguel	Fetch! With	Cliff Pup
ESPN (28)	SportsCenter	Varied	Mike and Mike		1st and 10	Outside-Lines	NFL Live	Rome-Burning	Around the Horn	Interruption		SportsCenter
USA (37)	Varied Programs		Movie		Varied Programs		Monk		Monk		Law & Order: Criminal Intent	
TBS (38)	Home Improve.	Home Improve.	Just Shoot	Just Shoot	Yes, Dear	Yes, Dear	King of Queens	King of Queens	Seinfeld	Seinfeld	Friends	Raymond
WGN (39)	WGN News at Noon		Matlock		America's Funniest Home Videos		Cosby Show	Cosby Show	Sister, Sister	Sister, Sister	Funniest Pets	Funniest Pets
TNT (40)	Without a Trace		Law & Order		Law & Order		Charmed		Charmed		Law & Order	
DSC (42)	Varied Programs		A Haunting		A Haunting		It Takes a Thief		Dirty Jobs		Cash Cab	Cash Cab
A&E (47)	CSI: Miami		Crossing Jordan		Crossing Jordan		American Justice		American Justice		Cold Case Files	
HIST (48)	Modern Marvels											
NICK (55)	Backyardigans	Max & Ruby	SpongeBob	SpongeBob	Jimmy Neutron	Wayside	OddParents	OddParents	SpongeBob	SpongeBob	Drake & Josh	Drake & Josh
DISN (56)	American Drgn	Kim Possible	Emperor New	Replacements	Varied Programs							
FAM (58)	Family Matters	Family Matters	Sabrina-Witch	Sabrina-Witch	Full House	Full House	What I Like	What I Like	Gilmore Girls		8 Simple Rules	8 Simple Rules
HALL (60)	7th Heaven		7th Heaven		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 FEBRUARY 12

	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 (4) (6)	News (N) (CC)	Entertainment	Just for Laughs	Just for Laughs	Accord-ing-Jim	Carpoolers	Boston Legal	Glow in the Dark	News (N) (CC)	Nightline (N) (CC)	Jimmy Kimmel Live (CC)	
KSNK/NBC (3) (8)	News (N) (CC)	Wheel of Fortune	The Biggest Loser: Couples (N) (CC)				Law & Order: SVU		News (N) (CC)	The Tonight Show With Jay Leno (CC)	Late Night	
KBSL/CBS (12) (11)	News (N) (CC)	Inside Edition	NCIS Leap of Faith (CC)		Big Brother 9 (N) (CC)		Jericho Reconstruction (CC)		News (N) (CC)	Late Show With David Letterman	Late Late	
K15CG (2)	The NewsHour With Jim Lehrer (N)	Doctors on Call	Second-Health		Nova AstroSpies (N) (CC) (DVS)		The Mormons Church include missionary work.		Themes of modern LDS		Charlie Rose (N) (CC)	
ESPN (28)	College Basketball: Purdue. (Live) (CC)	Michigan State at			College Basketball: Kentucky at Vanderbilt. (Live) (CC)				SportsCenter (Live) (CC)		NFL Live (N) (CC)	Game-night
USA (37)	Law & Order: Criminal Intent		Westminster Kennel Garden in New York. (Live) (CC)		Club Dog Show From Madison Square				Law & Order: Criminal Intent		Law & Order: SVU	
TBS (38)	Raymond	Raymond	Family Guy (CC)	Family Guy (CC)	Family Guy (CC)	Family Guy (CC)	The Office	The Office	10 Items or Less	Sex and the City	Sex and the City	10 Items or Less
WGN (39)	America's Funniest Home Videos (CC)		Funniest Pets	Funniest Pets	Funniest Pets	Funniest Pets	WGN News at Nine (N) (CC)		Scrubs (CC)	Scrubs (CC)	Corner Gas (CC)	Becker (CC)
TNT (40)	Law & Order: Tombstone		Law & Order: Fluency (CC) (DVS)		Law & Order: Release (CC) (DVS)		Bones A Boy in a Tree (CC)		Cold Case A Time to Hate (CC)		Without a Trace Copy Cat (CC)	
DSC (42)	How It's Made	How It's Made	Dirty Jobs Cranberry Farmer		Dirty Jobs Mud Mineral Excavator		Some Assembly Required (N)		MythBusters Grenades and Guts		Dirty Jobs Cranberry Farmer	
A&E (47)	CSI: Miami Bunk (CC)		The First 48 Torched (CC)		The First 48 (CC)		Parking Wars (N)	Parking Wars (N)	Parking Wars	Parking Wars	The First 48 Torched (CC)	
HIST (48)	Modern Marvels Cold Cuts (CC)		The Universe Astrobiology (CC)		The Universe Supernovas (CC)		Mega Disasters (CC)		Hooked: Illegal Drugs		The Universe Astrobiology (CC)	
NICK (55)	Zoey 101 (CC)	Ned's School	SpongeBob	Drake & Josh	Home Improve.	Home Improve.	George Lopez	George Lopez	Fresh Prince	Fresh Prince	Home Improve.	Home Improve.
DISN (56)	Hannah Montana	Zack & Cody	Movie: Johnny Tsunami	Movie: Johnny Tsunami	Movie: Johnny Tsunami	Movie: Johnny Tsunami	That's Raven	Life With Derek	Zack & Cody	Hannah Montana	Replacements	Kim Possible
FAM (58)	Grounded-Life (Live) (CC)	Grounded-Life (Live) (CC)	America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC)		The 700 Club (CC)		Wildfire Flames (CC)	
HALL (60)	Walker, Texas Ranger Final Justice		Walker, Texas Ranger (CC)		Movie: Just Desserts	Movie: Just Desserts	Movie: Just Desserts	Movie: Just Desserts	Murder, She Wrote (CC)		Murder, She Wrote (CC)	

WEDNESDAY FEBRUARY 13

	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 (4) (6)	News (N) (CC)	Entertainment	Wife Swap (N) (CC)		Supernanny Daniels Family (CC)		Cashmere Mafia (N) (CC)		News (N) (CC)	Nightline (N) (CC)	Jimmy Kimmel Live (CC)	
KSNK/NBC (3) (8)	News (N) (CC)	Wheel of Fortune	Deal or No Deal (ITV) (N) (CC)		Law & Order: Criminal Intent		Law & Order: Illegal		News (N) (CC)	The Tonight Show With Jay Leno (CC)	Late Night	
KBSL/CBS (12) (11)	News (N) (CC)	Inside Edition	Big Brother 9 (N) (CC)		Criminal Minds True Night (CC)		CSI: NY You Only Die Once (CC)		News (N) (CC)	Late Show With David Letterman	Late Late	
K15CG (2)	The NewsHour With Jim Lehrer (N)		Ballroom Chill		African American Lives 2 We Come From People, The Past Is Another Country (N)				BBC World	As Time Goes By	Charlie Rose (N) (CC)	
ESPN (28)	College Basketball: Maryland at Duke. (Live) (CC)				NBA Basketball: Phoenix Suns at Golden State Warriors. Oracle Arena. (Live) (CC)				SportsCenter (Live) (CC)			
USA (37)	Law & Order: Criminal Intent		Law & Order: SVU		NCIS One Shot, One Kill (CC)		NCIS The Good Samaritan (CC)		Law & Order: Criminal Intent		Law & Order: SVU	
TBS (38)	Raymond	Raymond	Family Guy (CC)	Family Guy (CC)	House of Payne	House of Payne	House of Payne	House of Payne	Sex and the City	Sex and the City	10 Items or Less	Movie: Turner
WGN (39)	America's Funniest Home Videos (CC)		Corner Gas	Corner Gas	Becker (CC)	Becker (CC)	WGN News at Nine (N) (CC)		Scrubs My Fault (CC)	Scrubs (CC)	Corner Gas	Becker (CC)
TNT (40)	Law & Order Under God (CC) (DVS)		Law & Order The Sixth Man		Movie: Seven (1995) A killer dispatches his victims via the Seven Deadly Sins. (CC)				Cold Case Fly Away (CC)		Without a Trace Trip Box (CC)	
DSC (42)	How It's Made		Futurecar Extreme cars. (CC)		MythBusters Viewers Special 2		Smash Lab High Rise Escape (N)		MythBusters Cell phone interference.		Futurecar Extreme cars. (CC)	
A&E (47)	CSI: Miami Forged Entry (CC)		CSI: Miami Identity (CC)		CSI: Miami Nothing to Lose (Part 1 of 2)		CSI: Miami Nothing to Lose (Part 2 of 2)		CSI: Miami Money Plane (CC)		CSI: Miami Identity (CC)	
HIST (