

Every morning is a bad one; older and deeper in debt

Dear Dr. Brothers: I seem to be developing a lot of stress around my commute to work. It didn't bother me so much before; I would just put in an audiobook and zone out, but now I feel angry and on edge almost as soon as I encounter the usual traffic on the highway. It starts when I have to pay a fortune to fill up my tank, and if I get a cell-phone call or if someone cuts me off, I feel depressed or enraged. By the time I get to work (I live an hour away), sometimes I am sweating or just worn out. Then it starts all over again on the way home. Is there something wrong with me?



Dr. Joyce Brothers

• Ask Dr. Brothers

Dear Dr. Brothers: I am a college student who just graduated. I will have a teaching job in the fall, but there is something that is bothering me a lot. I have so much to pay back for college loans that I don't think I will ever have a nice life. I don't even feel like working, because I just think, "What's the use?" I can't see ever owning a house or a nice car, or going on vacations. I think I will have to buy my clothes at thrift shops. How can I get this off my mind and start living?

— L.I.

Dear L.I.: You may be suffering from what a lot of commuters are dealing with these days. It seems that the rise in gas prices has made everything more stressful, because it adds an element of thinking about our hard-earned money literally dripping away as we sit helplessly in a totally nonproductive environment. It seems that many people learn to tune out the drive by doing exactly what you did -- listening to audiobooks or a CD, but the fact that this is no longer working for you is worrisome.

What you might need to do is make an even more drastic change. For the sake of your pocketbook as well as your emotional health, it may be a good idea to start a car pool, perhaps with just one other person in the beginning. Most people do better with another rider in the car, with whom they can actively share their frustration when

actions that will make your situation worse, it will be something you can handle. You may have a longer wait for the things you want -- and yes, you will have to sacrifice some of those dreams of cars, clothes and a house for a while. But so will a lot of other people your age.

There are many organizations working on your behalf to improve this kind of situation. But rather than try to put this out of your mind, you need to face it and make a plan. Figure how much you can repay per month and what programs are available to reduce the debt, and pay for things with your earnings -- cash, so that you don't take on more debt. It may be a good idea to get into a group for some financial counseling so that you can face the future with more confidence and regain a sense of control in your life. Don't be afraid to ask for help from a mental-health professional if you feel panicky or depressed while you are sorting things out. With some short-term plans, long-term goals and some help handling your fears, you should feel better soon.

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TV LISTINGS

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| WEEKDAYS | | AUGUST 5 - AUGUST 11 | | | | | | | | | | | |
|--------------------|---------------------|----------------------|----------------------|-----------------|---------------|-------------------|-----------------------------|-----------------------------|------------------------------|----------------------------|----------------|--------------|--|
| | 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 (8) (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) (2) | Word-World | Big Big World | Curious George | Clifford-Red | Super Why! | Dragon Tales | Big Big World | Word-World | Sesame Street | Caillou | Barney-Friends | | |
| ESPN (28) (28) | Sports-Center | Varied | SportsCenter | | SportsCenter | | SportsCenter | SportsCenter | SportsCenter | SportsCenter | SportsCenter | | |
| USA (37) (37) | Varied Programs | | | | Monk | | Walker, Texas Ranger | Varied Programs | | | | | |
| TBS (38) (38) | Saved by Bell | Saved by Bell | Saved by Bell | Saved by Bell | Fresh Prince | Fresh Prince | Movie | Home Improve. Home Improve. | | | | | |
| WGN (39) (39) | Changing-Voice | Believer | Hillbillies | Hillbillies | Matlock | | Nash Bridges | Nash Bridges | Homicide: Life on the Street | Las Vegas | | | |
| TNT (40) (40) | Angel | | Charmed | | Charmed | | ER | ER | | | | | |
| DSC (42) (42) | Paid Program | Life Today | Joyce Meyer | Paid Program | How It's Made | How It's Made | Cash Cab | Cash Cab | Deadliest Catch | Mostly True: Urban Legends | | | |
| A&E (47) (47) | Third Watch | | Crossing Jordan | | The Sopranos | | American Justice | | Cold Case Files | Cold Case Files | | | |
| HIST (48) (48) | Liberty's Kids | Hands-Hist | Varied Programs | | | | | | | | | | |
| NICK (55) (55) | Varied | Backyardigans | Wonder Pets | Ni Hao, Kai-lan | Varied | Dora the Explorer | SpongeBob | SpongeBob | SpongeBob | SpongeBob | Drake & Josh | Drake & Josh | |
| DISN (56) (56) | The Wiggles | Bunnytown | Einsteins | Mickey Mouse | Handy Manny | Tigger & Pooh | Zack & Cody | Phineas and Ferb | Hannah Montana | Wizards-Place | Movie | | |
| FAM (58) (58) | Sister, Sister | Sister, Sister | Sabrina-Witch | Sabrina-Witch | Step by Step | Living the Life | The 700 Club | | Gilmore Girls | Full House | Full House | | |
| HALL (60) (60) | Paid Program | Paid Program | The Waltons | | The Waltons | | Little House on the Prairie | Little House on the Prairie | Little House on the Prairie | Touched by an Angel | | | |

| WEEKDAYS | | AUGUST 5 - AUGUST 11 | | | | | | | | | | | |
|--------------------|------------------|----------------------|--------------------|---------------|--------------------------------|-----------------------------|-----------------------------|-----------------------------|------------------|---------------------|-----------------|---------------|--|
| | 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 Wild News | |
| KSNK/NBC (8) (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) (2) | Reading Rainbow | Teletubbies | Varied Programs | | | Lions | Cyber-chase | Arthur | WordGirl | Fetch! With Wiggles | Cliff Pup | Business | |
| ESPN (28) (28) | SportsCenter | | Mike and Mike | 1st and 10 | Outside-Lines | Football Live | NFL Live | Rome-Burning | Around the Horn | Interruption | SportsCenter | | |
| USA (37) (37) | Movie Cont'd | Varied Programs | | | | | Monk | Varied | Monk | Varied | Law/Ord SVU | Varied SVU | |
| TBS (38) (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) (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) (40) | Without a Trace | | Varied Programs | | | | Charmed | Charmed | Charmed | Charmed | Varied Programs | | |
| DSC (42) (42) | A Haunting | | A Haunting | | The FBI Files | | Deadliest Catch | Deadliest Catch | It Takes a Thief | Cash Cab | Cash Cab | | |
| A&E (47) (47) | CSI: Miami | | Crossing Jordan | | The Sopranos | | American Justice | American Justice | Cold Case Files | Cold Case Files | Cold Case Files | | |
| HIST (48) (48) | Modern Marvels | | Varied Programs | | | | | | | | | | |
| NICK (55) (55) | Varied Programs | | | | iCarly | iCarly | iCarly | iCarly | 5 at 5 | | SpongeBob | SpongeBob | |
| DISN (56) (56) | Movie Cont'd | | Varied Programs | | Disney Games | | Varied Programs | | | | | | |
| FAM (58) (58) | Sister, Sister | Sister, Sister | Sabrina-Witch | Sabrina-Witch | Full House | Full House | What I Like | What I Like | Gilmore Girls | Varied Programs | | | |
| HALL (60) (60) | 7th Heaven | | 7th Heaven | | Little House on the Prairie | Little House on the Prairie | 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 | | AUGUST 5 | | | | | | | | | | | |
|--------------------|---|------------------|---|-----------------|--|----------------------------------|---|-----------------------------------|---------------------------------------|---|-------------------|----------------|--|
| | 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 | Wipeout (N) (CC) | | I Survived a Japanese Game Show (Season Finale) (N) (CC) | | | News (N) (CC) | Nightline (N) (CC) | Jimmy Kimmel Live (N) (CC) | | | |
| KSNK/NBC (8) (8) | News (N) (CC) | Wheel of Fortune | Celebrity Family Feud (CC) | | America's Got Talent: Contestants try to make it into the top 40. (N) (CC) | | | News (N) (CC) | The Tonight Show With Jay Leno (CC) | Late Night | | | |
| KBSL/CBS (12) (11) | News (N) (CC) | Inside Edition | NCIS Angel of Death | | Big Brother 10 The veto meeting is held. | | Without a Trace A Bend in the Road | News (N) (CC) | Late Show With David Letterman | Late Late | | | |
| K15CG (2) (2) | The NewsHour With Jim Lehrer (N) | | Doctors On Call | Second-Health | Nova Dimming Sun (CC) (DVS) | Wide Angle 18 With a Bullet (CC) | BBC World | Romance | Charlie Rose (N) (CC) | Baseball Tonight | NFL Live (N) (CC) | | |
| ESPN (28) (28) | Sports-Center | NFL Live (Live) | 2008 World Series of Poker Las Vegas. | | 2008 World Series of Poker Las Vegas. | | Baseball Tonight (Live) (CC) | SportsCenter (Live) (CC) | Baseball Tonight | NFL Live (N) (CC) | | | |
| USA (37) (37) | Law & Order: Criminal Intent | | Law & Order: SVU | | Law & Order: SVU | | Law & Order: SVU | Law & Order: Criminal Intent | Law & Order: SVU | | | | |
| TBS (38) (38) | Raymond | Raymond | Family Guy (CC) | Family Guy (CC) | Family Guy (CC) | Family Guy (CC) | The Office | The Office | My Boys | Sex and the City | Sex and the City | Movie: AceVent | |
| WGN (39) (39) | America's Funniest Home Videos (CC) | | Hillbillies | Hillbillies | Hillbillies | Hillbillies | WGN News at Nine (N) (CC) | Scrubs (CC) | Scrubs (CC) | Corner Gas | Becker (CC) | | |
| TNT (40) (40) | Law & Order The Wheel (CC) (DVS) | | Law & Order America, Inc. | | Law & Order In God We Trust | | Bones (CC) | Saving Grace (CC) | Without a Trace Hang On to Me (CC) | | | | |
| DSC (42) (42) | How It's Made | How It's Made | Dirty Jobs Mineral mine, rice plantation. | | Dirty Jobs Ice Salvage Crew | | Smash Lab Exterior airbags for a car. (N) | How It's Made | How It's Made | Dirty Jobs Mineral mine, rice plantation. | | | |
| A&E (47) (47) | The First 48 A serial Killer calls 911. (CC) | | The First 48 Better Days: Wildflowers | | The First 48 Moving Out: Among Thieves | | The Cleaner Chaos Theory (N) (CC) | The Cleaner Chaos Theory (N) (CC) | The First 48 Better Days: Wildflowers | | | | |
| HIST (48) (48) | Modern Marvels Bread (CC) | | Jurassic Fight Club Carnibal Dinosaur | | Jurassic Fight Club Carnibal Dinosaur | | Evolve Guts (N) (CC) | Evolve Guts (N) (CC) | Jurassic Fight Club Carnibal Dinosaur | | | | |
| NICK (55) (55) | Drake & Josh | Zoey 101 (CC) | SpongeBob | Family Matters | Home Improve. | Home Improve. | George Lopez | George Lopez | Family Matters | Family Matters | Home Improve. | Home Improve. | |
| DISN (56) (56) | Movie: The Cheetah Girls 2 (2006, Comedy-Drama) Raven. (CC) | | Hannah Montana | Zack & Cody | Hannah Montana | Zack & Cody | Wizards-Place | Life With Derek | Zack & Cody | Hannah Montana | Disney Games | Phil of Future | |
| FAM (58) (58) | Secret Life of American Teen | | Secret Life of American Teen | | Movie: Picture This! (2008, Comedy) Ashley Tisdale, Kevin Pollak. (CC) | | The 700 Club (CC) | Secret Life of American Teen | Secret Life of American Teen | | | | |
| HALL (60) (60) | Walker, Texas Ranger (CC) | | Walker, Texas Ranger (CC) | | Movie: Mystery Woman: Snapshot (2005, Mystery) Kellie Martin. (CC) | | Murder, She Wrote Crossed Up (CC) | Murder, She Wrote Crossed Up (CC) | Murder, She Wrote (CC) | Murder, She Wrote (CC) | | | |

| WEDNESDAY | | AUGUST 6 | | | | | | | | | | | |
|--------------------|---|------------------|---|-----------------|--|------------------------|--|--------------------------------|--------------------------------|--|----------------------------|------------------|--|
| | 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 Grat!/Medici (CC) | | Supernanny Tafoya Family (CC) | | | Primetime (N) (CC) | News (N) (CC) | Nightline (N) (CC) | Jimmy Kimmel Live (N) (CC) | | |
| KSNK/NBC (8) (8) | News (N) (CC) | Wheel of Fortune | America's Got Talent (CC) | | The Baby Borrowers (N) (CC) | | | Law & Order Excalibur (CC) | News (N) (CC) | The Tonight Show With Jay Leno (CC) | Late Night | | |
| KBSL/CBS (12) (11) | News (N) (CC) | Inside Edition | Greatest American Dog (N) (CC) | | Criminal Minds A Higher Power (CC) | | CSI: NY Down the Rabbit Hole (CC) | News (N) (CC) | Late Show With David Letterman | Late Late | | | |
| K15CG (2) (2) | The NewsHour With Jim Lehrer (N) | | Click & Clack's As the Wrench Turns | | Nova scienceNOW (N) (CC) (DVS) | Carrier True Believers | BBC World | As Time Goes By | Charlie Rose (N) (CC) | Baseball Tonight | NFL Live (N) (CC) | | |
| ESPN (28) (28) | Baseball Tonight (Live) (CC) | | MLB Baseball: New Ballpark in Arlington. (CC) | | York Yankees at Texas Rangers. (CC) | Rangers. Rangers | SportsCenter (Live) (CC) | Baseball Tonight | NFL Live (N) (CC) | | | | |
| USA (37) (37) | Law & Order: Criminal Intent | | Law & Order: SVU | | Law & Order: SVU | | Movie: Eight Below must leave their sled dogs behind in Antarctica. (CC) | Law & Order: SVU | Law & Order: SVU | Expedition members must leave their sled dogs behind in Antarctica. (CC) | Law/Ord SVU | | |
| TBS (38) (38) | Raymond | Raymond | Family Guy (CC) | Family Guy (CC) | House of Payne | House of Payne | House of Payne | House of Payne | Friends (CC) | Friends (CC) | Sex and the City | Sex and the City | |
| WGN (39) (39) | America's Funniest Home Videos (CC) | | Be-witched | Be-witched | Be-witched | Be-witched | WGN News at Nine (N) (CC) | Scrubs (CC) | Scrubs (CC) | Corner Gas | Becker (CC) | | |
| TNT (40) (40) | How It's Made | How It's Made | Law & Order Prejudice | | Law & Order Cry Wolf (CC) (DVS) | | Cold Case Lonely Hearts (CC) | Cold Case Forever Blue (CC) | Cold Case Forever Blue (CC) | Cold Case Hubris (CC) | | | |
| DSC (42) (42) | How It's Made | How It's Made | NextWorld Future Life on Earth (N) | | MythBusters Exploding Steak (N) | | Man vs. Wild Baja Desert (N) | How It's Made | How It's Made | NextWorld Future Life on Earth | | | |
| A&E (47) (47) | CSI: Miami Innocent (CC) | | Bounty Hunter | Bounty Hunter | Bounty Hunter | Bounty Hunter | Criss Angel | Criss Angel | Criss Angel Mindfreak (CC) | Bounty Hunter | Bounty Hunter | | |
| HIST (48) (48) | Modern Marvels Mad Electricity (CC) | | MonsterQuest Chupacabra (CC) | | MonsterQuest New England Vampire (N) | | Ice Road Truckers A Rookie Fumbles | UFO Files UFOs of the 70s (CC) | UFO Files UFOs of the 70s (CC) | MonsterQuest Chupacabra (CC) | | | |
| NICK (55) (55) | Drake & Josh | Zoey 101 (CC) | SpongeBob | Family Matters | Home Improve. | Home Improve. | George Lopez | George Lopez | Family Matters | Family Matters | Home Improve. | Home Improve. | |
| DISN (56) (56) | Movie: Zenon: Z3 (2004, Science Fiction) Kirsten Storms. (CC) | | Hannah Montana | Zack & Cody | Hannah Montana | Zack & Cody | Wizards-Place | Life With Derek | Zack & Cody | Hannah Montana | That's- Raven | Phil of Future | |
| FAM (58) (58) | That '70s Show | That '70s Show | America's Funniest Home Videos (CC) | | America's Funniest Home Videos (CC) | | America's Funniest Home Videos (CC) | The 700 Club (CC) | Whose Line? Whose Line? | Whose Line? Whose Line? | | | |
| HALL (60) (60) | Walker, Texas Ranger (CC) | | Walker, Texas Ranger (CC) | | Movie: Mystery Woman: Sing Me a Murder (2005, Mystery) Kellie Martin. (CC) | | Murder, She Wrote (CC) | Murder, She Wrote (CC) | Murder, She Wrote (CC) | Murder, She Wrote (CC) | | | |

Public Notices

NOTICE OF BUDGET HEARING

The governing body of East Hale Township, Thomas County, will meet on the 14th day of August, 2008, at 7:00 p.m. at the East Hale Town Hall Building for the purpose of hearing and answering objections of taxpayers relating to the proposed use of all funds and the amount of ad valorem tax.

Detailed budget information is available at the Scott Collett residence and will be available at this hearing.

BUDGET SUMMARY

Proposed Budget 2009 Expenditures and Amount of 2008 Ad Valorem Tax establish the maximum limits of the 2009 budget. Estimated Tax Rate is subject to change depending on the final assessed valuation.

| Fund | Prior Year Actual 2007 | | Current Year Estimate 2008 | | Proposed Budget 2009 | | |
|---------------------------------|------------------------|------------------|----------------------------|------------------|----------------------|-------------------------------|----------------|
| | Expenditures | Actual Tax Rate* | Expenditures | Actual Tax Rate* | Expenditures | Amount of 2008 Ad Valorem Tax | Est. Tax Rate* |
| General | 78,833 | 15.491 | 36,114 | 15.854 | 37,250 | 34,591 | 21.067 |
| Bond & Interest | | | | | | | |
| Road | | | | | | | |
| Special Machinery | | | | | | | |
| Totals | 78,833 | 15.491 | 36,114 | 15.854 | 37,250 | 34,591 | 21.067 |
| Less: Transfers | 16,975 | | 26,395 | | 0 | | |
| Net Expenditure | 61,858 | | 9,719 | | 37,250 | | |
| Total Tax Levied | 27,514 | | 27,514 | | XXXXXXX | | |
| Assessed Valuation: | | | | | | | |
| Township | 1,776,091 | | 1,735,406 | | 1,641,944 | | |
| Outstanding Indebtedness, Jan 1 | | | | | | | |
| 2006 | | | 2007 | | 2008 | | |
| G.O. Bonds | 0 | | 0 | | 0 | | |
| Other | 0 | | 0 | | 0 | | |
| Lease Pmt Princ | 0 | | 0 | | 0 | | |
| Total | 0 | | 0 | | 0 | | |

*Tax rates are expressed in mills.

Scott Collett, Treasurer/Clerk
Township Officer

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Budget Form CC-L STATE OF KANSAS

NOTICE OF PUBLIC HEARING

2008-2009 BUDGET

The governing body of Colby Community College, Thomas County, will meet on August 13, 2008 at 5:00 PM at Colby Community College Board Room in Thomas Hall for the purpose of answering objections of taxpayers relating to the proposed use of all funds, and the amount of tax to be levied, and to consider amendments. Detailed budget information is available at Administrative Offices in Thomas Hall on the College Campus and will be available at this hearing.

BUDGET SUMMARY

The Expenditures and the Amount of 2008 Tax to be Levied (as shown below) establish the maximum limits of the 2008-2009 budget. The "Est. Tax Rate" in the far right column, shown for comparative purposes, is subject to slight change depending on final assessed valuation.

| | 2006-2007 | | 2007-2008 | | PROPOSED BUDGET 2008-2009 | | |
|---------------------------------------|----------------------------|------------------|----------------------------|------------------|------------------------------|---------------------------------|----------------|
| | Actual Expend. & Transfers | Actual Tax Rate* | Actual Expend. & Transfers | Actual Tax Rate* | Budgeted Expend. & Transfers | Amount of 2007 Tax to be Levied | Est. Tax Rate* |
| Current Fds Unrestricted General Fund | 8,941,471 | 33.45 | 9,365,275 | 33.45 | 11,325,310 | 2,695,930 | 33.45 |
| Vocational Education | 0 | | 0 | | 0 | 0 | |
| Adult Education | 146,629 | | 197,992 | | 220,000 | 0 | |
| Adult Supp Education | 44,794 | | 8,968 | | 10,000 | 0 | |
| Employee Benefits | 0 | | 0 | | 0 | 0 | |
| Motorcycle Driver | 0 | | 0 | | 0 | 0 | |
| Truck Driver Training | 0 | | 0 | | 0 | 0 | |