



Just hanging around



Colby Community College physical therapist assistant students Scott Carpenter (Plainville) and Amanda Ansel (Lakin) demonstrate the hanging traction apparatus during middle school visitation day on Feb. 25. Approximately 40 seventh- and eighth-grade students from Herndon and Rexford attended the event hosted by the admissions department. The spinal traction device is used for patients with spine, hip and knee problems. The middle-school students were also given the opportunity to visit other departments: radio and television, veterinary technician, dental hygiene and criminal justice.

Random Reviews
‘...in the Search of Alice’

Melody Carlson’s *finding ALICE* skillfully intertwines a young woman’s descent into psychosis with Alice of Lewis Carroll’s *Alice in Wonderland* and *Through the Looking Glass*. Though at times the first person portrayal of Alice, the protagonist, seems stereotypical, overall it is carried off well. The reader enters the delusional and hallucinatory world of the paranoid schizophrenic. Alice’s symptoms are what clinicians call “positive,” meaning visual and auditory hallucinations as well as grandiose paranoid delusions. Carlson only briefly mentions the other two main manifestations of schizophrenia: “negative” symptoms involving apathy and loss of emotion, and “cognitive” symptoms of disordered thinking. Her portrayal of Alice’s positive symptoms is predictable to the trained eye because it follows textbook explanation so closely. Certainly, the value of the first person account by Alice is the inner look



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into the mind of the acutely psychotic individual. However, it is precisely the clinical attention to detail that derails the book towards the ending. Alice finds help in an alternative treatment style and is able to discontinue her anti-psychotic medications after only a matter of months. While current research on schizophrenia shows that anti-psychotics are most effective in alleviating positive symptoms, it is also true that the majority of schizophrenics must remain on the medications for the rest of their lives. Discontinuing the use of anti-psychotics results in a return to delusions and hallucinations, which may then be more treatment-resistant than before. The giveaway to the theories behind the book is in the “progressive” resources listed at the end as well as in the treatment style presented in the novel. While current medical research upholds the importance of the combination of medications and therapy, the picture Carlson presents is misleading to say the least. She shows schizophrenics who are fully aware of their illness, completely compliant with medications and therapy, and wholly rational and objective in approaching the

course of their treatment. If this scenario were true, it would be a piece of psychiatric heaven. In reality, about half of those who suffer from schizophrenia have impaired awareness of their illness to varying degrees. Schizophrenics also have continuing difficulty in remaining medication compliant due to impaired awareness and cognitive deficits caused by the illness. In times of acute psychosis, most lack the ability to even know anything is wrong, let alone make rational decisions concerning their care. It appears that Carlson has wholeheartedly swallowed the rhetoric of consumer groups made up of persons who maintain denial of their illness and who claim that it is the world that is insane, not them. While *finding ALICE* is a good read, it is not wholly reliable in its presentation of schizophrenia and its treatment. For the reader who wishes to know more about schizophrenia, a very readable resource written by a leading psychiatrist in the field is *Surviving Schizophrenia: A Manual for Families, Consumers, and Providers* by E. Fuller Torrey.

Schulte is an English instructor at Colby Community College.

Area high school athletes coming to Colby for 2004 All-Star Classic

Rosters for the 11th annual Sports Shoppe/Colby Bowl All-Star Classic have been announced by Colby Community College. The All-Star game featuring senior basketball players will be held Sunday, March 21, in the Colby Community Building. The women’s game is set to tip-off at 5 p.m. with the men’s game to follow. For more information contact Tom Stephens, head women’s basketball coach at Colby Community College, at (785) 462-3984, ext. 269. Following is a list of players who will be participating in the event: **WOMEN (light jerseys)**— Jessica Osborn (Goodland), Kayla Beckman (Grinnell), Alicia Ostmeyer (Grinnell), Sara Moore (Cheylin), Amanda Seemann (Colby), Molly Kuhlman (Ness City), Brooke Inlow (Oakley), Jenna Wilson (Smith Center), Lindsay Gaschler (Ellis), Erin Locke (WaKeeney). Coach for the light team will be Shelly Hoyt (Hoxie). She will be assisted by Kathy Bergin. **WOMEN (dark jerseys)**— Andrea Vap (LaCrosse), Sheena Kuntzsch (Scott City), Kim Torluemke (Hoxie), Valerie Jackson (Logan), Tanya Beckman (Grinnell), Abby Ream (Oberlin), Cortney Moser (Winona), Ashley Calvin (Hays), Ivy Ramsey (Colby) and Erin Bixenman (Grinnell). Coach for the dark team is Rose McFarland (WaKeeney). She will be assisted by Stephanie Schaeffer. **MEN (light jerseys)**— Garrett Levin (Kensington), Caleb Wick (Smith Center), Curt Stramel (Hays), Jered Sloan (Norton), Trevor Blackwill (Quinter), James Newman (Hoxie), Lance Basgall

(Herndon), Grant Bailey (Jennings), Tyson Triplett (Logan) and Joel Wrabe (Plainville). The light team will be coached by Dick Albberg (Oberlin). **MEN (dark jerseys)**— Egan Grafel (Oberlin), Sage Hemmert (Quinter), Cody Sattler (Oakley), Lance Tedford (Goodland), Brian Sulzman (Colby), Laran Steele (Weskan), Mike Raile (St. Francis), Brian Crittendon (Greeley County), Kent Packard (Wheatland) and Curtis Snodgrass (Atwood). Owing to an injury, Shane Stover (Colby) is unable to participate. He was selected as an honorary member. Coach for the dark team is John Crist (Quinter). The women’s game will be broadcast on KSNK-TV on Sunday, March 28, beginning at 10:35 p.m. The men’s game will be broadcast on KSNK on April 4, at 10:35 p.m.

Students at Colby Community College were invited to participate in a “Beach Party” at the college pool. The event was sponsored by the Community Awareness Team.



Winter ‘Beach Party’ proves fun

The Community Awareness Team invited Colby Community College students to leave winter outside for the evening at a Beach Party held at the college pool on Feb. 19. The first swimmers to arrive won free T-shirts. In addition, at 15-

minute intervals other door prizes including a DVD player were given away by Awareness Team member Drew Carriker (Atwood freshman). The Community Awareness Team promotes respect of self and others through awareness and prevention of destructive decisions in-

cluding those concerning alcohol, tobacco and other drugs. Future drug-free activities on campus are being planned. Interested students may contact student health director Ginger Rupp or Connie Davis in the Comprehensive Learning Center.

Academic help available during break

As spring break approaches, Colby Community College officials are urging students to seek academic help in the Comprehensive Learning Center. “Each time students receive help in the Center, they are winners,” said paraprofessional Brenda Kinderknecht. “However, from now until spring break, students have a chance to win even more.” The Center is promoting its free tutoring services with a drawing for several prizes. Each time a student logs in to be tutored, he or she can complete an entry form for the prize drawing to be held Thursday, March

18. The more times a student receives tutoring, the more entries he/she can have in the drawing. “It’s a fun way to reward students who use our tutors,” said Kinderknecht. “We are hoping that more students will visit tutors before spring break. Some students may be feeling overwhelmed right now, but a little help from a peer tutor can save their academic lives!” Center para Connie Davis adds, “We would like to see more newcomers to the Center. If a student is struggling with a class but feels uncomfortable about asking for help,

we encourage him or her to take that first step and see a tutor.” The Center will be giving away dozens of prizes from Subway, Taco John’s, Colby Cinema, Personal Touch, McDonald’s, Total Image, Colby Bowl, Rainbow Drive-In, Dillons Video and more. In addition to peer tutors, the Center provides students with Internet access and supplemental learning materials. The Center, in Thomas Hall, is open to students Monday-Thursday from 8 a.m.-10 p.m.; Friday from 8 a.m.-5 p.m.; Saturday from 1-4 p.m. and Sunday from 4-8 p.m.

This page is a cooperative effort between Colby Community College and the Colby Free Press. It appears twice monthly

Hollywood will be coming to Colby on Saturday, April 3, at the Comfort Inn Convention Center. This year’s theme for the Colby Community College Endowment Association’s dinner and auction is “Hollywood on the Plains.” Endowment Association director Nick Wells is encouraging everyone to buy their tickets early for the annual event. “This year’s fund raiser will be unique,” said Wells. “In addition to the auction, tickets will be sold for a diamond. Ten names will be picked during the auction allowing that person to choose from one of 10 gem stones. Nine of the stones will be simulated, one will be a real diamond.” Many of the items to be auctioned are on display in the windows of Dave’s His Shop, Colby Photo and Sears. Tickets for the event are \$30 each or \$200 for a corporate table. For more information or a sale bill, contact Wells at 462-4684.

Calendar of Events

- Thursday, March 11 — Dr. Max Pickerill Lecture Series featuring Robert F. Kennedy, Jr. Cultural Arts Center beginning at 7 p.m.
- Friday, March 12 — Softball @ Independence Community College, 12 Noon; Rodeo Team @ Fort Scott Community College
- Saturday, March 13 — Softball

- @ Tulsa Midwest Classic Tournament; Baseball @ Brown Mackie (Salina), 1 p.m.; Rodeo Team @ Fort Scott Community College
- Sunday, March 14 — Baseball @ Butler County Community College, 1 p.m.; Softball @ Tulsa Midwest Classic Tournament; Rodeo Team @ Fort Scott Community

- College
- Monday, March 15 — Board of Trustees meeting, 5 p.m.
- Wednesday, March 1 — Baseball @ Cloud County Community College, 1 p.m.
- Thursday, March 18 — Baseball vs Dodge City Community College, CCC diamond, 1 p.m.

- Friday, March 1 — Baseball @ Hutchinson Community College, 1 p.m.
- Saturday, March 20 — Trojan Invitational Outdoor Track Meet, Dennen Field, 10 a.m.
- March 22-26 — Spring Break; however, the offices at the college will be open