

# Rape survivor encourages other survivors to get help, counseling

**By Harlan Cohen**  
*King Feature Syndicate*  
Dear Harlan,  
I just had to write after reading the letter from “rape victim who can’t find peace” named “J.” I went through the same things, and after 28 years of violent nightmares every night they suddenly diminished to maybe once or twice a year. Why? Because I tracked down the

rapist, and after he was sentenced, the nightmares miraculously stopped almost completely. I was brutally raped and sodomized for hours, then he proceeded to strangle me to leave no witness. I wrestled him away and somehow convinced him that I would never tell.  
ALL of my friends and family turned their backs on me too. When I tried to talk about it, they changed

the subject or looked bored until I stopped talking. Not a single one of my family offered any support whatsoever, nor did my so-called friends. I gave the media permission to use my name when I went to the sentencing because I wanted other victims to know that we should not be ashamed for what a rapist did to us. All of my so-called friends and family put me down for giving per-

mission and thought that was just awful. I actually hate them for that. So for J, please find someone who will listen, and don’t be ashamed for something that was not your fault.  
V.  
**Dear V.,**  
**Justice for J would be a bonus. For now, the answer for her and any rape survivor is to turn to the right people — the people who**

**understand, like trained counselors and survivors. As for your friends who failed to rally around you, maybe they didn’t know how to react. For some people, not knowing how to react means the only reaction is to avoid the situation altogether — and that just adds to the hurt. RAINN National Sexual Assault Hotline: 800-656-HOPE**

Write Harlan Cohen at [harlan\(at\)helpmeharlan.com](mailto:harlan(at)helpmeharlan.com) or visit [www.helpmeharlan.com](http://www.helpmeharlan.com). All letters submitted become property of the author. Send paper to Help Me, Harlan! 2506 N. Clark St., Ste. 223, Chicago, IL 60614.  
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## Winners announced for seventh week of football pick’em contest

Winners for the seventh week of the *Colby Free Press* Pig Skin Pick-em contest have been announced.  
Five people got all 10 out of 10 games correctly this week. Ernest Shull, Randy Wilson, Brad Schroeder, Bruce Hansen all of Colby and Lyman Goetsch of Brewster. In the tie breaker, Ernest wins first (\$15 in scrip) by being off only three points the total score. Lyman and Randy tied for second place by being off six points; Brad

was off by a total of 22 points. Bruce was off by 31 points.  
Alana Keck, Bailee Guyer, Jake Long, Steve Molstad, Carolyn Le Dou, Diane Carter, Duskin Siruta, Loren Jacobs, Cecilia Cooper, Sherry McDonald, Tim Moeder, John Cranston, Bob Hanzlick all of Colby; Bill Selby of Brewster; Ronald Boller and Don Ziegelmeier of Rexford all got nine out of the 10 games correct.  
Ten people got eight out of the 10

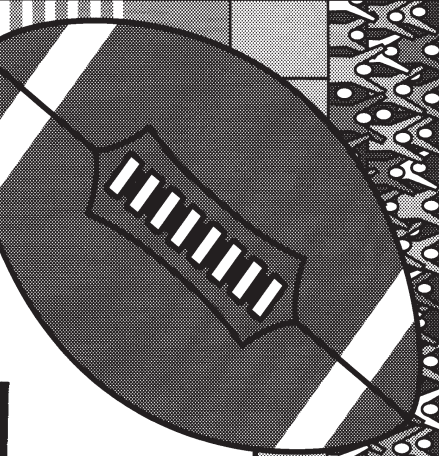
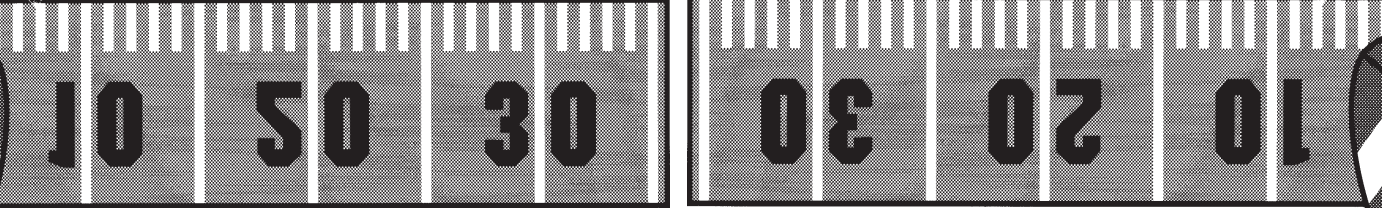
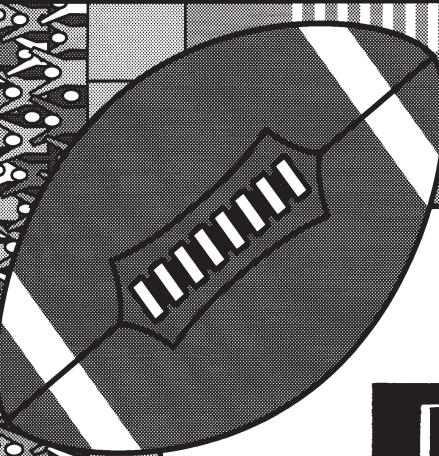
games. Jessica Vaughn, Dane Rogers, Jim Gaede, Jerri Zweygardt, Alvin Depe, Kennie Rogers, Jack Elliott all of Colby; Bartlett Grain of Levant; Mary Niblock of Hoxie and Rhonda Sperber of Oakley.  
Eric Rucker, Aaron Rucker of Winona; Bonnie Reid of Brewster; Paul Pflasterer, Donna Pflasterer, Jeanne Tuma, Jay Barnett, Don Bixenman, Derek Elliott, Tracy Rogers all of Colby got seven out of

the 10 games correct.  
Gary Woodall of Colby got six out of the 10 games.  
J.C. Carter got five out of the 10 games correct.  
Last week’s games:  
• Ulysses over Colby: 47-0  
• Triplains/Brewster over Northern Valley: 72-22  
• Oakley over Trego: 26-8  
• Golden Plains over Weskan: 52-12  
• Hoxie over Quinter: 14-0

• Goodland over Hugoton: 41-20  
• Baylor over Kansas: 36-35  
• NW Missouri St. over Fort Hays: 59-0  
• Oklahoma over Colorado: 24-3  
• Missouri over Kansas State: 41-21  
• Tiebreaker: Texas 22, Nebraska 20  
Fans can find this week’s Pigskin Pick-em contest on page 5 of today’s *Free Press*.

**Fall Extravaganza planned for Nov. 9**

Colby Sacred Heart School is planning its Fall Extravaganza from 3 to 8 p.m., Thursday, Nov. 9, at the school, 1150 W. Sixth St.  
In addition to the many vendors participating, there will also be bierocks and cinnamon rolls available for pre-order by calling 460-2813.





**PIGSKIN PICK-EM**  
**FOOTBALL**  
**CONTEST**

## ENTRIES DUE THIS WEEK BY THURSDAY 5 P.M.


**\$30 in Scrip Money**      **1st Prize \$15\*, 2nd Prize \$10\*, 3rd Prize \$5\***  
**Awarded Each Week!**      **PRIZES MUST BE PICKED UP AT THE FREE PRESS OFFICE WITHIN 3 WEEKS!**

**READ THESE CONTEST RULES CAREFULLY BEFORE MAKING YOUR ENTRY. OFFICIAL CONTEST RULES:**  
1) Anyone is eligible to enter except employees of this newspaper. One entry per person per week.  
2) Locate the football games listed on the official blank form. Decide the winner of each. Then write each winner on the official entry blank. Don’t pick ties because the contest is based on winning teams.  
3) Write in the score of the tiebreaker game listed on the entry blank. It will be used to determine the winner only when several contestants pick the same number of wins.  
4) Clip out the entry blank shown on this page or pick up identical ones in the stores of any of the sponsoring firms. **NO ENTRIES WILL BE ACCEPTED UNLESS ON OFFICIAL ENTRY BLANKS.**  
5) **Bring entries to the Colby Free Press office before 5 p.m. Thursday or mail to The Colby Free Press, 155 W. 5th, Colby, KS 67701, in which case they must be postmarked by Thursday.**  
6) Winners will be announced in the following Monday’s Free Press.  
7) All decisions are final. \* Prizes of \$15, \$10, and \$5 in scrip money will be awarded to the three persons picking the most winners each week. Script money must be spent at participating sponsors.  
8) The Grand Prize is \$50 in scrip money. It will be awarded at the end of the contest to the person picking the most winners.


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**COLBY FREE PRESS**

**GRAND PRIZE: \$50 Scrip Money**

**Winners for last week’s picks can be found in today’s Free Press!**

**2006 OFFICIAL “PIGSKIN PICK-EM ENTRY BLANK”**

For Week Ending \_\_\_\_\_

Colby vs. Goodland ..... Winner \_\_\_\_\_

Triplains/Brewster vs. Weskan ..... Winner \_\_\_\_\_

Oakley vs. Hoxie ..... Winner \_\_\_\_\_

Golden Plains vs. Cheylin ..... Winner \_\_\_\_\_

St. Francis vs. Atwood ..... Winner \_\_\_\_\_

Fort Hays State vs. Missouri Southern ..... Winner \_\_\_\_\_

Kansas vs. Colorado ..... Winner \_\_\_\_\_

Kansas State vs. Iowa State.. ..... Winner \_\_\_\_\_

Texas vs. Texas Tech ..... Winner \_\_\_\_\_

Nebraska vs. Oklahoma State ..... Winner \_\_\_\_\_


TIEBREAKER: Oklahoma \_\_\_\_\_ vs. Missouri \_\_\_\_\_


Name: \_\_\_\_\_

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