

Quiz topic: What’s the scoop on compulsive shopping?

With the holidays behind us and those bills coming in, it’s a good time to reflect on shopping habits and how we can get into trouble.

Many people routinely overspend, but others have a deeper problem — shopping nonstop for things they often don’t need or even use. What do you know about this “shopoholic” compulsion? Take this quiz and find out.

1. Women are overwhelmingly the majority of compulsive shoppers.

True () False ()

2. The problem of compulsive shopping is thought to be confined to those who have a great deal of disposable income.

True () False ()

3. Unlike gambling addicts and those who go on alcoholic binges, impulsive shoppers feel happier after they have gone home with all the new purchases.

True () False ()

4. People usually develop a shopping disorder between the ages of 18 and 24.

True () False ()

5. This is such a new disorder, specific to our culture, that it doesn’t yet have a name.

True () False ()

6. A compulsive shopper’s home will always be filled to the rafters with stuff.

True () False ()



Dr. Joyce Brothers

• Ask Dr. Brothers

7. While no treatment is thought to be completely successful, psychotherapy and anti-depressants have been helpful in treating the impulse to constantly shop.

True () False ()

ANSWERS:

1. **False.** Because women are usually those who step forward as volunteers for the few studies that have been done on addictive shopping habits, the assumption has been that women are exclusively affected. However, a new study by a Stanford University professor found that the number of men with the problem nearly equals that of women.

2. **False.** The typical shopping addict is actually someone with moderate or low income, and it’s not always designer handbags and pricey shoes that are targets of buyers. The problem can occur with people who shop exclusively at thrift shops and garage sales, as well as those who frequent designer boutiques.

3. **False.** Compulsive shoppers

are similar to gamblers or alcoholics in that they are usually filled with remorse after the “high” of the event wears off. Many shoppers are plagued by guilt, hide their purchases and find that their habit has put them into marital or financial difficulty.

4. **True.** The development of this problem seems to be tied to feelings of low self-esteem and an attempt to become part of the culture that highly values conspicuous consumption.

Such young people may be unusually susceptible to advertising and commercials urging them to purchase the latest “in” items.

5. **False.** Although the problem is

not yet included in the Diagnostic and Statistical Manual of Mental Disorders, the text used by mental-health experts, it does have a name: oniomania. It is not a particularly new nor America-centered malady — reports are that it was first documented in Europe nearly 100 years ago.

6. **False.** Although it is often the case that a compulsive shopper’s home resembles that of a hoarder — one who saves everything — it is also frequently the case that the shopper will sell or donate large amounts of his or her purchases so that he or she can make room for more. Often the merchandise will be unused and will still have price tags attached.

7. **True.** In addition to psychological and pharmacological treatments, several steps can be taken to minimize the problem via self-help. Direct deposit of paychecks so that there is less cash in hand; taking others with you on shopping trips and working off a list; setting bud-

gets and financial goals with a family member; and planning alternate activities that make you feel good — family outings, sports, etc. — can help establish new, more normal shopping habits.

If you were able to answer five of

the seven quiz questions correctly, you have a handle on a problem that is now estimated to plague approximately 20 percent of the adult population in the U.S.

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The Colby Community College Drama Department Presents:

Card Play

A family comedy by David Foxton!

March 2nd at 7:30 pm & March 3rd at 3:00 pm

In Frahm Theatre ~ CCC Campus

Ticket prices:
Adult \$6; Sr. Citizen \$5;
Non-CCC Student \$3;
CCC students, faculty, staff
are free w/activity card

Advance tickets are available at campus bookstore 460-4670

Sudoku Puzzle by Dave Green

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

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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.

Golden Plains girls easily win regional

Golden Plains Lady Bulldogs jumped out to a 21-4 first quarter lead in destroying Kensington 70-37 Monday in Rexford for the regional championship.

The lead grew to 42-9 at halftime as the Bulldogs kept running the floor for easy baskets. Katelyn Spresser tallied 22 points and Kendra Spresser added 19. Britt Ritter added nine and Liz Staats scored eight.

Golden Plains girls will face Dighton in sub-state action 7:30 p.m. Thursday at the Colby Com-

munity Building in Colby.

Golden Plains boys lost the regional championship to Kensington 68-52 Monday.

Both games were originally scheduled Saturday but postponed to Monday because of weather.

In other regional action, Brewster boys lost the regional championship 73-68 Monday to Wallace County.

In Brewster girls action, Rawlins County-Atwood defeated Brewster 57-49 Monday in the regional championship.

Correction

Colby High 171 pound wrestler Tanner Kriss did not place at the state wrestling tournament and Nick Kriss placed fifth in 215 pounds. Information was not correct in Monday’s Free Press.

Game postponed

The Colby Community College softball game against Dodge City 2 p.m. Thursday at Colby has been postponed until Tuesday.

Sudoku Answer

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

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