

# 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 “shop-oholic” 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. T ( ) 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 ( )
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 ( )

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.
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.
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.
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.
5. FALSE. Although the problem is not yet included in the Diagnostic and Statistical Manual of Mental Disorders, the text used by



**Dr. Joyce Brothers**

- Ask Dr. Brothers

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.

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 budgets 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.

## Sudoku Answer

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

Difficulty Level ★★★

3/28

## Public Notice

**IN THE DISTRICT COURT OF  
THOMAS COUNTY, KANSAS  
CIVIL DEPARTMENT**

Accredited Home Loans

Plaintiff,

Case No. 07CV16

Court No.

Title to Real Estate Involved

Pursuant to K.S.A.£60

vs.

Donita J. Baird, et al.,

Defendants.

### NOTICE OF SUIT

STATE OF KANSAS to the above named Defendants and The Unknown Heirs, executors, 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 that are existing, dissolved or dormant corporations; the unknown executors, administrators, devisees, trustees, creditors, successors and assigns of any defendants that are or were partners or in partnership; and the unknown guardians, conservators and trustees of any defendants that are minors or are under any legal disability and all other person who are or may be concerned:

YOU ARE HEREBY NOTIFIED that a Petition for Mortgage Foreclosure has been filed in the District Court of Thomas County, Kansas by Accredited Home Loans, praying for foreclosure of certain real property legally described as follows:

A TRACT OF LAND IN THE SOUTHWEST QUARTER OF SECTION 7, TOWNSHIP 8 SOUTH, RANGE 36 WEST OF THE SIXTH PRINCIPAL MERIDIAN, MORE PARTICULARLY DESCRIBED AS FOLLOWS: BEGINNING AT THE SOUTHEAST CORNER OF SAID SOUTHWEST QUARTER OF SECTION 7, AS AFORE- SAID THENCE WEST 320 FEET, THENCE NORTH 435 FEET, THENCE EAST 320 FEET, THENCE SOUTH 435 FEET TO THE POINT OF BEGINNING, LESS AND EXCEPT ANY PART TAKEN OR USED FOR ROAD PURPOSE.

for a judgment against defendants Donita J. Baird, Bruce Baird, Board of County Commissioners, John/Jane Doe and any other interested parties and you are hereby required to plead to the Petition for Foreclosure by May 8, 2007 in the District Court of Thomas County, Kansas. If you fail to plead, judgment and decree will be entered in due course upon the request of plaintiff.

MILLSAP & SINGER, P.C.

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ATTORNEYS FOR PLAINTIFF

MILLSAP & SINGER, P.C. AS ATTORNEYS FOR ACCREDITED HOME LOANS IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

(Published in the Colby Free Press March 28, April 4 and 11, 2007.)

## Public Notice

### GENERAL NOTICE TO CONTROL NOXIOUS WEEDS

The Kansas Noxious Weed Law K.S.A. 2-1314 et seq requires all persons who own or supervise land in Kansas to control and eradicate all weeds declared noxious by legislative action. The weeds declared noxious are: field bindweed, musk thistle, sericea lespe-deza, johnson grass, bur ragweed, Canada thistle, leafy spurge, hoary cress, quack grass, Russian knapweed, kudzu and pignut. Notice is hereby given pursuant to the Kansas Noxious Weed Law to every person who owns or supervises land in Thomas - County that noxious weeds growing or found on such land shall be controlled and eradicated. Control is defined as preventing the production of viable seed and the vegetative spread of the plant.

Failure to observe this notice may result in the County:

1 . Serving a legal notice requiring control of the noxious weeds within a minimum of five days. Failure to control the noxious weeds within the time period allowed may result in the county treating the noxious weeds at the landowners expense and placing a lien on the property if the bill is not paid within 30 days or,

2. Filing criminal charges for non compliance. Conviction for non compliance may result in a fine of \$100 per day of non-compliance with a maximum fine of \$1500.

The public is also hereby notified that it is a violation of the Kansas Noxious Weed Law to barter, sell or give away infested nursery stock or livestock feed unless the feed is fed on the farm where grown or sold to a commercial processor that will destroy the viability of the noxious weed seed. Custom harvesting machines must be labeled with a label provided by the Kansas Dept. of Agriculture and must be free of all weed seed and litter when entering the State and when leaving a field infested with noxious weeds. Additional information may be obtained from Thomas County Noxious Weed Department or by contacting the Kansas Dept. of Agriculture, 109 S.W. 9 th, Topeka, KS 66612.

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*N*OW YOU CAN HELP  
STOP CHILD ABUSE  
BEFORE IT EVER STARTS.

To learn how you can help, call the National Committee to prevent Child Abuse today.



1-800-CHILDREN

