Tips offered to overcome fear of heights; stress after accident

Dear Dr. Brothers: I'm terribly afraid of heights. This really doesn't affect me on a daily basis, since I don't have to go anywhere high for work or anything, but it's totally unreasonable, and I feel bad when I have to tell my kids that we can't go on roller coasters or up to the top of the Empire State Building. How can I fix this problem?

Dear W.E.: The fear of heights or acrophobia — is fairly common, and is also fairly easy to overcome if you put your mind to it. While you claim it doesn't affect your daily life, you are likely stopped from doing a lot of the things you'd normally like to do -- climbing a a tall building or flying in an airplane, just to name a few.

there is a specific reason why you are afraid of heights. Did you fall from something tall as a child? Recognizing the cause of your fear is the first step toward overcoming it, no matter what type of fear you're talking about. The most common method of overcoming acrophobia is gradual desensitization. With this method, you can start by exposing yourself to a very small height where you just begin to feel uncomfortable - and practice relaxation techniques that will keep you calm and maintain your presence of mind. You can use meditation, or monitor your breathing, or another technique you identify that has a calming effect. Then you can take very small steps toward taller and taller things, continuing to practice the relaxation technique, and soon you should be able to at least tolerate heights, if not outright enjoy the feeling of being up high.

NOW SHOWING

Aug. 29th - Sept. 4th

JOURNEY TO THE CENTER OF THE EARTH

Starring - Brendan Fraser

PG 1 Hour 35 Minutes Friday & Saturday 7:00 & 9:10 Sunday-Thursday 7:00

TROPIC THUNDER

Starring - Ben Stiller, Jack Black & Robert Downey Jr. R 1 Hour, 52 Minutes

Friday & Saturday 7:00 & 9:00 Sunday - Thursday 7:00

Colby Cinema

1935 S. Range • 785-460-9600 www.colbycinema.com

Dr. Joyce Brothers

Ask Dr. Brothers

accident about a year ago — my car flipped and was totaled, and I was injured. Fortunately, I've completely recovered now, but I keep having flashbacks to the accident. It's getting worse and is starting to make it hard to concentrate at work and to fall asleep, because I never know what will trigger another ladder, looking out the window of flashback. What's wrong with me?

Dear B.N.: First off, there's noth-First, you should ask yourself if ing wrong with you. It's fairly common for survivors of traumatic incidents — whether a car accident or mugging, combat duty or childhood abuse — to experience flashbacks to the events in question. This can be a symptom of posttraumatic stress disorder, or PTSD, which can be worked through with the help of a trained therapist. You should find a counselor or therapist whom you feel comfortable talking

Dear Dr. Brothers: I was in a car to about your experience, and he or she will help you work through your underlying fears and anxieties so that you can get past this terrible accident.

> You are very lucky to have completely recovered physically from your accident, but you need to consider your mental and emotional recovery as well, as part of a holistic healing experience. You can't consider yourself fully healthy until you have beaten the flashbacks that are affecting you now. As you seek help, the intensity and frequency of your flashbacks should decrease, which will make it easier for you to go about your daily (and nightly) life without the constant worry that you are about to slip into a scary and painful flashback. Good luck with the rest of your recovery, and remember that you are in control of your own emotional life.

> > (c) King Features Syndicate

TV LISTINGS

sponsored by the

COLBY FREE PRESS

SUNDAY AUGUST 31

	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	In Touch With Dr. Charles Stanley (N)		Good Morning America (N) (CC)						Paid Program	Paid Program	First United Methodist Church		
KSNK/NBC 8 8	(Off Air)	Paid Program	Today (N)	(CC)	Meet the Press (N) (CC)		Paid Program	Paid Program	Your Bible	Paid Program	Paid Program	Paid Program	
KBSL/CBS	Paid Program	Newspr- ing TV	Care Bears	Straw- berry	CBS News (N) (CC)	CBS News Sunday Mo		Norning Face the Nation		U.S. Open Tennis: M Women's Fourth Rou			
K15CG	Barney- Friends	Ninos en-Casa	Ninos en-Casa	Plaza Sesamo	Kinder- garten	Mama- Movies	Saddle Club	Animalia	Keeping Kids	Wealth- Track	Kansas Week	To the Contrary	
ESPN (28)	SportsCenter (CC) College Footl Final (CC)				Sports- Center	Outside Lines	Sports Reportrs	SportsCe	nter (Live) ((CC)	High School Football		
USA 37	Paid Program	Chang- ing	Ed Young	Joel Osteen	Monk Monk develops a crush.		Psych (CC)		Movie: Shopgirl (200 older millionaire court		05) A bachelor and an the same woman.		
TBS 38		rie: The Wo ma) <i>Omar</i>		Fresh Prince	Fresh Prince	Fresh Prince	Fresh Prince	Fresh Prince	Fresh Prince	Fresh Prince	Fresh Prince	Fresh Prince	
WGN 39	Paid Program	Amazing Facts	Key of David	Paid Program	Jimmy Sw (CC)	aggart	Feed the Children	Paid Program	Movie: Tarzan and the Lost City ★ (1998, Adventure) Casper Van Dien. (CC)				
TNT (40)	Law & Ord (DVS)	der (CC)			★½ (2003) tting a dead		Movie: Along Came a Spider ★★ (200 Suspense) Morgan Freeman. (CC)				Movie: Swordfish ★★½ (2001) (CC)		
DSC 42	Paid Program	Paid Program	Joel Osteen	Paid Program	NextWorld Intelligence		MythBust Breaking (Man vs. W Patagonia		Discovery Project Earth Brighter World		
A&E 47			on Profile o er Brian Wils		Private Se Chicago C		The Sopranos Cold Stones (CC)		The Sopranos Kaisha (CC)		Movie: Wyatt Earp ★★½ (1994) (CC)		
HIST 48	Napoleon: Rule Europe		Mega Disa Noah's Gr	Mega Disasters Noah's Great Flood		Titanic's Achilles He possible design flaw in				Ice Road Truckers Ready to Roll (CC)		Ice Road Truckers (CC)	
NICK 55	Jimmy Neutron	Tak and Power	OddPar- ents	OddPar- ents	Spon- geBob	Spon- geBob	Barn- yard	Mighty B	Tak and Power	Spon- geBob	Spon- geBob	Spon- geBob	
DISN 56	The Wiggles	Johnny- Sprites	Ein- steins	Tigger & Pooh	Mickey Mouse	Mickey Mouse	Handy Manny	Ein- steins	Higgly- town	Charlie & Lola	Movie: Ho (2003) (CO		
FAM 58	Step by Step	Step by Step	Sabrina- Witch	Sabrina- Witch	Full House	Full House	Ground- ed-Life	Ground- ed-Life	Ground- ed-Life		ly Wonka and the Factory ★★★ (1971		
HALL 60	Odyssey Network M*A*S*H Presents (CC)			M*A*S*H (CC)	M*A*S*H (CC)		e Good Wi Bell, Chris	tch (2008, Drama) Potter, (CC)		Diagnosis Murder All-American Murder			

SUNDAY AUGUST 31

	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		sketball : S Sun Arena.		n at Connec	ticut Sun.	ut Sun. IndyCar Racing: Detroit Indy Grand Prix. From Detroit. (Live)						News (N) (CC)
KSNK/NBC 8 8	Paid Program	Paid Program	Paid Program PGA Tour Golf: Deutsche Bank Championship Third Round Program From Norton, Mass. (Live) (CC)						Round.	The Insider	NBC News	
KBSL/CBS	(10:00) U.S. Open Tennis: Men's Third Round & Women's Fourth Round. From Flushing, N.Y. (Live) (CC)										CBS News	News (CC)
K15CG 2	McLaug- hlin	McLaug- hlin	I Believe (CC)	Religion- Ethics	Classic G (CC)	ospel	Healthy Body	Doctors on Call	Sewing- Nancy	Beads, Baubles	The Histo (CC) (DVS	ry Project
ESPN 28			School Football: Blue Score- l (Mo.) vs. Rockhurst (Mo.). Score- board College Football: Kentucky at Louisville. (Live)									Sports- Center
USA 37)		Movie: The Fast and the Furious ***/2 Movie: 2 Fast 2 Furious ** (2003, Action) Monk Mr. Monk and (2001, Action) Vin Diesel. (CC) Paul Walker, Tyrese. (CC) Little Monk (CC)									Law & Order: SVU	
TBS 38	Fresh Prince										Movie: How Stella Got Her Groove	
WGN 39	American Idol Rewind Top five. MLB Baseball: Philadelphia Phillies at Chicago Cubs. Wrigley Field. (Live) (CC)							Vrigley	Tenth Whacke- Inning d Out		America's Funnies Home Videos (CC)	
TNT (40)	(11:00) Mo Swordfish		Law & Ord Hunters (C		Law & Ord (CC) (DVS		Law & Ord North (CC		Law & Order Refuge (Part 1 of 2)		Law & Ord Refuge (P.	
DSC (42)	Amazon A (Part 1 of 2		Amazon A (Part 2 of 2		The Blue I Open Ocea		The Blue Coral Seas		The Blue Planet Frozen Seas (CC)		The Blue The Deep	
A&E 47	(11:00) Mo traces him	ovie: Wyatt from boy to	Earp ★★½ lawman. <i>k</i>	(1994, Bio Kevin Costn	graphy) Poi er. (CC)	trait	Criss Ang Mindfreak		Sim- mons	Gene Sim Family Je		Sim- mons
HIST 48	Ice Road Dash for the		Ice Road (CC)	Truckers	Ice Road (CC)	Truckers	Ice Road Driving on		Ice Road (CC)	Truckers	Ice Road Into the W	
NICK (55)	Jimmy Ne Boy Geni		Drake & Josh	Drake & Josh	Zoey 101	(CC)	Spon- geBob	Spon- geBob	Spon- geBob	Spon- geBob	Ned's School	Drake & Josh
DISN (56)	(11:00) Mo Holes ★★		Disney Games	Disney Games	Disney Games	Disney Games	Disney Games	Phineas and Ferb	Hannah Montana	Hannah Montana	Zack & Cody	Zack & Cody
FAM (58)	(10:30) Movie: Chitty Chitty Bang Bang ★★★½ (1968) A family travels to a land that doesn't permit children. <i>Dick Van Dyke</i> . (CC) Movie: E.T. the Extra-Terrestria California boy befriends a homes											
HALL 60	Movie: Perry Mason: The Case of the Poisoned Pen ★★¹ (1986, Mystery) Andy Griffith, Jose Ferrer. (CC) Movie: Jane Doe: Ties That Bind Movie: Matlock: The Don ★★¹² (1986, Mystery) Lea Thompson, Joe Penn Mystery) Andy Griffith, Jose Ferrer. (CC)											

SUNDAY **AUGUST 31**

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
	America's Home Vide		Extreme N Home Edit			Extreme Makeover: Desperate Home Edition (CC)			News (N) (CC)			Jerry Lewis MDA Fundraiser. (CC)	
KSNK/NBC	Dateline NBC (CC)		Movie: National Treasure ★★ (2004, Adventure) A man tries to steal the Declaration of Independence. <i>Nicolas Cage.</i> (CC)					News (N)	24 Day 5: 8:00AM (C	(C)	Ebert & Roeper		
KBSL/CBS	60 Minutes (CC)						CSI: NY The Ride-In (CC)		News (N) (CC)	News (N)	Cold Case Love Conquers Al (CC)		
K15CG 2		Sun- flower	Nature Animals Behaving Worse		Masterpie	Masterpiece (N) (CC) (DVS) From the Top		Rare Visions	Mystery! ((CC) (DVS)			
ESPN 28	NASCAR Countdow	n (Live)	NASCAR I	Racing: Sp	rint Cup F	Pepsi 500. F	From Fonta	na, Calif. (L	ive)		SportsCenter (Live) (CC)		
	U.S. Open (Live) (CC)		en's Third F	Round & Wo	men's Fou	rth Round.	From Flush	ing, N.Y.	Law & Ord	der: SVU	Movie: 2 Fast 2 Furious ★★ (2003)		
TBS 38	(5:00) Mov Stella Got			Novie: Diary of a Mad Black Woman ★★ Wovie: Diary of a Mad Black Woman ★★ woman starts over after her husband leaves								Movie:	
WGN 39	WKRP in Cin.	WKRP in Cin.	Newhart (CC)	Newhart Newhart Honey- Hone (CC) (CC) mooners moon				Instant Replay			erry Lewis MDA Telethon (Live) (CC)		
TNT (40)	Law & Ord (CC) (DVS		Law & Order Good Faith (CC) (DVS) Law & C (CC) (DV					Law & Order Sideshow		Homicide: Life on the Street Sideshow			
DSC (42)	Killer Jelly	fish (CC)	Giant Squid: Caught on Camera		Colossal Squid (N)		I Was Bitten (N)		Killer Jellyfish (CC)		Giant Squid: Caught on Camera		
	Sim- mons	Sim- mons	Gene Simi Family Jev		Sim- mons	Sim- mons	Sim- mons	Sim- mons	Sim- mons	Sim- mons	Gene Sim Family Je		
HIST 48	Ice Road The Big Me		Ice Road T The Final F				MonsterQuest Boneless Horror		Evolve Skin (CC)		Ice Road Truckers The Final Run (CC)		
NICK (55)		H2O (CC)	Zoey 101 (CC)	Dance, Sunset	Home Improve.	Home Improve.	George Lopez	George Lopez	Family Matters	Family Matters	Home Improve.	Home Improve.	
DISN 56		Zack & Cody		Wizards- Place			Loaded **		Zack & Cody	Hannah Montana	That's- Raven	Phil of Future	
FAM 58	Movie: The widower w	Movie: The Sound of Music ★★★ (1965, I widower with seven children. Julie Andrews,				fusical) A governess weds an Austrian Christopher Plummer. (CC)			Fresh Prince	Fresh Prince	Joel Osteen	Feed the Children	
	Murder, She Wrote (Part 1 of 2) (CC) Murder, She Wrote (Part 2 of 2) (CC)				Murder, S Terminal C		Wrote Murder, She Wrote nection A Killing in Vegas			Movie: Matlock: The Don ★★½ (1986, Mystery) Andy Griffith, Jose Ferrer. (CC)			

MONDAY SEPTEMBER ²

	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	News (N) (CC)	Enter- tainment			Saman- tha Who	Saman- tha Who	Republican Convention		News (N) (CC)	Nightline Jimmy Kir		nmel Live	
KSNK/NBC 8 8	News (N)	Wheel of Fortune			America's Republication Toughest Jobs (N)			News (N)	The Tonig With Jay I		Late Night		
KBSL/CBS	News (N) (CC)	Inside Edition	Big Bang Th				Republican Convention		Late Shov David Let		Late Late		
K15CG 2	The NewsHour Republican National With Jim Lehrer (N) (Live) (CC)				Conventio	n Coverage	e of the prod	ceedings.	BBC World	This Is America	Charlie Rose (N) (CC)		
ESPN 28	College Football College Football: Te			nnessee at	UCLA. (Live	e) (CC)		SportsCenter (Live) (CC)			NFL Live (N) (CC)		
USA 37	U.S. Open Tennis: Fourth Round. Flushing, N.Y. (Live) (CC)		d.	WWE Mon	WWE Monday Night Raw (Live) (CC)				ce Rough	Psych There Might Be Blood (CC)			
TBS 38	House of Payne	House of Payne	Family Guy (CC)	Family Guy (CC)	Family Guy (CC)	Family Guy (CC)	Name Is Earl	Name Is Earl	Sex and the City	Sex and the City	Movie: A I Tale ★★½		
WGN 39	Jerry Lew Telethon (rry Lewis America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC) (N) (CC)		s at Nine	Scrubs (CC)	Scrubs (CC)	Corner Gas	Becker (CC)			
TNT 40	The Closer Dial M for Provenza (CC) The Closer Sudded Death (CC)			The Closer Split Raising Bones Mansion (CC)				The Closer Split Ends (CC)					
DSC 42	Dirty Jobs New York jobs. (CC) Dirty Jobs Water snakes. (CC)			Dirty Jobs Animal Int Barber (CC)				Dirty Jobs New York jobs. (CC)		Dirty Jobs Water snakes. (CC)			
A&E 47	CSI: Miam Throwing I		Intervention (CC)	on Tressa	Intervention (N) (CC)	ntervention Mike N) (CC) Paranor-mal Paranor-mal		Paranor- mal	Paranor- mal	Intervention Tressa (CC)			
HIST 48	Tougher in Alaska Dangerous Roads Shockwave (CC)						Gangland Blood Oath (CC)		Shockwave (CC)				
NICK 55	Movie: The SpongeBob Squ Movie ★★★ (2004) Voices of		ob Square	Pants n Kenny.	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	
DISN 56	Zack & Cody	Zack & Cody	Zack & Cody	Zack & Cody	Hannah Montana	Zack & Cody	Wizards- Place	Life With Derek	Zack & Cody	Hannah Montana	That's- Raven	Phil of Future	
FAM 58	My Wife and Kids	My Wife and Kids	My Wife and Kids		My Wife and Kids	My Wife and Kids	The Middleman (Season Finale) (N)		The 700 Club (CC)		The Middleman (CC)		
HALL 60			Murder, S (CC)	he Wrote	Murder, SI (CC)			Murder, She Wrote (CC)		Murder, She Wrote (CC)		Murder, She Wrote (CC)	

Grand Opening! September 6, 2008 9 am to 8 pm **CREATIONS GALLERY**

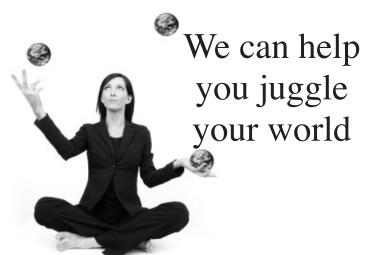
featuring local artist and artisans

478 N Franklin Colby, Kansas 67701

CREATIONS GALLERY

Bags & Beads by Johnnie Barton and Frances Griego Robbins' Bobbins by Cristal Robbins iris*hill baby items by Nancy Mikesell Double M Design jewelry by Mary Maxwell Surreal Creations fine art by Lori Wicks She's Crafty Bath Products by Anita Thiel Prairie Fire Candle Company by Ilene Beckman Lilac Lane wreaths & floral by Melissa Stramel portraits and landscapes by Shane Scranton Prairie Rose Quilt Company by Kim Benson The Potter's Hand by Jeanne Cox Decorated birdhouses by Tanya Christensen

Once Upon a Sign by Bobbi Barton Lampwork jewelry by Lu Neuenschwander Barton Specialties glassware by Brice and Amber Barton



Your family isn't 9 to 5. Neither is ours.

Extended hours:

- M-F early morning walk-ins 7AM-9AM
- M-Thrs early evening appointments available
- Saturday morning clinic 8:30 to noon.

Family Center for Health Care

"Our Family Taking Care of Your Family." 310 E College Drive, Colby (785) 462-6184, or 1-800-453-6751 After hours provider cell (785) 443-5171





Dr. Bruce

Kellogg





Matchell







ARNP



Niblock.

ARNP



Carney,

ARNP



ARNP