Healing after a broken marriage

Divorce Boot Camp offers women opportunity to help each other

TERRY ROMBECK
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It's been seven years since Teresa Dillon's divorce was final, and she hasn't dated anyone since then.

She might have reason to be depressed, given the breakup of a 30-year marriage.

But she remains hopeful.

"A lot of people get tired of hearing it," she says of her divorce. "And at some point you have to just move on — quit thinking about it and move on."

The Lawrence resident found solace last year in the Divorce Boot Camp, the proprietary brainchild of Suzy Brown, who lives in Kansas City, Mo. Brown brings her event to Lawrence on Jan. 26.

While some people might think divorce is a taboo subject, Dillon and Brown contend sharing the experiences with other women going through the same thing makes the process easier especially when the marriage lasted decades.

"You want to know somebody else has gone through what you went through," Dillon says. "Being around other people, I learned things I didn't learn from reading the 100th book."

Survival tactics

Historically, January is the most active month for divorce filings. Conventional wisdom says couples decide to keep their relationship going through one more holiday season before deciding to split up.

Brown, who received her bachelor's degree in journalism from Kansas University in 1995, knows divorce through her own experience.

She was divorced from her husband of 33 years in 2000 after he started having an affair.

"I just wanted to get through this — survive, and get on with my life," Brown says. "What I found is it's a much longer process to get through a long-term marriage divorce."

She decided to help other women, using her own experiences. She wrote a book, "Radical Recovery," on the subject. She decided to start the boot camps last year, evoking a pull-yourself-up-by-the-bootstraps military image.

"Sometimes the sergeant says, 'Get a grip. Get going. Throw away your hanky,'" Brown says.

"This is hard work, but the results are just phenomenal."

Brown's Boot Camp deals with a wide variety of issues, including financial responsibilities, family relations, legal considerations and the need for exercise.

She says the biggest obstacle for recovery, however, is the psychological letdown.

"I think you're just so disappointed in yourself, and you feel such a failure as a woman," Brown says. "You feel fat, you feel ugly, you feel dumb. You think, 'I've been in this relationship for 25 or 30 years, and I can't even seem to keep the most important person in my life happy. What's wrong with me?'"
An epiphany

Dillon, the Lawrence resident, has felt those feelings.

She found the bulk of her progress toward recovery came in a spiritual setting. Through a friend, she connected with a priest in California, whom she spoke with on the phone over six months for advice. Then, she went to a monastery in California for a week and went to Mass five times a day with monks who were praying for the world’s troubles.

“It was an epiphany for me,” she says. “Knowing when you live that day-to-day life (of dealing with divorce), and you’re so entrenched in it. You forget there’s this big world — that there’s somebody out there you might end up with.”

Dillon has dealt with her divorce with a group of close friends. They take a vacation together every year.

Her advice to those starting the divorce process: “I would say just to persevere. Don’t give up. Things will get better — even if you don’t feel like they will for a long, long time.”

It takes time

Brown says her biggest goal in her book and Boot Camp is to let women know this bad experience could be an opportunity for them.

“I wanted women to know that, for as desperate and sad as they were in the beginning, they could transform their life through this experience and use it as something they could use to make their life better,” she says. “I wanted them to understand it was their decision — there was camaraderie and other women going through it, but it was their decision to get on with the rest of their life.”

Ultimately, Brown says she has hope for middle-aged women going through divorce.

“Women are so resilient,” she says. “They’re so optimistic that they can learn to do all these things. But it takes time.”
Zimmerman, Dye complete Global Awareness Program

Sixty-eight University of Kansas students from 25 departments completed the Global Awareness Program during the summer and fall 2007 semesters.

Among them were Dustin Kirkman Dye of Kansas City, Kansas, a graduate of Piper High School, and Nicholas John Zimmerman of Bonner Springs, a graduate of Turner High School. Dye, the son of Gerard and Janet Dye, is a senior anthropology major. Zimmerman, the son of Kevin and Joyce Zimmerman, is a senior majoring in history.

GAP recognizes students for studying abroad, taking courses with an international focus, learning foreign languages and being significantly involved in international co-curricular activities. All undergraduates are eligible to participate.

To receive GAP certification, students are required to complete two of three requirements. Beginning in the fall 2007 semester, students have been encouraged to complete all three tracks.

"These students went beyond the call of duty, taking advantage of different ways in which an international experience can be achieved. It is hoped more students will follow suit," said Jane Irungu, GAP coordinator.
Coffeyville Community College has received its largest one-time cash gift from a local media icon and his family. John Kenneth Cape, best known as Kenny, who started in the newspaper world as a paper carrier at age 10.

"The Foundation doesn't want to disclose the amount," said CCC's Dean of Marketing Jill Koslofsy. "They don't want to discourage other people from donating."

He made just $1.50 a week back then. His interest in the printed world led him to Coffeyville Junior College. It was 1926, and he soon became the editor of the Coffey Mill Junior College newspaper. He completed his degree at Coffeyville Junior College and continued on to earn his bachelor's degree from the University of Kansas.

It was at KU where he met his future wife, Edna Rayburn. She was studying dietetics and had just finished serving as a dietician in the U.S. Army when the couple married.

Following the war, the Capes settled in Coffeyville where Edna worked as the foods instructor at Field Kindley High School and as a dietetic consultant.

Cape began working at The Coffeyville Journal. Throughout his 54 years at the Journal, Cape worked every job in the editorial department except society (he assisted the society editor).

"He was a model of dedication," one editor wrote about Cape.

Throughout their life in Coffeyville, Kenny and Edna were ingrained in the community through their work, as supporters of the College, of the 4-H program, as members of the Methodist Church and other service organizations.

GIFT, Page 2A

Photo at right, John Kenneth "Kenny" Cape when he worked at The Coffeyville Journal.

GIFT, from Page 1A

The Capes had thought about the community and the College in their estate planning, as a result, their generosity will continue to support the Coffeyville community. Their donation will provide scholarships for students to continue their education at CCC for years to come.

"It is gifts like these that allow us to reach more students and help those who may not have the financial ability to reach their educational goals," said CCC Foundation Director Dickie Rolls.

"I receive a lot of letters from students who would not be able to attend college without the books and tuition scholarship," said Rolls.

CCC, from Page 2A

"It gives them a start on their education," Rolls added. "Our goal is to raise $16 million (we have $10 million to go) for the CCC Foundation, which will provide about $800,000 in unrestricted scholarships for an estimated 600 students."

The economic impact for the community of Coffeyville when the CCC Foundation reaches its goal is huge. If the College were able to give 600 students scholarships, that is a $3.3 million impact on the economy of Coffeyville as these students will shop, live and work in this area as they complete their degrees.
The Turner School District didn't have to look far to find its new superintendent.

Michelle Sedler, who started in the district in 1991 and has worked as a paraprofessional, special education teacher, high school principal and assistant superintendent, will replace retiring Superintendent Bobby Allen, the school board announced Wednesday.

Sedler received her master's degree from the University of Kansas in 1994 and is working on her doctorate at Baker University.

| Dawn Bormann, dbormann@kcstar.com |

County: Jackson
Multicultural Roadshow to be in Wichita Tuesday

The University of Kansas will have its Multicultural Roadshow reception from 6 to 7:30 p.m. Tuesday at the Wichita Public Library, 223 S. Main.

The reception is a follow-up to visits this week by admissions personnel to distribute KU information at community centers, churches and high schools.

The Multicultural Roadshow is aimed at recruiting students of color and increasing the diversity of the student body.

The reception, for parents and prospective students, will include an admissions presentation, an appearance by the Baby Jay mascot, a drawing for a $500 textbook certificate, other giveaways, food and a student panel.
George to attend Miss Liberal ’08

Alyssa George, Miss Kansas 2007, is from Minneapolis. She graduated from high school Magna Cum Laude and was the M. Pearl Munden Brier Scholarship recipient of $1,600. She has graduated with a Bachelor of Science, Business Management Degree from the University of Kansas. Some of her leadership roles include, Homecoming Steering Committee, KU; 5-K Spirit Run. KU Chi Omega Sorority Executive Board of Officers, Secretary and Recruitment Director, Philanthropy Director, Homecoming Chair, and Rock Chalk Revue Director. Alyssa’s platform issue is “Bullying: The Bystander Effect.” She believes education and awareness are the keys to the prevention of violence. In addition to parents and students, teachers, support staff and administrators must all be informed. Anti-bullying programs must be universally mandated and implemented within our schools; continuous improvements should be made to those in existence, according to Alyssa.
Music television channel propels local issue into national spotlight

BY KATY RYAN
TIMES STAFF WRITER

With discussions surrounding the Kansas Returning Heroes Education Act intensifying, the proposed $19 million budget item is drawing interest from a variety of sources, including MTV.

On Friday, State Rep. Candy Ruff, D-Leavenworth, sat down for a candid chat with Alex Parker, a Lawrence-based graduate student and member of MTV's politically oriented citizen journalist experiment, Street Team '08.

Parker said he was inspired to pursue the story, which is his second for the street team, after talking about the bill with returning veterans who have enrolled at the University of Kansas in Lawrence. Ruff, an active proponent of the bill, said she sympathizes with the financial plight of veteran students.

"The reality is that education is hugely expensive, whether you're attending a university or community college," she said. "This bill is designed to fill in the gaps left by the G.I. Bill, so that returning veterans can receive an education that is paid for by the state."

However, because the bill will be financed by the state budget, Ruff said some are hesitant to show

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support for several reasons. "The thing about it is, whether this is Kansas or California or South Carolina, this is still state government," Ruff said. "Many in the legislature feel like this is Uncle Sam's deal, and that the federal government needs to step up and provide the funding and benefits to those who are serving. And to the federal government, $19 million isn't an intimidating expenditure — for a state budget, however, it's a lot of money."

And yet to Parker, Ruff and the wide audience of potential viewers, Parker's story is about more than a singular legislative effort: It's about building awareness and momentum among a critical group of voters.

"It takes an effort, especially for young people, to be involved," she said. "If you feel strongly enough that those defending our country deserve more than the crumbs they're being thrown on the G.I. Bill, get involved. You're showing an interest in your future, or in the future of others, and you have to continue making that commitment."

Parker's story is one of hundreds that will be uploaded to Think.MTV.com over the next 11 months as 51 street team members, armed with cameras and media training, report on political and election events happening in each of their respective states. Coverage is aimed at young people who are of voting age, but Parker said stories can also target viewers under the age of 18 in hopes of building an active audience for future elections.

In addition to appearing on the official street team Web site, Parker said that stories have the potential to be picked up by MTV, MTV2 and the Associated Press, providing an invaluable opportunity for national, even global, exposure. It also could afford the chance to put the issues of Kansas and other states at the forefront of voters' minds.
When Senate Republicans presented their legislative priorities for 2008, we chose to do so in the dignified atmosphere of the Senate Chamber. I think it underscored our dedication to seek good public policy in our priority areas, as well as on the many other issues that will come before us this year.

While the debate surrounding the proposed expansion of the coal-fired plant at Holcomb may stir emotions, I am heartened that the discussion will bring about a comprehensive and long-range energy plan for the entire state. We need to explore and fully develop Kansas' tremendous potential in wind and solar power and in corn and cellulosic ethanol. We can and should, with thoughtful stewardship, fully use the resources we have in abundance. I look forward to considering all viewpoints as we work to craft wise policy that respects the land, air and water while providing for the ongoing energy needs of our people, our farms, businesses and industries.

I will work with Senate leadership to ensure that we honor the obligations we made to K-12 education, to deferred maintenance at KU and other institutions of higher education, to our state retirees and to complete our existing transportation plan. We will continue to plan for the future, knowing we will soon need to establish a new transportation plan and a new school finance plan. We have some promising health proposals - some of which can be adopted without requiring additional funding.

If you have ideas or suggestions, questions or concerns, please feel free to contact me. We can work with mutual respect towards a positive solution to any challenge before us.

Roger Pin
State Senato
Dole gives $500,000 to institute

LAWRENCE — Former Sen. Bob Dole has given $500,000 to the institute that bears his name.

With the gift, the endowment at the Dole Institute of Politics grows to $8.5 million.

The institute is at the University of Kansas. Dole attended the university but didn’t graduate, having joined the Army and gone off to fight in World War II.

His political career included eight years in Congress and nearly three decades in the U.S. Senate. He lost to Bill Clinton in the 1996 presidential race.

Eventually, officials hope the Dole Institute endowment will reach $20 million.

Interest earned on the endowment supports programs such as the annual Dole Lecture, the Dole Leadership Prize and the Presidential Lecture Series.
Dear Friend,

Welcome to this “This Week in Congress.” The House reconvened this week and passed mine safety legislation and a bill to continue a program that helps replace dilapidated public housing units. There are many important issues for Congress to address this year. Please let me know what you think the top priority should be in 2008 by voting on my online poll. I hope you find this newsletter useful.

On Monday, I spoke at the Second Missionary Baptist Church in Hutchinson to honor the legacy of Dr. Martin Luther King Jr. Dr. King served others his entire life with the determination to correct many of the wrongs in this country: injustice, inequality and ignorance. Instead of being first in material possessions, Dr. King challenged us to “be first in love, be first in moral excellence, be first in generosity.” He said, “If you want to be important – wonderful. If you want to be recognized – wonderful. If you want to be great – wonderful. But recognize that he who is greatest among you shall be your servant. That’s a new definition of greatness. It means that everybody can be great, because everybody can serve.”

Joining me at the celebration were Kansas Senator Terry Bruce, Kansas Representatives Jan Pauls and Mark Treaster and Hutchinson Mayor Ron Sellers. I appreciated the opportunity to speak at this service and thank Dr. Heneo Parson for the invitation.

In 2005, Congress created a 12 member bipartisan commission to study the future of our nation’s transportation needs and how to pay for those needs. On Thursday, I attended a hearing of the Transportation and Infrastructure Committee to listen to the recommendations of the National Surface Transportation Policy and Revenue Study Commission. These recommendations were designed to help start the discussion for the next highway autho-

zation bill scheduled to be debated in 2009.

The overwhelming consensus of the commission was that the nation’s highways and bridges have numerous needs that must be quickly addressed. The commission recommends total spending of at least $225 billion a year for improvements and repairs on highway, transit, and rail systems across the country. Currently, the United States spends $100 billion on these types of projects. The commission also recommended consolidating 108 federal highway, transit, and rail programs into 10 grant programs that will be based on performance and results.

Such an investment into our transportation infrastructure will mean finding ways to raise revenue to pay for these projects. Currently, the federal government receives 18.4 cents for every gallon of gas Americans purchase. Nine of the 12 Commissioners recommended increasing this gas tax by 20 to 40 cents a gallon over the next five years and to index it for inflation after that. This would be a 200 percent increase from what Kansans currently pay. As the Transportation Committee begins discussing the next highway bill, I work to meet our nation’s transportation needs while being mindful of any increase in costs to Kansans. I encourage your input in the course of these discussions.

This week, I met with the Republican members of the House Agriculture Committee to discuss the latest on the farm bill. Unfortunately, there does not appear to be any strong movement toward resolving the differences between the House and Senate versions of the bill and the requests made by the White House. I am disappointed that this is the case. I was hopeful the farm bill would receive immediate attention in January. I will continue to push for the bill to be concluded in a timely manner, but at this point, there is no evidence of House and Senate leadership pushing for this to happen.

On Thursday, I participated in a hearing of the House Veterans Affairs Subcommittee on Health to consider several bills intended to ensure veterans receive the highest quality medical care. The hearing featured a measure I sponsored with Representative Phil Hare of Illinois to establish a full time Director of Physician Assistant Services within the Department of Veterans Affairs. Physician Assistants are crucial to providing medical care in rural and other underserved areas, often serving as the only health care professional available. I want to ensure that Physician Assistants are fully integrated and well utilized to provide veterans living in rural communities timely access to quality care. I am hopeful that Congress will act this year to approve this legislation.

Pharmacists play a critical role in our Kansas communities. Unfortunately, we have seen pharmacy doors closing in different counties throughout the state over the past year. En route back to Washington, D.C., I visited the Kansas University School of Pharmacy to tour the facility and meet with Provost and Executive Vice Chancellor Richard Lariviere and Pharmacy School Dean Ken Audus. We discussed the shortage of pharmacists and KU’s plans to expand its pharmacy degree program.

The degree program currently accepts 105 students per year. Under KU’s proposal, nearly 200 more students would be able to enter the program through the University’s location in Wichita and a proposed new building in Lawrence. The proposal will come before the state legislature this year for consideration. I appreciate the efforts of KU to expand its program and thank Vice Chancellor Lariviere and Dean Audus for their time with me. I offered to help do what I can to signify the importance of this expansion to our state legislators, as well as to explore federal funding opportunities.

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This Week in Congress
By Congressman Jerry Moran

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After attending Rotary in Overland Park, I visited with YRC Worldwide CEO Bill Zoller and Mike Kelley to discuss the release of the National Surface Transportation Policy and Revenue Study Commission Report and the upcoming 2009 transportation bill. YRC Worldwide is a Fortune 500 company and one of the largest transportation service providers in the world. Headquartered in Overland Park, the company employs about 66,000 people and has terminals located in communities like Goodland and Liberal. As a member of the House Transportation and Infrastructure Committee, I appreciated the opportunity to learn more about their operation and the challenges they face.

Yesterday, I appeared on a live call-in show on Smoky Hills Public Television. It was a good opportunity to hear directly from Kansans about what is on their minds. I was happy to take several calls and share my opinions on a number of topics, including the farm bill, health care and energy.

Thanks to Fort Hays State University Assistant Professor Chapman/Rackaway and Hays Daily News Editor and Publisher Patrick Lowry for leading the program. The program will be re-broadcast on Sunday, January 27 at 6:00 p.m.

It is an honor to serve you in Washington, D.C. Please let me know how I can be of assistance. To send me an email, click here. You can also click here to contact me through one of my Kansas offices or my Washington, D.C., office.

Very truly yours,
Jerry