

Overweight receptionist battles boss over location of candy dish

DEAR ABBY: I weigh 327 pounds. I'm 5 feet 11 inches tall, and I carry it better than most. I'm trying to diet to improve my health, but I crave sweets.

I am employed as a receptionist. My desk is behind an L-shaped counter, which is eye level above my computer screen.

My boss insists on putting a candy dish right above my computer monitor, directly in front of me. I have tried moving it to the ends of the counter, out of my range of vision, and I have tried placing it on the end tables in the reception area, but he moves it back again.

Abby, my boss is a small person. If he was a girl, he'd be called "petite."

He doesn't battle weight like I do, nor does he seem to crave sweets the way I do. I sometimes work 10 or 12 hours a day, and it's torture.

I have talked to him about it, and he just laughed. I need my job and can't afford to lose it. Do you have a clever way I can get the point across?

— CONSTANTLY TEMPTED IN CANTON, OHIO
DEAR TEMPTED: The real problem, however, isn't your boss; it is your compulsive eating. An organization that has been mentioned in my column before — **Overeaters Anonymous** — could give you support and help for the problem. Over the years it has helped thousands of men and women overcome the compulsion to binge.

There are more than 8,000 OA chapters in 58 countries, and the only requirement for membership is a desire to stop eating compulsively.

There are chapters in almost every city, but if you have difficulty locating one, log on to www.overeatersanonymous.org, or send a self-addressed stamped envelope to OA World Service Office, P.O. Box 44020, Rio Rancho, NM 87174-4020. They will help you regain control.

It appears your "little" boss has a sadistic sense of humor. On lunch breaks and your other break time, get out of the office and walk. Also, use NOT touching the candy as a way of showing the man who's boss.

DEAR ABBY: I'm writing concerning my daughter, who is 10. She signed up to play basketball, but now she cries when she has to go to practice or to games, and says she wants to stop playing.

Her mother and I are divorced. Her mom says it's OK for her to quit, but I was raised believing that when you start something you should finish it.

Now it looks like I am the bad guy. Should I let her go ahead and quit, or make her finish?

— THE BAD GUY, CINCINNATI, OHIO
DEAR BAD GUY: Before making your final decision, talk with your daughter and find out what is going on at those basketball games and practices that's driving her to tears.

She may have a good reason for wanting to quit. However, if she does quit, she should replace basketball with another sport or pastime that will keep her active — such as dance, self-defense, gymnastics, etc.

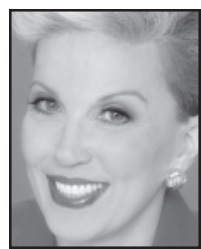
DEAR ABBY: I am a 14-year-old Jewish girl. At least, I THINK I am. My parents told me I was Jewish.

My father is Catholic and my mother was Jewish before she converted when I was 10. Some people say I am Jewish, and others say I'm not. I hope I am. What do you say?

— 14 AND WONDERING
DEAR WONDERING: I don't know what religion you are practicing, but Jewish ancestry is matrilineal — traced through the mother.

Therefore, you could be considered Jewish if you WANT to be. According to the "Jewish Book of Why" by Alfred J. Kolatch (Jonathan David Publishers Inc.): "A child born of a Jewish mother is considered Jewish regardless of the future actions of the mother or father. The child's Jewishness is considered his or her natural right, one that cannot be denied by the action of either parent."

DEAR ABBY: "Russell" and I have been living together for two years. (We met three years ago.) The problem is his "best friend," "Whitney." I didn't have a problem with her until last October. They have been e-mailing back and forth, and I have discovered some things in those e-mails I'm not comfortable



Abigail Van Buren

• Dear Abby

with.

Russell uses my pet names with Whitney and says he would be "lost" without her and that he "loves" her. Whitney constantly has one crisis after another and needs to come over, even if she knows it's the only day Russell and I have off together. I have confronted him about this without confessing that I read his e-mails.

He insists that he loves Whitney like "the sister he never had." But when she talks about her new boyfriends, he seems upset. And when she leaves from her visits, he gets depressed. Russell and Whitney dated back when they were teens, and she insists he's like a brother. I just find it odd that if she calls and wants to come over, he'll drop any plans we have. I also find it odd that he tells her he loves her so often. I feel like I'm being replaced.

I know they aren't having sex, but their e-mails suggest that he's cheating on me emotionally. I love Russell and don't want to lose him, but I can't handle this anymore. We have talked about this over and over.

Russell insists that he loves me and doesn't want to break up. However, I read an e-mail in which he said, "... even if I wanted to break up with her, I couldn't financially." That about killed me. Please help me.

— DEVASTATED IN IOWA
DEAR DEVASTATED: It appears Whitney is carrying a torch for Russell, and he has a soft spot for her, too.

That he changes plans with you when she needs to lean on him, and gets depressed when she leaves, is not encouraging.

However, that he uses the same pet names for you both could simply indicate a lack of imagination.

My advice is to stop hiding the

fact that you have seen the e-mails and clear the air.

I am willing to bet that the e-mail from which you quoted was in reply to Whitney's question, "Why don't you break up with her?" His answer indicated that he didn't want to end your relationship. Make the e-mail Exhibit A, tell him you "snooped" because you feel threatened, and then cross your fingers. Russell's response will tell you where you — and your relationship — stand with him.

Editor's note: Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, Calif. 90069.

Dave's Refurbishing TREE SERVICE
 Tree Care, Fruit Trees, Deciduous, Coniferous, Balling, Pruning, Tree Clean Outs, Tree Removals, Expert Field Tree Surgeon, Evergreens, Shaping, Trimming, Feeding, Shelterbelts, Removal, Pine Tree Care
- Bucket Truck Available -
 Nurseryman • Landscaping
 Yard Artist • Gardening • and Clean-up
LICENSED & INSURED
785-443-0994 or 462-2000

Routine screening and prompt treatment can reduce deaths from breast and cervical cancer.
 call to see if you qualify for a free screening
early detection works
620-275-5302
www.preventionworksksos.com
A message from the Kansas Department of Health and Environment, Cancer Information Service, Susan G. Komen Breast Cancer Foundation, and American Cancer Society.

KPA Schneider

KPA Physical Therapist

KPA Make a Difference

KPA KU Study

TV LISTINGS

sponsored by the

COLBY FREE PRESS

SUNDAY		MARCH 5										
	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 (CC)		Good Morning America (CC)		This Week-George Stephanopoulos		Hour of Power (CC)		The Coral Ridge Hour (CC)		Paid Program	NBA Nation
KSNK/NBC (3) (8)	Rebecca Gdn	Paid Program	Today (CC)		Meet the Press (CC)		Paid Program	Paid Program	Your Bible	Paid Program	Arena Football: Regional Coverage	
KBSL/CBS (12) (11)	Paid Program	Messiah Baptist	Johnston	Believer Voice	CBS News Sunday Morning (CC)		Face the Nation		Paid Program	Paid Program	College Basketball	
K15CG (2)	Euro-Journal	Health-Track	Jakers!-Winks	Big World	Ribert & Robert's	Cyber-chase	Arthur (EI)	Maya & Miguel	Post-cards	Business	Health Sense	To the Contrary
ESPN (28)	Sports-Center	SportsCenter (CC)	NBA Matchup		Sports-Center	Outside Lines	Sports Reports	SportsCenter (Live) (CC)				PBA Bowling
USA (37)	Paid Program	Paid Program	Paid Program	Paid Program	Movie: The Adventures of Rocky and Bullwinkle ★½ (2000) Rene Russo. (CC)		PGA Tour Sunday (Live) (CC)				Monk Mr. Monk and the Astronaut (CC)	
TBS (38)	(4:45) Movie: Batman Forever ★★½ (1995) Batman faces threats from the Riddler and Harvey Two-Face. (CC)				Movie: Naked Gun 33 1/3: The Final Insult ★★ (1994, Comedy) Leslie Nielsen.						Movie: Son-in-Law ★½ (1993) (CC)	
WGN (39)	Changing-	Paid Program	Key of David	Ronnie Floyd	Feed the Children	Paid Program	Paid Program	Paid Program	Hillbilities	Hillbilities	America's Funniest Home Videos (CC)	
TNT (40)	(5:30) Movie: Dreamcatcher ★½ (2003, Horror) Morgan Freeman. (CC)				Movie: Stir of Echoes (1999) A skeptic becomes a receptor of supernatural vibes.				Law & Order: Survivor (CC) (DVS)		Law & Order I.D. (CC) (DVS)	
DSC (42)	Paid Program	Paid Program	Paid Program	Paid Program	Anaconda: Giant Snake		Amazon Abyss A voyage up the Amazon River reveals new species. (CC)				Chasing Giants: Giant Squid	
A&E (47)	Murder, She Wrote		Breakfast With the Arts (CC)				24 Day 2: 11:00PM - 1:00AM (CC)		24 Day 2: Midnight - 1:00AM (CC)		Movie: Shakespear-Lv	
HIST (48)	Archaeology	Archaeology	History's Bus	HistoryCTR	Decoding the Past Biblical prophecies.		Movie: MacArthur ★★½ (1977, Biography) MacArthur manages postwar Japan. Gregory Peck. (CC)				Gen. Douglas Postwar Japan. Gregory Peck. (CC)	
NICK (55)	Grown Up	Oddparents	Wonder Pets	Jimmy Neutron	SpongeBob	SpongeBob	Oddparents	Oddparents	The X's (CC)	Danny Phantom	Danny Phantom	Cats-cratch
DISN (56)	Koala Brothers	Higglytown	Einsteins	JoJo's Circus	Doodle-bops	Charlie & Lola	The Wiggles	Lilo & Stitch	W.I.T.C.-H. (CC)	Buzz-Maggie	American Drgn	The Emper-
FAM (58)	Digimon-Digital	Dragon Booster	Spider-Man	A.T.O.M. Deep	Get Ed Sunblock	Kong-Series	Power Rangers	Super Robot	Power Rangers	W.I.T.C.-H. (CC)	Beautiful People	Beautiful People
HALL (60)	The World of Faith and Values		Movie: A Storm in Summer (2000, Drama) Peter Falk, Andrew McCarthy. (CC)				Naomi's New Morning Faith.		Mass From Notre Dame		Rawhide	

SUNDAY		MARCH 5										
	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 (4) (6)	NBA Basketball: Regional Coverage -- Pacers at 76ers or Kings at Wizards				NBA Basketball: Phoenix Suns at Dallas Mavericks. American Airlines Center. (Live)						Paid Program	News (CC)
KSNK/NBC (3) (8)	Arena Football: Desperados at Rush or Avengers at Predators				PGA Golf: Ford Championship at Doral -- Final Round. From Miami. (Live) (CC)						News	NBC News
KBSL/CBS (12) (11)	College Basketball		College Basketball: MVC Tournament Final -- Teams TBA. St. Louis. (Live) (CC)		College Basketball: Oklahoma at Texas. (Live) (CC)						CBS News	News (CC)
K15CG (2)	NOW (N)	McLaughlin	McLaughlin	Religion-Ethics	Dr. Wayne Dyer: Inspiration -- Your Ultimate Calling						Dr. Wayne Dyer talks about	
ESPN (28)	PBA Bowling: Pepsi Championship. (SVU)		Baseball: Puerto Rico at New York Mets. Port St. Lucie, Fla. (Live) (CC)		Baseball Tonight Orlando, Fla. (Live)						SportsCenter (Live) (CC)	
USA (37)	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU	
TBS (38)	(11:15) Movie: Son-in-Law ★½ (1993)		Movie: Orange County ★★½ (2002, Comedy) Colin Hanks, Jack Black. (CC)		Movie: Road Trip (2000) Four college pals set out to retrieve an incriminating tape.						Movie: Scream 3 ★★ (2000) (CC)	
WGN (39)	Movie: Glengarry Glen Ross ★★½ (1992, Drama) Al Pacino. (CC)				MLB Preseason Baseball: San Francisco Giants at Chicago Cubs. From Mesa, Ariz. (Live) (CC)						Live From The Academy Awards	
TNT (40)	Law & Order: Legacy (CC) (DVS)		Law & Order: Menace (CC) (DVS)		Law & Order: Passion (CC) (DVS)		Law & Order: Punk (CC) (DVS)		Law & Order: Harm (CC) (DVS)		Law & Order: Admissions	
DSC (42)	MythBusters Cooling a Six-Pack		MythBusters Killer Brace Position (CC)		MythBusters Paper Crossbow (CC)		Mega Machines Task Masters (CC)		Supershops Dredger.		Supershops Powerful ships.	
A&E (47)	(11:00) Movie: Shakespear in Love ★★½ (1998) (CC)		Spying on Self		Sell This House!		Sell This House!		Move House	Find & Design	Sell This House!	Flip This House (CC)
HIST (48)	Clash of Warriors (CC)		Dogfights: The Greatest Air Battles Four famous air battles. (CC)		Modern Marvels Extreme Aircraft		The True Story of Black Hawk Down (CC)					
NICK (55)	Nick-toons TV	Nick-toons TV	Nick-toons TV	Nick-toons TV	Nick-toons TV	Nick-toons TV	Barbie Fairytopia 2: Mermaidia Laverna. (N)		Nick-toons TV		Amanda	Drake & Josh
DISN (56)	Movie: Pixel Perfect ★★ (2004, Comedy) A hologram sings for a struggling band.		Zack & Cody	That's-Raven	Lizzie McGuire	Even Stevens	Phil of Future	Naturally Sadie	Life With Derek		Beautiful People Blow Up (CC)	
FAM (58)	Beautiful People Point and Shoot		Beautiful People Reload (CC)		Beautiful People Over Exposure (CC)		Beautiful People (CC)		Beautiful People F-Stop (CC)		Beautiful People	
HALL (60)	Lonesome Dove (Part 1 of 4) (CC)				Lonesome Dove (Part 2 of 4) (CC)				Lonesome Dove (Part 3 of 4) (CC)			

SUNDAY		MARCH 5										
	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 (4) (6)	Oscar Cntdwn	Oscar Cntdwn	The 78th Annual Academy Awards (Live) (CC)							News (CC)	Jimmy Kimmel Live (Live) (CC)	Paid Program
KSNK/NBC (3) (8)	Dateline NBC (CC)				Law & Order: Criminal Intent		Crossing Jordan Under the Weather		News	24 Day 1: 10:00PM - 11:00PM (CC)		Inside Edition
KBSL/CBS (12) (11)	60 Minutes (CC)		Criminal Minds Compulsion (CC)		Cold Case Frank's Best (CC)		CSI: Crime Scene Investigation 4x4		TBA	News (CC)	News	Alias Cipher
K15CG (2)	Enjoying Wine With Mark Phillips (CC)		Moments to Remember Hits of the late 1950s and early '60s. (N) (CC)						Globe Trekker (CC)		Mystery! The Mrs. Bradley Mysteries	
ESPN (28)	Sports-Center		NBA Basketball: Chicago Bulls at Cleveland Cavaliers. Quicken Loans Arena. (Live) (CC)				Knight School (N)		SportsCenter (Live) (CC)			Game-night
USA (37)	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU	
TBS (38)	(5:00) Movie: Scream 3 (2000)		Movie: Scary Movie 3 ★★ (2003, Comedy) Anna Faris.		Movie: Scary Movie 3 (2003) A journalist investigates UFOs and a killer videotape.		journalist investigates UFOs and a killer videotape.		Movie: Son-in-Law ★½ (1993, Comedy) Pauly Shore. (CC)			
WGN (39)	Academy-Home Improve.		24 Day 2: 6:00 - 7:00AM (CC)		24 Day 2: 7:00 - 8:00AM (CC)		WGN News Instant Replay		Sex and the City	Becker (CC)	Maximum Exposure (CC)	
TNT (40)	Law & Order: Collision (CC) (DVS)		Law & Order: Coming Down Hard		Law & Order: Blaze (CC) (DVS)		Law & Order: Gunshow		Law & Order: Passion (CC) (DVS)		Las Vegas Viva Las Vegas (CC)	
DSC (42)	Dirty Jobs Dirtiest Animals (CC)		Dirty Jobs Exterminators. (CC)		Dirty Jobs Least attractive water jobs.		Dirty Jobs Super Dirty (CC) (DVS)		Dirty Jobs Dirtiest Tools (CC)		Dirty Jobs Exterminators. (CC)	
A&E (47)	24 Day 2: 1:00 - 2:00AM (CC)		24 Day 2: 2:00 - 3:00AM (CC)		Bounty Hunter	Bounty Hunter	Bounty Hunter		CSI: Miami Sex & Taxes (CC)		24 Day 2: 2:00 - 3:00AM (CC)	
HIST (48)	Cities of the Underworld (CC)		Hell: The Devil's Domain (CC)				The Antichrist (Part 1 of 2) (CC)		The Antichrist: Zero Hour (CC)		Hell: The Devil's Domain (CC)	
NICK (55)	Ned's School Unfabulous		Zoey 101 Romeo! Bad Girl (CC)		Full House	Fresh Prince	Hi-Jinks (CC)	Rose-anne	Rose-anne	Cosby Show	Fresh Prince	Fresh Prince
DISN (56)	That's-Raven		Movie: Mulan (1998) Animated. A Chinese maiden disguises herself as a man.		Phil of Future	Life With Derek	Zack & Cody	That's-Raven	That's-Raven		The Emper-	
FAM (58)	Beautiful People Photo Finish (CC)		Movie: Cruel Intentions ★★½ (1999, Drama) Sarah Michelle Gellar. (CC)		Movie: Whatever It Takes ★½ (2000, Comedy) Sarah West. (CC)				Joel Osteen		Feed the Children	
HALL (60)	Lonesome Dove (Part 4 of 4) (CC)				Movie: A Fistful of Dollars ★★ (1964, Western) The mysterious "Man With No Name" enters a border war.				Movie: Once Upon a Time in the West ★★½ (1969)			

MONDAY		MARCH 6										
	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 (4) (6)	News (CC)	Ent. Tonight	Wife Swap (N) (CC)		Supernanny Carseley Family (CC)		Miracle Workers Heritage/Slaughter		News	Nightline (CC)	Jimmy Kimmel Live (N) (CC)	
KSNK/NBC (3) (8)	News	Wheel of Fortune	Deal or No Deal (N) (CC)		The Apprentice The Razor's Edge (CC)		Medium Allison Wonderland (CC)		News	The Tonight Show With Jay Leno (CC)		Late Night
KBSL/CBS (12) (11)	News (CC)	Friends (CC)	King of Queens	How I Met	Two/Half Men	Courting Alex (N)	CSI: Miami Collision (TV) (N) (CC)		News (CC)	Late Show With David Letterman		Late Late
K15CG (2)	The NewsHour With Jim Lehrer (N)		Daniel O'Donnell: The Rock 'N' Roll Show (N) (CC)				An All-Star Tribute to Johnny Cash		My Family		Charlie Rose (N) (CC)	
ESPN (28)	College Basketball: Final -- Teams TBA. Richmond, Va. (Live)		CAA Tournament		College Basketball: West Coast Conference Final -- Teams TBA				SportsCenter (Live) (CC)		Game-night	Fast-break
USA (37)	Law & Order: SVU		Law & Order: Criminal Intent				WWE Monday Night Raw (Live) (CC)		Law & Order: Criminal Intent		Law & Order: SVU	
TBS (38)	Raymond	Raymond	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Family Guy (CC)	Family Guy (CC)	Movie: Snow Day (2000) Children rejoice when an unexpected storm cancels school.			
WGN (39)	America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC)		WGN News at Nine (CC)		Sex and the City	Becker (CC)	America's Funniest Home Videos (CC)	
TNT (40)	Law & Order: Tombstone		Law & Order: Compassion		Law & Order: Love (CC) (DVS)		Law & Order: Asterisk (CC) (DVS)		Without a Trace The Season (CC)		The X-Files All Souls (CC)	
DSC (42)	Biker Build-Off (CC)		History of the Chopper		Pioneers of the chopper movement. (N)		American Chopper (N)		American Chopper N.Y. Yankees Bike 2		History of the Chopper	
A&E (47)	Cold Case Files (CC)		Flip This House (CC)		Shaq: Holding Court (CC)		Rollergirls Big Time (CC)		Crossing Jordan Gray Murders (CC)		Flip This House (CC)	
HIST (48)	Modern Marvels Overseas Highway		UFO Files Canada's Roswell (N) (CC)		Digging for the Truth (N) (CC)		Deep Sea Detectives (N)		UFO Files Britain's Roswell (CC)		UFO Files Canada's Roswell (CC)	
NICK (55)	Oddparents	Jimmy Neutron	SpongeBob	Grown Up	Full House	Fresh Prince	Rose-anne	Rose-anne	Rose-anne	Cosby Show	Fresh Prince	Fresh Prince
DISN (56)												