MARCH 18 - MARCH 24

4:30

Judge Judy

5 PM

**SportsCenter** 

Law & Order

Cold Case Files

Varied Programs

MARCH 19

Friends

Varied Programs

5:30

ABC Wld

NBC

Evening

4 PM

Oprah Winfrey

Sister, Sister

Charmed

t Takes a Thief

American Justice

## Fear of decisions; focusing on negatives in life discussed

Dear Dr. Brothers: I've always had trouble making decisions, and I know it irritates others that I can't help asking what they'd do, even if it's something like ordering food in a restaurant. My husband gets furious when I can't decide, or when I maybe ask a waiter what's good or what his choice would be.

That made my husband so angry the night before last that he proceeded to humiliate me in front of the waiter. We fought all the way

Why does this upset him so? It's my problem. It makes me sad, embarrassed and ashamed, but how can I change, and how did I get this way? Is it something in-

Dear C.N.: I doubt that it is inherited, but this trait probably appeared early in your life, partly because you were afraid of making a mistake. This can happen when parents don't start allowing their youngsters to make some choices, such as selecting a favorite ice cream, and giving them the opportunity to do so. Parents should encourage children to try new foods, and should remind them that we all learn by making mistakes. We have to first stumble and take a few falls before mastering the trick of walking.

Life is a continuous learning process, and when parents make



#### **Dr. Joyce Brothers**

• Ask Dr. Brothers

when they demand total perfection, it can lead to the kind of difficulty you're having in making even small decisions. Your husband is angry because by not making decisions, you're placing all the responsibility on him, friends, waiters -- anyone who'll make the choice for you. This can be a burden. You can start this day by learning to step into the pool of life, taking the risk and making your own choices.

Dear Dr. Brothers: My parents and now my husband and our two young children tell me that my nature is to look on the dark side of life. It's hard for me to lighten up. My pessimism just seems to be a part of me. My mom tells me I was always shy and cautious. Is that going to hurt anything, and is it possible to change? I'd like to

Dear J.G.: Yes, you can change, although by now it's probably a habit that's going to take time to break.

This is something you don't want to pass on to your children, all the decisions for a child, or but if they're already aware of

your tendency to always look at the glass as half-empty rather than half-full, and they complain about it, you've done something

There may well may be some genetic basis for pessimism, and it's true that some babies come out of the womb a bit shyer, more hesitant and more cautious than others, but while this is a character trait, it doesn't mean that the person is stuck with it for life.

generally are happier, more relaxed and obviously less stressed. All this affects our overall mental and physical health.

This negative attitude is not

unimportant. Optimistic people

The pessimist goes around carrying burdens he doesn't have to.

I believe you're fortunate in that you seem to be surrounded by those who love you enough to remind you that things are better than you think they are. If your negativism is related to depression, talk with your doctor, as medication could make a major difference.

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**WEEKDAYS** 

News

News

Movie

mprove

KLBY/ABC 4 6

(SNK/NBC

USA 37

DSC 42

A&E

NICK 55

DISN 56

FAM

12 PM | 12:30

Bold, Beautiful

Improve

WGN News at Noor

Without a Trace

Varied Programs

Modern Marvels

Ruby

Kim Possible

Sister, Sister

CSI: Miami

can Dran

WEDNESDAY

All My Children

MLB Preseason

1 PM

World

Shoot

Matlock

Law & Order

A Haunting

geBob

Emperor

Sabrina Witch

7th Heaven

Crossing Jordan

Varied Programs

Spon-geBob

Replace

One Life to Live

Days of our Lives

/aried Programs

Varied Programs

Varied Programs

1:30

Varied

2 PM

The Ellen

General Hospital

DeGeneres Show

Yes, Dear

America's Funnies Home Videos

Crossing Jordan

/aried Programs

Little House on the

Law & Order

A Haunting

Jimmy Neutron

**Guiding Light** 

2:30

3 PM

Dr. Phil

Cyber-chase

NFL Live

King of

Charmed

OddPar-ents

I Shouldn't Be Alive

American Justice

Little House on the

3:30

Judge Judy

Extra

Cing of Queens

### **TV LISTINGS**

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#### **WEEKDAYS** MARCH 18 - MARCH 24

	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	Good Morning Kansas		Good Morning America			•	The Martha Stewart Show		The View		Million- aire	News
KSNK/NBC	News Cont'd		Today						Live With Regis and Kelly		Today	
KBSL/CBS	News Cont'd		The Early Show				The 700 Club		The Price Is Right		The Young and the Restless	
K15CG	Busi- ness Electric		Curious George	Clifford- Red	Super Why!	Dragon Tales	Big Big Word World World		Sesame Street		Caillou	Barney- Friends
ESPN 28	SportsCenter		SportsCenter Sports Center			Varied Programs			SportsCenter		Varied Programs	
USA 37)	JAG		JAG		Monk		Walker, Texas Ranger		Texas Varied Ranger		Movie	
TBS 38	Saved by Bell	Saved by Bell	Saved by Bell	Saved by Bell	Fresh Prince	Fresh Prince	Movie				Home Improve.	Home Improve
WGN 39			Hillbil- lies	Hillbil- lies	Matlock		Nash Bridges		Nash Bridges		Homicide: Life on the Street	
TNT (40)	Angel		Charmed		Charmed		ER		ER		Las Vegas	
DSC (42)	Paid Program	Life Today	Joyce Meyer	Paid Program	How It's Made	How It's Made	Cash Cab	Cash Cab	MythBusters		How It's Made	How It's Made
A&E (47)	Third Watch		Crossing Jordan Crossing Jord		Jordan	American Justice		American Justice		Cold Case Files		
HIST (48)	Varied Pro	ograms	•		•		•		•			
NICK (55)	OddPar- ents	OddPar- ents	Spon- geBob	Dora the Explorer	Backyar- digans	Go Diego	Wonder Pets	Dora the Explorer	Ni Hao, Kai-lan	Yo Gabba	Dora the Explorer	Go Diego
DISN (56)	The Wiggles	Higgly- town	Tigger & Pooh	Mickey Mouse	Ein- steins	Handy Manny	Doodle- bops	Koala Brothers	Higgly- town	Charlie & Lola	Lilo & Stitch	Little Mermaio
FAM 58	Sister, Sister	Sister, Sister	Sabrina- Witch	Sabrina- Witch	Step by Step	Living the Life	The 700 Club		Gilmore Girls		Full House	Full House
HALL 60	Paid Program Program		The Waltons The Waltons		ons	Little House on the Prairie		Little House on the Prairie		Touched by an Angel		

### Warm temps bring out Ladybugs

with Kansas State University Recent warmer weather has sparked calls from homeowners regarding longer last fall. lady beetles becoming active inside their homes.

"This is almost a sure sign that even more spring-like weather going unnoticed by the homeownis on its way," Whitworth said. er, Whitworth said. Once the first "However, in the meantime, these little beetles can be a real nui-

Several different species of lady beetles make their home in Kanbecause they can feed voraciously of pest, lady beetles are often our nuisance," Whitworth said. number one source of control. They are normally solitary insects, which means the only time you find large numbers of lady beetles together is because they all find a quality food source, or they have aggregated at a protective overwintering site. This seems to be the case, in reverse, throughout much of the state.

at potential overwintering sites parts and can deliver a small bite. trol."

MANHATTAN - Jeff Whit- which in nature would be under This little "nip" is not dangerous, worth has been hearing a lot about tree bark, under fallen trees and ladies lately. Lady beetles, that is. in cracks and crevices in rocks. Whitworth, an entomologist However, many also gather on the south and west side of houses and search and Extension, said the re- barns, and other man-made structures because they held warmth

> As the weather got colder, they moved inside those structures and became relatively inactive, thus warm spring days occur, the lady beetles start to become more and more active.

"They don't always remember the way to the outside, so often sas. All are beneficial, he added, are trapped in the structure where they actively crawl about trying to on some of our common pest in- find an exit. But, and especially if a suitable food source as soon as sects. Depending on the species there are many, they can be a real possible so they can resume their

> "In addition, recent reports have indicated an increase in allergic reactions, like asthma, in locations where large concentrations of lady beetles are found inside," he said.

The Multicolored Asian Lady Beetle has been the most common culprit identified in recent calls, he

The beetles gathered last fall thus they have chewing mouth- registered or labeled for their con-

but it can be irritating especially if you have several "taste-testing" you at the same time," the entomologist said.

The Multicolored Asian Lady Beetle is a very efficient aphid predator. It was first introduced into the United States in 1916, but did not become well established until additional releases were made by the U.S. Department of Agriculture in the late 1970s and early 1980s.

"Lady beetles that overwintered in your home will eventually find their way outside or die," Whitworth said. As the weather continues to moderate, their activity will increase. They need to find lifecycle of feeding, mating and laying eggs for the next genera-

"If you want to control the lady beetles inside your home this spring, a common, general-use pesticide sprayed in the interior cracks and crevices will probably work," he added. "However, as lady beetles are not usually con-"All lady beetles are predators, sidered a pest, insecticides are not

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	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 (N) (CC)	Enter- tainment	Easter Beagle	Just for Laughs	Dancing With the Stars (CC)		ars (Live) Miss Guided		News (N) (CC)	Nightline   Jimmy Ki (N) (CC)		mmel Live
KSNK/NBC 8 8	News (N)	Wheel of Fortune				Couples (N) (CC)		Law & Order: SVU		The Tonig With Jay I	ht Show Leno (CC)	Late Night
KBSL/CBS	News (N) (CC)	Inside Edition					Jericho Sedition (N) (CC)		News (N) (CC)	Late Shov David Let		Late Late
K15CG 2	The NewsHour With Jim Lehrer (N)						Frontline (CC) (DVS)		BBC World	Ro- mance (CC)		ose (N)
ESPN 28	Bracket Sp.		asketball: Nound Game			College Basketball: NIT First Ro Teams TBA. (Live) (CC)		und SportsCe		nter (Live) (CC)		
USA 37)	Law & Order: Criminal Intent		Law & Order: SVU		Law & Order: SVU		NCIS Split Decision (CC)		Law & Order: Criminal Intent		Law & Order: SVU	
TBS 38	Ray- mond	Ray- mond	Family Guy (CC)	Family Guy (CC)	Family Guy (CC)	Family Guy (CC)	The Office	The Office	Sex and the City	Sex and the City	Movie: I A ★★ (2001)	
WGN 39	America's Home Vid	Funniest eos (CC)			Funniest Pets	Funniest Pets	WGN News at Nine (N) (CC)		Scrubs (CC)	Scrubs (CC)	Corner Gas	Becker Sue You
TNT 40	Movie: Glory Road ★★★ (2006, Drama) A leads the first all-black NCAA team. Josh L								at Houston Rockets.		Inside the NBA (Live) (CC)	
DSC (42)	How It's Made			Dirty Jobs 100th Dirty Jobs Special		Dirty Jobs 100th Dirty Job Special		How It's Time Made Warp		ers Three . (CC)	Dirty Jobs 100th Dirty Jobs Special	
A&E 47	The First 48 Torched (CC)				Sim- mons	Sim- mons			Parking Wars	Parking Wars	The First 48 (CC)	
HIST 48	Modern Marvels Da Vinci inventions.				The Universe Mars (CC)		Ax Men Risk and Reward (CC)		Decoding the Past (CC)		Next Big Bang (CC)	
NICK (55)		Orake & Josh Really Big Shrimp		Zoey 101 Zoey must make a decision.		George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez
DISN 56	Hannah Montana	Zack & Cody	Movie: Homeward Bo Lost in San Francisc			That's- Raven	That's- Raven	Life With Derek	Zack & Cody	Hannah Montana	Replace- ments	Kim Possible
FAM 58	Ground- ed-Life	Ground- ed-Life			America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC)		The 700 Club (CC)		Kyle XY I've Had the Time of My Life (CC)	
HALL 60	Walker, Texas Ranger (Part 1 of 2) Walker, Texas Ranger (Part 2 of 2)			Movie: Where There's a Will (2006, Comedy-Drama) Frank Whaley. (CC)				Murder, She Wrote O'Malley's Luck		Murder, She Wrote Always a Thief (CC)		

# Student unhappy with mentor choice

By Harlan Cohen Help Me Harlan

I am in my second semester of Greek life. Last semester, a big brother was picked for me at random.

Dear Harlan,

While everyone else seems to have great relationships with their big, mine is apathetic. We have nothing in common, he is a legacy and does nothing more within the fraternity than play video games in his room. Not only this, but he takes no interest in me -- I have tried to hang out with him and get to know him better, but he is always too engrossed in his game. I don't play video games. I wish we had a better relationship, like those of my other brothers. What should I do?

 Big Brotherless Dear Big Brotherless,

Maybe if you dressed, spoke gratulate me. and acted like his favorite could get his attention. ("Hi, my name is Super Mario.") The problem with this advice is that you'd have to change yourself.

And if the only way you can proud. get someone's attention is by changing yourself, that's not someone who is worth getting to know.

Not all families are functional -- especially a family of it). I can't even tell you who

Other 3/14/08 pg 5 1

or two, it won't matter. What thinking for yourself (or being matters is finding some peo- a brilliant teenager). ple you connect with to build friendships.

If you can't find those connections in your fraternity, look outside the Greek letters. Surround yourself with people who you want to be around and who want to be around

Dear Harlan,

I'm 14, and I don't know if it's hormones or what, but something wrong is definitely going on inside me.

I'm supposed to be sooooo clever, but I'm constantly confused. What used to be easy is so much harder. My head goes blank when I'm given a test.

I'm afraid of disappointing my mom and dad. I try so hard for them, and they never con-

I have decided that I want a video-game characters you job in expressive arts, and I'm scared because they have been really horrible about it because I'm supposed to be a businesswoman or a doctor. I feel like I am never going to make them

> I'm trapped in this shy, awkward person, and I don't know what to do. Awkward

Dear Awkward,

Give your shy, awkward fraternity brothers (I've lived mind and body time to get stronger and not so awkward. my big brother was. This is not What I'm saying is, don't fight

a reflection on you. In a year this. Welcome to the world of

The problem with thinking for yourself is that your parents are used to doing all the thinking for you.

And you're used to it too. When you start thinking for yourself and seeing the world differently, that can be a prob-

It's a problem because your parents don't want you to struggle.

A career in the arts means struggling. In the short term, there's nothing wrong with feeding their ambition while feeding your soul with clubs, activities and organizations that feel right for you.

Give it time.

When you're 19 or 20 (and in your sophomore or junior year in college), you can take total control and feed your soul and your ambition. In the meantime, write in a journal, and find a trusted adult, a school counselor or a therapist who can help you know that you're brilliant and, yes, smart and clever -- only smart, clever people think the way you're thinking.

Editor's note: Write Harlan at harlan(at)helpmeharlan.com or write: Help Me, Harlan! 2506 N. Clark St., Ste. 223, Chicago, III. 60614.

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	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			Supernanny McKeever Family		Men in Trees Read Between the Minds		News (N) (CC)			Jimmy Kimmel Live Adam Carolla. (CC)	
KSNK/NBC 8 8	News (N)	Wheel of Fortune	Law & Ord Criminal II		Law & Order: Criminal Intent		Law & Order Angelwood (N) (CC)		News (N)	The Tonig With Jay I		Late Night	
KBSL/CBS	News (N) (CC)	Inside Edition	Survivor: Favorites	Fans vs.	Big Brother: 'Til Death Do You Part		CSI: NY (CC)		News (N) Late Show David Lett			Late Late	
K15CG 2	The News With Jim I					Great Performances Eric Clapton lea all-star blues lineup; host Bill Murray.			BBC As Time World Goes By		Charlie Rose (N) (CC)		
ESPN 28	Sports- Center								ketball: Golden State Warriors at Los lippers. Staples Center. (Live) (CC)				
USA 37	Law Order: Cl	Law & Ord				asure ★★ (2004) A man tries to of Independence. <i>Nicolas Cage</i> .		n tries to as Cage.	Law & Order: Criminal Intent		Law & Order: SVU		
TBS 38	Ray- mond	Ray- mond	Family Guy (CC)	Family Guy PTV	House of Payne	House of Payne	House of Payne	House of Payne	Ray- mond	Ray- mond	Sex and the City	Sex and the City	
WGN 39	America's Funniest Home Videos (CC)		Corner Gas	Corner Gas	Becker (CC)	Becker (CC)	WGN News at Nine (N) (CC)		Scrubs (CC)	Scrubs (CC)	Corner Gas	Becker (CC)	
TNT 40	Law & Order Star Crossed (CC) (DVS) Breeds (CC) (				Movie: Th Romance-	<b>e Wedding</b> Comedy) <i>J</i>	Planner ★ ennifer Lope	★ (2001, ez. <b>(CC)</b>	Bones The Girl in the Fridge (CC)		Without a Trace Lost Time (CC)		
DSC (42)	How It's Made				MythBusters (CC)		Smash Lab Long Range Lifeboat (N)		MythBusters Franklin's Kite (CC)		Futureweapons Hard Target		
A&E (47)	CSI: Miami Complications (CC) CSI: Mia				CSI: Miami Golden Parachute (CC)		CSI: Miami Death Eminent (CC)		CSI: Miami Curse of the Coffin (CC)		CSI: Miami Death Pool 100 (CC)		
HIST 48	Modern Marvels Copper Copper. Modern Marvels Alaskan Fishing (N)					<b>UFO Hunters</b> Reverse Engineering		UFO Files UFOs in the Bible (CC)		Modern Marvels Alaskan Fishing			
NICK (55)	Movie: Jimmy Neutron: Boy Genius ★★½ (2001) Voices of Megan Cavanagh.				George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	George Lopez	
DISN (56)	Hannah Zack & Movie: Smart House (1999, Comedy) Jessia						That's- Raven	Life With Derek	Zack & Cody	Hannah Montana	Replace- ments	Kim Possible	
FAM (58)			reek Weddi nedy) <i>Nia Va</i>		Movie: My Big Fat Greek Wedding *** (2002, Romance-Comedy) Nia Vardalos.				The 700 C	lub (CC)	Whose Line?	Whose Line?	
HALL	Walker, Te		Walker, Te				d Home (2)		Murder, S Shear Mad		Murder, She Wrote (CC)		

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