# Being excluded at work is making person sick

Dear Dr. Brothers: I have a problem that is making me sick. I have a good job that I enjoyed for three years, until a new supervisor came into the office. Although I was nice to him and did my work as usual, he started to totally ignore me and my efforts. He never speaks to me and asks others to review my work. I am the only one in the office being treated this way, and I have asked him if I have done something to offend him, but he just looks at me and walks away. What can I do?

Dear L.A.: You made the right move in trying to talk with your supervisor about the problem first. It's always a good idea to try to clear the air first to prevent any misunderstandings. But you may need to take further steps to correct the situation. There's a great deal of difference between a friend treating you this way and an employer doing so. It sounds like you may actually be a victim of workplace bullying. A recent study presented at the International Conference on Work, Stress and Health found that being bullied at work actually affects workers more than sexual harassment. Not that being bullied is somehow more serious than being sexually harassed — it's just that employees are better trained in what exactly constitutes harassment, and systems are already in place to deal with the problem. Workplace bullying is not so clearly



### **Dr. Joyce Brothers**

Ask Dr. Brothers

defined and is harder to recognize. We usually equate the term "bullying" with some very obvious form of physical or verbal confrontation, but the reality often is far more subtle. You don't need a black eye to prove that you've been bullied. Gather witnesses and seek out higher management for a solution before it goes any further.

Dear Dr. Brothers: I know this sounds like the setup for the oldest joke in the world, but it actually happened. My boss asked me if I could do a small favor for his friend — this big-shot college professor - during my lunch hour. I was shocked when I arrived to find out what the favor was: The professor did not know how to change the light bulb in his office and needed someone to do it for him. At first I thought it was hilarious, until I realized that my son is going to attend this college in the fall. What if he gets the same teacher? What should I do, if anything?

Dear F.R.: I am going to make several assumptions here. First, you are someone who knows

how things work and how to get the job done. And you have a sneaking suspicion that the college professor — who might be entrusted with your son's education very soon — is a bit of a dim bulb. Or at least a guy whom you are finding hard to respect, despite the letters after his name or the fact that he can probably go to the whiteboard and conjure up a complicated formula for something or other in seconds. And the incongruity of all this is making you uneasy.

As someone who knows how stuff works and who isn't afraid to get up on a ladder and access an area that has electricity shooting through it (assuming this wasn't a simple screw-in light bulb with a string), you're used to being self-sufficient in "guy stuff." Other guys who don't know these things are foreign to you and certainly don't inspire confidence. Should you do something? Yes, teach your son to change a light bulb — it just might come in handy, in more ways than one.

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Other 4-16-08 pg 5 1

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----4/7---4/18-----

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Protein feeder and 88 Chevy PU

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excellent condition

(overhauled)

with grapple

jake & cruise

Bulk tank tender with stand

1300 gallon stock tank

1991 Wilson grain trailer

----4/16---4/128-----

\$6000

\$2000

\$8000

\$800

\$280

\$14,500 O.B.O

\$800 O.B.O.

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The Tool Box of Colby is now offering wood floor installation and refinishing. Call 785-462-7843. ----4/14---5/14----

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### **WEEKDAYS APRIL 15 - APRIL 21**

	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	Good Morning Kansas					The Martha Stewart Show		The View		Million- aire	News	
KSNK/NBC 8 8	News Cont'd		Today					Live With Regis and Kelly		Today		
KBSL/CBS	News Cont'd		The Early	ne Early Show The 700 Club				lub	The Price Is Right		The Young and the Restless	
K15CG 2	Busi- ness	Body Electric	Curious George	Clifford- Red	Super Why!	Dragon Tales	Big Big World	Word World	Sesame Street		Caillou	Barney- Friends
ESPN 28	SportsCenter		SportsCe	portsCenter Sports- Varied Center		SportsCenter		SportsCenter		Sports- Center	Varied	
USA 37)	JAG		JAG		Monk	-	Walker, Texas Ranger		Walker, Texas 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	Matlock		Nash Bridges		Nash Bridges		Homicide: Life on the Street	
TNT 40	Angel		Charmed Charmed		ER		ER		Las Vegas			
DSC 42	Varied	Life Today	Joyce Meyer	Paid Program	How It's Made	They Do It?	Cash Cab	Cash Cab	Deadliest	Catch	How It's Made	They Do It?
A&E (47)	Third Wat	ch	Crossing	Jordan	Crossing	Jordan	The Sopranos		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	The Wonder	Dora the Explorer	Ni Hao, Kai-lan	Yo Gabba	Dora the Explorer	Go Diego
DISN 56	The Wiggles	Higgly- town	Ein- steins	Mickey Mouse	Handy Manny	Tigger & Pooh	Bunny- town	Charlie & Lola	Doodle- bops	Koala Bro	Lilo & Stitch	Little Mermaid
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 Paid The Waltons Program Program			ns	The Walto	Valtons Little House on the Prairie			Little House on the Prairie		Touched by an Angel	

### **APRIL 15 - APRIL 21 WEEKDAYS**

	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	All My Children		One Life to Live		General Hospital		Million- aire	Judge Judy	News	Judge Judy	News	ABC Wld News
KSNK/NBC	News		Days of our Lives				The Insider	Extra	Jeop- ardy!	Jeop- ardy!	News	NBC News
KBSL/CBS	News Bold, Beautiful		As the World Turns		Guiding Light		Dr. Phil		Oprah Winfrey		News	Evening News
K15CG 2	Reading Rainbow	Teletub- bies	o- Varied Programs			Lions	Cyber- chase	Arthur	Maya & Miguel	Fetch! With	Cliff Pup	Busi- ness
ESPN 28	Sports- Center	Varied	Mike and Mike	1st and 10	Outside- Lines	Sports- Center	NFL Live	Rome- Burning	Around the Horn	Interrup- tion	SportsCe	nter
USA 37)	Movie Cont'd Movie				Monk		Monk		Monk		Law & Order: Criminal Intent	
TBS 38	Home Improve.	Home Improve.	Just Shoot	Just Shoot	Yes, Dear	Yes, Dear	King of Queens	King of Queens	Seinfeld	Seinfeld	Friends	Ray- mond
WGN 39	WGN News at Noon		Matlock		America's Home Vid	Funniest eos	Cosby Show	Cosby Show	Sister, Sister	Sister, Sister	Funniest Pets	Funniest Pets
TNT 40	Without a	Trace	Law & Order Law		Law & Order		Charmed		Charmed		Law & Order	
DSC 42	Mostly Tru Legends	ue: Urban	A Haunting A Ha		A Hauntin	A Haunting		Deadliest Catch		It Takes a Thief		Cash Cab
A&E (47)	CSI: Miam	ni	Crossing Jordan Crossing Jordan		The Sopranos		American Justice		Cold Case Files			
HIST (48)	Modern M	arvels	Varied Pro	ograms	•		•		•		•	
NICK (55)	Backyar- digans	Max & Ruby	Spon- geBob	Spon- geBob	Varied Pro	ograms			Barn- yard	Barn- yard	Spon- geBob	Spon- geBob
DISN (56)	Ameri- can Drgn	Kim Possible	Emperor New	Replace- ments	Varied Programs					•		
FAM 58	Sister, Sister	Sister, Sister	Sabrina- Witch	Sabrina- Witch	Full Full What House House Like		What I Like	What I Like	Gilmore Girls		8 Simple Rules	8 Simple Rules
HALL (60)	7th Heaven		7th Heave	h Heaven Little House on the Prairie		se on the	Little House on the Prairie		M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H

### **THURSDAY APRIL 17**

	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	<b>Lost</b> Juliet must reveal some surprising news to Jin; Sayid confronts Ben's spy.				Eli Stone Soul Free (Season Finale) (N)		News (N) (CC)	Nightline (N) (CC)	Jimmy Kimmel Live (N) (CC)	
KSNK/NBC 8 8	News (N)	Wheel of Fortune					ER As the Day She Was Born (CC)		News (N)	The Tonig With Jay I		Late Night
KBSL/CBS	News (N) (CC)	Inside Edition	Survivor: Favorites				Without a Trace 4G (CC)		News (N) (CC)	Late Show With David Letterman		Late Late
K15CG 2	The News With Jim I				The This Old House Hour (CC)		Globe Trekker Los Angeles City Guide		BBC World	Keeping Up	Charlie Rose (N) (CC)	
ESPN 28	Sports- Center	Football Live				Conight (Live) (CC)		SportsCenter (Live) (CC)		Baseball Tonight (Live) (CC)		
USA 37)	Law & Ord Criminal I		Law & Ord	ler: SVU	Law & Ord	der: SVU	Law & Ord	der: SVU	Burn Noti	ce (CC)	•	Law/Ord SVU
TBS 38	Ray- mond	Ray- mond			Movie: Men in Black monitor extraterrestria				Sex and the City	Sex and the City	Movie: Au Powers: N	
WGN 39	America's Home Vid				(2000) The Titanic's WGN News at Nine ysterious fate in 1916. (N) (CC)			Scrubs (CC)	Scrubs (CC)	Corner Gas	Becker (CC)	
TNT 40		ng Kong ★: k Black. (C		, Adventure	) A beauty	tames a sav	vage beast.	Naomi		e Librarian: Return to King s Mines (2006) Noah Wyle. (CC)		
DSC 42	How It's Made	How It's Made	Deadliest Best of Se			leadliest Catch: Deadliest Catch (CC)		How It's Made	How It's Made		Deadliest Catch: Best of Season 3	
A&E 47	CSI: Miam (CC)	i Nailed	The First 4 Betrayal (C				Crime 360 Welcome to Homicide (CC)		The First 48 Last Dance; Deadly Deal		The First 48 Deadly Betrayal (CC)	
HIST 48	Modern M Paint (CC)	arvels	Modern M Bricks (CC		Gangland Root of All Evil MS-13. (CC)		Cities of the Underworld (CC)		Ax Men Reversal of Fortune (CC)		Modern Marvels Bricks (CC)	
NICK (55)	Drake & Josh	Zoey 101 (CC)			Home Improve.	Home Improve.	George Lopez	George Lopez	Fresh Prince	Fresh Prince	Home Improve.	Home Improve.
DISN 56	Hannah Montana	Zack & Cody		Date With s Daughte		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)		The 700 Club (CC)		Whose Line?
HALL 60	Walker, Te Ranger (C		Walker, Te Ranger Ta			Movie: Quigley Down Under ★★½ (1990, Nestern) Tom Selleck. (CC)				he Wrote	Line? Line? Murder, She Wrote (CC)	

### **FRIDAY APRIL 18**

	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	Desperate Housewive		Duel (N) (0	CC)	20/20 (CC)	20/20 (CC)		Nightline   Jimmy Kin (N) (CC) (N) (CC)		nmel Live
KSNK/NBC	News (N)	Wheel of Fortune	Outra- geous	Outra- geous	Dateline N	IBC (CC)			News (N)	The Tonight Show With Jay Leno (CC)		Late Night
KBSL/CBS		Inside Edition	Ghost Wh Slam (CC)	isperer	Moonlight Mortal Cur		NUMB3RS (CC)	NUMB3RS Graphic (CC)		Late Show With David Letterman		Late Late
K15CG 2	The NewsHour Auction Viewers may With Jim Lehrer (N)				phone with	phone with bids on items and/or services.				Market- Market	Charlie Ro (CC)	ose (N)
ESPN 28	SportsCer Special (Li		Football Live	NFL Live (Live)			Baseball Tonight (Live) (CC)		SportsCenter (Live) (CC)		Baseball Tonight (Live) (CC)	
USA 37	Monk Mr. Monk Takes His Medicine		Law & Ord	ler: SVU	Law & Ord	der: SVU	Law & Order: SVU		House Sleeping Dogs Lie (CC)		Movie: A Man Apart ★½ (2003) (CC)	
TBS 38	Ray- mond	Ray- mond	Ray- mond	Ray- mond	Movie: The Cameras b	e Truman s proadcast a			Sex and the City		Movie: Something to Talk About ★★½	
WGN 39					(1998) An account of Queen cy to the throne. Cate Blanchett.				Scrubs (CC)	Scrubs (CC)	Chap- pelle's	Chap- pelle's
TNT 40	Law & Ord Hall (CC) (		Movie: Ju	r <b>assic Park</b> run amok a	★★★½ (19     t an island-j	993) Cloned ungle them	d e park.		rassic Parl Sam Neill.		2001, Movie: Gothika	
DSC 42	The Blue Planet Open Ocean (CC)		Man vs. W Australia's						How It's Made	How It's Man vs. Made Australia		
A&E (47)	CSI: Miami Urban Hellraisers (CC) CSI: Miami Entrance Wound			CSI: Miam (CC)	i Bunk	CSI: Miami Forced Entry (CC)		The Sopranos (CC)		CSI: Miami Entrance Wounds		
HIST 48	Modern M Bullets (CC						Shootout! High- stakes bank robbery.		Modern Marvels Bedroom Tech (CC)			
NICK (55)	Drake & Josh	Zoey 101 (CC)	Barn- yard	Avatar- Last Air	Tigre: Rivera	Tak and Power	George Lopez	George Lopez	Home Improve.	Home Improve.	Fresh Prince	Fresh Prince
DISN 56	Hannah Montana	Zack & Cody		nfessions Frama Que			That's- Raven	Life With Derek	Zack & Cody	Hannah Montana	Replace- ments	Kim Possible
FAM (58)	Ground- ed-Life					aveling Pants *** America's Funniest Home Videos (CC)			The 700 C	lub (CC)	Whose Line?	Whose Line?
HALL 60	Walker, Texas Ranger (CC) Walker, Texas Ranger (CC)			Movie: Av Western) h	lovie: Avenging Angel ** (2007, //estern) Kevin Sorbo. (CC)				<b>he Wrote</b> Dead	Murder, She Wrote Angel of Death (CC)		

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