

Telemarketing job difficult

Dear Dr. Brothers: I recently took a job as a telemarketer. I'm an outgoing person, and I've worked in retail, but I'd never had a phone-sales job before. I am finding it unimaginably maddening. I was told that now that there is the "Do Not Call" List, the people who are left really want to be contacted, but this is not the case. Many are rude, yell at me, insult me and so forth. I am a nice person, but I sometimes find myself yelling back. I have made some money, but can you help me adjust to this job emotionally? Is it better to hold in the anger or somehow learn to not be angry? — J.N.



Dr. Joyce Brothers

• Ask Dr. Brothers

follow your script. Never be defensive. Hang little notes around your desk to remind yourself ("Temper, temper!"). Try to make friends with a few of the other workers so you can vent to one another at break time. I'm sure you're all having similar experiences. If you can't stop getting mad when people don't order something, you should think about moving on. A job shouldn't be so stressful that it sends you to the doctor.

Dear J.N.: Thank you for writing. It's not often that anyone wonders how the telemarketer feels — we are so busy being steamed ourselves from the telemarketer's call! It seems as though there are plenty of bad feelings to go around when unsolicited phone calls turn up. It is surely not the case that anyone who is left with an unblocked number is going to welcome your phone call. Don't be so naive! You should be going into this job with your eyes open, if you are going to try to do this job successfully.

So, know that most people don't like phone calls from strangers trying to sell them something. A few do, but those would be the exception. The boss will shade the truth, I fear, to keep you (and your receipts) coming.

So, what to do about your blood pressure? When someone gets mad and yells at you on the phone, try to ignore the ugly stuff and just

Dear Dr. Brothers: My husband and I get along fine most of the time — with one exception. We can't seem to do the grocery shopping without a lot of fighting. And if I send him with a list, he doesn't follow the instructions. So I end up going to the store by myself, which isn't really fair, since we both work full time.

I think this is a simple task that we should be able to share or take turns doing. He always buys silly things, or leaves out whole categories, and he doesn't check prices. The whole thing just makes me mad. Is there a psychological tip for grocery-shopping success? — E.F.

Dear E.F.: Women still do most of the grocery shopping, although more and more men are pushing

grocery carts around, looking for snacks for poker night or buying things from their wives' lists. It's when they shop on their own that things seem to go haywire, at least in the opinion of a number of wives who are used to replacing and restocking as a goal of shopping. According to an editor of the Journal of Consumer Affairs, 80 percent of items bought at the grocery store are "rebuis." So, naturally, there are going to be arguments if one of the shoppers acts like a kid in a candy store instead of buying just the stuff on the list, which would replace the stuff he or she already ate up!

I think you and your husband could learn to shop together if you both are willing to go strictly by lists and avoid impulse purchases. You can agree ahead of time on what your needs are, and no one will have to characterize anyone else's choices as "silly." If this sounds too structured or stressful, why not give your husband a little freer hand and try not to be so critical of him when he picks different things from you would have preferred? Let him be a little creative for a while, and he just might learn to shop with the best of them.

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Tips when asking woman for a date

Dear Harlan, I met a girl on the front porch at a fraternity party.

I just got out of a long two-year relationship with my high school sweetheart, which didn't end well at all, and I haven't really been into the dating scene for a long time. So, I met this girl and we talked for a while.

I ended up not asking for her number for some reason. I decided to Facebook-friend her later that night. A few days later, I sent her a message telling her that I enjoyed talking to her and that she didn't seem like just another pretty face around campus, but had a personality that I found attractive.

I sent her this message and at the end I asked if she would want to hang out sometime as "new friends."

She sent me a reply that said she thought I was really nice and all, and that she would definitely see me around.

What I meant by getting together kind of meant a date, but I think she didn't really take it as that.

What do you think would be a good way to show her that I am attracted to her and am more interested in dating her than actually just being another guy friend? I can take rejection — help me out, man.

— Newly Single Guy

Dear Newly Single Guy, Call her and ask her on a date. Call it a date. Don't refer to yourself as a friend on the date. Be clear. If you're this confident and comfortable, you should have no problem doing this right now. This isn't aggressive, creepy or wrong. It's called being a man who knows what he wants. If she likes confident, assertive and articulate guys, she'll like you. If not, you'll get rejected. But you said you're cool with that. Besides, there are many more beautiful women with attractive personalities.

Dear Harlan, I have severe food allergies. I will be going to college in a few years, and I'm beginning to really worry.

Normally, if I am unable to find something to eat somewhere, I can just find somewhere else to eat.

With a dining hall, this isn't really an option. How do colleges make provisions for students with food allergies?

— Severely Allergic

Dear Severely Allergic, With reported cases of students dying from food allergies, dining services do really care about students with allergies — or that's what they want you to think on their campus Web sites.

On the Brown University Web site, there's an entire page devoted to catering to students with food allergies (particularly peanut and tree nut allergies) Procedures such as labeling items that have nuts, making nuts as visible as possible when in foods, minimizing the use of nuts and educating workers to answer questions about ingredients are some things they do to help address concerns.

At Smith College, the dining services Web site encourage students with food allergies to reach out to the director of dining services to discuss dining options (her number is listed on the site).

With millions of students having food allergies, the trend is pointing to accommodating students with such concerns. But not all dining services are created equally. When investigating colleges, check out the dining services pages online, contact the director of the food services, the dietitian on staff, and get the names of some students with similar food allergies. Contact the students directly and see if dining services can deliver on what they promise.

Write Harlan at harlan(at)help-

meharlan.com or visit online: www.helpmeharlan.com.

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Public Notice

IN THE DISTRICT COURT OF LOGAN COUNTY, KANSAS

State of Kansas, Logan County Sheriff's Office Plaintiff

v.

One1993 Dodge Pickup, VIN #1B7GE16Y0P5137067 Defendant.

Case No. 2008 -C-24

NOTICE OF PENDING FORFEITURE Pursuant to K.S.A. 60-4109 of the Kansas Standard Asset Seizure and Forfeiture Act K.S.A. 60-4101 et seq.

TO: Anthony H. Leon, 2715 S. Bayshore Dr., Milton, DE 19968; and, to all other unknown persons who may claim an interest in the following property:

Notice is hereby given that property, described above, has been seized for forfeiture and is pending forfeiture to the State of Kansas pursuant to the Kansas Standard Asset Seizure and Forfeiture Act (KSASFA), K.S.A. 60-4101 et seq. If you have not previously received a Notice of Seizure for Forfeiture, this constitutes notice pursuant to the Act. The defendant property was seized by the Kansas Highway Patrol on or about June 8, 2008 and is located at 710 W. 2nd, Oakley, Logan County, Kansas. The value of this property is \$3,000.00.

The conduct giving rise to forfeiture and/or the violation of law alleged is: the property is the proceeds of and/or was used or intended to be used to facilitate violation(s) of illegal drug transactions and money laundering, to-wit: the property has a false compartment.

Should you believe you have a true ownership interest in the seized property, you may do either of the following:

1. File a verified legal claim with the District Court of Logan County, Kansas, sending copies to the the Plaintiffs Attorney and the contact person for the seizing agency, clearly identifying the property you seek to claim. Or,
2. Do nothing.

You may wish to consult with an attorney before deciding what is best for you. However, if no valid claim is filed within thirty (30) days of the service of this Notice, any interest you may have in the property described above will be forfeited. Any claim shall comply with the strict requirements of true ownership documentation, as set forth in K.S.A. 60-4111.

You should be aware that it is a crime to falsely allege an ownership interest in property or to provide other false information in a claim. Further, pursuant to K.S.A. 60-4116(f), any claimant who fails to establish that a substantial portion of the claimants interest is exempt from forfeiture may be responsible to pay the reasonable costs, expenses, and attorney fees of other claimants and the State.

This Notice seeks claims to the seized property only. Should a valid claim be timely filed, as may be determined by the Court upon motion of the State, the State will respond with a judicial petition for forfeiture, and this matter will proceed to trial.

The law enforcement agency's copy of your claim should be mailed to: Pat Parson, Logan County Sheriff, 710 W. 2nd, Oakley, KS 67748

The original claim for the court should be mailed to: Clerk of the Logan County District Court, 710 W 2nd, Oakley, KS 67748.

Dated this 31st day of July, 2008. (S) Andrea M. Wyrick, #20241 Plaintiff's Attorney Logan County Attorney 710 W. 2nd Street Oakley, Kansas 67748 785-672-8936

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TV LISTINGS

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WEEKDAYS		SEPTEMBER 9 - SEPTEMBER 15										
	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		Millionaire	News	
KSNK/NBC (3) (8)	News Cont'd	Today				Live With Regis and Kelly		Today				
KBSL/CBS (12) (11)	News Cont'd	The Early Show				The 700 Club		The Price Is Right		The Young and the Restless		
K15CG (2)	Lions	Maya & Miguel	Curious George	Sid the Science Kid	Super Why!	Clifford-Red	Dragon Tales	Caillou	Sesame Street	Martha Speaks	Word-World	
ESPN (28)	SportsCenter	Varied		SportsCenter		SportsCenter		SportsCenter		SportsCenter		
USA (37)	Varied Programs											
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)	Chang-ling	Believer Voice	Hillbilly-ies	Hillbilly-ies	Be-witched	Dream-Jeannie	Matlock		Nash Bridges		Nash Bridges	
TNT (40)	Angel	Charmed		Charmed		ER		ER		Las Vegas		
DSC (42)	Paid Program	Life Today	Joyce Meyer	Varied	How It's Made	How It's Made	Cash Cab	Cash Cab	Deadliest Catch		Mostly True: Urban Legends	
A&E (47)	Third Watch	Crossing Jordan		The Sopranos		American Justice		Cold Case Files		Cold Case Files		
HIST (48)	Liberty's Kids	Hands-Hist	Varied Programs									
NICK (55)	OddPar-ents	OddPar-ents	Spon-geBob	Dora the Explorer	Backyar-digans	Go Diego	Wonder Pets	Dora the Explorer	Ni Hao, Kai-Jan	Yo Gabba	Dora the Explorer	Go Diego
DISN (56)	The Wiggles	Higgly-town	Ein-steins	Mickey Mouse	Handy Manny	Tigger & Pooh	Imag. Movers	Charlie & Lola	Doodle-bops	Higgly-town	Movie	
FAM (58)	Sister, Sister	Sister, Sister	Sabrina-Witch	Sabrina-Witch	Step by Step	700 Club Prog.	Varied Programs		Gilmore Girls		Full House	Full House
HALL (60)	Paid Program	Paid Program	The Waltons		The Waltons		Little House on the Prairie		Little House on the Prairie		Touched by an Angel	

WEEKDAYS		SEPTEMBER 9 - SEPTEMBER 15										
	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)	All My Children	One Life to Live		General Hospital		Rachael Ray		News		Access H'wood	News	ABC Wid News
KSNK/NBC (3) (8)	News	Days of our Lives		The Ellen DeGeneres Show		The Doctors		Jeopardy!	Deal or No Deal	News	NBC News	
KBSL/CBS (12) (11)	News	Bold, Beautiful	As the World Turns		Guiding Light		Dr. Phil		Oprah Winfrey	News	Evening News	
K15CG (2)	Reading Rainbow	Barney-Friends	Varied Programs				Lions	Arthur	WordGirl	Fetch! With	Cyber-chase	Maya & Miguel
ESPN (28)	SportsCenter	SportsCenter	Varied	Football Live	Varied	NFL Live	Rome-Burning	Around the Horn		Interrup-tion	SportsCenter	
USA (37)	Varied Programs											
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	Homicide: Life on the Street		Cosby Show	Cosby Show	Becker	Funnyest Pets	America's Funniest Home Videos		7th Heaven		
TNT (40)	Without a Trace	Law & Order		Law & Order		Charmed		Charmed		Law & Order		
DSC (42)	A Haunting	A Haunting		The FBI Files		Deadliest Catch		It Takes a Thief		Cash Cab	Cash Cab	
A&E (47)	CSI: Miami	Crossing Jordan		The Sopranos		American Justice		Cold Case Files		Cold Case Files		
HIST (48)	Modern Marvels											
NICK (55)	Backyar-digans	Max & Ruby	Spon-geBob	OddPar-ents	U-Pick	U-Pick	U-Pick	U-Pick	Mighty B	Mighty B	Drake & Josh	Drake & Josh
DISN (56)	Movie Cont'd	Zack & Cody	Zack & Cody	Zack & Cody	Varied Programs							
FAM (58)	Sister, Sister	Sister, Sister	Sabrina-Witch	Sabrina-Witch	8 Simple Rules	8 Simple Rules	What I Like	What I Like	Gilmore Girls		My Wife and Kids	My Wife and Kids
HALL (60)	7th Heaven	7th Heaven		Little House on the Prairie		Little House on the Prairie		M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	

TUESDAY		SEPTEMBER 9										
	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)	Entertainment	Wipeout (N) (CC)		Wipeout (N) (CC)		Primetime: Medical Mysteries (CC)		News (N) (CC)	Nightline (N) (CC)	Jimmy Kimmel Live (N) (CC)	
KSNK/NBC (3) (8)	News (N) (CC)	Wheel of Fortune	America's Got Talent		Ten of the top 20 contestants perform. (Live) (CC)		Law & Order: SVU		News (N) (CC)	The Tonight Show With Jay Leno (CC)	Late Night	
KBSL/CBS (12) (11)	News (N) (CC)	Inside Edition	Big Brother 10		Fashion Rocks (N) (CC)				News (N) (CC)	Late Show With David Letterman	Late Late	
K15CG (2)	The NewsHour With Jim Lehrer (N)	The Brain Fitness Program		Billy Joel: The Stranger Live (CC)		BBC World		Romance	Charlie Rose (N) (CC)			
ESPN (28)	E:60 (N)	2008 World Series of Poker Las Vegas.		2008 World Series of Poker Las Vegas.		Baseball Tonight (Live) (CC)		SportsCenter (Live) (CC)		Baseball Tonight	NFL Live (N) (CC)	
USA (37)	Law & Order: SVU	Law & Order: SVU		House Paternity (CC)		House Occam's Razor (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	Frank TV	Sex and the City	Sex and the City	Movie: Batman
WGN (39)	7th Heaven (CC)	MLB Baseball: Chicago Cubs at St. Louis Cardinals. Busch Stadium. (Live) (CC)		Dirty Jobs Turkey farm. (CC)		Dirty Jobs Taylor Shellfish Farms.		How It's Made		How It's Made	Dirty Jobs Fuel Tank Cleaner (CC)	
TNT (40)	Law & Order Floater (CC) (DVS)	Law & Order DR 1-102 (CC) (DVS)		Law & Order The Sixth Man		Law & Order Home Sweet (CC) (DVS)		Raising the Bar (CC)		Without a Trace Ball (CC)		
DSC (42)	How It's Made	How It's Made	Dirty Jobs Fuel Tank Cleaner (CC)		Dirty Jobs Turkey farm. (CC)		Dirty Jobs Taylor Shellfish Farms.		How It's Made	How It's Made	Dirty Jobs Fuel Tank Cleaner (CC)	
A&E (47)	CSI: Miami Sex & Taxes (CC)	The First 48 (CC)		The First 48 River's Edge (N) (CC)		The Cleaner Let It Ride (N) (CC)		The Cleaner Let It Ride (CC)		The First 48 (CC)		
HIST (48)	Modern Marvels Rolling mills. (CC)											
NICK (55)	Zoey 101 (CC)	Drake & Josh	Spon-geBob	Spon-geBob	George Lopez	George Lopez	Home Improve.	Home Improve.	Family Matters	Family Matters	Home Improve.	Home Improve.
DISN (56)	Zack & Cody	Hannah Montana	Movie: Get a Clue (2002, Comedy) Lindsay Lohan. (CC)		Wizards-Place		Wizards-Place	Life With Derek	Zack & Cody	Hannah Montana	That's-Raven	Cory in House
FAM (58)	Secret Life of American Teen	Secret Life of American Teen		Greek Let's Make a Deal (N) (CC)		America's Funniest Home Videos (CC)		The 700 Club (CC)		Secret Life of American Teen		
HALL (60)	Walker, Texas Ranger (CC)	Walker, Texas Ranger (CC)		Movie: The Shell Seekers (2006, Drama) Vanessa Redgrave. (CC)		Murder, She Wrote (CC)		Murder, She Wrote (CC)		Murder, She Wrote Double Exposure		

WEDNESDAY		SEPTEMBER 10										
	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)	Entertainment	Billy Graham Special (CC)		Supernanny Martinez Family		20/20: They're Not Like Us (N) (CC)		News (N) (CC)	Nightline (N) (CC)	Jimmy Kimmel Live Martin Short. (CC)	
KSNK/NBC (3) (8)	News (N) (CC)	Wheel of Fortune	America's Got Talent		The remaining 10 acts from the top 20 perform. (Live) (CC)		Law & Order: Criminal Intent		News (N) (CC)	The Tonight Show With Jay Leno (CC)	Late Night	
KBSL/CBS (12) (11)	News (N) (CC)	Inside Edition	Greatest American Dog (Season Finale)		Criminal Minds Tabula Rasa (CC)		CSI: NY Taxi (CC)		News (N) (CC)	Late Show With David Letterman	Late Late	
K15CG (2)	The NewsHour With Jim Lehrer (N)	ABBA in Concert (CC)		Great Performances A Life in Seven Arias (N) (CC)		Pavarotti: Encore! With		BBC World	As Time Goes By	Charlie Rose (N) (CC)		
ESPN (28)	MLB Baseball: Tampa Bay Rays at Boston Red Sox. Fenway Park. (Live) (CC)	Baseball Tonight (Live) (CC)		Baseball Tonight (Live) (CC)		SportsCenter (Live) (CC)		Baseball Tonight		NFL Live (N) (CC)		
USA (37)	Law & Order: SVU	House Maternity (CC)		Law & Order: SVU		Movie: Along Came Polly ** (2004, Romance-Comedy) Ben Stiller. (CC)		Polly ** (2004, Romance-Comedy) Ben Stiller. (CC)		Law & Order: SVU		
TBS (38)	Ray-mond	Ray-mond	Family Guy (CC)	Family Guy (CC)	House of Payne	House of Payne	House of Payne	House of Payne	Friends (CC)	Friends (CC)	Sex and the City	Sex and the City
WGN (39)	7th Heaven Saturday (CC)	Corner Gas	Corner Gas (CC)	Corner Gas (CC)	Becker (CC)	Becker (CC)	WGN News at Nine (N) (CC)	WGN News at Nine (N) (CC)	Scrubs (CC)	Scrubs (CC)	Corner Gas (CC)	Becker (CC)
TNT (40)	Law & Order Teenage Wasteland	Law & Order Slaughter		Law & Order Dining Out (CC) (DVS)		Movie: A Time to Kill *** (1996, Drama) A lawyer's defense of a black man arouses the Klan's ire. Sandra Bullock. (CC)		Movie: A Time to Kill *** (1996, Drama) A lawyer's defense of a black man arouses the Klan's ire. Sandra Bullock. (CC)		MythBusters Viral Hour (CC)		
DSC (42)	How It's Made	How It's Made	MythBusters Viral Hour (CC)		MythBusters Phone Book Friction (CC)		Man vs. Wild South Dakota (N)		How It's Made	How It's Made	MythBusters Viral Hour (CC)	
A&E (47)	CSI: Miami Killer Date (CC)	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Criss Angel	Criss Angel	Criss Angel	Criss Angel	Bounty Hunter	Bounty Hunter
HIST (48)	Modern Marvels Fire (CC)											
NICK (55)	Zoey 101 (CC)	Drake & Josh	Spon-geBob	Spon-geBob	Fresh Prince	Fresh Prince	George Lopez	George Lopez	Family Matters	Family Matters	Home Improve.	Home Improve.
DISN (56)	Zack & Cody	Hannah Montana	Movie: Twitches Too (2007, Mystery) Tia Mowry. (CC)		Wizards-Place		Wizards-Place	Life With Derek	Zack & Cody	Hannah Montana	That's-Raven	Cory in House
FAM (58)	That '70s Show	That '70s Show	America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC)		The 700 Club (CC)		Greek Let's Make a Deal (CC)	
HALL (60)	Walker, Texas Ranger (CC)	Walker, Texas Ranger (CC)		Movie: A Season for Miracles ** (1999, Drama) Carla Gugino, David Conrad. (CC)		Murder, She Wrote (CC)		Murder, She Wrote (CC)		Murder, She Wrote (CC)		