

TV LISTINGS

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WEEKDAYS SEPTEMBER 23 - SEPTEMBER 29

	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		SportsCenter		SportsCenter		SportsCenter		SportsCenter		SportsCenter	
USA (37)	JAG Cont'd		Monk		Walker, Texas Ranger		Movie		Varied Programs		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)	Chang-ing	Believer Voice	Hillbilly-ies	Hillbilly-ies	Be-witched	Dream-Jeannie	Matlock		In the Heat of the Night		Nash Bridges	
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	Deadliest Catch		Verminators	
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-lan	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	Living the Life	The 700 Club		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	

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	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
KSNK/NBC (3) (8)	News		Days of our Lives		The Ellen DeGeneres Show		The Doctors		Jeopardy!		Deal or No Deal	News
KBSL/CBS (12) (11)	News		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	Busi-ness
ESPN (28)	SportsCenter		SportsCenter		Varied		Outside-Lines	Football Live	NFL Live	Rome-Burning	Around the Horn	Interrup-tion
USA (37)	Movie Cont'd		Monk		Law & Order: Criminal Intent		Law & Order: Criminal Intent		NCIS		NCIS	
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 Midday News		Homicide: Life on the Street		Cosby Show		Cosby Show		Becker	Funnies Pets	America's Funniest Home Videos	
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	Varied	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		Varied Programs									
NICK (55)	Backyar-digans	Max & Ruby	Spon-geBob	OddPar-ents	U-Pick	U-Pick	U-Pick	U-Pick	Barn-yard	Barn-yard	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 23

	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	Opportunity Knocks (N) (CC)		Dancing With the Stars (Live) (CC)							
KSNK/NBC (3) (8)	News (N) (CC)	Wheel of Fortune	The Biggest Loser: Families (N) (CC)				Law & Order: SVU					
KBSL/CBS (12) (11)	News (N) (CC)	Inside Edition	NCIS Last Man Standing (N) (CC)		The Mentalist Pilot (Series Premiere)		Without a Trace Closure (N) (CC)		News (N) (CC)		Late Show With David Letterman	Late Late
K15CG (2)	The NewsHour With Jim Lehrer (N)	Doctors On Call	Second-Health		American Masters (N) (CC)		BBC World		Rom-ance	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 (N) (CC)		NFL Live (N) (CC)
USA (37)	Law & Order: SVU		Law & Order: SVU		House Autopsy (CC)		House Cuddy's handyman falls.		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	Frank TV	Sex and the City	Sex and the City
WGN (39)	7th Heaven See You in September		Movie: GoldenEye *** (1995, Action) A weapon's theft sends Agent 007 to Russia. Pierce Brosnan. (CC)				Movie: GoldenEye *** (1995, Action) A weapon's theft sends Agent 007 to Russia. Pierce Brosnan. (CC)					
TNT (40)	Law & Order Good Girl (CC) (DVS)		Law & Order Dazzled (CC) (DVS)		Law & Order Illegal (CC) (DVS)		Law & Order Magnet (CC) (DVS)		Raising the Bar Richie Richer (CC)		Without a Trace Off the Tracks (CC)	
DSC (42)	How It's Made	How It's Made	Dirty Jobs Billboard Installer (CC)		Dirty Jobs Cave Biologist (CC)		Machines of Malice Ancient Machines		Into the Unknown		Dirty Jobs Billboard Installer (CC)	
A&E (47)	CSI: Miami Prey (CC)		The First 48 Last Ride; Trailer Trap		The First 48 (CC)		The Cleaner Rebecca (N) (CC)		The Cleaner To Catch a Fed (CC)		The First 48 Last Ride; Trailer Trap	
HIST (48)	Modern Marvels Coin Operated (CC)		Modern Marvels Tunnels of Vietnam		Ancient Discoveries		Sandhogs (CC)		Investigating History (CC)		Modern Marvels Tunnels of Vietnam	
NICK (55)	Zoey 101 Wrestling	Drake & Josh	My Family's Spon-geBob	Home Improve.	Home Improve.	George Lopez	George Lopez	Family Matters	Family Matters	Home Improve.	Home Improve.	
DISN (56)	Zack & Cody	Hannah Montana	Movie: Jump In! (2007, Drama) Cobin Bleu, Keke Palmer. (CC)		Wizards-Place		Wizards-Place		Zack & Cody	Hannah Montana	That'-Raven	Cory in House
FAM (58)	That '70s Show	That '70s Show	Lincoln Heights (N) (CC)		Greek Failing grade. (N) (CC)		America's Funniest Home Videos (CC)		The 700 Club (CC)		Lincoln Heights (CC)	
HALL (60)	Walker, Texas Ranger Retribution		Walker, Texas Ranger (CC)		Movie: Perry Mason: The Case of the Maligned Mobster ** (1991, Mystery)		Murder, She Wrote (CC)		Murder, She Wrote (CC)		Murder, She Wrote (CC)	

WEDNESDAY SEPTEMBER 24

	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	Dancing With the Stars (Live) (CC)		David Blaine Dive of Death David Blaine hangs from a wire five stories in the air.							
KSNK/NBC (3) (8)	News (N) (CC)	Wheel of Fortune	Knight Rider (Series Premiere)		America's Got Talent (Live) (CC)		Lipstick Jungle (Season Premiere)		News (N) (CC)		The Tonight Show With Jay Leno (CC)	Late Night
KBSL/CBS (12) (11)	News (N) (CC)	Inside Edition	Old Christine	Gary Unmarr	Criminal Minds Mayhem (N) (CC)		CSI: NY Veritas (Season Premiere)		News (N) (CC)		Late Show With David Letterman	Late Late
K15CG (2)	The NewsHour With Jim Lehrer (N)	Killer Stress: National	American Masters (N) (CC)		BBC World		As Time Goes By	Charlie Rose (N) (CC)				
ESPN (28)	MLB Baseball: Teams to Be Announced. (Live) (CC)				Baseball Tonight (Live) (CC)		SportsCenter (Live) (CC)		Baseball Tonight (N) (CC)		NFL Live (N) (CC)	
USA (37)	Law & Order: SVU		House TB or Not TB (CC)		Law & Order: SVU		Law & Order: SVU		Law & Order: Criminal Intent		Law & Order: SVU	
TBS (38)	Ray-mond	Ray-mond	House of Payne	House of Payne	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 Who? (CC)		Movie: Tomorrow Never Dies *** (1997) James Bond tries to short-circuit a communications tycoon.				Movie: Tomorrow Never Dies *** (1997) James Bond tries to short-circuit a communications tycoon.					
TNT (40)	Law & Order Survivor (CC) (DVS)		Law & Order Armed Forces (CC) (DVS)		MythBusters High-tension cables. (CC)		Man vs. Wild Baja Desert (CC)		How It's Made		How It's Made	
DSC (42)	How It's Made	How It's Made	MythBusters Water Stun Gun (CC)		MythBusters Water Stun Gun (CC)		Cris Angel Mindreak (N) (CC)		Cris Angel		Cris Angel	
A&E (47)	CSI: Miami 48 Hours to Life (CC)		Bounty Hunter		Bounty Hunter		Bounty Hunter		Cris Angel		Bounty Hunter	
HIST (48)	Modern Marvels NASCAR Tech (CC)		MonsterQuest China's Wildman		MonsterQuest Giant Bear Attack		Jurassic Fight Club Deep Sea Killers		UFO Files (CC)		MonsterQuest China's Wildman	
NICK (55)	Zoey 101 (CC)	iCarly (CC)	My Family's Spon-geBob	Home Improve.	Home Improve.	George Lopez	George Lopez	Family Matters	Family Matters	Home Improve.	Home Improve.	
DISN (56)	Zack & Cody	Hannah Montana	Movie: The Thirteenth Year ** (1999) Chez Starbuck. (CC)		Wizards-Place		Wizards-Place		Zack & Cody	Hannah Montana	That'-Raven	Cory in House
FAM (58)	That '70s Show	That '70s Show	America's Funniest Home Videos (CC)		America's Funniest Home Videos (CC)		The 700 Club (CC)		Greek Failing grade. (CC)			
HALL (60)	Walker, Texas Ranger Faith (CC)		Walker, Texas Ranger Golden Boy		Movie: Perry Mason: The Case of the Glass Coffin ** 1/2 (1991) Raymond Burr.		Murder, She Wrote O'Malley's Luck		Murder, She Wrote Always a Thief (CC)			

Readers searches for better way; snooping co-worker is trouble

Dear Dr. Brothers: I have an hourlong commute to work, and for the past week I have been trying some alternate routes. I have timed all of them, noted the traffic patterns and narrowed it down to two routes that will get me to work on time and are roughly similar on the clock. I need you to help me decide if there would be any psychological benefit in taking the "scenic route," even if it adds 10 minutes to my commute. I seem to feel a bit less tense when driving that way. On the other hand, maybe that's just a cliché and I'm better off making sure I'm at work at the earliest time possible — and that's the highway. What's your take? — S.C.



Dr. Joyce Brothers

• Ask Dr. Brothers

Dear S.C.: Well, at least one study seems to agree with your instincts. Research done at Ohio State University found that commuting to work the scenic way alleviates stress. Researchers found that even if a commuter is stuck in traffic on wooded lanes, he or she feels a whole lot better than the driver stuck in gridlock on a major highway. It may be a good time to re-evaluate your entire morning routine. Too often, we equate rushing through our mornings with getting more done, but we may be surprised to find out what we can accomplish if we allow ourselves just a little more time.

Setting your alarm clock just a half-hour earlier every day can produce many psychological ben-

efits. If we give ourselves more time in the morning to get ready for work, we'll find we're more productive throughout the entire day. We shouldn't have to punish ourselves all the time, and just the simple act of taking the long way can be quite rewarding. Sometimes the quickest route isn't the best.

Dear Dr. Brothers: I work in a very crowded office, and while I try not to do too much personal stuff during work hours, I sometimes have to write an e-mail to my boyfriend to set up a date or something. I got caught by my co-worker, and she had the nerve to yell at me. I told her to mind her own business. Now she is hanging around my desk peering at my computer, and I find it hard to concentrate. This goody-goody is driving me nuts. Should I tell her off, or what? — J.B.

Dear J.B.: It seems your co-worker has set a high standard for your behavior and is determined to patrol the office to make sure you are compliant. I wonder if she has as high a standard for her own

work, since she sounds like she might be underemployed, with a lot of free time on her hands. If her own job was fulfilling and challenging, she might not have the time available to make a nuisance of herself by hanging around your cubicle. Have you ever thought of asking her for help on a project? That might distract her from monitoring you, and help her find more value in her own daily efforts.

I don't think, though, that you should consider yourself blame-free in this annoying scenario that you find yourself caught up in. Perhaps you are spending more personal time on your computer than is appropriate — some employers consider any time not spent on company business to be unprofessional. Make sure you know your office's policy. Realize that there could be software installed on the computers at work that allows key employees to track your activities; many employers also reserve the right to keep your e-mails. Now is the time to clean up your own act; your boss could be the next one looking over your shoulder. (c) King Features Syndicate

Employment figures get mixed reaction

TOPEKA (AP) — Employment figures continue to provide mixed economic news for Kansas.

The Kansas Department of Labor reported Friday that the unemployment rate declined in August to 4.7 percent. That's down from 4.9 percent in July, but higher than the 4.1 percent rate for August 2007.

The department said 6,300 more Kansans held nonfarm jobs in August than in August 2007, up

a half-percent. The total number of Kansans employed in nonfarm jobs last month was more than 1.37 million.

But much of the employment growth over the year can be attributed to hiring by public schools, which have received big increases in state aid in recent years. The Department of Labor said government employment was 10,700 higher than in August 2007.

Meanwhile, employment in

manufacturing, trade and services slipped. Labor Economist Inayat Noormohamad said declines in employment among retail, hospitality and leisure businesses indicates that people are spending less money as they adjust to economic uncertainty.

"This month Kansas experienced a sluggish growth in jobs," she said. "We are seeing a softening of the overall economy, just as we are at a national level."



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