

# Dr. Phil

Dr. Phil is one of my favorite tv shows, especially during the writers' strike. Thank goodness that's over because my FAVORITE show is The Office, which I also plan to write about once they start airing new episodes – CAN'T WAIT! I also enjoy Lost and what I call "junk tv", meaning whatever is on like Moment of Truth, other fly-by-night reality shows, and shows like Cops and Dateline. Enough of the tangents (wink, wink ;)) – back to Dr. Phil.

First, let me talk about how lucky I am to be a Dr. Phil fan living where I live, in the middle of rural Ohio, halfway between Toledo and Fort Wayne, Indiana. That means we get two of each of the major networks, one out of Toledo, and one out of Fort Wayne. Dr. Phil is on in Toledo at 10 am, and it's on in Fort Wayne at 3 pm AND 7 pm. The 10 am and 7pm airings are the same episode, so if I miss the morning one, I have another chance to catch it. And if I miss both of those, the 3 o'clock airing from Fort Wayne is a week behind the others, giving me yet another chance to see a missed episode!

Anyway, today's episode was disturbing. Not like people-who-harm-children disturbing, but there was this husband who was a "right-fighter" and a "bully" – if you're a frequent Dr. Phil watcher you will know that these are two of his favorite terms. These and "hero". Hardly a week will go by when he doesn't say "this relationship needs a hero". So anyway, today's "right-fighter" was probably the worst husband I've ever seen on the show. I don't understand the point of their marriage, to be honest... I can't believe Dr. Phil didn't pull out another of his favorite sayings – "Children would rather be from a broken home than living in one." This guy verbally and emotionally abuses his wife about her weight, cleaning, everything, then justifies his every action. I think you probably had to watch the show to even get the severity of what was going on... If you live near Fort Wayne, catch it next

Wednesday at 3!