This material is part of a collection that documents the harassment, discrimination, and retaliation	
perpetrated against Alaska's women research scientists by their supervisor, with full knowledge	
(and arguably, "tacit approval") of their federal employer, the USDA Agricultural Research Service (AR	<b>S)</b>

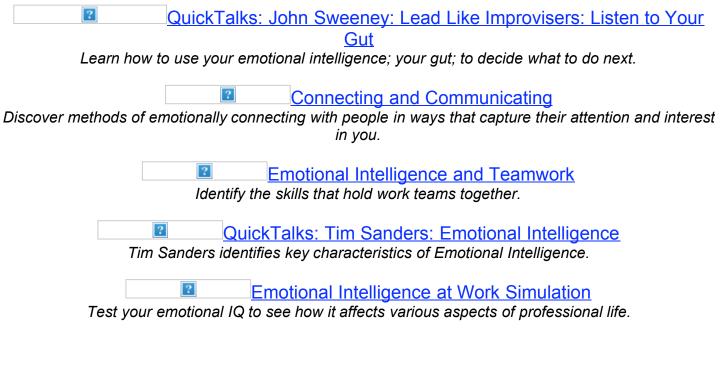
(and arguably, tack approval) of their rederal	employer, the	USDA Agricultur ar Research Service (ARS)	
Subject: FW: Do your emotions sometimes get the be	est of you?		
Date: Tuesday, December 8, 2009 1:24 PM			
<pre>From: Bower, Cindy <cindy.bower@ars.usda.gov></cindy.bower@ars.usda.gov></pre>	SARU = Suba	arctic Agricultural Reserch Unit (in Alaska)	
То:	AP = Albe	rto Pantoja, supervisor with EEOC complaints	
Cc:		filed against him by every ARS woman research	
Conversation: Do your emotions sometimes get the b	est of you?	scientist in Alaska	
,			
Nancy, Hopefully, you received this AgLearn too. Otherwise, I'll conduit emanating from SARU.	assume that I'm	being specifically targetted by some dissembling	
I've got to admit, after filing 6 grievances and two EEO of and so many credible allegations against him, I find it an to remain in a position of power over me. Simply being i days of sick leave for me to recover. I'd like to minimize doesn't seem to be a legal path to accomplish that.	mazingly inapprop in his presence is	priate for ARS administrative personnel to allow him s toxic to my sense of well-being, often requiring	
I guess the moral of the story is: don't file an EEO comp Buxton, Hammond, Matteri, Brownell, Kretsch, etc) be ethical.			
Sent: Tuesday, December 08, 2009 1:08 PM To: Bower, Cindy Subject: Do your emotions sometimes get the best of y	/ou?		
n I too	nanage a ols in Agl o explore	learn how to effectively nd control them with the _earn. Take a few minutes the courses, books, and that are available now!	
Check out the <i>immediate and eng</i> Your Agency h	aging resou as prepaid for y	-	
Click on the titles below to add these resources to your learning plan today. (Remember to have your User ID and Password ready.)			

 Image: Leadership Essentials: Leading with Emotional Intelligence

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