

Girl needs help to stop cutting and to heal

DEAR ABBY: I am 13 and cut myself on my wrists. I do it mostly when I get mad at someone. I also tried to choke myself when I was younger. One of my best friends and I talked about killing ourselves or running away.

I weigh 150 pounds. I weigh myself every night before I take a shower. I've tried to puke but it never comes up. I've also started skipping meals. My friends say I'm not fat, but my mom calls me



abigail van buren

•dear abby

chubby and pinches at the fat on my stomach.

My grades haven't been that great. I got three D's on my last report card. It's the worst I've ever done. I feel like I don't matter to anyone. My mom, friends, doctors and my aunt have asked what happened to my wrists (which is where I cut myself with scissors) and I tell them all the same thing

— "I don't know."

Abby, please help me. I want to end my life, but I don't have the guts. I still want to play in the Women's National Basketball Association when I get older, but I'm not sure I can wait. I don't want to go through this pain anymore.

— THIRTEEN WITH PROBLEMS

DEAR THIRTEEN WITH PROBLEMS: It's time for you to level with the people who love you. It is also time to call your doctor and tell him or her how you got the cuts on your wrists, and that you are fantasizing about suicide. No one will be angry with you or punish you. You may need medical help to overcome your self-destructive urges — and to help you feel better about yourself.

Please understand that you are not alone in having this problem. It's one that is shared by many others. The good news is that help is available. Please write to S.A.F.E. Alternatives, Linden Oaks Hospital, 852 West St., Naperville, IL 60540, and include a legal-sized, self-addressed, stamped envelope. You can look it up on the Web site for more information, at www.selfinjury.com.

DEAR ABBY: Last Saturday night, my boyfriend, "Jimmy," and I went out, like always. When he brought me home, I invited him in for a glass of wine. Dad had gone to bed, and Mom was still up and watching TV in the den.

When I was in the kitchen pouring the wine, I overheard Mom tell Jimmy

how "handsome and sexy" he looked. I was startled, so I peeked into the den and found my mother and boyfriend in a liplock.

I saw Jimmy run his hand down Mom's body and under her nightie. I was shocked! When I returned with the drinks, I didn't let on what I had seen, and they acted like nothing had happened.

Jimmy often likes to drop by the house and say hello to Mom, but I never thought it was anything more. What should I do? Should I confront Mom and my boyfriend? My biggest concern is Dad. Should I tell him — or should I keep quiet? — DESPERATE FOR ADVICE IN ALBANY

DEAR DESPERATE: I see no rea-

son for you to carry this burden in silence. Tell your mother what you witnessed and how it made you feel. Then, tell Jimmy that the relationship is over.

You have been betrayed twice, and you have every reason to feel hurt and angry. Counseling can help you deal with your feelings. It would be helpful if you and your mother attend some sessions together. Your father should be told, but don't do it until you have had some sessions with your counselor.

CONFIDENTIAL TO "MICHELLE IN THE MIDWEST": Your fellow bus passengers are worried about your safety. Please call the Domestic Violence Hotline: 1-800-799-7233. The people there can help you form an escape plan. Don't put it off!

TUESDAY EVENING										JULY 1, 2003									
	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30		6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30
2	PBS	Nova "Fireworks"	National Geographic "Air Force One"	P.O.V. "Larry v. Lockney" (N)	News	Being Served	Business Rpt.	BBC World News											
3	IND	★★★★ "Unforgiven" (1992) (PA) Clint Eastwood, Gene Hackman. Clint Eastwood's Oscar-winning portrait of an aged gunman.			★★★ "Pale Rider" (1985, Western) (PA) Clint Eastwood, Michael Moriarty.														
4	ABC	8 Simple Rules	Life With Bonnie	According to Jim	Less Than Perfect	NYPD Blue "Healthy McDowell Movement"	News	(:35) Nightline	(:06) Jimmy Kimmel Live										
5	HBO	(5:45) ★★ "Don't Tell Mom the Babysitter's Dead" (1991) PG-13		(:45) ★★ "Joe Somebody" (2001, Comedy) Tim Allen, Julie Bowen, Kelly Lynch.	★★★ "Panic Room" (2002, Suspense) Jodie Foster.														
7	CBS	JAG "Offensive Action"	Guardian "You Belong to Me"	Judging Amy "The Best Interests of the Child"	News	(:35) Late Show			(:37) Late Show										
8	NBC	Dog Eat Dog (N)	Last Comic Standing (N)	Meet My Folks "The Dappers" (N)	News	Wimbledon Update (N)			(9:50) Tonight Show										
11	TVLND	Fantasy Island	Sanford	Bewitched	Griffith	Leave	I Love Lucy	Jeannie	MacGyver "Partners"										
12	ESPN	Golf Par-3 Shootout -- Day Two. (Same-day Tape)			Baseball Tonight (Live)		SportsCenter (Live)	Outside	Baseball										
13	FOX	American Juniors (iTV) (N)	Keen Eddie "Sucker Punch" (N)	Fox Report With Shepard Smith	Blind Date	Blind Date	Blind Date	Blind Date	Paid Program	Paid Program									
15	MAX	★★★ "Courage Under Fire" (1997) Arnold Schwarzenegger. The world's top bodybuilders get psyched for competition. PG			★ "Turbulence" (1997, Suspense) Ray Liotta.				On Set: Unfaithful (N)										
16	TNN	Real TV	Real TV	Real TV	Real TV	Blind Date	Blind Date	Blind Date	Blind Date	Blind Date									
17	DISN	Boy Meets World	Smart Guy	Sister, Sister	Even Stevens	Sister, Sister	Lizzie McGuire												
18	LIFE	(5:00) "Johnny's Girl"	"Deceived by Trust: A Moment of Truth Movie"	Golden	Golden	Nanny	Nanny												
20	USA	Monk	★★★ "Clueless" (1995) Alicia Silverstone.	JAG "Impact"	Nash Bridges														
21	SHOW	"Wild Iris" (2001, Drama) lands, Laura Linney. iTV.	(:45) ★★ "Hart's War" (2002) Bruce Willis. A law student defends a murder suspect in a Nazi POW camp.	★★★ "Rat Race" (2001) Rowan Atkinson. PG-13															
22	TMC	"Magic-Miraciano" (iTV) Sam Groom. Premiere.	(:45) ★★ "Deadly Eyes" (1982, Horror) Armando Assante, Diane Venora.	(:15) ★★ "Looking for an Echo" (1999, Drama) Armand Assante, Diane Venora.	★★ "What's the Worst That Could Happen?" (1984)														
23	MTV	Direct Effect	Osbourne	Osbourne	Real World "Paris"	Real World	Real World	Real World	Real World	Real World									
24	DISC	Alaska's Arctic Wildlife	Salmon: A Dangerous Journey	FBI Files "The Crazy Don"	New Detectives: Forensic Science	New Detectives: Forensic Science													
28	TNT	Law & Order "Savages"	Law & Order	Charmed "Sam I Am"	Law & Order (DVS)	X-Files "Two Fathers"													
30	FXSP	NASCAR Pregame	MLB Baseball Arizona Diamondbacks at Colorado Rockies. (Live)		Rocky Mt.	Rocky Mt.													
32	FAM	★★★ "Joe Versus the Volcano" (1990)	Whose?	B. Leonard	700 Club	Caroline Rhea Show													
33	NBC	News	Ent. Tonight	Dog Eat Dog (N)	Last Comic Standing (N)	News	Wimbledon Update (N)												
34	NICK	SpongeBob	Amanda	Cosby	Cheers	Cheers	3's Co.	3's Co.	Cosby	Cosby									
36	A&E	Biography "Bernie Mac" Comedian Bernie Mac.	Cold Case Files A killer sets fires for insurance money; a prison inmate helps solve a murder.	UFO's Top Secret (N)	★★ "Conan the Destroyer" (1984)														
38	SCIFI	Psychic Files	UFOs: Above	UFO's Top Secret (N)	★★ "Conan the Destroyer" (1984)														
39	TLC	While You Were Out Creating a living room.	Hometime: Bungalow	Hometime: Bungalow	Supersleuths: Ivan Milat	Dangerous Pursuits	Lethal Swarms: Killer Bees												
40	FX	Married...	Married...	Buffy Vampire	★★ "Big Momma's House" (2000) Premiere.														
45	FMC	(:01) ★★ "High Anxiety" (1977) Mel Brooks.	Blade" (1981)	"Sleep-Enemy"															
49	EITV	True H'wood	Star Dates	Star Dates	Wild On... (N)	Howard S.	Howard S.	Wild On... "Chile"											
51	TRAV	World's Best	Secrets	World's Best	World's Best														
53	WB	Friends	Everybody-Ramond	Gilmore Girls	Smallville "Prodigal"	News	Friends	Will & Grace											
54	ESPN2	Wimbledon Women's Quarterfinals Highlights	Boxing: Tuesday Night Fights																
58	HIST	Deep Sea Detectives	Nature Tech "Earthquakes" Seismologists.	Modern Marvels "More Earthmovers"	Hardcore History "The Roman Emperors"	Deep Sea Detectives													
59	HLTH	Doctors Diaries	Workout	Bodies	Health Specials	Doctors Diaries	Workout	Bodies											
60	UNIV	Rebecca	Entre el Amor y el Odio	Ver Para Creer	P. Impacto	Noticiero	En las Mejores Familias												
62	HGTV	Ground	Landscap	Room	Decorating														
99	WGN	MLB Baseball: Cubs at Phillies	News	Rockford Files	In the Heat of the Night														

WEDNESDAY EVENING										JULY 2, 2003	
	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	
2	PBS	Ken Burns American Stories	West Point The 200-year story of the U.S. Military Academy.				News	Bless Me, Father	Business Rpt.	BBC World News	
3	IND	Seinfeld "The Bris"	Ripley's Believe It or Not!		★★★ "The Crow" (1994) rises from the dead to avenge his murder.		Brandon Lee. A rock star		Ripley's Believe It or Not!		
4	ABC	My Wife and Kids	Drew Carey (N)	Drew Carey (N)	Dating Experiment (N)	News	(:35) Nightline	(:06) Jimmy Kimmel Live			
5	HBO	(5:00) ★★ "The Accidental Tourist" PG	★★ "Divine Secrets of the Ya-Ya Sisterhood" (2002) Sandra Bullock.				Real Sports	Sex and the City	Project Greenlight		
7	CBS	60 Minutes II	★★ "Perfect Murder, Perfect Town" (2000) (Part 2 of 2) Marg Helgenberger.				News	(:35) Late Show Regis Philbin; 3 Doors Down.	(:37) Late Late Show		
8	NBC	Fame (iTV) Finalists are eliminated. (Live)	Law & Order "Kid Pro Quo"	Law & Order "Genius"		News	Wimbledon Update (N)	(9:50) Tonight Show			
11	TVLND	Fantasy Island	Sanford	Bewitched	Griffith	Leave	I Love Lucy	Jeannie	MacGyver		
12	ESPN	MLB Baseball: Giants at Cardinals			Baseball Tonight		SportsCenter (Live)		Outside	Baseball	
13	FOX	That '70s Show	American Juniors (N)	Paradise Hotel (iTV) (N)		Fox Report With Shepard Smith	Blind Date	Blind Date	Paid Program	Paid Program	
15	MAX	"First Wives" (iTV) Sean Connery, Alec Baldwin, Scott Glenn.	★★★ "The Hunt for Red October" (1990, Adventure) Sean Connery, Alec Baldwin, Scott Glenn.				★★★ "The Ghost and the Darkness" (1996, Suspense) Michael Douglas.				
16	TNN	Real TV	Real TV	Real TV	Real TV	Blind Date	Blind Date	Star Trek: Next Gener.		"From Russia"	
17	DISN	Boy Meets World	Smart Guy	Sister, Sister	Even Stevens	Sister, Sister	Lizzie McGuire	"The Screaming Team" (2002) Tommy Davidson. Three ghosts help siblings battle a vengeful spirit.			
18	LIFE	(5:00) "Cloned" (1997)	"Against Their Will: Women in Prison" (1994)				Golden	Golden	Nanny	Nanny	
20	USA	★★★ "Terminator 2: Judgment Day" (1991) Premiere.				★ "Highlander: Endgame" (2000) Adrian Paul.		Nash			
21	SHOW	(5:00) ★★ "Hoosiers" (1986, Drama) PG	★★★ "Jasper, Texas" (2003, Drama) Jon Voight, Louis Gossett Jr., Joe Morton. iTV.				★★★ "Changing Lives" (2002, Drama) Ben Affleck. iTV.		(:40) Showtime Extras		
22	TMC	(5:35) "Bravo Two Zero" (1998) Sean Bean, Julia Booth. Premiere.	(iTV) Sean Bean, Julia Booth. Premiere.		(iTV) Sean Bean, Julia Booth. Premiere.		De Niro, Edward Norton. A veteran safecracker is lured into a final heist.		★★ "Paranoid" (2000) Jessica Alba.		
23	MTV	Direct Effect	Making the Tour Special		Osbourne	Osbourne	Osbourne	Osbourne	Band II	Band II	
24	DISC	Condor and the Coyote	Beavers: Dam It All Engineering marvels.		Now See This!		Unsolved History "Boston Massacre"		Moments in Time "Valley Forge: The Crucible"		
28	TNT	★★★ "Days of Thunder" (1990) Tom Cruise.				★★★ "Caesar" (2002) Jeremy Sisto, Richard Harris.					
30	FXSP	MLB Baseball Arizona Diamondbacks at Colorado Rockies. (Live)				Rocky Mt.		See This	Rocky Mt.	Rocky Mt.	
32	FAM	"Police Academy 2: Their First Assignment"				Whose?	B. Leonard	700 Club	Caroline Rhea Show		
33	NBC	News	Ent. Tonight	Fame Finalists are eliminated.		Law & Order "Kid Pro Quo"	Law & Order "Genius"	News	Wimbledon Update (N)		
34	NICK	SpongeBob	Amanda	Cosby	Cosby	Cheers	Cheers	3's Co.	3's Co.	Cosby	
36	A&E	Biography "Arnold Schwarzenegger" (N)		American Justice "Getting Away With Murder"		American Justice: Barbara Stager		Third Watch "Unfinished Business"		Biography "Arnold Schwarzenegger"	
38	SCIFI	Tracker "Cloud Nine"		"Route 666" (2001) Lou Diamond Phillips.		★ "Virus" (1999) Jamie Lee Curtis.		Lee Curtis.			
39	TLC	While You Were Out		Hometime: Bungalow		Hometime: Bungalow		Secrets of Forensic Science		Rides Hot rods.	
40	FX	Married...		Married...		Buffy Vampire		★★★ "Men of Honor" (2000) Robert De Niro.			
45	FMC	(:01) ★★ "Tony Rome" (1967) Frank Sinatra.		(:01) Hour of Stars		(:01) ★★ "The Legend of Hell House" (1973)					
49	EITV	Demi Moore: The E! True		Hollywood Story		Celebrities Uncensored		Howard S.	Howard S.	Wild On... "Costa Rica"	
51	TRAV	World's Best		World Poker Tour "Bellagio"				World's Best		World Poker Tour	
53	WB	Friends	Everybody-Raymond	Boarding House: North Shore (N)		Jamie Kennedy	Jamie Kennedy	News	Friends	Will & Grace	
54	ESPN2	(5:00) Wimbledon Men's Quarterfinals Highlights				MLB Baseball Seattle Mariners at Oakland Athletics. (Subject to Blackout)					
58	HIST	Modern Marvels "Engineering Disasters"		Modern Marvels "Engineering Disasters"		Modern Marvels "Engineering Disasters 4" (N)		Big House "Maine State Prison" (N)		Modern Marvels "Engineering Disasters"	
59	HLTH	Doctors Diaries		Workout Bodies		Health Specials		Doctors Diaries		Workout Bodies	
60	UNIV	Rebeca		Entre el Amor y el Odio		Don Francisco Presenta		P. Impacto	Noticiero	En las Mejores Familias	
62	HGTV	Restore		If Walls		Modern Country		Restore	If Walls	Modern Country	
69	WGN	★★★★ "Basic Instinct" (1992)				News		Rockford Files		In the Heat of the Night	