

# Housekeeping woes may hide other problems



**abigail van buren**

• dear abby

DEAR ABBY: My husband has been working out of the country for almost a year. Since he's been gone, I have turned into a housekeeping slob. I have a demanding job where I pick up the slack for missing personnel. I am one of a few musicians at church on Sundays. In addition, I'm struggling with a chronic back problem. I'm overwhelmed.

Cleaning the house has taken a back seat to all the other things I do, and now it is full of clutter. It's out of control.

Most of the time I feel like I don't care. How can I get out of this slump? I feel guilty when I watch my neighbors taking care of their homes. Please help me get going. — NOT MOTIVATED IN ORANGE, CALIF.

DEAR NOT: Has it occurred to you that you might be depressed

by your husband's long absence? The first thing to do is schedule an appointment with your physician for a complete check-up and a frank talk. Once that's done, ask a friend or two if they'll help you with the house over a weekend. Treat them to dinner and a movie afterward. Of course, for the same amount of money, you could probably hire someone to help you, but enlisting the help of friends would be more fun. And from my perspective, contact with friends is what you need right now. Good luck.

DEAR ABBY: There is a husband and wife in our church who drive everyone crazy. We live in a small rural area and most of our

congregation are simple, modest folk.

These people live in a neighboring town in a very pretentious, affluent neighborhood. They drive an expensive SUV and are extravagant in everything they do. Their children misbehave often, and the whole family acts like they're better than everyone else. They are all spoiled, lacking in discipline, and seem to have behavior or emotional problems. Despite their bravado, they don't realize that everybody can see through them.

Maybe if you remind these individuals that God can see them, whether they are in church or not, they'll know they aren't fooling

anyone. — MISERABLE METHODIST IN NEW YORK

DEAR MISERABLE METHODIST: God can see you, too. And he has asked me to relay this message: "Happy are they who tend to their own gardens and waste not their time complaining about their neighbors' shortcomings."

DEAR ABBY: For three years in high school, I was sexually harassed by a boy I'll call "Tim." When he graduated, I thought my troubles were over. They're not. Due to a disability, I will not be going away to college. Tim is not going away for the same reason. We will both be attending the same community college.

I have contacted the head of security at the college and will be speaking to him soon.

How do I keep Tim from destroying my dignity like he did in high school? I am terrified of him. — FEARFUL IN OHIO

DEAR FEARFUL: First of all, let's hope this young man has matured past the point where he would harass you. Neither of you are children anymore.

You are doing the right thing to take your concerns to the head of security. If that fails to resolve the problem, document any and all incidents and promptly report the harassment to the police department.

SATURDAY EVENING		E-Eagle Cable S=S&T Telephone JAN. 31, 2004									
E	S	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30
36	53	A&E	American Justice	Cold Case Files	City Confidential "Portland: Unfriendly Fire"	Crossing Jordan "Secrets & Lies"	American Justice				
4	6	ABC	*** "The Parent Trap" (1998, Comedy) Lindsay Lohan, Dennis Quaid. Re-united twin girls try to get their parents back together. (N)	Dog Show "AKC Eukanuba National Championship" From Long Beach, Calif.	Dog Show "AKC Eukanuba National Championship" From Long Beach, Calif.	News (N)	(:35) Entertainment Tonight (N) (N)	(:35) Paid Program			
26	48	ANPL	61st Annual Golden Globe Awards Honors in film and television. (N)	61st Annual Golden Globe Awards Honors in film and television. (N)							
63	54	BRAVO	Storm Team 12	College Basketball Wichita State at Drake. (Live)	The First 50 Years	News (N)	(:35) Star Search (ITV) (Live) (N)	Commercials			
7	11	CBS	Rally Round the House A new backyard. (N)	Double Agents "Beach Boys"	Double Agents "My Best Friend's Wedding"	Dog Show "AKC Eukanuba National Championship" From Long Beach, Calif. (N)					
24	50	DISC	Kim Possible	Dave the Barbarian	Even Stevens	Sister, Sister	That's So Raven	Lizzie McGuire	*** "Full-Court Miracle" (2003) Alex D. Linz. An NBA hopeful coaches a team of winless students.		
49	81	EITV	Celebrities Uncensored	Traci Lords: THS	Tawny Kitaen: THS	Wild On...	Howard S.	Howard S.			
22	56	ESPN	College Basketball Indiana at Michigan State. (N)	Tennis Australian Open -- Men's Final. From Melbourne, Australia. (N)	In Shape	Workout	Peak Performance	Resort & Spa			
54	57	ESPN2	NHL Hockey	NHL 2Night	Motorcycle Racing	SportsCenter (Live)	Fastbreak	Gamenight			
32	46	FAM	*** "Beverly Hills Cop II" (1987) Ronny Cox	*** "Coming to America" (1988, Comedy) Eddie Murphy. Videos							
59	-	FIT TV	Peak Performance	I Want... (N) Workout	In Shape	Workout	Peak Performance	Resort & Spa			
35	31	FMC	(:01) *** "The French Connection" (1971)	(:01) Hour of Stars	(:01) *** "The Seven Year Itch" (1955)						
53	68	FOOD	Emeril Live Ken Danyko and Scott Stevens.	Chili Competition	Good Eats	Amer. Festivals	Unwrapped	Top 5	Emeril Live Ken Danyko and Scott Stevens.		
13	7	FOX	Cops (N)	Cops (N)	America's Most Wanted: Fights Back	She Spies The women to bring in an assassin.	Mad TV (N)	Blind Date (N)	Blind Date (N)		
40	38	FX	Todd TV	*** "Dragnet" (1987, Comedy) Dan Aykroyd.	*** "Dude, Where's My Car?" (2000, Comedy)						
30	55	FXSP	Session (N)	College Basketball New Orleans at Denver. (Live)	Rocky Mt. See This	Rocky Mt. Best.					
5	14	HBO	(5:00) *** "The Ring" (2002) PG-13	*** "Chain Reaction" (1996, Adventure) Keanu Reeves, Morgan Freeman. (N) PG-13	*** "Half Past Dead" (2002) Steven Seagal. Premiere. (N) PG-13	Boxing					
62	67	HGTV	Sensible Decorating	Designing Designers	Design Design	Smart Home	Decorating				
58	52	HIST	Days That Shook the World	Days That Shook the World	Presidents on Super Sunday (N)	Vanishings! (N)	Vanishings! (N)	Days That Shook the World			
25	35	IND	(5:00) *** "Something to Talk About" (1995) Julia Roberts. (N)	*** "Stepmom" (1998, Drama) Julia Roberts. A woman tries hard to make her lover's children accept her. (DVS)	*** "Something to Talk About" (1995) Julia Roberts. (N)						
18	63	LIFE	"Her Hidden Truth" (N)	"Mother Knows Best" (1997) Joanna Kerns. (N)	What Should You Do? (N)	Any Day Now (N)					
23	77	MTV	TRL: Super Bowl Ed	Rock n Jock	Osbornes MTV Spec	Carmen	Charmen	Real World	Real World		
3	9	NBC	Shattered	John Elway	Tracy Morgan Show "Shout" (N)	Whoopi "Shout" (N)	(7:59) Law & Order "Patient Zero" (N)	(8:59) Law & Order: Special Victims Unit (N)	News (N)	Saturday Night Live Alec Baldwin, Missy Elliott. (N)	
8	8	NBC	Tracy Morgan Show "Shout" (N)	Whoopi "Shout" (N)	(6:59) Law & Order "Patient Zero" (N)	(7:59) Law & Order: Special Victims Unit (N)	News (N)	Saturday Night Live Alec Baldwin, Missy Elliott. (N)			
34	43	NICK	Grown Up	Romeo! (N)	All That (N)	Amanda (N)	Cosby	Cosby	Roseanne	Roseanne	Cosby
2	2	PBS	Keeping Up As Time Goes By	Lawrence Welk Show (N)	Two's Company	New Red Green	Austin City Limits (N)	Soundstage "Trace Adkins and Travis Tritt" (N)			
38	83	SCIFI	(5:00) "Vampires" (N)	*** "The Breed" (2001) Adrian Paul. (N)	*** "Prince of Darkness" (1987) (N)						
61	41	SPK	*** "Kickboxer" (1989) Dennis Alexio. (N)	Ride	Ride	Swann All-Star MVP Party	SlamBall (N)				
39	51	TLC	For Better or for Worse "Jennifer and Jimmy"	Trading Spaces: Family	While You Were Out	Trading Spaces (N)	Trading Spaces "Houston: Mulberry Hill Lane" (N)				
28	37	TNT	*** "The Matrix" (1999) Keanu Reeves, Laurence Fishburne.	*** "Deep Rising" (1998) Treat Williams. (N)							
51	86	TRAV	Great Outdoors (N)	Ends of the Earth (N)	Ends of the Earth (N)	Great Outdoors (N)	Ends of the Earth (N)				
21	82	TVLND	Burnett	All-Family	Sanford	Bewitched	Griffith	Leave	Family Ties	Cheers (N)	Superman
60	89	UNIV	Sabado Gigante	Impacto	Noticiero	Otro Rollo					
20	34	USA	(3:00) Traffic The illegal drug trade ties three sets of characters together.	Law Order CI	Law Order						
12	3	WB	(5:00) *** "She-Devil" (1989, Comedy)	*** "Sister Act" (1992, Comedy) Whoopi Goldberg, Maggie Smith.	News (N)	*** "The War" (1994) Elijah Wood. (N)					
99	36	WGN	Stellar Gospel Music Awards Gospel Music. (N)	NBA Basketball Chicago Bulls at Portland Trail Blazers. (N)	News (N)						

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E	S	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30
36	53	A&E	"Murder, She Wrote: South by Southwest" (1997, Mystery) Angela Lansbury, Mel Harris. (N)	Murder, She Wrote "Deadline for Murder"	Murder, She Wrote "Birds of a Feather" (N)	"Murder, She Wrote: South by Southwest"					
4	6	ABC	*** "Notting Hill" (1999, Romance) Julia Roberts, Hugh Grant. A bookseller and a movie star have an unlikely romance. (N)	News (N)	(:35) Seinfeld (N)	Diamond	Adventures				
26	48	ANPL	Most Extreme "Body Parts" Appendages. (N)	Most Extreme "Stinkers" (N)	Most Extreme "Disguise" (N)	Most Extreme "Dads" Some animal fathers. (N)	Most Extreme Animal vs. human senses. (N)				
63	54	BRAVO	Gay Weddings (N)	Gay Weddings (N)	Gay Weddings (N)	Gay Weddings (N)	Gay Weddings (N)	Gay Weddings (N)	Gay Weddings (N)	Gay Weddings (N)	Gay Weddings (N)
7	11	CBS	(4:00) NFL Football Super Bowl XXXVIII -- Carolina Panthers vs. New England Patriots. (Live) (N)	Survivor: All-Stars "They're Back" (N)	News (N)	(:35) Sports Sunday (N)	(:05) Outer Limits "The New Breed" (N)				
24	50	DISC	Prosecutors: In Pursuit of Justice	Cross-Country Killer A reporter writes a book chronicling a killing spree. (N)	Dangerous Company Strange parachuting accident. (N)						
33	44	DISN	JoJo's Circus (N)	Stanley (N)	JoJo's Circus (N)	Stanley (N)	JoJo's Circus (N)	Stanley (N)	*** "101 Dalmatians II: Patch's London Adventure" (2003) G (N)	Lilo & Stitch (N)	
49	81	EITV	Sharon Stone	Pam Anderson: The El True Hollywood Story (N)	Good to Be Love Chain	Sharon Stone					
22	56	ESPN	Figure Skating: State Farm U.S. Championships	SportsCtr. INFL	SportsCenter (Live) (N)	NFL					
54	57	ESPN2	2003 Poker	2003 Poker	2003 Poker	World-Poker	Fastbreak	Gamenight			
32	46	FAM	*** "Switching Goals" (1999) Mary-Kate Olsen.	*** "Winning London" (2001, Comedy) (N)	Church	Feed					
59	-	FIT TV	Spas	Resort & Spa	In Shape	Workout	Fitness	Aerobic	Workout	Peak Performance	
35	31	FMC	(:01) Hour of Stars	(:01) Hour of Stars	(:01) Hour of Stars	(:01) Hour of Stars	(:01) Hour of Stars	(:01) Hour of Stars	(:01) Hour of Stars	(:01) Hour of Stars	
53	68	FOOD	Emeril Live Brie and raspberries in pastry.	Emeril Live Smoked salmon tartare on toast.	Best Of Spa treatments and food.	Unwrapped	Top 5 "Retro Par-	Emeril Live Brie and raspberries in pastry.			
13	7	FOX	(5:00) *** "Independence Day" (1996, Science Fiction) Will Smith, Bill Pullman. (N)	Stargate SG-1 "Unnatural Selection" Robots. (N)	Outer Limits "The New Breed" (N)	*** "Life Stinks" (1991) Mel Brooks. (N)					
40	38	FX	Cops (N)	Cops (N)	Cops (N)	Cops (N)	*** "M*A*S*H" (1970) Donald Sutherland, Elliott Gould. (N)				
30	55	FXSP	Best Damn Sports	See This	See This	Boxing: Sunday	Beyond the Glory (N)	Rocky Mt. Rocky Mt.			
5	14	HBO	*** "Brown Sugar" (2002) Taye Diggs. Childhood friends won't admit they love each other. (N)	*** "Ocean's Eleven" (2001, Adventure) George Clooney, Matt Damon. (N) PG-13	Sex and the City (N)	Curb Your Enthusiasm					
62	67	HGTV	Smart	Smart	Designers' Designers'	Design Design	Design Design	Design Design	Design Design	Design Design	
58	52	HIST	Who Wrote the Bible? Exploring the possible origins of the Bible, with visits to Egypt and Galilee. (N)	Sex in the Bible The Bible contains eroticism. (N)	Who Wrote the Bible?						
25	35	IND	*** "Sister Act" (1992, Comedy) (PA) Whoopi Goldberg, Maggie Smith. (N)	*** "Sister Act" (1992, Comedy) (PA) Whoopi Goldberg, Maggie Smith. (N)	*** "The Bodyguard" (1992) (N)						
18	63	LIFE	(5:00) "Dead by Sunset" (1995, Drama) Ken Olin, Lindsay Frost. (N)	Any Day Now (N)	Any Day Now (N)						
23	77	MTV	Newlywed Newlywed	Real World	MTV Cribs	MTV Cribs	MTV Cribs	MTV Cribs	MTV Cribs	MTV Cribs	
3	9	NBC	Dateline NBC (N)	Queer Eye for the Straight Guy (N)	Queer Eye for the Straight Guy (N)	Queer Eye for the Straight Guy (N)	News (N)	(:35) West Wing (N)	Inside Edition		
8	8	NBC	Queer Eye for the Straight Guy (N)	Queer Eye for the Straight Guy (N)	Queer Eye for the Straight Guy (N)	News (N)	(:35) West Wing (N)	Inside Edition			
34	43	NICK	Garcia	Sabrina	Full House	Full House	Cosby	Cosby	Roseanne	Roseanne	Cosby
2	2	PBS	Nature "The Urban Elephant" (N) (DVS)	Masterpiece Theatre "The Forsyte Saga" (N)	DNA "Pandora's Box" (N)	Globe Trekker "Southwest USA" (N)	Mystery! "Hetty Wainthropp Investigates"				
38	83	SCIFI	"The Prophecy II" (N)	*** "The Prophecy 3: The Ascent" (2000) (N)	Farscape "Prayer" (N)	Outer Limits (N)					
61	41	SPK	S.I. Swimsuit	Bikini Heaven (N) (N)	WWE Heat	Henson	Extreme	Extreme	Extreme	Extreme	
39	51	TLC	What Not to Wear Actor looks like a beach bum.	What Not to Wear "Laura" New clothes. (N)	Trading Spaces: Family Den; dining room. (N)	Trading Spaces: Family	Trading Spaces: Family	Trading Spaces A living room; A boy's bedroom.			
28	37	TNT	Charmed (N)	Charmed (N)	Charmed (N)	Charmed (N)	Charmed (N)	Charmed (N)	Charmed (N)	Charmed (N)	
51	86	TRAV	World Poker Tour (N)	World Poker Tour "Ladies' Night"	World Poker Tour (N)	World Poker Tour	World Poker Tour	World Poker Tour	World Poker Tour	World Poker Tour	
21	82	TVLND	Burnett	All-Family	Sanford	Bewitched	Legends	Inside TV Land	Cheers (N)	Cheers (N)	Sanford
60	89	UNIV	(5:00) "La Comadrita"	Hora Pico	La Jaula	Ver Para Creer	Impacto	Noticiero	Tras la Verdad		
20	34	USA	Chamber	*** "Dead Man Walking" (1995) Susan Sarandon. (N)	Law & Order	JAG "Impact" (N)					
12	3	WB	Surreal Life Celebrities share a mansion. (N)	Surreal Life (N)	Surreal Life A psychic's visit stirs emotions. (N)	News (N)	Friends (N)	Will & Grace (N)	Everybody-Raymond		
99	36	WGN	Andromeda (N) (N)	X-Files "E.B.E." (N)	News (N)	Replay	Matlock (N)	In the Heat of the Night			

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MONDAY EVENING		E-Eagle Cable S=S&T Telephone FEB. 2, 2004									
E	S	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30
36	53	A&E	Biography "Bob Crane: A Double Life" (N)	House of Dreams (N) (N)	Airline (N)	Airline (N)	Third Watch "Sex, Lies & Videotape" (N)	Biography "Bob Crane: A Double Life" (N)			
4	6	ABC	*** "Gladiator" (2000, Action) Russell Crowe, Joaquin Phoenix. A fugitive general becomes a gladiator in ancient Rome. (N)	Cell Dogs "Kit Carson" (N)	Animal Cops: Detroit "Rush Hour Rescue" (N)	Cell Dogs "Kit Carson" (N)	Day of the Groundhog				
26	48	ANPL	*** "The Professional" (1994) Jean Reno. A hit man takes an orphan girl under his wing. (R)	Keen Eddie "Sticky Fingers" (N)	West Wing "The Long Goodbye" (N)	*** "The Professional" (1994) (R)					
63	54	BRAVO	Yes, Dear (N) (N)	Still Standing (N) (N)	Everybody- Raymond (N)	Two and a Half Men (N)	CSI: Miami "Blood Moon" (ITV) (N) (N)	News (N)	(:35) Late Show (N) (N)	(:37) Late Show	
7	11	CBS	Supernature "Close Encounters" (N)	Prosecutors: In Pursuit of Justice	MythBusters Launching a chicken at an airplane.	Monster House "Sports House" (N)	Monster Garage Ultimate tailgating vehicle. (N)				
24	50	DISC	Kim Possible	Proud Family	Even Stevens	Sister, Sister	Sister, Sister	Lizzie McGuire	*** "Gotta Kick It Up" (2002) Susan Egan. A teacher changes the lives of some Latina students. (N)		
49	81	EITV	Janet Jackson: THS	Mark Wahlberg: Story	Yearbook	Love Story	Howard S.	Howard S.	Celebrities Uncensored		
22	56	ESPN	College Basketball	College Basketball Missouri at Kansas. (Live) (N)	SportsCenter (Live) (N)	College Basketball					