Hygienist perplexed by behaviors

DEAR ABBY: I'm a dental hygienist. It's an excellent career, and 've been practicing for nine years.

For the life of me, I cannot understand why so many people get into my chair and tell me they haven't brushed their teeth all day. Even worse, they'll say, "I just ate a roast beef sandwich, so you might find some chunks in there." It's disgusting.



Abby, how can I let people know they should brush their teeth before visiting a dental office? -GROSSED OUT IN GROSSE POINT

DEAR GROSSED OUT: People already know they should have brushed their teeth before visiting you. Make it a practice to ask your patients when they arrive whether they have "had a chance" to brush

their teeth. If the answer is no, smile, hand them a toothbrush and toothpaste, and tell them to go do it. At first, they may be taken aback, but it won't take them long to get used to the new drill.

DEAR ABBY: My husband started working the graveyard shift two months ago. It has been a hard transition for us, but even harder for our 11-year-old son, "Ryan."

For the past couple of weeks, Ryan has been overly concerned about someone breaking into our thirdfloor apartment while we're asleep. I've tried my best to reassure Ryan, but he keeps having nightmares about someone breaking into our place—or my parents' apartment—

and harming or killing us. He wakes up screaming and crying.

Do you have any suggestions about how I can make him feel more secure? — SLEEPLESS IN NEW WESTMINSTER

DEAR SLEEPLESS: It would be helpful to know what triggered your son's insecurity. Is he watching too much television? Is he playing violent video games? Has something happened at school or afterward that he is not telling you? Talk to your son. If the problem persists, take him to his pediatrician for evaluation — and a referral to a psychologist, if neces-

DEAR ABBY: I am a 47-year-old woman with a new (unplanned) baby.

Despite my husband's initial reservations, we both consider her a welcome addition to our lives.

We also have three older children, 25, 21 and 18. My doctor says I need time to adjust to all the recent changes in my life, but I believe there's a bigger problem.

Ever since the baby arrived, I have been overwhelmed with fear about aging. This is completely out of character. Some days, I can't even leave the house. I find myself pushing my husband away and neglecting the needs of the rest of my family. The may be suffering from postpartum only one getting the best of me is the baby

My husband thinks I'm trying to do too much, that I should stop

breast-feeding, get help around the house and "snap out of it."

My inability to communicate and be intimate with him is causing problems between us, and they are affecting the rest of our family. My husband has always been my best friend, but he can't understand how I feel these days.

I don't know how to climb out of this hole or what to do. Help!-TRY-ING TO DO TOO MUCH

DEAR TRYING: Tell your doctor exactly what you have told me. You depression caused by hormone changes following childbirth. Please don't wait. Do it now.

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25 35 IND ★½ "Down to Earth" (2001, Comedy) Chris Rock, Regina King. III (7:55) ★★★ "Back to the Future Part III" (1990) Micha Fox. Marty McFly visits the Old West to save the imperile	d Doc. Earth" 📧								
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99 36 WGN (5:30) ★★★ "Michael Collins" (1996) ∩ News ∩ Becker ∩ Becker ∩ Elin	Iford All-Family								

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Saturday and Sunday movies

SATURDAY MORNING

10:01 35/31 FMC Movie "The Incident" (1967, Drama) Tony Musante, Beau Bridges. Sheen and Donna Mills made their screen debuts in this sordid tale of two teens terrorizing New York subway passengers. Directed by Larry Peerce. NR 10:30 63/54 BRAVO Movie "The Dead Zone" (1983, Suspense) Christopher Walken, Martin Sheen. Based on Stephen King's book about a teacher who comes out of a coma with the ability to see the future. Directed by David Cronenberg. R

AFTERNOON

2:00 28/37 TNT Movie "Stir of Echoes" (1999, Horror) Kevin Bacon, Kathryn Erbe, Illeana Douglas. A skeptic becomes a receptor of supernatural vibes. Directed by David Koepp. 3:00 20/34 USA Movie "First Blood" (1982, Drama) Sylvester Stallone, Richard Crenna, Brian Dennehy. A Vietnam vet is hounded by a brutal smalltown sheriff. Directed by Ted Kotcheff.

4:01 35/31 FMC Movie "Will Success Spoil Rock Hunter?" (1957, Comedy) Jayne Mansfield, Joan Blondell. An ad executive hopes to raise his stock in the company by acquiring the endorsement services of a sexy movie star. Directed by Frank Tashlin. NR 5:00 25/35 IND Movie "Rush Hour" (1998, Action) (PA) Jackie Chan, Chris Tucker, Tom Wilkinson. Two detectives join forces in a kidnapping case. Directed by Brett Ratner.

SUNDAY MORNING 10:01 35/31 FMC Movie "The Grapes of Wrath" (1940, Drama) Henry Fonda, John Carradine. An account of a Depression-era family's migration from the Oklahoma Dust Bowl to the greener valleys of California. Directed by John Ford, NR

11:00 28/37 TNT Movie "My Girl" (1991, Comedy-Drama) Macaulay Culkin, Anna Chlumsky, Dan Aykroyd. A funeral director's daughter has a summer of awakenings. Directed by Howard Zieff. 11:30 12/3 WB Movie "Black Rain" (1989, Drama) Michael Douglas, Andy Garcia, Ken Takakura. A hard-nosed cop chases a fugitive into Japan's underworld. Directed by Ridley Scott.

AFTERNOON 12:00 33/44 DISN Movie "The Emperor's New Groove" (2000, Comedy) Voices of David Spade, Eartha Kitt. Animated. The tables are turned on a selfish monarch when a bitter adviser transforms him into a llama. Directed by Mark Dindal. G

63/54 BRAVO Movie "The Player" (1992, Comedy Drama) Tim Robbins, Fred Ward. A film executive overreacts to a screenwriter's death threats in Robert Altman's scathing look at Hollywood hypocrisy. Directed by Robert Altman. R 1:00 28/37 TNT Movie "Pleasantville" (1998, Comedy) Tobey Maguire, Jeff Daniels, Joan Allen. A suburban teen outcast finds solace in a 1950s

TV sitcom. Directed by Gary Ross. (DVS)

2:00 20/34 USA Movie "First Blood" (1982, Drama) Sylvester Stallone, Richard Crenna, Brian Dennehy. A Vietnam vet is hounded by a brutal smalltown sheriff. Directed by Ted Kotcheff.

2:30 63/54 BRAVO Movie "La Bamba" (1987, Biography) Lou Diamond Phillips, Rosana De Soto. A fact-based account of Ritchie Valens' (1941-59) rise to musical stardom before his death in a plane crash. Directed by Luis Valdez. PG-13

3:30 28/37 TNT Movie

"Grease" (1978, Musical) John Travolta, Olivia Newton-John, Stockard Channing. Disparate summer lovers meet again as highschool seniors. Directed by Randal Kleiser

4:00 25/35 IND Movie "Austin Powers: The Spy Who Shagged Me" (1999, Comedy) Mike Myers, Heather Graham, Michael York. Dr. Evil plots to eliminate Austin by stealing his mojo. Directed by Jay Roach. (DVS)

4:30 5/14 HBO Movie "A Beautiful Mind" (2001, Drama) Russell Crowe, Jennifer Connelly. Mathematical genius John Nash battles schizophrenia and wins the Nobel Prize. Winner of four Academy Awards. Directed by Ron Howard. PG-13 5:30 40/38 FX Movie "Die Hard" (1988, Suspense) Bruce Willis, Bonnie Bedelia, Reginald VelJohnson. An officer singlehandedly takes on a band of terrorists. Directed by John McTiernan.