

70 extra pounds weigh down girl and self esteem



abigail van buren

• dear abby

DEAR ABBY: I am about 70 pounds overweight. When I try to diet I just give up. I feel like crying every night because of the way I look. The older I get, the more concerned I am about my weight problem, but I can't help myself.

I'm not dating anyone, and my so-called "friend" said it's because I am so ugly.

I am also kind of scared that I'll

wind up dead because of my weight, but I can't stop eating. I eat because I'm sad and I eat because I'm happy. I joined an athletic program at school. All it did was help me lose a little bit of weight — not much.

What can I do to feel better about myself and become more healthy? I don't want to die. — SCARED AND SAD FAT GIRL

DEAR SCARED AND FAT:

Stop beating yourself up. You have a weight problem, but you're not alone. So do millions of other people. Give yourself a pat on the back. You have already taken the first important step in overcoming your problem. You joined an athletic program, which is important to your long-term health. An added bonus is that it helps to burn calories.

Now it's time to make an appointment with your physician so he or she can recommend a sensible weight-loss program. Once that's established, go to your phone directory and check the listings for Overeaters Anonymous. OA is a

self-help group that has been around for more than 40 years, with more than 8,000 chapters in 50 countries. You will be welcomed with open arms into a fellowship of compassionate women, men and young people who share a common problem. It charges no dues or fees, and the only requirement for membership is a desire to stop eating compulsively.

Allow me to quote from a letter I printed in 1999 from a member of Overeaters Anonymous:

"Before I found OA at age 19, I had failed at every diet I tried. I wasn't able to stop shoving food down my throat. Back then, I could

easily consume eight candy bars, a pint of ice cream and half a pizza in one sitting. ... My emotional state was equally tortured.

"I lost 45 pounds, Abby, but more important, I have kept it off for more than 18 years. One of my closest friends lost 102 pounds through OA and has kept it off for nearly two years. My sponsor, who guides me through the program, lost 250 pounds and has kept it off for 27 years. I'm not making it up.

"Incredibly, I don't miss the foods I used to wolf down. I eat nothing sweeter than fresh fruit, and I haven't been plagued by the relentless cravings I used to suffer.

OA changed the way I relate emotionally to food. I love life now, and often can't wait to get up in the morning."

"Sad and Scared," jump-start your diet by jettisoning the so-called "friend" you mentioned in your letter. With that kind of negative influence in your life, it's no wonder you turned to food for comfort. If you have trouble locating an OA chapter near you, visit the Web site, www.overeatersanonymous.org, or send a stamped, self-addressed envelope to OA World Service Office, P.O. Box 44020, Rio Rancho, NM 87174-4020. You'll be glad you did.

TUESDAY EVENING		E= Eagle Cable S=S&T Telephone		JUNE 22, 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 "Ted Bundy: The Mind of a Killer"	Cold Case Files	Inmates' testimonies convict a murderer. (N) (U)			Crossing Jordan	"The Digger" (U)	Biography "Ted Bundy: The Mind of a Killer"			
4	6	ABC	8 Simple Rules (U)	I'm With Her (U)	According to Jim (U)	Less Than Perfect (U)	NYPD 24/7 "Hour One" (N) (U)	News (U)	(:35) Night-line (U)	(:06) Jimmy Kimmel Live Travis Tritt. (N) (U)			
26	48	ANPL	Taming the Tigers	Venom ER A rattlesnake bites a man on the leg.	Animal Precinct Dog left in a yard with no shelter.			Taming the Tigers	Venom ER A rattlesnake bites a man on the leg.				
63	54	BRAVO	Queer Eye for the Straight Guy "David G."	Blow Out (N) (U)	Queer Eye for the Straight Guy "Phil R."			The West Wing "Posse Comitatus" (U) (U)	Queer Eye for the Straight Guy "Phil R."				
7	11	CBS	AFI's 100 Years ... 100 Songs	A countdown of the hundred greatest songs in American movies. (N) (U)				News (U)	(:35) Late Show Kevin Kline; Nicole Richie. (N)	The Late Late Show			
24	50	DISC	Wild Discovery: In the Company of Bears	Marine -- Earning the Title (U)	The FBI Files "The Search for Lisa Rene"			The FBI Files Seattle bank robberies. (N) (U)	Big "Motorcycle 1" (N)				
33	44	DISN	Kim Possible (U)	The Proud Family (U)	Even Stevens (U)	Lizzie McGuire (U)	Sister, Sister (U) (U)	That's So Raven (U)					
49	81	EITV	Drew Barrymore: The El	True Hollywood Story (U)	Good to Be Good to Be	Howard S. (U)	Howard S. (U)	Scream Play					
22	56	ESPN	ESPN25: The Headlines	World-Poker	Baseball Tonight (U)	SportsCenter (Live) (U)		Outside	Baseball				
54	57	ESPN2	College Baseball: NCAA World Series		Wimbledon Today at Wimbledon (N) (U)			ESPN25: Who's No. 1					
32	46	FAM	★ ★ ★ "The Sandlot" (1993) Tom Guiry.		Whoose? (U)	Whoose? (U)	The 700 Club (U)	Funnest Home Videos					
59	-	FIT TV	Bodies (U)	In Shape (U)	Workout (U)	Fitness (U)	Buff Brides: Challenge	Bodies (U)	In Shape (U)	Workout (U)	Fitness (U)		
35	31	FMC	(:01) ★ ★ ★ ★ "A Guide for the Married Man"		(:01) ★ ★ "The Sicilian" (1987) Terence Stamp			"Duchess & Fox"					
53	68	FOOD	Emeril Live	Roker on the Road (U)	Roker on the Road (U)			Food Finds (U)	Amer. Festivals (U)	Emeril Live			
13	7	FOX	The Bernie Mac Show (U)	Method & Red "Pilot" (U)	The Jury "Bangers" (iTV) (N) (U)			The Fox Report With Shepard Smith (U)	Cagney & Lacey "The Clinic" (U)	Kojak "A Grave Too Soon" (U)			
40	38	FX	Buff Vampire	Married... (U)	Married... (U)	Cops (U)	★ ★ ★ "There's Something About Mary" (1998) Premiere.						
30	55	FXSP	MLB Baseball Colorado Rockies at Milwaukee Brewers. (Live)					Rocky Mt. (U)	Il, Max (N)	Rocky Mt. (U)	Il, Max (N)		
5	14	HBO	(5:30) ★ ★ "Boris and Natasha" (1992) (U) PG		★ ★ ★ "Farewell to the King" (1989, Drama) Nick Nolte, Nigel Havers. (U) PG-13 (U)			★ ★ "Cradle 2 the Grave" (2003) Jet Li, A Taiwanese agent and a thief join forces against a foe.					
62	67	HGTV	Designed Sensible	Decorating (U)	Design (U)	Designers' (U)	Designers' (U)	Home (U)	Design (U)	Designed Sensible			
58	52	HIST	Tactical to Practical (N) (U)	Tech Effect (U)	Tech Effect (U)	Wild West Tech The changing frontier. (U)		Wild West Tech "Brothel Tech" (U)		Tactical to Practical (U)			
25	35	IND	Friends (U)	Friends (U)	Outback Jack (Series Premiere) (N)	Sex and the City (U)	Sex and the City (U)	(:10) Outback Jack		(:10) ★ ★ ★ "Funny Farm" (1988) (U)			
18	63	LIFE	Providence (U)		★ ★ "A Vision of Murder: The Story of Danielle" (U)			Golden (U)	Golden (U)	The Nanny (U)	The Nanny (U)		
23	77	MTV	TRL (U)		MTV Special (U)	Direct Effect (U)		Real World (U)	Real World (U)	Real World (U)	Real World (U)		
3	9	NBC	News (U)	Ent. Tonight (U)	The Next Action Star (N) (U)	Last Comic Standing (N) (U)	Law & Order: Special Victims Unit "Ritual" (U)	News (U)	(:35) The Tonight Show (N) (U)	(:37) Late Night (N) (U)			
8	8	NBC	The Next Action Star (N) (U)		Last Comic Standing (N) (U)	Law & Order: Special Victims Unit "Ritual" (U)		News (U)	(:35) The Tonight Show (N) (U)	(:37) Late Night (N) (U)			
34	43	NICK	Oddparents (U)	Sabrina (U)	Fatherhood (U)	Cosby (U)	Boss? (U)	Roseanne (U)	Roseanne (U)	Cosby (U)	Cosby (U)		
2	2	PBS	Nova "Volcano Above the Clouds" (U) (DVS)		Scientific American Frontiers (N) (U) (DVS)			P.O.V. The attempted murders of two Mexican day laborers on Long Island.		That's My Boy (U)	Charlie Rose (N) (U) (U)		
38	83	SCIFI	(5:00) ★ ★ ★ "Gulliver's Travels" (1996, Fantasy)		Ted Danson. (U) (U)	★ ★ "Photographing Fairies" (1997) (U) (U)							
61	41	SPK	Trucks! (U)	Trucks! (U)	Hrseper (U)	Hrseper (U)	Star Trek: Next Gener.	Star Trek: Next Gener.		The Joe Schmo Show (U)			
39	51	TLC	While You Were Out (U)		Clean Sweep "Organizational Sand Trap" (U)		In a Fix "Virtual Island" Caribbean visions. (N)	Mega Machines "Caterpillar Scrapper" (U)		Overhaul! "Search & Rescue" (U)			
28	37	TNT	Law & Order (U) (DVS)		Law & Order (U) (DVS)		Charmed (U) (U)			Angel "Reunion" (U)			
51	86	TRAV	Food Crazy (U)		Made (U)	Made (U)	Road Trip (U)	Food Crazy (U)		Made (U)			
21	82	TVLND	GreenAcre (U)	GreenAcre (U)	Addams F. (U)	Addams F. (U)	Griffith (U)	Griffith (U)	3's Co. (U)	Cheers (U)	Cheers (U)		
60	89	UNIV	Mariana de la Noche (U)		Amarte es Mi Pecado (U)		Al Filo de la Ley (U)	Impacto (U)	Noticiero (U)	En las Mejores Familias (U)			
20	34	USA	Law & Order (U)		★ ★ "Friday" (1995) Ice Cube. (U) (DVS)		Summerland (N) (U) (U)	Law & Order (U)		Karen Sisco (U) (U)			
12	3	WB	Friends (U)	Everybody-Raymond (U)				News (U) (U)		Friends (U) (U)	Will & Grace (U) (U)		
99	36	WGN	★ ★ ★ "RoboCop 2" (1990) Peter Weller.					WGN News at Nine (U) (U)	Becker (U) (U)	Elimidate (U) (U)	5th Wheel (U) (U)		

Your ad could be here!

Call Anne or Jennifer
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WEDNESDAY EVENING		E= Eagle Cable S=S&T Telephone		JUNE 23, 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 "Bill Clinton: In the Running" (U)	American Justice "Thrill Killers" (N) (U)	City Confidential (U)	Crossing Jordan "Blue Christmas" (U) (U)	Biography "Bill Clinton: In the Running" (U)						
4	6	ABC	My Wife and Kids (U)	My Wife and Kids (U)	Drew Carey (U)	The Ultimate Love Test (N) (U) (U)	News (U)	(:35) Night-line (U)	(:06) Jimmy Kimmel Live (U) (U)				
26	48	ANPL	Awesome Pawsome	The Crocodile Hunter Diaries "Crocozeum"	Animal Precinct Neglected pit bull. (U)	Awesome Pawsome	The Crocodile Hunter Diaries "Crocozeum"						
63	54	BRAVO	Showbiz Moms & Dads	The Restaurant (U) (U)	Blow Out (U)	The West Wing "20 Hours in America" (U)	The Restaurant (U) (U)						
7	11	CBS	60 Minutes (U) (U)	The King of Still Stand-Queens (U) (U)	48 Hours Investigates (U) (U)	News (U)	(:35) Late Show The Von Bondies. (N) (U)	The Late Late Show					
24	50	DISC	The Original Vampire (U)	Cosmetic Surgery: Pursuit of Perfection (U)	Justice Files "Killer on the Loose" (U)	Seven Wonders Of... "Motorcycles" (U)	Motorcycle Mavericks "Motorcycles" (U)						
33	44	DISN	Kim Possible (U)	The Proud Family (U)	Even Stevens (U)	Lizzie McGuire (U)	Sister, Sister (U) (U)	That's So Raven (U)	★ ★ ★ "My Date With the President's Daughter" (1998, Comedy) Dabney Coleman. (U)				
49	81	EITV	Scream Play	High Price of Fame	Anna Nicole	Howard S. (U)	Howard S. (U)	Celebrities Uncensored					
22	56	ESPN	(5:00) MLB Baseball Teams to Be Announced.		2004 NBA Draft Special	SportsCenter (Live) (U)	Outside	Baseball					
54	57	ESPN2	College Baseball: NCAA World Series		MLB Baseball Teams to Be Announced. (Subject to Blackout) (Live) (U)								
32	46	FAM	★ ★ ★ "Good Will Hunting" (1997, Drama) Matt Damon.		Whoose? (U)	The 700 Club (U)	Videos	Videos					
59	-	FIT TV	Bodies (U)	In Shape (U)	Workout (U)	Buff Brides: Challenge	Bodies (U)	In Shape (U)	Workout (U)	Fitness (U)			
35	31	FMC	(:01) ★ ★ ★ ★ "The Day the Earth Stood Still"		(:01) Hour of Stars	(:01) ★ ★ "The Doctor and the Devils" (1985)							
53	68	FOOD	Emeril Live "Italian Breads"	BBQ With Bobby Flay	Foodnation (U)	Good Eats (N)	Good Eats (U)	Iron Chef Challenger Takeshi Mera.		Emeril Live "Italian Breads"			
13	7	FOX	That '70s Show (U)	Quintuplets (N) (U)	The Simple Life 2 (U)	Method & Red (N) (U)	The Fox Report With Shepard Smith (U)	Cagney & Lacey "Mothers and Sons" (U)		Kojak "The Frame" (U)			
40	38	FX	Cops (U)	★ ★ ★ "There's Something About Mary" (1998) Matt Dillon		★ "Freddie Got Fingered" (2001) Tom Green.							
30	55	FXSP	MLB Baseball Colorado Rockies at Milwaukee Brewers. (Live)			Rocky Mt. (U)	Il, Max (N)	Rocky Mt. (U)	Il, Max (N)				
5	14	HBO	"Bruce Almighty" (U)	(:45) Real Sports (U) (U)	(:45) ★ ★ ★ "The Fugitive" (1993) Harrison Ford. An innocent man must evade the law as he pursues a killer. (U) PG-13 (U)								
62	67	HGTV	House (U)	House (U)	Weekend Mission (U)	Curb (U)	Curb (U)	Home (U)	Restore (U)	House (U)			
58	52	HIST	The Lost Dinosaurs of Egypt	Unearthing a new species of dinosaur. (N) (U)	Modern Marvels "Bible Tech" (U)	Concorde: An Intrepid Journey (N) (U)	The Lost Dinosaurs of Egypt (U)						
25	35	IND	Seinfeld (U)	Seinfeld (U)	Seinfeld (U)	Seinfeld (U)	Sex and the City (U)	Sex and the City (U)	(:10) ★ "The Bachelor" (1999, Comedy) Chris O'Donnell, Renée Zellweger. (U) (DVS)				
18	63	LIFE	Providence (U)		"Buried Secrets" (1996) Tiffani-Amber Thiessen.	Golden (U)	Golden (U)	The Nanny (U)	The Nanny (U)				
23	77	MTV	TRL (U)		Video (U)	Direct Effect (U)	Prime Time Players (U)	Ashlee (U)	Newlywed				
3	9	NBC	News (U)	Ent. Tonight (U)	T.H.E.M. (U)	T.H.E.M. (N) (U)	Law & Order "Bounty" (U)	Law & Order "Evil Breeds" (U)	News (U)	(:35) The Tonight Show Keenen Ivory Wayans. (U)	(:37) Late Night (N) (U)		
8	8	NBC	T.H.E.M. (U)	T.H.E.M. (N) (U)	Law & Order "Bounty" (U)	Law & Order "Evil Breeds" (U)	News (U)	(:35) The Tonight Show Keenen Ivory Wayans. (U)	(:37) Late Night (N) (U)				
34	43	NICK	Oddparents (U)	Sabrina (U)	Full House (U)	Full House (U)	Boss? (U)	Cosby (U)	Roseanne (U)	Roseanne (U)	Cosby (U)	Cosby (U)	
2	2	PBS	American Masters: Hank Williams		Rebels and Redcoats: How Britain Lost America (N) (U) (DVS)	BBC World News (U)	Two's Company (U)	Charlie Rose (N) (U) (U)					
38	83	SCIFI	(5:00) "Beetlejuice" (U)		★ ★ ★ "The Nutty Professor" (1996) (U) (U)	★ ★ ★ "Earth Girls Are Easy" (1989) Premiere.							
61	41	SPK	Trucks! (U)	Trucks! (U)	Hrseper (U)	Hrseper (U)	Star Trek: Next Gener.	Star Trek: Next Gener.	★ ★ ★ ★ "The Godfather, Part II" (1974) (U) (U)				
39	51	TLC	While You Were Out (U)		Clean Sweep "Girls Gone Cluttered" (U)		In a Fix "Cozy Kitchen Corner" (N)	What Not to Wear "Kimberly" (U)	For Better or for Worse "Donya and Steve" (N)				
28	37	TNT	Law & Order (U) (DVS)		★ ★ ★ "The Others" (2001) Nicole Kidman. (U)	Law & Order "Breeder" (U)	The X-Files (U) (U)						
51	86	TRAV	Secrets (U)		World Poker Tour (N)	Secrets (U)	World Poker Tour (U)						
21	82	TVLND	GreenAcre (U)	GreenAcre (U)	Addams F. (U)	Addams F. (U)	Griffith (U)	Griffith (U)	3's Co. (U)	3's Co. (U)	Cheers (U)	Cheers (U)	
60	89	UNIV	Mariana de la Noche (U)		Amarte es Mi Pecado (U)		Don Francisco Presenta (U)	Impacto (U)	Noticiero (U)	En las Mejores Familias (U)			
20	34	USA	The Perfect Husband: The Laci Peterson Story" (U)		Monk (U)	Law & Order (U)	The Dead Zone (U)						
12	3	WB	Friends (U)	Everybody-Raymond (U)	★ ★ ★ "Love & Basketball" (2000, Drama) Sanaa Lathan, Omar Epps. (U) (U)	News (U) (U)	Friends (U) (U)	Will & Grace (U) (U)					
99	36	WGN	★ ★ "RoboCop 3" (1993) Robert John Burke.					WGN News at Nine (U) (U)	Becker (U) (U)	Elimidate (U) (U)	5th Wheel (U) (U)		

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THURSDAY EVENING						E= Eagle Cable S=S&T Telephone		JUNE 24, 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		Cold Case Files Prostitute helps police track down a serial killer. (U)			The First 48: Double Murder		Crossing Jordan (U) (U)		Cold Case Files (U)		
4	6	ABC		Whose Line?	Whose Line?	Stephen King's Kingdom Hospital (N) (U)	Primetime Thursday (U)		News (U)	(:35) Night-line (U)	(:(06) Jimmy Kimmel Live (U) (U)		
26	48	ANPL		Wild About Tigers The history of tigers. (N)		Most Extreme Animal vs. human senses. (U)		Animal Precinct "Terrier Rescue" (U)	Wild About Tigers The history of tigers. (U)		Most Extreme Animal vs. human senses. (U)		
63	54	BRAVO		Queer Eye for the Straight Guy "Phil R."		Celebrity Poker Showdown Celebrities compete for charity. (N) (U)		Celebrities compete		The West Wing "20 Hours in America" (U)		Celebrity Poker Show-down (U)	
7	11	CBS		Without a Trace "The Source" (U) (U)		CSI: Crime Scene Investigation "Getting Off" (U)		Without a Trace "Risen" (U) (U)		News (U)	(:35) Late Show (N) (U)	The Late Late Show	
24	50	DISC		The Frozen Kingdom (U)		Crash Files: On the Inside of the NTSB (U)		New Detectives: Forensic Science		Tattoo! Beauty, Art and Pain (U)		Motorcycle Lightning (U)	
33	44	DISN		Kim Possible (U)	The Proud Family (U)	Even Stevens (U)	Lizzie McGuire (U)	Sister, Sister (U) (U)	That's So Raven (U)	"Zenon": Z3" (2004) Kirsten Storms. Zenon wants to win the Galactic Teen Supreme contest. 'NR'			
49	81	E!TV		Hurley-Story		Hollywood Wives' Tales		Scream Play		Howard S.	Howard S.	Celebrities Uncensored (U)	
22	56	ESPN		(5:30) 2004 NBA Draft From New York. (Live) (U)						SportsCenter (Live) (U)			
54	57	ESPN2		College Baseball: NCAA World Series				Wimbledon	Today at Wimbledon (N) (U)		U.S. Poker Champ.		
32	46	FAM		★ ★ ★ "Air Bud" (1997) Michael Jeter.				Whose?	Whose?	The 700 Club (U)		Funniest Home Videos	
59	-	FIT TV		Bodies In Shape		Workout	Fitness	Buff Brides: Challenge	Bodies	In Shape	Workout Fitness		
3	31	FIMC		(:(01) ★ ★ ★ "Sister, Sister" (1982, Drama)				(:(01) ★ ★ ★ "Brubaker" (1980) Robert Redford.			(:(15) "High Anxiety"		
53	68	FOOD		Emeril Live "Summer Scallops"		Food Finds Recipe for Success		Amer. Festivals	Amer. Festivals	Iron Chef "Clam" Iron Chef Chai.		Emeril Live "Summer Scallops"	
13	7	FOX		North Shore "Tessa" (U)		Tru Calling Tru enters a beauty pageant. (U)		The Fox Report With Shepard Smith (U)		Cagney & Lacey "Filial Duty" (U)		Kojak "Deadly Innocence" (U)	
40	38	FX		Buff Vampire		★ "Freddy Got Fingered" (2001) Tom Green.				★ "Kiss of the Dragon" (2001) Jet Li.			
30	55	FXSP		I, Max (N) (U)		Rockies	Golf Life (U)	NASCAR	FOX One	The Best Damn Sports Show Period		Rocky Mt. I, Max	
5	14	HBO		(:(15) ★ ★ ★ "Stand and Deliver" (1987, Drama) Edward James Olmos. 'PG' (U)				The Terminal		★ "From Justin to Kelly" (2003, Musical) Kelly Clarkson. (U) 'PG' (U)		★ "Just Married" (2003) Ashton Kutcher.	
62	67	HGTV		Weekend	Landscap	Design	Designers'	House	House	Home	Design	Weekend Landscap	
58	52	HIST		Quest for King Arthur King Arthur. (U)				Modern Marvels History of blade implements.		Modern Marvels Medieval castles. (U)		Quest for King Arthur King Arthur. (U)	
25	35	IND		(5:00) MLB Baseball Atlanta Braves at Florida Marlins. From Pro Player Stadium in Miami. (Live)				★ "Three to Tango" (1999) Matthew Perry. An architect pretends to be gay to win a contract.				(:(10) ★ ★ ★ "Feeling Minnesota" (1996) (U)	
18	63	LIFE		Providence "The Kiss"		★ "Dirty Little Secret"		(1998) Tracey Gold.		Wild Card "Queen Be"		The Nanny The Nanny	
23	77	MTV		TRL (U) (U)		True Life (U)		Direct Effect (U)		Game Players		MTV Special (U)	
3	9	NBC		News (U)	Ent. Tonight	Friends (U)	(:(32) Come to Papa (N)	Will & Grace (U)	Scrubs (U)	(8:59) ER "The Student" (U) (U)		News (U) The Tonight Show	
8	8	NBC		Friends (U)	(:(32) Come to Papa (N)	Will & Grace (U)	Scrubs (U)	(7:59) ER "The Student" (U)		News (U) (N) (U)		The Tonight Show (:(37) Late Night (N)	
34	43	NICK		Oddparents Sabrina		Full House Full House		Boss?	Cosby	Roseanne	Roseanne	Cosby Cosby	
2	2	PBS		Sunflower Journeys Kansas Arts Today		The New This Old House Hour (U) (U)		Frontline/World (N) (U)		BBC World News		Charlie Rose (N) (U) (U)	
38	83	SCI/FI		"Jeepers Creepers" (U)		★ "I Still Know What You Did Last Summer"				★ ★ "Disturbing Behavior" (1998) (U) (U)			
61	41	SPK		Trucks! (U) Trucks! (U)		Hrsepower Hrsepower		Star Trek: Next Gener.		Star Trek: Next Gener.		MXC (U) MXC (U)	
39	51	TLC		While You Were Out (U)		Clean Sweep "Thanks for in the Memories" (U)		In a Fix A couple lives in a fixer-upper. (U)		U.S. Marshals: The Real Story "Street Smarts"		Area 51: Fact or Fiction	
28	37	TNT		Law & Order "Castoff"		★ ★ "The Craft" (1996)		Robin Tunney. (U)		★ "I Know What You Did Last Summer" (U)			
51	86	TRAVL		More Billionaire Toys		Super Yachts		Luxurious Log Homes		More Billionaire Toys		Super Yachts	
21	82	TVLND		GrienerAcre GreenAcre		Addams F. J. Addams F.		Griffith Griffith		3's Co.		Cheers (U) Cheers (U)	
60	89	UNIV		Mariana de la Noche		Amarte es Mi Pecado		Aqui y Ahora		Impacto		En las Mejores Familias	
20	34	USA		Law & Order		★ ★ "Major Payne" (1995, Comedy) Damon Wayans. (U)				★ "Sgt. Bilko" (1996) (U)			
12	3	WB		Friends (U)	Everybody-Raymond	Pepsi Smash (N) (U) (U)		Jamie Kennedy	Jamie Kennedy	News (U) (U)		Friends (U) Will & Grace	