Hostess' rush to clean maybe a routine

DEAR ABBY: I'm writing regarding the letter from "Former Houseguest," who complained about his hostess rushing into the bathroom and scrubbing it every morning after he and his fiancee had showered.

When I was a newlywed, I was an insecure hostess and overly concerned about what my guests might think of the state of my house. Per-



haps she was trying to impress upon them that she was a careful homemaker. Her rushing in to clean the bathroom may have nothing to do with her not wanting them there. ----BEEN THERE IN ROWLETT, TEXAS

DEAR BEEN THERE: Perhaps not; other readers read the letter through the prism of their own experiences, too. Read on:

DEARABBY: I have a stepdaughter who has a severe case of obsessive-compulsive disorder (OCD). This poor soul can't have company because she must spend all day and all night cleaning the entire house before they arrive. When we visit her, we must be careful not to touch the walls, or she will scrub them, too.

Some people are not even aware that they have this illness until it's so out of control they are advised to seek help. This could be the case with that hostess. It's a terrible illness that results from a chemical imbalance in the brain. — A READER, NASHUA, N.H.

DEAR READER: Thanks for pointing it out. A reader from Texarkana, Texas, who suffers from OCD e-mailed me to suggest that people who have this disorder should contact the Obsessive-Compulsive Foundation Inc. It offers support and education for people with OCD-related disorders, their friends, families and professionals, and it also supports research into the causes and effective treatments. Its Web site is: www.ocfoundation.org. Read on:

DEAR ABBY: I have a different perspective than you on the letter from "Former Houseguest."

I also clean my bathroom every morning, and I am not alone. A lot of people are on a "system" set up by someone we call "the FlyLady." ("Fly" stands for "Finally Loving

WEDNESDAY EVENING

6 pm | 6:30 |

7 pm

E S

Yourself.") the state of Tennessee, who instructs us to get up, get dressed to the shoes, put in a load of laundry, and make our bathrooms shine — every day, first is then presentable for any guests who might come later in the day.

If you would like to see this for yourself, go to www.flylady.net. She is wonderful. She talks about having peace in your homes and a lot of other wonderful things. There are currently 212,899 people following her system. That hostess may well be one of them.

E=Eagle Cable S=S&T Telephon

8:30

9 pm

7:30 | 8 pm |

The hostess could have set her routine up long before "Former series of baby steps.

Houseguest" arrived. Should she She is a county commissioner in have been expected to modify her daily routine just because she had guests?Idon't think so!-FLYING IN OREGON

DEAR FLYING: After reading thing in the morning. The bathroom your letter, I stopped by my neighborhood bookstore and spotted a book by Marla Cilley, the FlyLady. It's titled "Sink Reflections" (published by Bantam Books). It was easy to read and chock-full of helpful ideas for the disorganized, as so many people are today. What I liked most about it was Ms. Cilley's philosophy that organization is most easily achieved not through earthshaking changes, but through a

> **JULY 28, 2004** 9:30 | 10 pm | 10:30

Т	TUESDAY EVENING E=Eagle Cable S=S&T Telephone JULY 27, 2004											
Е	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: Laden: In-Al	Osama Bin	Cold Case F investigation.	iles Alligators	-		Crossing Jo By Fate" ∩	rdan "As If	Biography: Laden: In-A	Osama Bin
4	6	ABC		l'm With Her 📧		Less Than Perfect ∩	NYPD 24/7 "	Hour Six" (N)	News 📧	(:35) Night- line III	(:06) Jimmy Live (N) ∩	
26	48	ANPL	King of the	Jungle (N)	King of the ticipants are		Animal Cop "Wild Goose		King of the	King of the Jungle		Jungle Par- selected.
63	54	BRAVO	Queer Eye f Straight Guy	/ "John S."	(N) 🖸	e About You	Queer Eye f Straight Guy	or the / "AI D." (N)	23	-	The West Wing "Angel Maintenance" \cap 📧	
7	11	CBS	Navy NCIS "	Ŭ	Big Brother	- ()	The Amazin ∩ ₪	5 ()	News A (:35) Late SI McEnroe; Za			
24	50	DISC	zlies of Alask	a.	Cracking the	e Con Game	The FBI File Remorse" 📧]	Great White Uncaged (N)	Big "BBQ" (1	,
33	44	DISN	Kim Possi- ble 🕮	The Proud Family 📧	Stevens 🗈		ter ∩́ 📧	Raven 💷	Baker, Cary-	ny Tsunami " Hiroyuki Taga	wa. 📧	,
49	81	E!TV	JonBenet R		Laci Peterso				Howard S.		Scream Play	
22	56	ESPN	ESPN25: Wr	no's No. 1	Series-Poke		Series-Poke		SportsCente		Outside	Baseball
54	57	ESPN2	ATP Tennis			Karate	Boxing: Tue		y vs. Ramirez		Streetball	Streetball
32	46	FAM		ud " (1997) N	ichael Jeter.		Whose?	Whose?	The 700 Clu		Funniest Ho	me Videos
59	•	FIT TV	Bodies	In Shape	Workout	Fitness	Buff Brides:	Challenge	Bodies	In Shape	Workout	Fitness
35	31	FMC	(:01) ★★½ "	White Feather	er" (1955) Joh	nn Lund	(:01) ★★ "J	oanna" (196	8) Genevieve	Waite.	(:01) "Quest	for Fire"
53	68	FOOD	Emeril Live Dinner Party	"Kicked Up	Roker on Roker on the Road		Party Starters Mediter- ranean-themed party. (N)		Iron Chef "Turkey"		Emeril Live "Kicked Up Dinner Party"	
13	7	FOX	Trading Spo Your New M	uses: Meet ommy (N)			The Fox Report With Shepard Smith @		Cagney & Lacey "Marathon" 📧		Kojak "Monkey on a String"	
40	38	FX	Cops 🗈	Cops 🗈	Fear Factor				ship Trooper	's " (1997) Ca		า.
30	55	FXSP	I, Max (N)		MLB Baseba			Colorado Ro			Rocky Mt.	I, Max
5	14	HBO	(5:00) ★★ ½ Kiss " (1995)	Meg Ryan.	★★ "Dared Affleck. ∩ 'P	evil" (2003, A °G-13' 📧	ction) Ben Charlie's Angels		★★ "Malibu's Most Wan Jamie Kennedy. 'PG-13' [C ` School" 'R'	
62	67	HGTV		Sensible	Decorating	<u> </u>		Designers'	Home	Design	Designed	Sensible
58	52	HIST	Tactical to F	Practical (N)	Tech Effect (N) CC		Wild West To Tech" CC	ech "Military	Vanishings!	Vanishings!		
25	35	IND	Friends A	Friends A	Outback Jac	. ,	Sex and Sex and the City ∩ the City ∩		Outback Jack		★★ "Mrs. V bourne" (19	96) 💷
18	63	LIFE	"Going Und	erground"			99) Jaclyn Smith. 📧		Golden	Golden	-	The Nanny
23	77	MTV	TRL ∩ 📧		Backstage		Direct Effect ∩		Choose Ashlee		Ashlee	MTV Cribs
3	9	NBC	News 📧	Ent. To- night	Last Comic		Last Comic Standing "Wild Card Show" (N)		Law & Order: Special Victims Unit "Mean" ∩		News 📧	The To- night Show
8	8	NBC	Last Comic		Last Comic "Wild Card S	how" (N)	Law & Orde Victims Unit	"Mean" ∩	News	(:35) The To Jon Cryer; R	icky Fante.	(:37) Late Night IC
34	43	NICK	SpongeBob		Fatherhood		Cosby	Cosby	Cosby	Cosby	Cosby	Cosby
2	2	PBS	Boston. (Live	e) ∩ 📧			National Convention in		BBC World That's My News Boy		Charlie Rose (N) ∩ 📧	
38	83	SCIFI	(5:00) ★★ "	1		oth" (2002) D			★★ "Pet Se	ematary Two'	' (1992, Horro	or) ∩ 💷
61	41	SPK		MXC ∩	Real TV ∩				Star Trek: N		Star Trek: N	
39	51	TLC	While You W		for Clutter" @]	Resort" 📧		U.S. Marsha Task Force	(N)	Overhaulin' 1968 Oldsmo	obile. (N)
28	37	TNT	Law & Orde		Law & Order		Charmed A 🗉		Angel "Reprise" III		The X-Files \cap 📧	
51	86		Food Crazy	CC		Made	Road Trip (N		Food Crazy		Made	Made
21	82	TVLND	Bonanza		Addams F.			Leave	3's Co.	3's Co.		Sanford
60	89	UNIV	Mariana de	a Noche	Amarte es M		Al Filo de la		Impacto			res Familias
20	34	USA	Law & Orde	r		riday" (2000) Ice Cube. 🛽	E (DVS)	Law & Orde	Law & Order		
12	3	WB	Friends A	Everybody- Raymond	Gilmore Girl a Mall" ∩ ाः	s "Scene in	Summerland and Screami	f "Kicking	News A 🖾		Friends A	Will & Grace 📧
99	36	WGN	★★ "Ramb	o: First Bloo	d Part II" (198	35) ∩	WGN News at Nine 💷		Becker ∩	Becker ∩	Elimidate	5th Wheel

-		-		-								
3	A&E	Biography: (Rivera: Push	Geraldo ning	American Ju	istice			Crossing Jo the Wasted E	r dan "Upon Building" ೧	Biography: Rivera: Pusl		
6	ABC				Drew Carey			News 💷		(:06) Jimmy Live (N) ∩		
8	ANPL	World's Bigg Baddest Bug	gest and gs			Animal Cops Detroit "Stray Bullets" @		World's Biggest and Baddest Bugs		Venom ER		
4	BRAVO	Showbiz Mo	ms & Dads					The West Wing "Life on Mars"		Things I Hate About You		
1	CBS	60 Minutes a		The King of Queens \cap	Two and a Half Men			News ∩		8. (N) 🕅	The Late Late Show	
0	DISC			Baltimore Tunnel Fire		Into the Death Zone "Volcano Detectives"		Dive to Shark Volcano Underwater volcanos.		Container Ships Large cargo vessels. (N)		
4		ble 💷	Family 🗈	Stevens 🗈	McGuire	ter 🎧 📧	Raven 💷	Gowan, Aaro	n Šchwartz. '	95, Comedy) ⁻ PG' 📧	Tom Mc-	
1	E!TV	Chippendale	es: E! THS	Dr. 90210	Dr. 90210	Scream Play	/ (N)	Howard S.	Howard S.	Showgirls	Showgirls	
6	ESPN	(5:00) MLB E	Baseball Tear	ns to Be Anno	ounced.	Baseball To	night 📧	SportsCente	er (Live) 📧	Outside	Baseball	
7	ESPN2	ATP Tennis			TblTennis	MLB Baseba	all Teams to F	Be Announced	. (Subject to I	Blackout) (Liv	e) [0]	
6	-		acts of Life R						· · ·	, (1 '	
-				· · · · ·								
_											1 1111033	
8	FOOD	Emeril Live '	Our Favorite		· · · · /			Iron Chef Ch	allenger	Emeril Live Sweets" Swe		
7	FOX		Quintuplets	The Simple Life 2	Method & Red (N) ∩			Cagney & La of Passage"		Kojak "Kiss I bye"	It All Good-	
8	FX	(5:00) * * *	"Starship T	roopers"	★½ "Armage	eddon" (1998	8, Action) Bru	ce Willis, Billy	Bob Thornton	า.	ning Kimmel E e About Yo The Late Late Show nips Large Showgirls Baseball e) @ Videos Fitness 'Our Favori ets. t All Good- I, Max Jer "Terror ne" ∩ @ Spaces vels "Libert II" @ /) Tobey The Nanny Newlywed The To- night Sho (;37) Late Night @ Boss? e (N) ∩ @ Sanford res Familia ne @ Will &	
5	FXSP	I, Max (N)	Rockies	MLB Baseba	II Los Angele	s Dodgers at	Colorado Ro	ckies. (Live)		Rocky Mt.	I, Max	
4			o Jack" (200	02) Jerry O'-	★★★½ "An Luke, Joy Br	twone Fisher yant. ∩ 'PG-	r" (2002, Drar 13' 💷	na) Derek	Collateral: First Look	Six Feet Une Starts at Hor	der "Terror	
7	HGTV	House	Spaces	Weekend	Mission	Curb	Curb	Home	Smart	House	Spaces	
2	HIST		vels "Liberty II" @	Modern Mar fire with fire.	vels Fighting	Modern Mar Tankers" (N)	vels "Oil			Modern Mar Ships of WW	/ " ເເ	
5	IND		Family Guy ∩ ₪	Seinfeld ∩	Seinfeld ∩		Sex and the City ∩	★★★½ "Ple Maguire, Jeff	asantville" (Daniels. III	1998, Comed	y) Tobey	
3	LIFE	"Murder or M	Memory?"	★★ "When	He Didn't Co	ome Home" (1998) 🗊	Golden	Golden	The Nanny	The Nanny	
7	MTV	TRL ∩ 📖		Britney Spea	ars	Direct Effec	t∩	Hard Rock	Concerts	Newlywed	Newlywed	
9	NBC							Law & Orde	r "City Hall"	News 📧	The To- night Show	
8	NBC			Law & Order	" "City Hall"			News	(:35) The To ∩ ₪	night Show		
3	NICK	SpongeBob	Amanda	Full House	Full House	Boss?	Boss?	Boss?	Boss?	Boss?	Boss?	
2	PBS	Democratic Boston. (Live	National Cor	vention 2004	1 Democratic	National Con	vention in	BBC World News	Two's Com- pany	Charlie Ros	e (N) ∩ 📧	
3	SCIFI	"Silent Preda	ators" ∩	★ "Project	Viper" (2002)	Theresa Rus	ssell. N	★½ "Fangs"	' (2001) Whip	Hubley. \cap 🛛	CC	
1	SPK	MXC ∩	MXC ∩	Real TV ∩	Real TV \cap	Wildest Poli	ce Videos	Star Trek: N	ext Gener.	"From Russ	ia"	
1	TLC	While You W	/ere Out	Clean Sweet in Debris" 🕅		In a Fix "Livi Room"	ng Breathing			For Better o "Melissa and		
7	TNT	Law & Order	r "Hubris"	★½ "Driven'	' (2001) Sylve	ester Stallone	. CC	★½ "Driven	' (2001) Sylve	ester Stallone. 📧		
6	TRAV	Vegas Chall						1				
-		<u>u</u>					BobNwhrt		BobNwhrt		1	
9		Mariana de l	a Nocho						Noticiero			
-						Don Francisco Presenta				En las Mejores Familia		
1		Law & Order		Law & Order		Monk 💷		Law & Orde		The Dead Zo	1	
3		Friends 📧	Everybody- Baymond	Smallville "P	erry" n 🖻	Smallville "F	Relic" n 📧	News ∩ 🖾				
			Raymond	Smallville "P		Smallville "F WGN News			Becker ∩	CC	Grace 📧	
	3 3 4 1 0 4 1 1 0 4 1 1 0 4 1 1 0 4 1 1 6 7 6 - 7 7 3 3 2 3 3 2 3 3 2 3 1 1 7 6 2 2	6 ABC 8 ANPL 4 BRAVO 1 CBS 0 DISC 4 DISN 1 CBS 0 DISC 4 DISN 1 ESPN 7 ESPN2 6 FAM - FIT TV 1 FMC 8 FOOD 7 FOX 8 FX 5 FXSP 4 HBO 7 HGTV 2 HIST 5 IND 3 LIFE 7 MTV 9 NBC 3 SCIFI 1 SPK 1 TLC 7 TNT 6 TRAV 2 TVLND	3 A&E Rivěra: Púsł 3 ABC My Wife and Anniversary" 4 BAC World's Bigg 8 ANPL Baddest Bug 4 BRAVO Showbiz Mo 1 CBS 60 Minutes Mo 0 DISC Mastodon in yard Uitim 4 DISN Kim Possi- ble (E) 1 EITV Chippendale 6 ESPN (5:00) MLB E 7 ESPN2 ATP Tennis 6 FAM ★ * "The Fa 7 FOD Emeril Live ' Sweets' Swe 7 FOX That '70s Show ∩ 8 FX (5:00) ★ ★ * 5 FXSP I, Max (N) 4 HBO ★ "Kangarc Connell	ABC My Wife and Kids "The Anniversary" ∩ EC 8 ANPL World's Biggest and Baddest Bugs 4 BRAVO Showbiz Moms & Dads EC 1 CBS 60 Minutes ∩ EC 0 DISC Mastodon in Your Back- yard Ultimate 4 DISN Kim Possi- ble EC The Proud Family EC 1 E!TV Chippendales: E! THS 6 ESPN (5:00) MLB Baseball Tear 7 ESPN2 ATP Tennis 6 FAM ★ * "The Facts of Life F • FIT TV Bodies In Shape 1 FMC (:01) "The Duchess and 1 8 FOOD Emeril Live "Our Favorite Sweets" Sweets. 7 FOX That '70s Show ∩ Quintuplets Show ∩ 8 FX (5:00) ★ ★ * "Starship Ti 5 FXSP I, Max (N) Rockies 4 HBO ★ "Kangaroo Jack" (200 Connell. ∩ 'PG' EC 7 HGTV House Spaces 2 HIST Modern Marvels "Liberty Ships of WWII" (EC 5 IND Family Guy EC Ent. To- night <td>3 A&E Rivěra: Püshing 5 ABC My Wife and Kids "The Anniversary" ∩ E Drew Carey 8 ANPL World's Biggest and Baddest Bugs Venom ER 8 ANPL Showbiz Moms & Dads ★ ★ % "The F 4 BRAVO Showbiz Moms & Dads ★ ★ % "The F 6 Mastodon in Your Back- gard Ultimate The King of Queens ∩ 0 DISC Mastodon in Your Back- yard Ultimate Baltimore Tu E 4 DISN Kim Possi- ble E The Proud Even ble E 1 EITV Chippendales: E! THS Dr. 90210 6 ESPN (5:00) MLB Baseball Teams to Be Annon" (2000) 7 ESPN2 ATP Tennis 6 FAM ★ * "The Facts of Life Reunion" (2000) 7 FOX That '70s Quintuplets 8 FOOD Emeril Live "Our Favorite Show ∩ BBQ With Bobby Flay 7 FOX That '70s Quintuplets 8 FX (5:00) ★ ★ * "Starship Troopers" S 5 FXSP I, Max (N) Rockies MLB Baseba 4<td>3 A&C Rivěra: Půshing 3 ABC My Wife and Kids "The Anniversary" ∩ (E) Drew Carey Drew Carey 8 ANPL World's Biggest and Baddest Bugs Venom ER 4 BRAVO Showbiz Moms & Dads (E) * * % "The Professional" man takes an orphan girl (I) 1 CBS 60 Minutes ∩ (E) The King of Two and a Queens ∩ (Half Men Queens ∩ (Half ∩ (Half</td><td>3 AαE Rivěra: Púshing ing ranch ha 5 ABC My Wife and Kids "The Anniversary" Λ (E) Drew Carey Drew Carey Democratic Convention 8 ANPL Baddest Bugs * * * "The Professional" (1994) Jean man takes an orphan girl under his wing 4 BRAVO Showbiz Moms & Dads * * * "The Professional" (1994) Jean man takes an orphan girl under his wing 1 CBS 60 Minutes Λ (E) The King of Two and a Queens Λ Half Men Democratic Convention 0 DISC Mastodon in Your Back- gard Ultimate Baltimore Tunnel Fire (E) Sister, Sis- ter Λ (E) 4 DISN Kim Possi- Family (E) The Proud Family (E) Even Stevens (E) Lizzie McGuire Sister, Sis- ter Λ (E) 4 DISN Kim Possi- Family (E) Dr. 90210 Dr. 90210 Scream Play 6 ESPN (5:00) MLB Baseball Teams to Be Announced. Baseball To Baseball To 7 FOX ATP Tennis TblTennis MLB Baseball 6 FAM * "The Facts of Life Reunion" (2001) (E) Whose? 7 FOX That '70s Quintuplets The Simple 8 F</td><td>ABC Rivěra: Půshing ing ranch hands. (a) ABC My Wife and Kids "The ABC Drew Carey Drew Carey Democratic National Convention In Boston. ABC Anniversary "A (a) Nentversary "A (a) BRAVO Showbiz Moms & Dads (a) *** ("The Professional" (1994) Jean Reno. A hit man takes an orphan girl under his wing. (R) BRAVO Mostodon in Your Back- (a) The King of Two and a Queens ∩ Half Men Queens ∩ Half Men Queens ∩ Half Men Democratic National Convention In Boston. DISC Mastodon in Your Back- gard Ultimate Baltimore Tunnel Fire (B) Into the Death Zone "Volcano Detectives" 4 DISN Kim Possi- (s) The Proud (E) (C) Even (L) (2) Sister, Sis- (s) Tha's So (a) 6 ESPN (5:00) MLB Baseball Teams to Be Announced. FIT TV Baseball Teams to Be Announced. Baseball Tonight (C) Baseball Tonight (C) 7 ESPN2 ATP Tennis TbTennis MLB Baseball Teams to Be (C) (1) Hour of Stars 8 FOOD Emeril Live "Our Favorite Shoby Flay Boby Flay Whose? Whose? 1 FXX I, Max (N) Rockies MLB Baseball Los Angeles Dodgers at Colorado Ro 4 FX (5:00) *** "</td><td>ABC Rivera: Pushing Implementation Implementation ABC My Wife and Kids "The Anniversary" Λ @ Drew Carey Drew Carey Democratic National Convention In Boston. News @ ANPL World's Biggest and Baddest Bugs Venom ER Animal Cops Detroit ("Stray Bullets" @ Baddest Bugs 4 BRAVO Showbiz Moms & Dads @ ** * "The Professional" (1994) Jean Reno. A hit man takes an orphan girl under his wing. R' Mastro A hit man takes an orphan girl under his wing. R' Mews Λ 0 DISC Mastodon in Your Back. Battimore Tunnel Fire Into the Death Zone Voidon Detectives News Λ 0 DISC Mastodon in Your Back. Branity @ Stevens @ Sister, Sis- That's So Gowan, Aaro 1 ETV Chippendales: ET THS Dr. 90210 Scream Play (N) Howard S. 6 ESPN (5:00) MLB Baseball Teams to Be Announced. Baseball Tonight @ SportsCente 7 ESPN2 ATP Tennis The The Tone Club Mub Baseball Teams to Be Announced. Baseball Teams to Be Announced 8 FX0 (5:00) MLB Baseball teams to Be Announced. Baseball Teams to Be Announced Mus atoschi Ki</td><td>ABC Rivera: Fushing ing franch hands. (□) the Wasted Building* ∩. ABC Anniversary* ∩ (□) Prew Carey Drew Carey Democratic National Convention In Boston. News (□) (□)<</td><td>PARC Rivera: Pushing Impact of the solution of the</td></td>	3 A&E Rivěra: Püshing 5 ABC My Wife and Kids "The Anniversary" ∩ E Drew Carey 8 ANPL World's Biggest and Baddest Bugs Venom ER 8 ANPL Showbiz Moms & Dads ★ ★ % "The F 4 BRAVO Showbiz Moms & Dads ★ ★ % "The F 6 Mastodon in Your Back- gard Ultimate The King of Queens ∩ 0 DISC Mastodon in Your Back- yard Ultimate Baltimore Tu E 4 DISN Kim Possi- ble E The Proud Even ble E 1 EITV Chippendales: E! THS Dr. 90210 6 ESPN (5:00) MLB Baseball Teams to Be Annon" (2000) 7 ESPN2 ATP Tennis 6 FAM ★ * "The Facts of Life Reunion" (2000) 7 FOX That '70s Quintuplets 8 FOOD Emeril Live "Our Favorite Show ∩ BBQ With Bobby Flay 7 FOX That '70s Quintuplets 8 FX (5:00) ★ ★ * "Starship Troopers" S 5 FXSP I, Max (N) Rockies MLB Baseba 4 <td>3 A&C Rivěra: Půshing 3 ABC My Wife and Kids "The Anniversary" ∩ (E) Drew Carey Drew Carey 8 ANPL World's Biggest and Baddest Bugs Venom ER 4 BRAVO Showbiz Moms & Dads (E) * * % "The Professional" man takes an orphan girl (I) 1 CBS 60 Minutes ∩ (E) The King of Two and a Queens ∩ (Half Men Queens ∩ (Half ∩ (Half</td> <td>3 AαE Rivěra: Púshing ing ranch ha 5 ABC My Wife and Kids "The Anniversary" Λ (E) Drew Carey Drew Carey Democratic Convention 8 ANPL Baddest Bugs * * * "The Professional" (1994) Jean man takes an orphan girl under his wing 4 BRAVO Showbiz Moms & Dads * * * "The Professional" (1994) Jean man takes an orphan girl under his wing 1 CBS 60 Minutes Λ (E) The King of Two and a Queens Λ Half Men Democratic Convention 0 DISC Mastodon in Your Back- gard Ultimate Baltimore Tunnel Fire (E) Sister, Sis- ter Λ (E) 4 DISN Kim Possi- Family (E) The Proud Family (E) Even Stevens (E) Lizzie McGuire Sister, Sis- ter Λ (E) 4 DISN Kim Possi- Family (E) Dr. 90210 Dr. 90210 Scream Play 6 ESPN (5:00) MLB Baseball Teams to Be Announced. Baseball To Baseball To 7 FOX ATP Tennis TblTennis MLB Baseball 6 FAM * "The Facts of Life Reunion" (2001) (E) Whose? 7 FOX That '70s Quintuplets The Simple 8 F</td> <td>ABC Rivěra: Půshing ing ranch hands. (a) ABC My Wife and Kids "The ABC Drew Carey Drew Carey Democratic National Convention In Boston. ABC Anniversary "A (a) Nentversary "A (a) BRAVO Showbiz Moms & Dads (a) *** ("The Professional" (1994) Jean Reno. A hit man takes an orphan girl under his wing. (R) BRAVO Mostodon in Your Back- (a) The King of Two and a Queens ∩ Half Men Queens ∩ Half Men Queens ∩ Half Men Democratic National Convention In Boston. DISC Mastodon in Your Back- gard Ultimate Baltimore Tunnel Fire (B) Into the Death Zone "Volcano Detectives" 4 DISN Kim Possi- (s) The Proud (E) (C) Even (L) (2) Sister, Sis- (s) Tha's So (a) 6 ESPN (5:00) MLB Baseball Teams to Be Announced. FIT TV Baseball Teams to Be Announced. Baseball Tonight (C) Baseball Tonight (C) 7 ESPN2 ATP Tennis TbTennis MLB Baseball Teams to Be (C) (1) Hour of Stars 8 FOOD Emeril Live "Our Favorite Shoby Flay Boby Flay Whose? Whose? 1 FXX I, Max (N) Rockies MLB Baseball Los Angeles Dodgers at Colorado Ro 4 FX (5:00) *** "</td> <td>ABC Rivera: Pushing Implementation Implementation ABC My Wife and Kids "The Anniversary" Λ @ Drew Carey Drew Carey Democratic National Convention In Boston. News @ ANPL World's Biggest and Baddest Bugs Venom ER Animal Cops Detroit ("Stray Bullets" @ Baddest Bugs 4 BRAVO Showbiz Moms & Dads @ ** * "The Professional" (1994) Jean Reno. A hit man takes an orphan girl under his wing. R' Mastro A hit man takes an orphan girl under his wing. R' Mews Λ 0 DISC Mastodon in Your Back. Battimore Tunnel Fire Into the Death Zone Voidon Detectives News Λ 0 DISC Mastodon in Your Back. Branity @ Stevens @ Sister, Sis- That's So Gowan, Aaro 1 ETV Chippendales: ET THS Dr. 90210 Scream Play (N) Howard S. 6 ESPN (5:00) MLB Baseball Teams to Be Announced. Baseball Tonight @ SportsCente 7 ESPN2 ATP Tennis The The Tone Club Mub Baseball Teams to Be Announced. Baseball Teams to Be Announced 8 FX0 (5:00) MLB Baseball teams to Be Announced. Baseball Teams to Be Announced Mus atoschi Ki</td> <td>ABC Rivera: Fushing ing franch hands. (□) the Wasted Building* ∩. ABC Anniversary* ∩ (□) Prew Carey Drew Carey Democratic National Convention In Boston. News (□) (□)<</td> <td>PARC Rivera: Pushing Impact of the solution of the</td>	3 A&C Rivěra: Půshing 3 ABC My Wife and Kids "The Anniversary" ∩ (E) Drew Carey Drew Carey 8 ANPL World's Biggest and Baddest Bugs Venom ER 4 BRAVO Showbiz Moms & Dads (E) * * % "The Professional" man takes an orphan girl (I) 1 CBS 60 Minutes ∩ (E) The King of Two and a Queens ∩ (Half Men Queens ∩ (Half	3 AαE Rivěra: Púshing ing ranch ha 5 ABC My Wife and Kids "The Anniversary" Λ (E) Drew Carey Drew Carey Democratic Convention 8 ANPL Baddest Bugs * * * "The Professional" (1994) Jean man takes an orphan girl under his wing 4 BRAVO Showbiz Moms & Dads * * * "The Professional" (1994) Jean man takes an orphan girl under his wing 1 CBS 60 Minutes Λ (E) The King of Two and a Queens Λ Half Men Democratic Convention 0 DISC Mastodon in Your Back- gard Ultimate Baltimore Tunnel Fire (E) Sister, Sis- ter Λ (E) 4 DISN Kim Possi- Family (E) The Proud Family (E) Even Stevens (E) Lizzie McGuire Sister, Sis- ter Λ (E) 4 DISN Kim Possi- Family (E) Dr. 90210 Dr. 90210 Scream Play 6 ESPN (5:00) MLB Baseball Teams to Be Announced. Baseball To Baseball To 7 FOX ATP Tennis TblTennis MLB Baseball 6 FAM * "The Facts of Life Reunion" (2001) (E) Whose? 7 FOX That '70s Quintuplets The Simple 8 F	ABC Rivěra: Půshing ing ranch hands. (a) ABC My Wife and Kids "The ABC Drew Carey Drew Carey Democratic National Convention In Boston. ABC Anniversary "A (a) Nentversary "A (a) BRAVO Showbiz Moms & Dads (a) *** ("The Professional" (1994) Jean Reno. A hit man takes an orphan girl under his wing. (R) BRAVO Mostodon in Your Back- (a) The King of Two and a Queens ∩ Half Men Queens ∩ Half Men Queens ∩ Half Men Democratic National Convention In Boston. DISC Mastodon in Your Back- gard Ultimate Baltimore Tunnel Fire (B) Into the Death Zone "Volcano Detectives" 4 DISN Kim Possi- (s) The Proud (E) (C) Even (L) (2) Sister, Sis- (s) Tha's So (a) 6 ESPN (5:00) MLB Baseball Teams to Be Announced. FIT TV Baseball Teams to Be Announced. Baseball Tonight (C) Baseball Tonight (C) 7 ESPN2 ATP Tennis TbTennis MLB Baseball Teams to Be (C) (1) Hour of Stars 8 FOOD Emeril Live "Our Favorite Shoby Flay Boby Flay Whose? Whose? 1 FXX I, Max (N) Rockies MLB Baseball Los Angeles Dodgers at Colorado Ro 4 FX (5:00) *** "	ABC Rivera: Pushing Implementation Implementation ABC My Wife and Kids "The Anniversary" Λ @ Drew Carey Drew Carey Democratic National Convention In Boston. News @ ANPL World's Biggest and Baddest Bugs Venom ER Animal Cops Detroit ("Stray Bullets" @ Baddest Bugs 4 BRAVO Showbiz Moms & Dads @ ** * "The Professional" (1994) Jean Reno. A hit man takes an orphan girl under his wing. R' Mastro A hit man takes an orphan girl under his wing. R' Mews Λ 0 DISC Mastodon in Your Back. Battimore Tunnel Fire Into the Death Zone Voidon Detectives News Λ 0 DISC Mastodon in Your Back. Branity @ Stevens @ Sister, Sis- That's So Gowan, Aaro 1 ETV Chippendales: ET THS Dr. 90210 Scream Play (N) Howard S. 6 ESPN (5:00) MLB Baseball Teams to Be Announced. Baseball Tonight @ SportsCente 7 ESPN2 ATP Tennis The The Tone Club Mub Baseball Teams to Be Announced. Baseball Teams to Be Announced 8 FX0 (5:00) MLB Baseball teams to Be Announced. Baseball Teams to Be Announced Mus atoschi Ki	ABC Rivera: Fushing ing franch hands. (□) the Wasted Building* ∩. ABC Anniversary* ∩ (□) Prew Carey Drew Carey Democratic National Convention In Boston. News (□) (□)<	PARC Rivera: Pushing Impact of the solution of the	

S&T Communications want's to invite everyone out to the Northwest Kansas District Free Fair August 2nd thru 7th.



Your ad could be here!

And while you're out there come and visit us at our booth and let us show how you can save on your long distance, cable and internet.

Sall Come join us for the fun at this year's fair!!!

	THURSDAY EVENING E=Eagle Cable S=S&T Telephone JULY 29, 2004												
Е	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 F viction; woma				The First 48 Spree" (N) @		Crossing Jo "Scared Stra	rdan ight" ©	Cold Case F	iles 📧	
4	6	ABC	Line?	Whose Line?	CC			National In Boston.	News 📧	(:35) Night- line III	(:06) Jimmy Live (N) ೧	CC	
26	48	ANPL	Amazing Ani Love stories.	imal Videos	Up Elephant	,	Animal Cope "Task Force /	Action"	Love stories.	Amazing Animal Videos Love stories. CC		, "Growing	
63	54	BRAVO	Queer Eye fo Straight Guy	or the "AI D."	Celebrity Po for charity. (N	ker Showdo) ©	wn Celebrities	s compete	The West W mencement"	The West Wing "Com- mencement"		ker Show-	
7	11	CBS	Big Brother	- (-) -	tigation ∩		Democratic Convention		News A (:35) Late S		how (N) ∩	The Late Late Show	
24	50	DISC	Sharks in a l		Ghost Deteo	ctives 📧	Into the Dea "Deep Sea D		Bull Shark: Deadliest Sl	nark (N)	Lived to Tell situations. (N	l)	
33	44	DISN		Family 📧	Even Stevens 📧		Sister, Sis- ter ∩ 💷	Raven 🗈	McElwain, Po	oppi Monroe.	(2002, Drama	I) Annie	
49	81	E!TV	Bill Clinton:			en	John Walsh	: THS	Howard S.		Awards	Dr. 90210	
22	56	ESPN		Streetball	Streetball	Streetball	Baseball To	<u> </u>	SportsCente		Burning	Outside	
54	57	ESPN2	ATP Tennis			Cheerlead	WNBA Bask	etball: Spark	s at Monarch	S	Baseball To		
32	46	FAM	★★★ "Back	to the Futu	re Part II" (19	989) 🗊	Whose?	Whose?	The 700 Clu	b 📖	Funniest Ho	me Videos	
59	•	FIT TV	Bodies	In Shape	Workout	Fitness	Buff Brides:	Challenge	Bodies	In Shape	Workout	Fitness	
35	31	FMC	(:01) ★ ★½ "	Fathom" (19	67) Tony Frai	nciosa.	(:01) Altman	: On His Ow	n Terms		"The Mephis	sto Waltz"	
53	68	FOOD	Emeril Live " of Garlic"	Great Gobs	Food Finds "Denver"	Recipe for Success			Iron Chef "Quail" Quail battle.		Emeril Live "Great Gobs of Garlic"		
13	7	FOX	★★ "Nutty I Comedy) Edd	Professor II: die Murphy, Ja	The Klumps anet Jackson	" (2000,		e Fox Report With epard Smith I Cagney & Lacey "Re-				Kojak "Lady in the Squad Room"	
40	38	FX	(4:30) *½ "Armageddon" (1998) Bruce Willis.				Fear Factor ∩ ★★★ "Romancing the states and the states are states and the states are states are states and the states are state				Stone" (1984, Adventure)		
30	55	FXSP	I. Max (N) Rockies Rockies NASCAR				Sports List	Best Damn	Sports Show	Period CC	Rocky Mt. I, Max		
5	14	HBO	(5:15) ★★½ Who's Talkin	" Look 1 g " (1989)	★★★ "My (2002) Nia V	Big Fat Greel ardalos. 'PG'	Wedding"	I, Robot: 1st	cho Villa as Himself" tonio Banderas. 🎧 🖾				
62	67	HGTV	Weekend	Landscapr	Design	Designers'	House	House	Home	Design	Weekend	Landscapr	
58	52	HIST	Punishment		I		Tech Sex" Decisions Battles				Punishment III		
25	35	IND	★½ "Blue St poses as a co	op to retrieve	a hidden dia				1999) (PA) M a hidden diar			"Another Stakeout"	
18	63	LIFE	"Moment of	Truth"			" (1995) Kellie Martin. 💷		The Divisior			The Nanny	
23	77	MTV	TRL ∩ 📧		Discover	Pimp Ride	Direct Effect	t ſſ	Battle		Punk'd ∩	Punk'd ∩	
3	9	NBC		Ent. To- night	Will & Grace 📧	Scrubs ∩	Democratic National Convention In Boston.		Last Comic Standing (Same-day Tape) 🛍		News 📧	The To- night Show	
8	8	NBC	Grace 📧	00	Last Comic (Live) ∩ ©		Democratic National Convention In Boston.		News (:35) The To		1	(:37) Late Night III	
34	43	NICK	SpongeBob		Full House			Roseanne	Roseanne		Roseanne	Roseanne	
2	2	PBS	Democratic National Convention 2004 Democratic National Convention in BBC World Keeping Up Charlie Rose (N) ハ Boston. (Live) ハ ()								. ,		
38	83	SCIFI	"Tremors"			ors 3: Back to		<u> </u>			Terence Star		
61	41	SPK				Real TV ∩	Wildest Poli	ce Videos	Star Trek: N				
	51	TLC	While You W		Clean Swee Piggy Went /	Away"	In a Fix "Nat Cheap fixture	es give way.	Overhaulin' 1968 Oldsmo	obile.	Help Wanted Key West" (N	1)	
	37	TNT	★ "Gone in						Sixty Secon				
	86	TRAV	Alaska Wide		Dead or Aliv		Facing the Y	/ukon	Alaska Wide		Dead or Aliv		
21	82	TVLND	Bonanza "Ga	abrielle"	Addams F.		Griffith	Leave	3's Co.	3's Co.	All-Family	Sanford	
60	89	UNIV	Mariana de la		Amarte es M	li Pecado	Aquí y Ahor		Impacto	Noticiero		res Familias	
	34	USA	Law & Order			rassic Park"					"Jurassic Pa		
12		WB	Friends 💷	Everybody-		Reba ∩ 📧			News \cap 🕮			Will & Grace ©	
99	36	WGN	★★ "Iron Ea	agle II" (1988	3) Louis Goss	ett Jr. ∩	WGN News	at Nine 💷	Becker ∩	Becker ∩	Elimidate	5th Wheel	

Call Anne or Jennifer 899-2338

FRIDAY EVENING E=Eagle Cable S=S&T Telephone JULY 30, 2004													
E	s		6 pm	6:30	7 pm	s₌s 7:30	8 pm	8:30	9 pm	9:30	10 pm		
			-				-						
36	53	AQE	Biography: 1 monds: Pure	e	Biography " sidy" (N) CC		Biography " tridge Family		American J "Traces in Bl	lood" 📧	Biography: monds: Pui	re	
4	6	ABC		Rules 🖸	Hope & Faith III	Life With Bonnie ∩	20/20 @	.	News 📧	(:35) Night- line 📧	(:06) Jimmy Live (N) ハ	CC	
26	48	ANPL	Giant Monst		The Jeff Col ence 📧	•	tentional Cru				The Jeff Co ence 💷	•	
63	54	BRAVO	★★★ "Silve four cowboys	erado" (1985, converge en					for charity.	oker Showdo	wn Celebritie	es compete	
7	11		Joan of Arca Move" \cap (III)	adia "Touch	JAG "Take it ∩ ः (DVS)	Like a Man"	48 Hours 🎧 🖾		News ∩	(:35) Late S Giraldo. (N)	how Greg	The Late Late Shov	
24	50	DISC	Three Monke	eys	Would You I	Believe It?	Great Biker	Build-Off	Sharks: Size Sharks beha	ive oddly.	American C "Mikey/Vinni	e Bike 1"	
33	44		That's So Raven 💷	That's So Raven 💷	That's So Raven 📧	That's So Raven 💷	That's So Raven 💷	That's So Raven 💷	★★ "The C Raven, Lynn	heetah Girls Whitfield. CC	" (2003, Com	iedy-Drama)	
49	81	E!TV	Young, Rich		Dr. 90210	Dr. 90210	Famous Las	st Names	Howard S.	Howard S.	Showgirls	Awards	
22	56			Tennis Maste			(:05) Baseba	all Tonight	SportsCenter		Outside	Baseball	
	57		Series-Poke			ay Bunema		1		: Acura Class		Dog Show	
32	46	FAM		ms Family V			Whose?	Whose?	The 700 Clu	<u>ی</u> d	Paid Prog.	Paid Prog	
59	-					Fitness	Buff Brides		Bodies	In Shape	Workout	Fitness	
35	31			Cadence" (1				"Class Actio			(:01) "Willie	and Phil"	
53	68	FOOD	Emeril Live			\$40-a-Day	The Secret Life Of	Bites" (N)	Iron Chef "E dishes.		Emeril Live		
13	7		Mac Show	Red 📧	The Jury "La on the Reser	vation" (N)	The Fox Re Shepard Sn	port With	Cagney & L Rapist" III	acey "The	Kojak "Siste		
40	38		Cops 🗈	Cops 🗈	Fear Factor	\cap	Fear Factor		Fear Factor		Fear Factor	0 00	
30	55			Rocky Mt.	Tee Time	NASCAR		Best Damn			Rocky Mt.		
5	14		Medallion"	Real Sports	0 00	★★★ "Cato teenage scar	m artist poses	Can" (2002) s as a pilot, su	irgeon and la	Caprio. A wyer. 📧	★★½ " S.W.A.T. " (2003) ∩ 'PG-13' ₪		
62	67	HGTV	Debbie Travi		Design	Design		Decorating		Sensible	Debbie Trav		
58	52	HIST	Nostradamu Years Later	00	()	Decisions	War I Tech"	<u>\</u> /			Nostradamus: 500 Years Later 🕮		
25	35		ro's protege o	crosses sword	ds with a retu	rning tyrant.	anderas. Zor- *** "The Mask of Zorro" (199 ro's protege crosses swords with a				eturning tyrant.		
18	63	LIFE	"Married to a			in a Lifetime	<u>, , , , , , , , , , , , , , , , , , , </u>	1 /	Merge (N)		Merge		
23	77	MTV	TRL ∩ 📖			MTV Cribs		Room Rdr	1	Boiling	Boiling	Boiling	
3	9	NBC		night		C "Death Pen	, ()		ful" n 🖻	Always Faith-	News 💷	The To- night Sho	
8	8	INDC	Dateline NB	C "Death Pen	alty" (N) ∩ 🛛	1	Las Vegas "Always Faith ful" 介 📧		News	<u>n (1</u>	night Show	(:37) Late Night 📧	
34	43	NICK	Rocket Pow		Phantom	Robot			Full House		Full House		
2	2	FDJ	Washington Week (N)	Fortune	Market to Market	Kansas Week	Now With B (N) ∩ ₪		News	Red Green	Charlie Ros	se (N) ∩ 📧	
38	83		Stargate SG		Stargate SG		Stargate At	antis (N) ∩	Stargate SG		Stargate At	lantis 📧	
61	41	SPK		MXC ∩	Real TV ∩	Real TV ∩	Wildest Pol	ice Videos	Star Trek: N	ext Gener.	Deep Space	9	
39		ILC	ami: NW 101		Learn a Less	on" 📧		ls' Gallery" 📧	While You V	Vere Out 💷	While You \		
	37		"Evel Knievel" (2004) George Eads. Premiere.			"Evel Kniev	el" (2004) Ge	orge Eads.	0	★★★ "Rocky III" ₪			
51			World's Bes		Atlantis: Resort		Amusement		World's Best 📧		Atlantis: Resort		
	82	TVLND	Bonanza		Addams F.		Griffith	Leave	3's Co.	3's Co.	All-Family		
60	89		Mariana de l		Amarte es M		Escuelita	Casa Risa	Impacto	Noticiero	"Pantaleón		
20		USA	Law & Order Law & O		Law & Orde	r	Monk (N) CC		Law & Orde		Monk 🕮		
12	3		Friends ∩	Evervbodv-	What I Like About You	Grounded		Blue Collar			Friends A	Will & Grace III	
99	36	WGN		ence II: Fear			WGN News		Becker ∩	Becker ∩	Elimidate	5th Whee	