

Group provides help to troubled marriages

DEAR ABBY: “Distancing in Washington” wrote that after 10 years of marriage and two daughters, she and her spouse are on the verge of divorce. You recommended Marriage Encounter.

Abby, her difficulty appears to be a bit beyond the scope of Marriage Encounter. Marriage Encounter is for marriages in good shape looking to improve.



abigail van buren

• dear abby

I suggest she check into Retrouvaille.org. This international program was developed in 1976 by Marriage Encounter couples in Quebec, Canada, for the purpose of addressing serious marriage problems. Let me give you an analogy: Marriage Encounter is a “tune-up” for marriages NOT in crisis. Retrouvaille is an overhaul for marriages in danger of falling apart. Retrouvaille places strong emphasis on the communications techniques needed to repair hurting marriages, including 12 post-weekend sessions of about two hours each. My wife and I have been involved in both programs. (All the people involved in Marriage Encounter and Retrouvaille are volunteers.) The steps in Marriage Encounter are romance, disillusionment and joy. In Retrouvaille, the steps are romance, disillusionment, misery and hope. — G.H. FROM ARIZONA

DEAR G.H.: Thank you for straightening me out. I would like to add that although Retrouvaille is a program under the umbrella of the Catholic Church, Catholic theology is NOT part of the program and a

couple’s religion (or lack of religion) is never a factor — nor is anyone’s financial status.

Read on:

DEAR ABBY: “Distancing in Washington” said that she is no longer attracted to her husband and that her two beautiful daughters come first before anything. Her problem may be that her priorities are out of order.

Children should be a welcome addition to the family — not the center of it. She and her spouse need to make a date once a week to focus on each other and remember the reasons they married. Children eventually leave — if you do your job right. — READER IN CORAOPOLIS, PA.

DEAR READER: I agree.

DEAR ABBY: My blood froze when I read the letter from “Distancing in Washington.” She should run with her husband to their doctor and ask for a complete physical exam with blood work. If he won’t go, she should talk with his doctor.

My kind and gentle husband of 10 years sat me down a week ago and told me he’s addicted to pain pills and has been for three years. (His doctor had prescribed them to control chronic back pain.) Her letter scared me because that is how it all started in my marriage — with fights, loss of affection and physical contact. My friendly, well-educated, hard-working husband slowly turned into

a withdrawn, exhausted stranger who snapped at the kids, ignored me and couldn’t keep a job. I thought he was depressed, tired, getting old and no longer in love with me. Now I find that he has a terrible addiction. Please urge “Distancing” to seek help now — before she is in my position. I am hanging on by my fingernails hoping my wonderful husband will reappear out of the wreckage. — KNOWS BETTER NOW IN MAINE

DEAR KNOWS BETTER: Thank you for the reminder that changes in personality can indicate that something is medically wrong and should be brought to the attention of one’s physician. I’m keeping my fingers crossed for your husband’s recovery.

TUESDAY EVENING												E=Eagle Cable S=S&T Telephone JULY 6, 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 "Gary Gilmore: A Fight to Die"		Cold Case Files DNA technology solves two stabbing cases. (N)				Crossing Jordan "Crime & Punishment"		Biography "Gary Gilmore: A Fight to Die"												
4	6	ABC	8 Simple Rules	I'm With Her	According to Jim	Less Than Perfect	NYPD 24/7 "Hour Three" (N)		News	(:35) Nightline	(:06) Jimmy Kimmel Live												
26	48	ANPL	Venom ER A rattlesnake bites a man on the leg.		Venom ER		Animal Cops Detroit "Territorial Dispute"		Venom ER A rattlesnake bites a man on the leg.		Venom ER												
63	54	BRAVO	Queer Eye for the Straight Guy "Phil R."		Blow Out Jonathan is forced to confront Alicia.		Queer Eye for the Straight Guy "John S."		The West Wing Election night concludes.		Queer Eye for the Straight Guy "John S."												
7	11	CBS	Big Brother 5 (Season Premiere) (N)		The Amazing Race 5 (Season Premiere) (N)				News	(:35) Late Show		The Late Late Show											
24	50	DISC	21st Century Zoo		Real LAPD "Zero Tolerance"		The FBI Files "Death in Alaska"		Anatomy of a Bear Bite (N)		Big "Blender"												
33	44	DISN	Kim Possible	The Proud Family	Even Stevens	Lizzie McGuire	Sister, Sister	That's So Raven	★ ★ ★ "Eddie's Million Dollar Cook-Off" (2003, Comedy) Taylor Ball, Orlando Brown.														
49	81	E!TV	Katie Couric-Story		Martha Stewart: THS		Good to Be Good to Be		Howard S.	Howard S.	Scream Play												
22	56	ESPN	ESPN25: The Headlines		Series-Poker		Series-Poker		SportsCenter (Live)		Outside	Baseball											
54	57	ESPN2	Hook Up	Streetball	Boxing Tuesday Night Fights. (Live)				Series-Poker		ESPN25: Who's No. 1												
32	46	FAM	★ ★ ★ "Back to the Future Part II" (1989)		Who's?	Who's?			The 700 Club		Funniest Home Videos												
59	-	FIT TV	Bodies	In Shape	Workout	Fitness			Bodies	In Shape	Workout	Fitness											
35	31	FMC	(:01) ★ ★ "The Sicilian" (1987) Terence Stamp				(:01) ★ ★ ★ "Capone" (1975) Ben Gazzara.				(:01) "Broadcast News"												
53	68	FOOD	Emeril Live Pork fat arepas.		Roker on the Road	Roker on the Road			Food Finds "Amer. Festivals"		Emeril Live Pork fat arepas.												
13	7	FOX	The Bernie Mac Show	Method & Red	The Jury "Memories" (TV) (N)		The Fox Report With Shepard Smith		Cagney & Lacey "Family Connections"		Kojak "An Unfair Trade"												
40	38	FX	Cops	Fear Factor		★ ★ "Armageddon" (1998, Action) Bruce Willis, Billy Bob Thornton.																	
30	55	FXSP	I, Max (N)	Rocky Mt.	FOX One	Rockies	MLB Baseball Colorado Rockies at San Francisco Giants. (Live)		★ ★ "The Medallion" (2003, Action) Jackie Chan.		★ ★ "Kangaroo Jack" PG												
5	14	HBO	(5:30) ★ ★ "Memoirs of an Invisible Man"																				
62	67	HGTV	Designed	Sensible	Decorating	Design	Designers'	Designers'	Home	Design	Designed	Sensible											
58	52	HIST	Tactical to Practical (N)		Tech Effect	Mail Call	Wild West Tech Cowboy skills; historic cowboys.		History vs. Hollywood "King Arthur" (N)		Tactical to Practical												
25	35	IND	Friends	Friends	Outback Jack (N)		Sex and the City	Sex and the City	Outback Jack		★ ★ ★ "Thelma & Louise" (1991, Drama)												
18	63	LIFE	Providence		"Living in Fear" (2001) William R. Moses.				Golden	Golden	The Nanny	The Nanny											
23	77	MTV	TRL (iTV)		Newlywed	Newlywed	Direct Effect		Real World	Real World	Real World	Real World											
3	9	NBC	News	Ent. Tonight	Last Comic Standing		Last Comic Standing		Law & Order: Special Victims Unit "Lowdown"		News	The Tonight Show											
8	8	NBC	Last Comic Standing		Last Comic Standing		Law & Order: Special Victims Unit "Lowdown"		News	(:35) The Tonight Show (N)		(:37) Late Night (N)											
34	43	NICK	Oddparents!	Romeo!	Fatherhood	Cosby	Cosby	Cosby	Cosby	Cosby	Cosby	Cosby											
2	2	PBS	Nova Galileo's observations of the moon and planets and experiments with falling objects.				P.O.V. "War Feels Like War" (N)		BBC World News	That's My Boy	Charlie Rose (N)												
38	83	SCIFI	(5:00) ★ "Mosquito"	★ ★ "Skeeter" (1994) Tracy Griffith.			★ ★ "Bugs" (2003) Antonio Sabato Jr.																
61	41	SPK	MXC	MXC	Hrseper	Hrseper	Star Trek: Next Gener.		Star Trek: Next Gener.		The Joe Schmo Show												
39	51	TLC	While You Were Out		Clean Sweep		In a Fix "The Fiesta House"		Sports Disasters: Danger Zone		Overhaulin' Reinventing a 1991 Ford Explorer.												
28	37	TNT	Law & Order	(DVS)	Law & Order	(DVS)	Charmed		Angel "Blood Money"		The X-Files												
51	86	TRAV	Food Crazy (N)		Made	Made	Road Trip		Food Crazy		Made												
21	82	TVLND	Bonanza		Addams F.	GreenAcre	Griffith	Leave	3's Co.	3's Co.	All-Family	Sanford											
60	89	UNIV	Mariana de la Noche		Amarte es Mi Pecado		Al Filo de la Ley		Impacto	Noticiero	En las Mejores Familias												
20	34	USA	Law & Order		★ ★ "Happy Gilmore" (1996) Adam Sandler.		Summertime "To Thine Own Self Be True" (N)		Law & Order		Karen Sisco												
12	3	WB	Friends	Everybody-Raymond	Gilmore Girls				News		Friends	Will & Grace											
99	36	WGN	McMillan and Wife "Point of Law"				WGN News at Nine		Becker	Becker	Elimidate	5th Wheel											

WEDNESDAY EVENING						E-Eagle Cable S-S&T Telephone			JULY 7, 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 "Larry Hagman" Larry Hagman. (N)		American Justice "Stacey's Story" (N)		City Confidential "Milford: Death and Taxes"		Crossing Jordan "With Honor"		Biography "Larry Hagman" Larry Hagman. (N)	
4	6	ABC	My Wife and Kids	My Wife and Kids	Drew Carey	Drew Carey	The Ultimate Love Test (N)		News	(:35) Nightline	(:06) Jimmy Kimmel Live	
26	48	ANPL	The Crocodile Hunter Diaries "British Gorillas"		Most Extreme: Births Extreme births.		Animal Cops Detroit "Trapped in Trash"		The Crocodile Hunter Diaries "British Gorillas"		Most Extreme: Births Extreme births.	
63	54	BRAVO	Showbiz Moms & Dads		The Restaurant		Blow Out Jonathan is forced to confront Alicia.		The West Wing "Swiss Diplomacy"		The Restaurant	
7	11	CBS	60 Minutes		The King of Queens	Still Stand-Queens	48 Hours Investigates		News	(:35) Late Show		The Late Late Show
24	50	DISC	Natural Wonders: The Southern Rockies		Dangerous Sea: The Alaskan Fishing Story		Casino Diaries	Casino Diaries	Anatomy of a Tiger Bite (N)		Turning Torso Large residential structure. (N)	
33	44	DISN	Kim Possible	The Proud Family	Even Stevens	Lizzie McGuire	Sister, Sister	That's So Raven	★ ★ "George of the Jungle 2" (2003, Comedy) Christopher Showerman, Julie Benz. PG			
49	81	E!TV	Heather Locklear: The E! True Hollywood Story		Scream Play (N)		Howard S.	Howard S.	Celebrities Uncensored			
22	56	ESPN	(5:00) MLB Baseball Teams to Be Announced.		Baseball Tonight		SportsCenter (Live)		Outside		Baseball	
54	57	ESPN2	Auto Show		Auto Show		MLB Baseball Teams to Be Announced. (Subject to Blackout) (Live)					
32	46	FAM	★ ★ "Picture Perfect" (1997) Jennifer Aniston.		Who's?	Who's?			The 700 Club		Videos	Videos
59	-	FIT TV	Bodies	In Shape	Workout	Fitness	Peak Performance		Bodies	In Shape	Workout	Fitness
35	31	FMC	(:01) ★ ★ "Modern Problems" (1981, Comedy)		(:01) Hour of Stars				(:01) ★ ★ ★ "Holiday for Lovers" (1959, Comedy)			
53	68	FOOD	Emeril Live Curried squash soup.		BBQ With Bobby Flay		Foodnation		Iron Chef "Giant Lobster" Makoto Osada.		Emeril Live Curried squash soup.	
13	7	FOX	That '70s Show	Quintuplets (N)	The Simple Life 2	Method & Red (N)	The Fox Report With Shepard Smith		Cagney & Lacey "Post Partum"		Kojak "A Hair-Trigger Away"	
40	38	FX	(4:30) ★ ★ "Armageddon" (1998) Bruce Willis.		Fear Factor		★ ★ ★ "Die Hard" (1988) Bruce Willis.					
30	55	FXSP	I, Max (N)	Rocky Mt.	America	Rockies	MLB Baseball Colorado Rockies at San Francisco Giants. (Live)		★ ★ ★ "Catch Me if You Can" (2002, Comedy-Drama) Leonardo DiCaprio.		★ ★ "PG-13"	
5	14	HBO	(5:00) ★ ★ ★ "Operation Dumbo Drop" PG		★ ★ ★ "Hero" (1992) Dustin Hoffman. A homeless man takes credit for a petty crook's brave act.							
62	67	HGTV	House	Spaces	Weekend	Mission	Curb	Curb	Home	Smart	House	Spaces
58	52	HIST	Modern Marvels "Salt Mines" Salt dependency.		Modern Marvels "Gold Mines"		Modern Marvels "Silver Mines"		Modern Marvels Miners dig for rough diamonds.		Modern Marvels "Salt Mines" Salt dependency.	
25	35	IND	Family Guy	Family Guy	Seinfeld	Seinfeld	Sex and the City	Sex and the City	★ ★ "It Could Happen to You" (1994, Comedy-Drama) Nicolas Cage, Bridget Fonda.			
18	63	LIFE	Providence		"Farewell, My Love" (1999) Gabrielle Fitzpatrick.		Golden	Golden	The Nanny		The Nanny	
23	77	MTV	TRL (TV)		Video	Video	Direct Effect		Hard Rock	MTV Cribs	Newlywed	Newlywed
3	9	NBC	News	Ent. Tonight	The Next Action Star "The Captives" (N)		Law & Order "Shrunk"		Law & Order		News	The Tonight Show
8	8	NBC	The Next Action Star "The Captives" (N)		Law & Order "Shrunk"		Law & Order		News	(:35) The Tonight Show (N)		(:37) Late Night
34	43	NICK	Oddparents/Sabrina		Full House	Full House	Boss?	Boss?	Boss?	Boss?	Boss?	Boss?
2	2	PBS	National Geographic		American Masters "Judy Garland: By Myself"		BBC World News		Two's Company		Charlie Rose (N)	
38	83	SCIFI	(5:00) ★ ★ "Spiders"		"Spiders 2" (2001) Stephanie Niznik.		★ ★ "Strays" (1991) Timothy Busfield.					
61	41	SPK	MXC	MXC	Hrsepwer	Hrsepwer	Star Trek: Next Gener.		Star Trek: Next Gener.		World Is Not"	
39	51	TLC	While You Were Out		Clean Sweep "Meditation on a Mess"		In a Fix "Gentleman's Den"		What Not to Wear Rock guitarist's new look.		For Better or for Worse "Mansol and Victor" (N)	
28	37	TNT	Law & Order	(DVS)	★ ★ ★ ★ "Heat" (1995, Drama) Al Pacino, Robert De Niro.		Niro.	(DVS)	Law & Order "Nurture"		World Poker Tour	
51	86	TRAV	Vegas Challenge III (N)		Addams F.	GreenAcre	ALF	ALF	ALF	ALF	ALF	Sanford
21	82	TVLND	Bonanza		Amarte es Mi Pecado		Don Francisco Presenta		Impacto	Noticiero	En las Mejores Familias	
60	89	UNIV	Fútbol	Mariana	Law & Order		Monk		Law & Order		The Dead Zone	
20	34	USA	Friends	Everybody-Raymond	Smallville "Exile"	(Part 1 of 2)	Smallville "Phoenix"	(Part 2 of 2)	News		Friends	Will & Grace
12	3	WB	McMillan and Wife "Greed"		WGN News at Nine		Becker	Becker	Elimidate		5th Wheel	
99	36	WGN										