## Dieters' prayer for strength to change

DEARABBY: My cousin, "Hazel," was recently told by her doctor that she must lose 75 pounds. She tells me that sticking to her diet is almost impossible. Years ago, you printed a prayer for dieters in your column. It was based on the 23rd Psalm. I kept a copy of it for years, but I lost it. Would you please print it again? — SYMPA-THETIC IN TAOS, N.M.



DEAR SYMPATHETIC: I couldn't locate the prayer you requested, but the premise intrigued me—so I wrote one myself. I hope alley of the Vendors of Pastry, I will it inspires your friend. I empathize with her. By the way, she's not alone. I am told that one-third of all Americans are overweight. Read on:

A DIETER'S PRAYER The Lord is my shepherd, I shall protein;

not want;

He maketh me to lie down on vinyl-covered gym mats.

He leadeth me to flavored calorie-free waters; He restoreth my goals.

He diverteth me from the path of midnight snacking for my health's sake.

Yea, though I walk through the fear no weevil; for thou art with me:

My diet and exercises, they comfort me.

Thou preparest a table before me Spread with veggies and low-fat

Thou steameth my fish in foil, My resolve runneth over. Surely, if I follow this living plan

all the days of my life, My hips will be slim forever. Amen.

DEAR ABBY: A little over a year ago, after reading your column about a man who had experienced testicular cancer, I was prompted to examine myself. It was something I had never thought about until that day. Not once had I ever considered the possibility that it could actually happen to me.

Sure enough, I found a large lump that sent a cold chill down my spine. My general practitioner

20 34 USA Law & Order

WB

99 36 WGN

12 3

concerned about. But I was still worried, so I made an appointment for a second opinion with a urologist. He had a waiting list a month long, but the morning after I consulted him I found myself in the hospital having my first surgery.

Now, one year later, after two surgeries and six weeks of chemotherapy, I am 99 percent cured and feeling great.

Thank you, Abby, for raising my awareness about this serious disease. I can't stress strongly enough the extreme importance of self-ex- number (800) 227-2345 or visiting amination and early detection. the Web site: www.cancer.org.

didn't think it was anything to be Your column saved my life. GRATEFUL GUY IN MARY-LAND

> DEAR GRATEFUL: I'm pleased that my column helped you. The American Cancer Society informs me that when testicular cancer is diagnosed early, it is highly curable. Testicular self-examinations are quick and easy, and should be performed once a month. A simple way to do it is while taking a shower. For more information, contact the American Cancer Society by calling the toll-free

> > 9:30

(:35) <u>N</u>ightline 🚾

9 pm

crets & Lies

News 📧

Diaries

News ∩

Crossing Jordan "Se

The Crocodile Hunter

The West Wing "The Long Goodbye" ೧ 📧

Polar Battlefields (N)

SportsCenter (Live) III

Iron Chef "Asparagus"

Asparagus dishes

★★½ "Predator"

2001, Come-

Home

Golden

News

Boss?

News

In Shape

Catwoman

First Look

★★½ "Sugar & Spice" (2001) Marley Shelton, James Marsden.

Golden

(N) 🎧 📧

★★ "Rattled" (1996) William Katt. ∩ 📧

Boss?

pany

Star Trek: Next Gener.

Wild Weddings

Smart

Hooked: Illegal Drugs

and How They Got

Hard Rock Ashlee

Law & Order "Vendetta"

The 700 Club 📧

Bodies

JULY 14, 2004

Biography "John F.

(:06) Jimmy Kimmel

Most Extreme: Sur-

The Restaurant  $\cap$  📧

Venice Flood Gates (N)

Great Outdoor Games

Workout Fitness

Six Feet Under "Can I Come Up Now?" C

Designers' Spaces

The Nanny The Nanny

"The Living Daylights"

For Better or for Worse

(:45) "Slid-ing Doors"

Newlywed

The To-night Show

(:37) Late Night (N)

Boss?

Las Vegas 📧

Newlywed

News 📧

Boss?

:35) The Tonight Show

BBC World |Two's Com-|Charlie Rose (N) ∩ 📧

Videos

Base. Tonigh

Emeril Live

Carl Weathers Rocky Mt. Poker

Videos

The Late

Live (N) n 📧

(enned

vivors 🔟

(:35) Late Show Hilary Duff; Jonathan Ames. (N) Late Show

Right on Track" (2003) Beverley Mitchell. The En-

Howard S. Howard S. Celebrities Uncensored

ders sisters enter the world of drag racing.

(:01) \* \* \* \* "The French Connection" (197

Cagney & Lacey "A Safe Kojak "Black Thorn

10 pm | 10:30

<b>TUESDAY EVENING</b>		AY EVENING	E: S=S	JULY 13, 2004				WEDNESDAY EVENING					E=Eagle Cable S=S&T Telephone		
ES		6 pm 6:30	7 pm   7:30	8 pm   8:30	9 pm	9:30	10 pm	10:30	E	S		6 pm	6:30	7 pm 7:30	8 pm 8:30
36 53	A&E	Biography "David Berkowitz: Son of Sam"	Cold Case Files Englishv matches prisoner.	voman shot; fingerprint	Crossing Jone to Coun	ordan "Some- it On" III	Biography " Berkowitz: S		36	53	A&E	Biography Kennedy Jr.		American Justice "The Black Widower" (N) 🕅	City Confidential 📧
4 6	ABC	8 Simple I'm With Rules III Her III	According Less Than to Jim 📧 Perfect 🛆	NYPD 24/7 "Hour Four" (N) ೧ 匠	News 💷	(:35) Night- line III	(:06) Jimmy Live (N) ∩		4	6	ABC	My Wife and Kids	My Wife and Kids	Drew Carey Drew Care	y The Ultimate Love Test (N) ∩ ₪
26 48	ANPL	Venom ER 📧	Venom ER	Animal Cops Houston "Graveyard Farm" [16]	Venom ER	CC	Venom ER		26	6 48	ANPL	The Crocoo Diaries	dile Hunter	Most Extreme: Sur- vivors @	Animal Cops Houston "Dirty Work" @
63 54	BRAVO	Queer Eye for the Straight Guy "Ralph S."	Blow Out Kimberly fails her cutting test.	Queer Eye for the Straight Guy 📧	The West W Not Butter"	/ing "Guns ດີ 💷	Queer Eye f Straight Gu		63	54	BRAVO	Showbiz M	oms & Dads		Blow Out Kimberly fails her cutting test.
7 11	CBS	Navy NCIS "One Shot, One Kill" ∩ III	Big Brother 5 (N) A CC	The Amazing Race 5 "It Turned Ugly Just Now"	News ∩	(:35) Late S Smith; Jet. (	N) ∩ 📧	The Late Late Show	7	11	CBS	60 Minutes		CMA Music Festival: Co Party (N) ∩ ₪	ountry Music's Biggest
24 50	DISC	Blue Planet: Seas of Life "Ocean Worlds"	Diary of a Shark Man	Casino Di- aries Casino Di-		olf pack. (N)	Big "Giant C	. ,	24	50	DISC	Seas" 📧		Narrow Escapes	More Than Human "Up, Up and Almost Away"
33 44	DISN		Even Lizzie Stevens   C McGuire	Sister, Sis- ter ∩ ₪ Raven ₪	hologram si	ect" (2004, Congs for a strug	gling band. 'N	NR' 🖸		44	DISN	ble 💷	The Proud Family 💷	Stevens 📧 McGuire	Sister, Sis- ter $\cap$ $\textcircled{C}$ Raven $\textcircled{C}$
49 81	E!TV	La Toya Jackson: THS	Janet Jackson: THS	Good to Be Good to Be	Howard S.	Howard S.	Scream Play	y	49	81	E!TV	Scream Pla	ay	Meg Ryan: The E! THS	Dr. 90210
22 56	ESPN	ESPN25: The Headlines	Series-Poker	Series-Poker	Streetball	SportsCent	er (Live) 💷	Baseball	22	2 56	ESPN	Base. Tonig	ght	Great Outdoor Games	rom Madison, Wis. 💷
54 57	ESPN2	Hook Up Streetball	Boxing Boxing	Boxing: Tuesday Herna	andez vs. Kar	rass	ESPN25: W	ho's No. 1	54	57	ESPN2	(5:00) Mino	r League Bas	seball AAA All-Star Game.	Home Run Derby 📧
32 46	FAM	★★½ "The Little Rascals		Whose? Whose?	The 700 Clu		Funniest Ho			46	FAM			rica" (1988, Comedy) Edd	
59 -	FIT TV	Bodies In Shape	Workout Fitness	Peak Performance $\cap$	Bodies	In Shape	†	Fitness	59		FIT TV	Bodies		Workout Fitness	Peak Performance $\cap$
35 31	FMC	(:01) Altman: On His Ow		"Brubaker" (1980, Drama			"Panic in Ne			31	FMC			Stripes Forever" (1952)	(:01) Hour of Stars
53 68	FOOD	Emeril Live "America's Dairy Farmers"	Roker on the Road the Road	Food Finds Amer. Fes- "Cookies" Amer. Fes-	Iron Chef "T Tomato batt	Tomato"	Emeril Live Dairy Farme	"America's		68	FOOD	Emeril Live			Good Eats Good Eats
13 7	FOX		me. The American League ute Maid Park in Houston.		The Fox Re Shepard Sr	nith 📧	Kojak "Pride Princess"			7	FOX	That '70s Show ∩	(N) ∩ ເ	The Simple Method & Life 2 Red (ℕ) ∩	The Fox Report With Shepard Smith
40 38	FX	Cops 🕮 Cops 🕮	Cops 🕮 Cops 💷	Fear Factor $\cap$ 🗉		ica's Sweeth		Premiere.		38	FX	★★ "Amer	rica's Sweeth	earts" (2001, Comedy)	Fear Factor $\cap$ 🗉
30 55	FXSP	I, Max (N) Rocky Mt.	America NASCAR	FOX One The Best Da	amn Sports S	Show Period	Rockv Mt.	I. Max	30	55	FXSP	American F	oker Champ	ionship at Turning Stone	Resort & Casino (Live)
5 14	HBO	★★★ "Mrs. Doubtfire" ( Williams, Sally Field. ∩ "F	1993, Comedy) Robin	(:15) ★½ "The Tuxedo" ( souped-up suit turns a cal	2002) Jackie	Chan. A	**½ "Char Full Throttle			14	HBO	(5:30) **		Ellen DeGeneres: Here and Now $\cap$ 📧	
62 67	HGTV	Designers' Sensible	Decorating Design	Designers' Designers'	Home	Design	Designers'	Sensible	62	67	HGTV	Designers'	Spaces	Weekend Mission	Curb Curb
58 52	HIST	Niagara: A History of the Falls	Tech Effect Mail Call (N)		Vanishings	Vanishings!	the Falls 🕮		58	52	HIST	Las Vegas		psychological and social	Modern Marvels "Bath- room Tech" @
25 35	IND	$\begin{array}{c} \text{Friends} \ \cap \\ \hline \mathbb{C} \end{array} \begin{array}{c} \text{Friends} \ \cap \\ \hline \mathbb{C} \end{array}$	Outback Jack (N)	$\begin{array}{c c} \text{Sex and} & \text{Sex and} \\ \text{the City} \ \cap & \text{the City} \ \cap \end{array}$	Outback Ja	ck	*** <b>"To E</b> (1995) Nicole			35	IND	Family Guy	/ Family Guy	Seinfeld         ∩         Seinfeld "The Nap"	$\begin{array}{c c} \mbox{Sex and} & \mbox{Sex and} \\ \mbox{the City } \cap & \mbox{the City } \cap \end{array}$
18 63	LIFE	"Stand Against Fear"	"A Family Torn Apart" (1	1993) Neil Patrick Harris.	Golden	Golden	The Nanny	The Nanny		63	LIFE	"As Time F	luns Out"	"Murder at Devil's Glen	" (1999) Rick Schroder.
23 77	MTV	TRL (iTV) ∩ 📧	Newlywed Newlywed	Direct Effect ∩	Real World	<b>Real World</b>	Real World	Real World	23	77	MTV	TRL (iTV) (		The Real World $\cap$ 📧	Direct Effect ∩
39	NBC	News CC Ent. To- night	Last Comic Standing	Last Comic Standing $(N) \cap \mathbb{C}$	Law & Orde Victims Uni		News 💷	The To- night Show	3	9	NBC	News 📧	Ent. To- night	Next Action Star "Water Grave" (N) ∩ ₪	y Law & Order "Floater"
8 8	NBC	Last Comic Standing A	(N) ∩ ₪	Law & Order: Special Victims Unit "Criminal"	News	(:35) The To (N) ∩ ₪	night Show	(:37) Late Night (N)	8		NBC	Next Action Grave" (N)	n Star "Watery		Law & Order "Vendetta"
34 43	NICK	SpongeBob Romeo!	Fatherhood Cosby	Cosby Cosby	Cosby	Cosby	Cosby	Cosby	34	43	NICK	SpongeBol	Amanda	Full House Full House	
2 2	PBS	Nova "Fire Wars" A 📧 (I	DVS)	P.O.V. "Thirst" (N) ∩ 🗰	BBC World News	Boy	Charlie Ros	. ,		2	PBS		lockies (N) 📧	★★½ "A Thief of Time" Beach, Wes Studi. ∩	] (DVS)
38 83	SCIFI	UFO Invasion	Kecksburg UFO: New E	vidence ∩ 📧	The Roswe	II Crash: Star	tling New Ev	vidence 📧	38	83	SCIFI	(5:00) "Allig	gator" (1980)	★½ "Alligator II: The M	utation" (1991) ∩ 📧
61 41	SPK	MXC ∩ MXC ∩	Real TV $\cap$ Real TV $\cap$	Wildest Police Videos	Star Trek: N	lext Gener.	Star Trek: N	lext Gener.	61	41	SPK	MXC ∩	MXC ∩	Real TV A Real TV A	Wildest Police Videos
39 51	TLC	While You Were Out Liv- ing room.		In a Fix Opposites share		isions and	Overhaulin'			51		While You little bit of Ir	Were Out A		In a Fix Unfinished tasks
28 37	TNT	Law & Order "Phobia"	Law & Order "Narcosis"	Charmed $\cap \square$	Angel Angel		The X-Files	"Drive" 📧	28	37	TNT	Law & Orde	er 📧 (DVS)	*** "The Score" (20	)1) Robert De Niro. Premie
51 86		Food Crazy (N)	Made Made	Road Trip (N)	Food Crazy		Made	Made				Vegas Cha		World Poker Tour 📧	
		Bonanza	Addams F. GreenAcre		3's Co.	3's Co.	All-Family					Bonanza		Addams F. GreenAcre	Griffith Leave
60 89	UNIV	Fútbol Mariana		Casos de la Vida Real		Noticiero	En las Mejo			89		Mariana de	la Noche	Amarte es Mi Pecado	Don Francisco Present
20 34	USA	Law & Order	* * * "The Nutty Profes		Law & Orde		Karen Sisco			34		Law & Orde		Law & Order	Monk 🕅
12 3	WB	Friends $\cap$ Everybody-		Summerland "Secrets"	News $\cap$	-	Friends A			34	WB		Everybody-	- Smallville "Extinction" (	
99 36	WGN	★★★ "Dirty Rotten Sco			Becker ∩	Becker ∩		5th Wheel	99	36	WGN	(5:30) * * *		age" (1996) ∩ 📧	WGN News at Nine
		· · · · · · · · · · · · · · · · · · ·			-					-					· · · · · · · · · · · · · · · · · · ·

## Now's The Time to Get In Touch



of Ireland. 📧 Hell" Laura and Hernan" (N) Order CC (DVS) \*\*\* "The Score" (2001 "The Score" (2001 **|**★★★ Challenge World Poker Tour 📧 Vegas Challenge World Poker Tour 💷 Addams F. GreenAcre Griffith Leave 3's Co. 3's Co. All-Family Sanford a de la Noche Don Francisco Presenta Impacto Amarte es Mi Pecado Noticiero En las Mejores Familias <u>Order</u> Law & Order Monk 💷 Law & Order The 4400 "Pilot" 📧 Friends \land |Will & Λ Everybody- Smallville "Extinction"  $\cap$  Smallville "Slumber"  $\cap$ News  $\cap$  CC Raymond Grace 📧 ★★ "The Birdcage" (1996) ∩ 📧 WGN News at Nine III Becker 
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T	Ή	URS	DAY E	/ENINC	2		Eagle Cable &T Telephone	)	JULY 15, 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		iles A womar a murder.		er brother	The First 48 Left for Dead	" (CC)	Crossing Jo crets & Lies"	rdan "Se-	Cold Case F	iles 💷	
4	6	ADC	Hook and Peter are sent back to the Old Kingdom.			Primetime T	hursday 💷	News CC (:35) Night- line CC		(:06) Jimmy Kimmel Live (N) ∩ ₪			
26	48	ANPL				Animal Cop "The Wild Pa	ack" 📧	Deer and bir	d rescues.	Growing Up "Cheetah"			
63	54	BRAVO	Queer Eye for Straight Guy		for charify. (N) 📧 👘 🔤				The West W ration" @		Celebrity Po down 💷		
7	11	CBS	Big Brother	5 (Live) ∩	- <b>J</b>		tions" ∩ 📧		<u> </u>		- ( )	The Late Late Show	
24	50	DISC	for survival in the sea.		00		82nd Airborne Division		Lion Battlef rule the Afric	an plains.	KAL-007 (N)		
33	44	DISN	ble 📧	Family 📧			Sister, Sis- ter ∩ 🖾	Raven 🗈	★½ "Model Behavior" (2 Gifford, Justin Timberlake.				
49	81		Heather Locklear: The E!				Scream Play				Awards	Uncensord	
22	56		MLB Baseba	all	Great Outdoor Games Fr		om Madison, Wis. 📧		SportsCente	er (Live) 📧	Burning	Outside	
54	57	ESPN2	WNBA Bask	etball: Shock			Baseball Tonight 📧		Billiards: W	PBA	Baseball Tonight 📧		
32	46	FAM	★★ "Half a	Dozen Babie	es" (1999) Scott Reeves.		Whose? Whose?		The 700 Club 💷		Funniest Home Videos		
59	•	FIT TV	Bodies	In Shape	Workout Fitness				Bodies In Shape		Workout Fitness		
35	31	FMC		"Seven Thiev	<b>/es</b> " (1960) F	Rod Steiger	(:01) * * *	"French Cor	nection II" (		(:01) "The V	anishing"	
53	68			ve Fried catfish, Food Finds Recipe for		Recipe for		Amer. Fes- tivals	Iron Chef Iro Sakai is chal	on Chef	Emeril Live Fried catfish, hush puppies.		
13	7	FUA	North Shore Boyfriend's B	°"My Back"∩©	Tru Calling ' comes Her"		The Fox Rep Shepard Sm	hith 📧	Cagney & L Citizen" III	-	Kojak		
40	38	FX	Cops 📧	Cops 🗈	Fear Factor	$\cap \square$	★★★ "Ene	my of the Sta	ate" (1998, S	uspense) Will	Smith, Gene Hackman.		
30	55	FXSP									Rocky Mt. I, Max		
5	14		<b>* * * "Catch Me if You Can"</b> (2002) Leonardo DiC teenage scam artist poses as a pilot, surgeon and law				aprio. A wyer. 📧	★ "Kangare Connell. ∩	oo Jack" (200 'PG' 📧	02) Jerry O'-	★★ "Daredevil" (2003) Ben Affleck. ∩ 'PG-13'		
62	67	HGTV		Landscapr			House	House	Home	Design	Designers'		
58	52	HIST	Alaska: Big those who co	America Alas	ska shapes th spell. (N) 📧	e lives of	Modern Mar breakers" 📧		The Big Hou homa State	Penitentiary"	Alaska: Big America 📧		
25	35	IND	Regina King.				Rock, Regina	a King. 📧	th" (2001, Co		(9:50) ★★½ "Heart Con- dition" (1990) ₪ The Nanny The Nanny		
18	63	LIFE	"Murder at 7			ale" (2004, D			The Division 📧				
23	77	MTV	TRL (iTV) ∩				Direct Effect ∩		Battle I, Robot		Pimp Ride	Pimp Ride	
3	9	NBC		Ent. To- night	Will & Grace III	Will & Grace III	Will & Grace CC	Will & Grace CC			News 📧	The To- night Show	
8	8	NBC		Will & Grace CC	Will & Grace 📧	Will & Grace CC	<u>ín cí</u>			(:35) The To (N) ∩ ₪		(:37) Late Night 📧	
34	43	NICK	SpongeBob		Full House		Roseanne		Roseanne		Roseanne	Roseanne	
2	2	PBS	Journeys	Spotlight	The New Th House Hour	$\cap$ $\square$	Wide Angle "AIDS War- riors" ດີ ແ		News		Charlie Rose (N) ∩ 📧		
38	83	SCIFI				(1991) Arno			· · · · ·		adow" (1993		
61	41				Real TV A Real TV A						MXC ∩ MXC ∩		
39	51	120	While You Were Out Clean Sweep Combining two home offices.			Style" 🗈		Overhaulin'		Help Wanted "Monster Truck Driver" (N)			
28		TNT	* * * "The Pelican Brief" (1993								f" (1993) Julia Roberts.		
	86						Fantastic Houseboats		Rich RV Parks		Super Yachts 📧		
21	82				Addams F. GreenAcre		Griffith Leave		3's Co. 3's Co.		All-Family Sanford		
	89					li Pecado	Aquí y Ahora				En las Mejores Familias		
20	34		The 4400 "Pilot" 📧					ield U.S. Oly	mpic Trials. (L		Law & Order		
12	3	WD	CC		Finale) (N) (			Jamie Kennedy	News A 🗉		Friends A	Will & Grace 📧	
99	36	WGN	MLB Baseba	all Milwaukee	Brewers at C	hicago Cubs.	(Live) $\cap$ CC		WGN News	Becker ∩	Elimidate	5th Wheel	

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* Buy 1 digital premium movie package, get a 2nd digital premium movie package FREE for 3 months.														
	* Buy 2 digital tiers and get 2 digital tiers FREE for 3 months.													
* Buy 2 premium movie packages and get 2 more FREE for 3 months.														
0	* Buy 1 digital tier and 1 premium movie package and get a 2nd digital tier and movie package FREE for 3 months.													
	or stop by our office to your standard cable package.													
		sign-up t		subscribers- F	Receive a free	e digital upgra	ide when you	ı add digital.						
	of 5	5 \$20 fuel	prizes!						s	ome conditions	apply.			
FRIDAY EVENINGE=Eagle Cable S=S&T TelephoneJULY 16, 200											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		Biography "David Kore- sh: Preacher of Fire"	Biography ". Journey Into		Biography: ( Manson	Charles	American Ju Relations" 🖸	ustice "Blood	Biography " sh: Preacher	David Kore- of Fire"			
4	6		George Lo- pez 🕮 he Kellys	Hope & Faith 📧	Life With Bonnie ∩	20/20 [C]		News 📧	(:35) Night- line III	(:06) Jimmy Live Jeremy				
26	48		The Planet's Funniest Animals 📧	The Planet's Animals 💷	Funniest	Animal Cops "Hungry for J		The Planet's Animals 🕮		The Planet's Animals III	s Funniest			
63	54	DRAVU	Queer Eye for the Straight Guy III	( /	Music (N)		Music (N)	Queer Eye for Straight Guy	y [CC]	Music (N)	More Than Music (N)			
7	11		Joan of Arcadia "Vanity, Thy Name Is Human"	JAG "Crash" (DVS)	Crash" ∩ @ 48 Hours ∩ @		CC	News A (:35) Late St		10w (N) ∩	The Late Late Show			
24	50	DISC	Blue Planet: Seas of Life "Tidal Seas" III	America's Loch Ness Monster		Great Biker Build-Off "Chica vs. Hank Young"		American Casino (N)		American Chopper "I, Robot Bike 1"				
33	44		$\begin{array}{c c} \text{Sister, Sis-} \\ \text{ter } \cap & \textcircled{\tabular} \\ \end{array} \begin{array}{c} \text{Sister, Sis-} \\ \text{ter } \cap & \textcircled{\tabular} \\ \end{array}$		Sister, Sis- ter ∩ ₪		That's So Raven 💷		e Suburbs" ( abaker. Prem		"Stuck Suburbs"			
49			Dr. Phil: True Story	Dr. 90210		High Price of Fame		Howard S.	1	Uncensord				
22			Series-Poker		om Madison,		er (Live) 📧	Great Outdo						
54			Series-Poker		Boxing: Friday Night Fight				Karate	Baseball To				
32 59	46		★★ "Au Pair" (1999) Gre Bodies In Shape		n. 00 Fitness		Whose?	The 700 Clu Rodice	T		Paid Prog.			
35			Bodies  In Shape (:01) ★★½ "Teenage Reb			Peak Perform			In Shape	Workout	Fitness eartheats"			
			Emeril Live Bacon bis-	\$40-a-Day	\$40-a-Day	(:01) * * * "Titanic" (19) The Secret Top 5 (N)		Iron Chef "Battle Carrot"		"The Five Heartbeats" Emeril Live Bacon bis-				
53		FUUD	cuits; country pork ribs. The Bernie Method &	The Jury "Th	"Paris"	Life Of The Fox Report With		Kiyoshi Takahashi. Cagney & Lacey "Parting		cuits; country pork ribs Kojak "Dead Again"				
13	7	FUX	Mac Show Red CC	(iTV) (N) ∩	00	Shepard Smith 📧		Shots" 📧						
40	38			Fear Factor		Fear Factor		Fear Factor		Fear Factor	1			
30	55		I, Max (N)  Rockies (5:30) ★ "Ladybugs"		NASCAR	America			Show Period Days Later" (2					
5 62	14 67	ΠDV		hood friends	won't admit th	neý lové each	other. ∩	virus turns hu	umans into vio	cious beasts.	'R'			
58	67 52			Decisive	Designed Command Decisions	Designers' The Manhatt		Home Machine Gu	Sensible	Designers' Barbarians				
25		IND	★★ " <b>Rat Race</b> " (2001, C John Cleese. Premiere	omedy) Rowan Atkinson, (:15) ** "Rat Race" (200			1 101) Rowan A Ne to claim a l	tkinson, John	Cleese. Las	★★½ "Fletch"				
	63	LIFE	"Crossing the Line"					Merge CC		Merge 💷	FIELCII			
	77		TRL (iTV) $\cap$ 💷	True Life ∩				The Real Wo		Pimp Ride	Assistant			
3	9		News © Ent. To- night Dateline NBC ∩ ©					Las Vegas "l els" ©		News 📧	The To- night Show			
8	8	NBC	Dateline NBC $\cap$ 📧		Las Vegas "Fels" n 💷	amily Jew-	News (:35) The To (N) ∩ ₪		night Show	(:37) Late Night (N)				
34	43		Rocket Power (N)		Phantom	Full House		Full House	Full House	Full House	Full House			
2	2	PBS	Washington Wall \$treet- Week (N) Fortune	Market to Market	Kansas Week	Now With Bi	II Moyers	BBC World News	Red Green	Charlie Ros	e (N) ∩ 📧			
38						(Series Prem			antis "Rising"					
61	41					Wildest Police Videos In a Fix "Teenager's Bed-		Star Trek: N		Deep Space 9				
	51	ILC	lanta: Main Street"	Ű	room" 📧				What Not to Wear "Megan" Lack of style. (N					
28				(2001) George Clooney. P Coppola-Napa		remiere. ★★★ "Oce Plains Georgia				ge Clooney. 📧 Coppola-Napa				
51 21	86 82		World's Best  Bonanza "The Rival"	Addams F.			Leave	World's Bes 3's Co.	3's Co.	All-Family				
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\*\*\* "Airplane!" (1980, Comedv) Robert Havs.