

# Dieters' prayer for strength to change

DEAR ABBY: 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? — SYMPATHETIC IN TAOS, N.M.



## abigail van buren

• dear abby

DEAR SYMPATHETIC: I couldn't locate the prayer you requested, but the premise intrigued me — so I wrote one myself. I hope 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

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 alley of the Vendors of Pastry, I will 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 protein;

Thou steamest 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

didn't think it was anything to be 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-examination and early detection.

Your column saved my life. —  
GRATEFUL GUY IN MARYLAND  
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 number (800) 227-2345 or visiting the Web site: www.cancer.org.


		E=Eagle Cable S=S&T Telephone										JULY 13, 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 "David Berkowitz: Son of Sam"	Cold Case Files	Englishwoman shot; fingerprint matches prisoner. [E]	Crossing Jordan	"Some-one to Count On" [E]	Biography "David Berkowitz: Son of Sam"					
4	6	ABC	8 Simple Rules [E]	I'm With Her [E]	According to Jim [E]	Less Than Perfect [E]	NYPD 24/7 "Hour Four" (N) [E]	News [E]	(:35) Nightline [E]	(:06) Jimmy Kimmel Live (N) [E]			
26	48	ANPL	Venom ER [E]	Venom ER	Animal Cops Houston "Graveyard Farm" [E]	Venom ER [E]	Venom ER						
63	54	BRAVO	Queer Eye for the Straight Guy "Ralph S."	Blow Out Kimberly fails her cutting test. [E]	Queer Eye for the Straight Guy [E]	The West Wing "Guns Not Butter" [E]	Queer Eye for the Straight Guy [E]						
7	11	CBS	Navy NCIS "One Shot, One Kill" [E]	Big Brother 5 (N) [E]	The Amazing Race 5 "It Turned Ugly Just Now"	News [E]	(:35) Late Show Will Smith; Jet. (N) [E]	The Late Late Show					
24	50	DISC	Blue Planet: Seas of Life "Ocean Worlds"	Diary of a Shark Man	Casino Diaries	Wolf Battlefields The Lone Pine wolf pack. (N)	Big "Giant Claw" (N)						
33	44	DISN	Kim Possible: The Proud Family [E]	Even Stevens [E]	Lizzie McGuire [E]	Sister, Sister [E]	That's So Raven [E]	"Pixel Perfect" (2004, Comedy) Ricky Ullman. A hologram sings for a struggling band. 'NR' [E]					
49	81	E!TV	La Toya Jackson: THS	Janet Jackson: THS	Good to Be Good to Be	Howard S. [E]	Howard S. [E]	Scream Play					
22	56	ESPN	ESPN25: The Headlines	Series-Poker	Good to Be Good to Be	Baseball							
54	57	ESPN2	Hook Up	Streetball	Boxing	Boxing	Boxing: Tuesday -- Hernandez vs. Karass	ESPN25: Who's No. 1					
32	46	FAM	★★★ "The Little Rascals" (1994) Bug Hall	Bodies	In Shape	Workout	Fitness	Peak Performance [E]	Bodies	In Shape	Workout	Fitness	
59	-	FIT TV	(:01) Altman: On His Own Terms	(:32) ★★★ "Brubaker" (1980, Drama)	Robert Redford.	"Panic in Needle Park"							
35	31	FMC	Emeril Live "America's Dairy Farmers"	Roker on the Road	Roker on the Road	Food Finds "Cookies"	Amer. Festivals	Iron Chef "Tomato" Tomato battle.	Emeril Live "America's Dairy Farmers"				
53	68	FOOD	MLB Baseball All-Star Game. The American League's best meet the National League's finest. From Minute Maid Park in Houston.	The Fox Report With Shepard Smith [E]	Kojak "Pride and the Princess"								
13	7	FOX	Cops [E]	Cops [E]	Cops [E]	Cops [E]	Fear Factor [E]	★★ "America's Sweethearts" (2001) Premiere.					
40	38	FX	I, Max (N)	Rocky Mt. America	NASCAR	FOX One	The Best Damn Sports Show Period	Rocky Mt. I, Max					
30	55	FXSP	★★★ "Mrs. Doubtfire" (1993, Comedy) Robin Williams, Sally Field. [E]	PG-13		(:15) ★★ "The Tuxedo" (2002) Jackie Chan. A souped-up suit turns a cab driver into a super spy.							
5	14	HBO	Designers' [E]	Sensible	Decorating [E]	Design	Designers' [E]	Design	Designers' [E]	Sensible			
62	67	HGTV	Niagara: A History of the Falls [E]	Tech Effect (N) [E]	Mail Call [E]	Pacific Coast Highway [E]	Vanishings! [E]	Vanishings! [E]	Niagara: A History of the Falls [E]				
58	52	HIST	Friends [E]	Friends [E]	Outback Jack (N)	Sex and the City [E]	Sex and the City [E]	Outback Jack					
25	35	IND	"Stand Against Fear"	"A Family Torn Apart" (1993) Neil Patrick Harris.	Direct Effect [E]	Real World [E]	Real World [E]	Real World [E]					
18	63	LIFE	TRL (ITV) [E]	Newlywed	Newlywed	Direct Effect [E]	Real World [E]	Real World [E]					
23	77	MTV	News [E]	Ent. Tonight	Last Comic Standing [E]	Last Comic Standing [E]	Law & Order: Special Victims Unit "Criminal"	News [E]	(:35) The Tonight Show (N) [E]	(:37) Late Night (N)			
3	9	NBC	Last Comic Standing [E]	Last Comic Standing [E]	Law & Order: Special Victims Unit "Criminal"	Cosby	Cosby	Cosby	Cosby	Cosby			
8	8	NBC	SpongeBob! Romeo! [E]	Fatherhood [E]	Cosby	Cosby	Cosby	Cosby	Cosby	Cosby			
34	43	NICK	Nova "Fire Wars" (N) (DVS)	UFO Invasion	Kecksburg UFO: New Evidence [E]	The Roswell Crash: Startling New Evidence [E]							
2	2	PBS	MXC [E]	MXC [E]	Real TV [E]	Real TV [E]	Wildest Police Videos	Star Trek: Next Gener.	Star Trek: Next Gener.				
38	83	SCIFI	While You Were Out Living room.	Clean Sweep	Deciding what to throw away.	In a Fix Opposites share a home. [E]	Sports Collisions and Crackups	Overhaul!					
61	41	SPK	Law & Order "Phobia"	Law & Order "Narcosis"	Charmed [E]	Angel [E]	The X-Files "Drive" [E]						
39	51	TLC	Food Crazy (N)	Made [E]	Made [E]	Road Trip (N)	Griffith	Leave					
28	37	TNT	Bonanza	Addams F. [E]	GreenAcre [E]	Griffith	Leave						
51	86	TRAV	Fútbol	Mariana	Amarte es Mi Pecado	Casos de la Vida Real	Impacto	Noticiero	En las Mejores Familias				
21	82	TVLND	Law & Order	★★★ "The Nutty Professor" (1996) (DVS)	Law & Order	News [E]	Friends [E]	Will & Grace [E]					
60	89	UNIV	Friends [E]	Everybody-Raymond	Pepsi Smash (Season Finale) (N) [E]	Jamie Kennedy	Jamie Kennedy	News [E]	Friends [E]	Will & Grace [E]			
20	34	USA	★★★ "Dirty Rotten Scoundrels" (1988)	WGN News at Nine [E]	Becker [E]	Becker [E]	Elimidate	5th Wheel					

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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 "John F. Kennedy Jr." [E]	American Justice "The Black Widow" (N) [E]	City Confidential [E]	Crossing Jordan "Secrets & Lies" [E]	Biography "John F. Kennedy Jr." [E]						
4	6	ABC	My Wife and Kids [E]	Drew Carey [E]	Drew Carey [E]	The Ultimate Love Test (N) [E]	(:35) Nightline [E]	(:06) Jimmy Kimmel Live (N) [E]					
26	48	ANPL	The Crocodile Hunter Diaries	Most Extreme: Survivors [E]	Animal Cops Houston "Dirty Work" [E]	The Crocodile Hunter Diaries	Most Extreme: Survivors [E]						
63	54	BRAVO	Showbiz Moms & Dads	The Restaurant [E]	Blow Out Kimberly fails her cutting test. [E]	The West Wing "The Long Goodbye" [E]	The Restaurant [E]						
7	11	CBS	60 Minutes [E]	CMA Music Festival: Country Music's Biggest Party (N) [E]	News [E]	(:35) Late Show Hilary Duff, Jonathan Ames. (N)	The Late Late Show						
24	50	DISC	The Blue Planet "Frozen Seas" [E]	Narrow Escapes	More Than Human "Up, Up and Almost Away"	Polar Battlefields (N)	Venice Flood Gates (N)						
33	44	DISN	Kim Possible: The Proud Family [E]	Even Stevens [E]	Lizzie McGuire [E]	Sister, Sister [E]	That's So Raven [E]	"Right on Track" (2003) The Enders sisters enter the world of drag racing. [E]					
49	81	E!TV	Scream Play	Meg Ryan: The E! THS	Dr. 90210	Howard S. [E]	Howard S. [E]	Celebrities Uncensored					
22	56	ESPN	Base. Tonight	Great Outdoor Games From Madison, Wis. [E]	SportsCenter (Live) [E]	Base. Tonight							
54	57	ESPN2	(5:00) Minor League Baseball AAA All-Star Game.	Home Run Derby [E]									
32	46	FAM	★★★ "Coming to America" (1988, Comedy) Eddie Murphy.	Who's?	The 700 Club [E]	Videos	Videos						
59	-	FIT TV	Bodies	In Shape	Workout	Fitness	Peak Performance [E]	Bodies	In Shape	Workout	Fitness		
35	31	FMC	(:01) ★★★ "Stars and Stripes Forever" (1952)	(:01) Hour of Stars	(:01) ★★ ★★ "The French Connection" (1971)								
53	68	FOOD	Emeril Live	BBQ With Bobby Flay	Foodnation	Good Eats	Good Eats	Iron Chef "Asparagus" Asparagus dishes.	Emeril Live				
13	7	FOX	That '70s Show (N) [E]	Quintuplets Life 2 [E]	Method & Red (N) [E]	The Fox Report With Shepard Smith [E]	Cagney & Lacey "A Safe Place" [E]	Kojak "Black Thorn"					
40	38	FX	★★ "America's Sweethearts" (2001, Comedy)	Fear Factor [E]	★★★ "Predator" (1987)	Carl Weathers							
30	55	FXSP	American Poker Championship at Turning Stone Resort & Casino (Live)	Rocky Mt. [E]	Poker								
5	14	HBO	(5:30) ★★ "The Medalion" (2003) [E]	PG-13	★★★ "Joe Somebody" (2001, Comedy) Tim Allen. [E]	Catwoman: First Look	Six Feet Under "Can I Come Up Now?" [E]						
62	67	HGTV	Designers' [E]	Spaces	Weekend Mission	Curb [E]	Curb [E]	Designers' [E]	Spaces				
58	52	HIST	Las Vegas The physical, psychological and social structures of Las Vegas. [E]	Modern Marvels "Bathroom Tech" [E]	Hooked: Illegal Drugs and How They Got	Las Vegas [E]							
25	35	IND	Family Guy [E]	Family Guy [E]	Seinfeld [E]	Seinfeld "The Nap"	Sex and the City [E]	Sex and the City [E]	★★★ "Sugar & Spice" (2001) Marley Shelton, James Marsden.	(:45) "Sliding Doors"			
18	63	LIFE	"As Time Runs Out"	"Murder at Devil's Glen" (1999) Rick Schroder.	Golden [E]	Golden [E]	The Nanny [E]	The Nanny [E]					
23	77	MTV	TRL (ITV) [E]	The Real World [E]	Direct Effect [E]	Hard Rock [E]	Ashley [E]	Newlywed [E]	Newlywed [E]				
3	9	NBC	News [E]	Ent. Tonight	Next Action Star "Watery Grave" (N) [E]	Law & Order "Floater" [E]	Law & Order "Vendetta" [E]	News [E]	(:35) The Tonight Show (N) [E]	(:37) Late Night (N)			
8	8	NBC	Next Action Star "Watery Grave" (N) [E]	Law & Order "Floater" [E]	Law & Order "Vendetta" [E]	News [E]	(:35) The Tonight Show (N) [E]	(:37) Late Night (N)					
34	43	NICK	SpongeBob! Amanda	Full House [E]	Full House [E]	Boss? [E]	Boss? [E]	Boss? [E]	Boss? [E]	Boss? [E]			
2	2	PBS	Great Lodges of the Canadian Rockies (N) [E]	★★★ "A Thief of Time" (2004, Mystery) Adam Beach, Wes Studi. (DVS)	Two's Company [E]	BBC World News	Two's Company [E]	Charlie Rose (N) [E]					
38	83	SCIFI	(5:00) "Alligator II: The Mutation" (1980)	★★ "Alligator II: The Mutation" (1991) [E]	★★★ "Rattled" (1996) William Katt. [E]								
61	41	SPK	MXC [E]	MXC [E]	Real TV [E]	Real TV [E]	Wildest Police Videos	Star Trek: Next Gener.	"The Living Daylights"				
39	51	TLC	While You Were Out A little bit of Ireland. [E]	Clean Sweep "Handbag Hell" [E]	In a Fix Unfinished tasks.	For Better or for Worse "Laura and Herman" (N)							
28	37	TNT	Law & Order [E]	(DVS)	★★★ "The Score" (2001) Robert De Niro. Premiere.	★★★ "The Score" (2001)							
51	86	TRAV	Vegas Challenge	World Poker Tour [E]									
21	82	TVLND	Bonanza	Addams F. [E]	GreenAcre [E]	Griffith	Leave	3's Co. [E]	3's Co. [E]	All-Family [E]	Sanford		
60	89	UNIV	Mariana de la Noche	Amarte es Mi Pecado	Don Francisco Presenta	Impacto	Noticiero	En las Mejores Familias					
20	34	USA	Law & Order	Law & Order	Monk [E]	Smallville "Extinction" [E]	Law & Order	The 4400 "Pilot" [E]					
12	3	WB	Friends [E]	Everybody-Raymond	What I Like About You [E]	Grounded for Life [E]	Reba [E]	Reba [E]	News [E]	Friends [E]	Will & Grace [E]		
99	36	WGN	(5:30) ★★★ "The Birdcage" (1996) [E]	WGN News at Nine [E]	Becker [E]	Becker [E]	Elimidate	5th Wheel					

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Some conditions apply.

		E=Eagle Cable S=S&T Telephone										JULY 15, 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	A woman implicates her brother and cousin in a murder. [E]	The First 48 "Overkill: Left for Dead" [E]	Crossing Jordan "Secrets & Lies" [E]	Cold Case Files [E]						
4	6	ABC	Stephen King's Kingdom Hospital "Finale" Dr. Hook and Peter are sent back to the Old Kingdom.	Primetime Thursday [E]	News [E]	(:35) Nightline [E]	(:06) Jimmy Kimmel Live (N) [E]						
26	48	ANPL	Amazing Animal Videos Deer and bird rescues.	Growing Up... "Cheetah" [E]	Animal Cops Houston "The Wild Pack" [E]	Amazing Animal Videos Deer and bird rescues.	Growing Up... "Cheetah" [E]						
63	54	BRAVO	Queer Eye for the Straight Guy [E]	Celebrity Poker Showdown	Celebrities compete for charity. (N) [E]	The West Wing "Inauguration" [E]	Celebrity Poker Showdown [E]						
7	11	CBS	Big Brother 5 (Live) [E]	CSI: Crime Scene Investigation "Bad Words"	Without a Trace "Revelations" [E]	News [E]	(:35) Late Show (N) [E]	The Late Late Show					
24	50	DISC	The Blue Planet: Seas of Life "Tidal Seas" [E]	Top Secrets of the CIA [E]	82nd Airborne Division	Lion Battlefield Lions rule the African plains.	KAL-007 (N)						
33	44	DISN	Kim Possible: The Proud Family [E]	Even Stevens [E]	Lizzie McGuire [E]	Sister, Sister [E]	That's So Raven [E]	★★ "Model Behavior" (2000, Comedy) Kathie Lee Gifford, Justin Timberlake. [E]					
49	81	E!TV	Heather Locklear: The E!	True Hollywood Story	Scream Play	Howard S. [E]	Howard S. [E]	Awards	Uncensored				
22	56	ESPN	MLB Baseball	Great Outdoor Games From Madison, Wis. [E]	SportsCenter (Live) [E]	Burning	Outside						
54	57	ESPN2	WNBA Basketball: Shock at Comets	Baseball Tonight [E]	Billiards: WPBA	Baseball Tonight [E]	Funnies Home Videos						
32	46	FAM	★★★ "Half a Dozen Babies" (1999) Scott Reeves.	Who's? [E]	Who's? [E]	The 700 Club [E]	Funnies Home Videos						
59	-	FIT TV	Bodies	In Shape	Workout	Fitness	Peak Performance [E]	Bodies	In Shape	Workout	Fitness		
35	31	FMC	(:01) ★★★ "Seven Thieves" (1960) Rod Steiger	Food Finds "Recipe for Success" (N)	Amer. Festivals	Amer. Festivals	Emeril Live Fried catfish, hush puppies.	Emeril Live Bacon biscuits, country pork ribs.	\$40-a-Day "Paris"	The Secret Life Of... [E]	Top 5 (N) [E]		
53	68	FOOD	North Shore "My Boyfriend's Back" [E]	Tru Calling "Death Becomes Her" [E]	The Fox Report With Shepard Smith [E]	Cagney & Lacey "Model Citizen" [E]	Kojak						