

Office affairs when ended can cause pain



abigail van buren

• dear abby

DEAR ABBY: My boyfriend of more than a year and I broke up about a month ago. While the split was sudden, I understood his reasons for wanting to end the relationship, and we're still good friends.

Recently, a guy at work expressed an interest in me, and we have made out a few times. This guy is extremely forward, likes to

move quickly, and has made it clear that his interest is only physical. I can't seem to find the willpower to tell him to leave me alone. I keep associating with him to fill the void that was left when my boyfriend and I parted ways. He is pushing more and more to see me alone, and I'm running out of excuses.

I know what I'm doing isn't right, but the feeling of being de-

sired is something I don't want to lose again. Can you please help me sort out this mess? — TORN IN TWO

DEAR TORN: That little voice that's telling you what you're doing isn't right is your intuition. It is trying to steer you in the right direction. When an affair at the office ends, it can be painful and embarrassing to be confronted every day with the ghost of romance past, so take my advice and don't do it.

Tell the office Romeo to slow down — he's moving too fast. If he has any respect for you, he will back off.

DEAR ABBY: I love to bake,

and I have heard for years that when baking or cooking with wine or liquor, the alcohol burns off.

I have a cupcake recipe that contains one-half cup of coffee liqueur and yields 30 cupcakes. They were baked at 350 degrees for 30 minutes.

One of my co-workers, after having one cupcake, told everyone that she was sure the cupcake had made her drunk. She even had slurred speech! She did not appear to be joking, and continued talking about it for several days afterward.

Is this possible? — THE NEW OFFICE BARTENDER, QUINCY, CALIF.

DEAR BARTENDER: Yes, it is. I posed your question to Sherry Yard, pastry chef at Spago in Beverly Hills. Sherry told me that when the liqueur is put directly into the batter, not all of it burns off — which means people with a sensitivity to alcohol should not eat those cupcakes.

DEAR ABBY: My husband and I adopted two daughters from China. They are now 3 and 4 years old. Time and again, people ask if the girls are "real sisters."

My daughters are proud to be Chinese, and they know each other only as sisters. In time, they will understand the circumstances sur-

rounding their birth. An adopted child from China has no means of finding any history about his/her birth parents.

What do you recommend answering when we're asked if the girls are "real sisters"? — LUCKY MOM IN MICHIGAN

DEAR LUCKY MOM: There seems to be no limit to the questions people feel entitled to ask when they see families who are multiracial. Your daughters became "real sisters" the minute you adopted them, and I see no reason why you should tell anyone otherwise.

SATURDAY EVENING		E=Eagle Cable S=S&T Telephone										AUG. 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	American Justice "Blood Relations" (R)		Cold Case Files (R)		City Confidential (R)		The First 48 "Killing Spree" (R)		American Justice "Blood Relations" (R)		
4	6	ABC	*** "Mystic Pizza" (1988, Comedy-Drama) Anabeth Gish, Julia Roberts. (R) (R)		Whose Line? Whose Line? (R)		News (R)	(.35) Seinfeld (R)	(.05) Entertainment Tonight (R)				
26	48	ANPL	Animal Miracles Mother cat is trapped in an inferno. (N)		Amazing Animal Videos Animals attack humans. (R)		Animal Miracles Mother cat is trapped in an inferno. (N)						
63	54	BRAVO	*** "Reservoir Dogs" (1992, Drama) Harvey Keitel, Tim Roth. (R) (R)		*** "Fear and Loathing in Las Vegas" (1998) Johnny Depp. A journalist and his lawyer take a drug-induced road trip. (R)		*** "Reservoir Dogs" (R)						
7	11	CBS	The Amazing Race 5 (R)		Big Brother 5 (N) (R)		CSI: Miami "Big Brother" (TV) (R)		News (R)	Drew Carey	Drew Carey	Drew Carey	
24	50	DISC	Rally Round the House		Double Agents "Size Matters" (R)		New Detectives: Forensic Science		Flight From Justice: The Story of D.B. Cooper (R)				
33	44	DISN	Kim Possible The Proud Family (R)		Tracey Ullman Lizzie McGuire (R)		Phil of the Future That's So Raven (R)		"Tiger Cruise" (2004) Hayden Panettiere. A teen visits her Navy father on Sept. 11, 2001. (NR) (R)				
49	81	E!TV	Holly		Holly		Holly		Howard S. Howard S.				
22	56	ESPN	Little League Baseball		X Games From Los Angeles. (Live) (R)		SportsCenter		Baseball Tonight (R)				
54	57	ESPN2	ATP Tennis: Tennis Masters Series		WTA Tennis Rogers Cup -- Semifinal. (R)		NFL Live (N) (R)						
32	46	FAM	*** "The Natural" (1984, Drama) Robert Redford, Robert Duvall.		Funnest Home Videos		Funnest Home Videos						
59	-	FIT TV	Star Fitness		Balance Workout		In Shape Workout		Star Fitness		Resort & Spa		
35	31	FMC	(.01) *** "Holiday for Lovers" (1959, Comedy)		Hour of Stars: Man		(.01) *** "The Mephisto Waltz" (1971)						
53	68	FOOD	Mr. Iron Chef "Part 1: Battle Chicken" (N)		Mr. Iron Chef "Part 2: Battle Beef 1st Half" (N)		Mr. Iron Chef "Part 3: Battle Beef 2nd Half" (N)		Unwrapped Top 5 "Big Bites"		Mr. Iron Chef "Part 1: Battle Chicken" (N)		
13	7	FOX	Cops (R) (R)		Cops (R) (R)		America's Most Wanted		She Spies Quest to reunite lost lovers. (R)		Mad TV Elisha Cuthbert, Vanessa L. Williams. (R)		Blind Date (N) (R)
40	38	FX	(5:30) Fear Factor (R)		*** "Operation Delta Force" (1997) Jeff Fahey		*** "Armageddon" (1998, Action) Bruce Willis.						
30	55	FXSP	MLS Soccer		Golf Live Sports List		Championship Poker		Boxing Rocky Mt. America				
5	14	HBO	"Malibu's Most" (R)		*** "Star Wars: Episode II -- Attack of the Clones" (2002, Science Fiction) Ewan McGregor. (R) (PG) (R)		*** "Seabiscuit" (2003) Tobey Maguire. Three men lead a racehorse to glory in the 1930s. (R)						
62	67	HGTV	Sensible Decorating		Mission Designers' Design Design		Home Smart		Sensible Decorating				
58	52	HIST	American Eats: History on a Bun The origins of favorite foods in the United States. (R)		History of the Beach: The Turning Tides of History The history of beaches. (R)		American Eats: History on a Bun (R)						
25	35	IND	(4:00) *** "The Matrix" (1999) (PA) (R)		*** "Lara Croft: Tomb Raider" (2001, Adventure) (PA) Angelina Jolie, Jon Voight. (R)		*** "Aliens" (1986, Science Fiction) (PA) Sigourney Weaver, Michael Biehn. (R)						
18	63	LIFE	*** "Divided by Hate" (1997) Tom Skerritt. (R)		Missing "Last Stop" (N)		Wild Card (R)		What Should You Do?				
23	77	MTV	True Life (R)		Room Rdr Room Rdr		Come In Come In		Road Rules Road Rules		Assistant Assistant		
3	9	NBC	U.S. Senate Debate (R)		*** "The Replacements" (2000, Comedy) Keanu Reeves, Gene Hackman.		Law & Order: Criminal Intent "Shrink-Wrapped"		News (R)	Saturday Night Live Kelly Ripa; Outkast. (R)			
8	8	NBC	*** "The Replacements" (2000, Comedy) Keanu Reeves, Gene Hackman.		Law & Order: Criminal Intent "Shrink-Wrapped"		News (R)	Saturday Night Live Kelly Ripa; Outkast. (R)					
34	43	NICK	Grown Up "Romeo" (R)		All That (R)		Amanda Fatherhood Cosby		Roseanne Roseanne		Cosby Cosby		
2	2	PBS	Lawrence Welk: Milestones and Memories Stars from "The Lawrence Welk Show" perform crowd-pleasing favorites. (R)				Austin City Limits (R)		Soundstage "Lisa Marie Presley and Peter Wolf"				
38	83	SCIFI	(5:00) "Route 66" (R)		*** "Resident Evil" (2002) Milla Jovovich. (R)		*** "Day of the Dead" (1985) Lori Cardille. (R)						
61	41	SPK	(5:00) *** "Navy SEALs" (1990) (R)		Real TV (R)		WWE Velocity (N) (R)		Wildest Police Videos		"From Dusk-3"		
39	51	TLC	For Better or for Worse "Tiffany and Joel" (R)		Trading Spaces: Family Layers of wallpaper. (R)		While You Were Out (R)		Trading Spaces Fraternally-sorority swaps. (R)		Trading Spaces (N)		
28	37	TNT	NASCAR Racing Busch Series -- Kroger 200. (R)		*** "Payback" (1999) Mel Gibson. (R) (DVS)		*** "Murder at 1600" (1997)						
51	86	TRAV	Kings of the Road (N)		Great Outdoors (R)		Ends of the Earth		Mel Gibson. (R) (DVS)		Great Outdoors (R)		
21	82	TVLND	Bonanza		Addams F. GreenAcre		Griffith Leave		3's Co. 3's Co.		All-Family Sanford		
60	89	UNIV	Sábado Gigante		Impacto Noticiero		Otro Rollo						
20	34	USA	Law & Order		Law & Order		Law & Order		The 4400 "Trial by Fire"				
12	3	WB	(5:00) *** "Dying Young" (1991) (R)		*** "Fear" (1996) Mark Wahlberg. A teen's family is terrorized by her psychotic boyfriend. (R)		News (R)	(.45) Sports Replay	*** "Mad Max" (1979) Mel Gibson. (R)				
99	36	WGN	*** "Blame It on Rio" (1983) Michael Caine. (R)		WGN News at Nine (R)		Fresh Pr.	*** "Night and the City" (1992)					

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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	Teen Thrill Killers Teens kill out of curiosity. (R)		Inked The tattoo craze. (R)		Growing Up Gotti (R)		Growing Up Gotti (R)		Airline (R)	Airline UK (R)	Teen Thrill Killers Teens kill out of curiosity. (R)
4	6	ABC	(5:00) X Games From Los Angeles. (Live)		Extreme Makeover: Home Edition (R)		The Days "Day 1,375" (N) (R)		News (R)	(.35) Seinfeld (R)		Sports Machine (R)	Diamond Adventures (R)
26	48	ANPL	The Crocodile Hunter (N)		King of the Jungle		Unexplained, Unexplored Freaks of nature. (R)		The Crocodile Hunter		King of the Jungle		
63	54	BRAVO	Inside the Actors Studio John Goodman. (R)		Celebrity Poker Showdown Celebrities compete for charity. (R)		Queer Eye for the Straight Guy "Chris L." (R)		Inside the Actors Studio John Goodman. (R)				
7	11	CBS	Cold Case "Fly Away" (R)		"Personally Yours" (2000, Romance) Valerie Bertinelli, Jeffrey Nordling. (R) (DVS)		News (R)	(.35) News (R)	(.05) The Outer Limits "Deja Vu" (R)				
24	50	DISC	Secrets of the Skies: Stonehenge (R)		Great Sphinx: Lord of the Pyramids (R)		Mysterious Hanging Coffins of China (R)		Animal Games Animals compete. (R)		Monster Games Athletic accomplishments. (N)		
33	44	DISN	Kim Possible The Proud Family (R)		Tracey Ullman Lizzie McGuire (R)		Phil of the Future That's So Raven (R)		"Tiger Cruise" (2004) Hayden Panettiere. A teen visits her Navy father on Sept. 11, 2001. (NR) (R)				
49	81	E!TV	Holly		Gymnasts: True Story Dr. 90210 (R)		The Soup		Tom Cruise		Gymnasts: True Story		
22	56	ESPN	MLB Baseball Chicago Cubs at San Francisco Giants. (Live) (R)		SportsCenter -- Old School (R)		SportsCtr						
54	57	ESPN2	Little League Baseball		Series-Poker		Series-Poker		Series-Poker		Little League Baseball		
32	46	FAM	*** "The Object of My Affection" (1998) (R)		Who? Who?		Who? Who?		Funnest Home Videos		J. Loosten Feed		
59	-	FIT TV	Fitness		Peak Performance (R)		In Shape		Workout Fitness		Aerobic Workout		Peak Performance (R)
35	31	FMC	(.01) *** "Down Argentine Way" (1931) *** "Broadcast News" (1987)		William Hurt. (R)		(.01) "Buffalo Bill" (1999) (PA) (R)						
53	68	FOOD	Emeril Live Summer entertaining. (R)		Barefoot Contessa Casual summer entertaining. (R)		Home Cooking Everyday Italian (N)		Summertime Unwrapped		Emeril Live Summer entertaining. (R)		
13	7	FOX	The Simpsons Arrested. (R)		The Simple Life 2 (N) (R)		Quintuplets (N) (R)		Stargate SG-1 "Metamorphosis" (R)		The Outer Limits Scientist caught in time loop. (R)		Movie
40	38	FX	(5:30) *** "Armageddon" (1998, Action) Bruce Willis, Billy Bob Thornton.		*** "The Animal" (2001)		Rob Schneider.						
30	55	FXSP	Darts		Boxing: Cruz vs. Forbes		Beyond the Glory (N)		Championship Poker		Rocky Mt. Sports List		
5	14	HBO	(5:30) *** "High Crimes" (2002) Ashley Judd. (R) (PG-13) (R)		*** "Swimfan" (2002, Suspense) Jesse Bradford. (R) (PG-13) (R)		The Wire "Duck and Cover" (R) (R)		Six Feet Under "Coming and Going" (N) (R)				
62	67	HGTV	Designed Curb		Intl. Builders		If Walls Building		House Gardens		Designed Curb		
58	52	HIST	Outlaw Bikers Hoodlums represent violence. (R)		Motorcycles (R)		Mail Call (N) (R)		Command Decisions		Decisive Battles Vanishings!		Outlaw Bikers Hoodlums represent violence. (R)
25	35	IND	*** "Lara Croft: Tomb Raider" (2001, Adventure) (PA) Angelina Jolie, Jon Voight. (R)		*** "Romeo Must Die" (2000, Action) (PA) Jet Li, Aaliyah. (R)								
18	63	LIFE	(5:00) "One True Love" (R)		Strong Medicine (N)		Wild Card (R)		Missing "Resurrection"		Wild Card (R)		
23	77	MTV	Ashlee Ashlee		Come In Come In		Room Rdr Room Rdr		Pimp Ride Pimp Ride		Punk'd (R) Punk'd (R)		
3	9	NBC	Dateline NBC (R)		Law & Order: Criminal Intent "Consumed" (R)		Crossing Jordan "Revealed" (R)		News (R)	(.35) The West Wing (R)		Inside Edition	
8	8	NBC	(5:00) Dateline NBC (R)		Law & Order: Criminal Intent "Consumed" (R)		Crossing Jordan "Revealed" (R)		News (R)	(.35) The West Wing (R)		Inside Edition	
34	43	NICK	Garcia Sabrina		Full House Full House		Boss? Cosby		Roseanne Roseanne		Cosby Cosby		
2	2	PBS	(5:00) Magic Moments: The Best of 5's Pop		American Soundtrack Straight From the Heart: Timeless Music of the 60s and 70s (R)		Globe Trekker "Amsterdam City Guide" (R)		Mystery! "Hetty Wainthropp Investigates"				
38	83	SCIFI	(5:00) *** "DNA" (R)		"Cloned" (1997) Elizabeth Perkins. Premiere. (R)		Scare Scare		Code Name: Eternity (R)				
61	41	SPK	Champ Car Racing		Wildest Police Videos		WWE Heat		Wildest Police Videos		"White Men"		
39	51	TLC	Trading Spaces		Trading Spaces Student apartments in Tucson. (R)		Trading Spaces: Family (N)		Junkyard Mega-Wars: The Great Race (N)		Junkyard Mega-Wars: The Great Race (N)		
28	37	TNT	*** "U.S. Marshals" (1998) Tommy Lee Jones. (R) (DVS)		*** "U.S. Marshals" (1998) Tommy Lee Jones. (R) (DVS)								
51	86	TRAV	Vegas Cheaters		World Poker Tour "Hollywood Home Game 1"		Vegas Cheaters		World Poker Tour (R)				
21	82	TVLND	Bonanza		Addams F. GreenAcre		Griffith Leave		3's Co. 3's Co.		All-Family Sanford		
60	89	UNIV	(5:00) La Parodia		La Hora Pico...Extra! (R)		Ver Para Creer		Impacto Noticiero		Tras la Verdad		
20	34	USA	The 4400 "Trial by Fire"		The 4400 "White Light"		The Dead Zone (N) (R)		Law & Order		The Dead Zone (R)		
12	3	WB	Steve Harvey Steve Harvey		Charmed "The Courtship of Wyatt's Father"		Studio 7 (R) (R)		News (R) News Sports		Friends (R) Will & Grace (R)		Everybody-Raymond
99	36	WGN	Andromeda (R)		The X-Files "Humbus"		WGN News Replay		Matlock "The Victim"		In the Heat of the Night		

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MONDAY EVENING		E=Eagle Cable S=S&T Telephone										AUG. 9, 2004	
E	S	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30		