

# 35-year wife ready to pack up and leave

DEAR ABBY: For 35 years I have been married to the most manipulative, cunning, critical man ever born. "Homer" gets what he wants by using "helpful hints," offering "advice" and telling me "what's best," and sometimes even getting blue in the face and crying. He is very good at it, never quite overplaying his hand. He wears me down until I finally give in.

By using this technique, Homer



## abigail van buren

• dear abby

has made sure that we live where he wants to live, vacation where he wants to go, drive the car he likes, and have even decorated our home in his preferred colors.

During the first years of our marriage, I gave in because I loved him. Later, I did it to avoid an argument. Now I do it out of habit. I loathe Homer for making me a doormat, and I loathe myself for allowing it to happen.

Homer will be retiring after the first of the year with a very nice annuity, which I feel I have earned, too. I have a small pension, but it's too small to live on my own. I don't know if I can bear Homer's company 24/7, but can I really start again at 65?

Everyone calls us the "perfect couple," but I am miserable and he is driving me closer to the door. I have often thought of just packing up and leaving. Can you help? — SAD IN THE SOUTH

DEAR SAD: Since you know you can't bear your husband's company 24/7, consider some alternatives. One solution might be to volunteer your time to a worthy cause. Accord-

ing to AARP, research has proven that regular volunteering prolongs life expectancy and improves a person's physical and psychological well-being. In your case, it is essential.

The National Senior Service Corps specializes in placing older volunteers in volunteer assignments in their communities. Three national programs under the NSSC umbrella are the Foster Grandparent Program, the Senior Companion Program, and the Retired and Senior Volunteer Program — a "one-stop shopping" for senior volunteers. To find out what's available in your community, call (800) 424-8867, or search online at: [joinseniorservice.org](http://joinseniorservice.org).

As to your not having enough money to live on your own, volunteers are sometimes hired for full-time positions — and that would mean your economic situation could change for the better. Please consider volunteering, because it could serve a dual purpose and save your sanity.

DEAR ABBY: You often advise people to seek counseling from psychotherapists. You are "right on" with that advice, but please also tell them not to give up if the therapist they find doesn't work for them.

I am 60 years old and on my fourth therapist. I finally found someone who is helping me, and I feel great. I didn't give up and all my hard work is paying off.

I spent most of my life wishing I were dead. It will take time to work through the feelings that took years to cultivate. My "temporary" problem lasted more than 50 years. If I can get better, anyone can.

The money I'm paying my therapist (none of which is covered by insurance) is cheap at twice the price. I finally see a light at the end of the tunnel and I am at peace. — FEELING BETTER IN THE U.S.A.

DEAR FEELING BETTER: Congratulations on your progress. I'm pleased you finally found a therapist who is meeting your needs. Sometimes finding that "perfect fit" can be a process of trial and error, and I commend you for not giving up.

TUESDAY EVENING										E-Eagle Cable S-S&T Telephone										OCT. 26, 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 "The Hillside Strangers" (N) [G]				Cold Case Files (N) [G]				Bounty Hunter		Bounty Hunter		Crossing Jordan "Be-Strangers" [G]				Biography "The Hillside Strangers" [G]										
4	6	ABC	Charlie Brown	George Lopez (N) [G]	According to Jim (N) [G]		Rodney (N) [G]		NYPD Blue "You're Bugin' Me" (N) [G]				News [G]		(:35) Nightline [G]				(:06) Jimmy Kimmel Live Interpol. (N) [G]										
26	48	ANPL	Austin Stevens: Snake-master (N)				Most Extreme Alligators in the sewers.				Miami Animal Police A tiger visits the vet.				Austin Stevens: Snake-master				Most Extreme Alligators in the sewers.										
63	54	BRAVO	Manhunt: Search for Male Model				The 100 Scariest Movie Moments (N) [G]				Manhunt: Search for Male Model				The West Wing [G]				The 100 Scariest Movie Moments [G]										
7	11	CBS	NCIS [G]				Clubhouse "Trade Talks" (N) [G]				Judging Amy "Consent" (N) [G]				News [G]		(:35) Late Show [G]				The Late Late Show								
24	50	DISC	Monster House "Roman House" [G]				American Chopper "Leno Bike 1" [G]				American Chopper "Leno Bike 2" [G]				Decisions That Shook the World (N)				Excavators (N)										
33	44	DISN	Kim Possible [G]	The Proud Family [G]	Even Stevens [G]		Lizzie McGuire [G]		Sister, Sister [G]		That's So Raven [G]				"Don't Look Under the Bed" (1999, Fantasy) Erin Chambers, Eric "Ty" Hodges II. [G]														
49	81	EITV	Laci Peterson: The E!		True Hollywood Story [G]				Hotspot		Affair		Howard S.		Howard S.		Saturday Night Live [G]												
22	56	ESPN	Series-Poker				Series-Poker		I'd Do Anything (N)						SportsCenter (Live) [G]				Dream Job										
54	57	ESPN2	Billiards: Pool				Billiards: Pool				Billiards: Pool				Billiards: Pool				NFL Live		Baseball								
32	46	FAM	★ ★ "I Know What You Did Last Summer" [G]								Whose? [G]		Whose? [G]		The 700 Club [G]				Fam. Mat.		Fam. Mat.								
59	-	FIT TV	Buff Brides: Challenge				Extremists [G]		Extremists [G]		Health Cops				Buff Brides: Challenge				Extremists [G]		Extremists [G]								
35	31	FMC	(:01) ★ ★ "State Fair" (1933) Will Rogers.								★ ★ "Chandu, the Magician" (1932) Bela Lugosi								(:01) "The Pirate Movie"										
53	68	FOOD	Emeril's Tricks or Sweets				Roker on the Road		Recipe for Success		\$40-a-Day		\$40-a-Day		Iron Chef "Battle Blue Crab" Blue crab battle.				Emeril's Tricks or Sweets										
13	7	FOX	MLB Baseball World Series Game 3 -- Teams TBA.								(Live) [G]				The Fox Report With Shepard Smith [G]				LAPD: Life on the Beat		LAPD: Life on the Beat								
40	38	FX	(4:30) "From Hell"				Fear Factor [G]				King of Hill		King of Hill		★ ★ "Bless the Child" (2000) Kim Basinger.														
30	55	FXSP	I, Max (N)	Rocky Mt.	Sports List		NASCAR		Best Damn Sports Show Period [G]				Sports List		Sports List		Rocky Mt. [G]		I, Max (N)										
5	14	HBO	(:15) ★ ★ "The Client" mob secret hires a lawyer				(1994) Susan Sarandon. A boy with a				★ ★ ★ "Looney Tunes: Back in Action" (2003) Brendan Fraser. [G]				★ ★ "Dr. Seuss' The Cat in the Hat" (2003)														
62	67	HGTV	Designed Designer				Decorating Design		Designers' Designers'		House		Crafters		Designed Designer														
58	52	HIST	Wild West Tech Cowboy skills; historic cowboys.				How They Won With Mo Rocca (N) [G]				Modern Marvels "Engineering Disasters 11"				Conspiracy? "Anthrax" [G]				Wild West Tech Cowboy skills; historic cowboys.										
25	35	IND	Friends [G]	Friends [G]	Sex and the City [G]		Sex and the City [G]		(:10) He's a Lady Learning feminine behavior.						(:10) ★ ★ "Kate & Leopold" (2001, Romance) Meg Ryan, Hugh Jackman. [G]														
18	63	LIFE	"Stolen From the Heart"				"A Kidnapping in the Family" (1996) Tracey Gold.				The Nanny		Golden		The Nanny		Golden												
23	77	MTV	TRL [G]		Challenge		Challenge		Direct Effect [G]		Laguna		Laguna		Real World		Real World												
3	9	NBC	News [G]	Ent. Tonight	The Biggest Loser (N) [G]				Father of the Pride		Scrubs (N) [G]		Law & Order: Special Victims Unit "Outcry"				News [G]		The Tonight Show										
8	8	NBC	The Biggest Loser (N) [G]		Father of the Pride		Scrubs (N) [G]		Law & Order: Special Victims Unit "Outcry"				News		(:35) The Tonight Show [G]				(:37) Late Night [G]										
34	43	NICK	SpongeBob	School	Fatherhood		Full House		Fresh Pr.		Cosby		Roseanne		Roseanne		Fresh Pr.		Fresh Pr.										
2	2	PBS	Nova "The Missing Link" [G] (DVS)				Kansas Candidates [G]				Frontline "Rumsfeld's War of the U.S. military. (N) [G]				The status		That's My Boy [G]		Charlie Rose (N) [G]										
38	83	SCIFI	Andromeda [G]				Andromeda [G]				Andromeda [G]				★ ★ "The Uninvited" (1996) Sharon Lawrence.														
61	41	SPK	Maximum Exposure [G]				Wildest Police Videos				CSI: Crime Scn				CSI: Crime Scn				"Major League" (1989)										
39	51	TLC	While You Were Out [G]				Clean Sweep Disagreement. [G]				In a Fix A promise to fix up a house is ignored.				Mega Machines "Mega Haulers" (N)				Overhaulin' Reinventing a 1991 Ford Explorer.										
28	37	TNT	Law & Order "Castoff"				Law & Order [G] (DVS)				Charmed [G]				Law & Order [G] (DVS)				The X-Files "Nisei" [G]										
51	86	TRAV	Weird Travels (N)				Made		Made		Curses of New England				Weird Travels				Made		Made								
21	82	TVLND	Munsters		GreenAcre		Griffith		Leave		Sanford		All-Family		3's Co.		3's Co.		Cheers		Cheers [G]								
60	89	UNIV	Rubi				Amor Real				Casos de la Vida Real				Impacto		Noticiero		Recuento-Dños										
20	34	USA	Law & Order: SVU				★ ★ ★ "Undercover Brother" (2002) Eddie Griffin.				Law & Order: SVU				Law & Order: SVU				The District [G]										
12	3	WB	Friends [G]	Everybody-Raymond	Gilmore Girls "Norman Mailer, I'm Pregnant!"						One Tree Hill "We Might as Well Be Strangers"				News [G]				Friends [G]		Will & Grace [G]								
99	36	WGN	★ ★ "Spellbinder" (1988)				Timothy Daly. [G]				WGN News at Nine [G]				Becker [G]				Home Delivery										

# Why?

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THURSDAY EVENING										E=Eagle Cable S=S&T Telephone										OCT. 28, 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	Inmates help convict a murderer. [G]			"The Brooke Ellison Story" (2004, Docudrama) Mary Elizabeth Mastrantonio, John Slattery. [G]			Cold Case Files	Inmates help convict a murderer. [G]												
4	6	ABC	Extreme Makeover (N) [G]		life as we know it (N) [G]		PrimeTime Live [G]		News [G]	(:35) Nightline [G]	(:06) Jimmy Kimmel Live [G]												
26	48	ANPL	Nature's Vampires		Most Extreme: Horrors [G]		Miami Animal Police "Dog Day Afternoon"		Nature's Vampires		Most Extreme: Horrors [G]												
63	54	BRAVO	The 100 Scariest Movie Moments [G]		The 100 Scariest Movie Moments (N) [G]		Long Way Round (Series Premiere) (N) [G]		The West Wing "Ellie" [G]		The 100 Scariest Movie Moments [G]												
7	11	CBS	Survivor: Vanuatu, Islands of Fire (N) [G]		CSI: Crime Scene Investigation "Swap Meet" [G]		Without a Trace "American Goddess" (N) [G]		News [G]	(:35) Late Show [G]		The Late Late Show											
24	50	DISC	Monster House "Retro Future House" [G]		American Chopper "Mikey's Bike" [G]		American Chopper "Mikey's Bike 2" [G]		No Opportunity Wasted "Bull Rider" (N)		Are You Safer?												
33	44	DISN	Kim Possible [G]	The Proud Family [G]	Even Stevens [G]	Lizzie McGuire [G]	Sister, Sister [G]	That's So Raven [G]	★ ★ "Hocus Pocus" (1993, Comedy) Bette Midler, Sarah Jessica Parker. [G] "PG" [G]														
49	81	EITV	Melanie Griffith: THS		Dr. 90210	Dr. 90210	The Soup	Cover	Howard S.	Howard S.	Saturday Night Live [G]												
22	56	ESPN	(5:30) College Football	Virginia Tech at Georgia Tech. [G]				SportsCenter (Live) [G]			Burning Outside												
54	57	ESPN2	Streetball	Streetball	Streetball	Streetball	Streetball	Streetball	Streetball	Streetball	Baseball	NFL Live											
32	46	FAM	"Hangman's Curse" (2003) David Keith. Premiere. [G]				Who? [G]	Who? [G]	The 700 Club [G]		Fam. Mat.	Fam. Mat.											
59	-	FIT TV	FitTV's Housecalls [G]		Extremists [G]	Extremists [G]	Peak Performance [G]		FitTV's Housecalls [G]		Extremists [G]	Extremists [G]											
35	31	FMC	(:01) Hour of Stars		Frankenstein		(:02) ★ ★ "Phantom of the Paradise" (1974)				(:01) "Strange Days"												
53	68	FOOD	Emeril Live "A Pumpkin Patch"		Top 5 The best Halloween treats. (N)		Good Eats	The Secret Life Of...	Iron Chef Chefs prepare mushroom recipes.		Emeril Live "A Pumpkin Patch"												
13	7	FOX	MLB Baseball World Series Game 5 -- Teams TBA. If necessary, Alternate prime-time lineup: "Bedazzled" and local programming. (Live) [G]						The Fox Report With Shepard Smith [G]		LAPD: Life on the Beat	LAPD: Life on the Beat											
40	38	FX	(4:30) "Black Knight"		Fear Factor [G]		King of Hill	King of Hill	King of Hill	King of Hill	King of Hill	King of Hill											
30	55	FXSP	I, Max (N)	Rocky Mt. [G]	Insider [G]	NASCAR [G]	Best Damn Sports Show Period [G]		Period [G]	Sports List [G]	Rocky Mt. [G]	I, Max [G]											
5	14	HBO	Surviving Cmas	★ ★ "National Security" (2003) Martin Lawrence. [G] "PG-13" [G]			Real Sports [G]		Inside the NFL [G]		★ ★ "Two Weeks Notice" (2002) "PG-13" [G]												
62	67	HGTV	Weekend	Landscap [G]	Design [G]	Designers' [G]	House [G]	House [G]	House [G]	Design [G]	Weekend [G]	Landscap [G]											
58	52	HIST	Samurai and the Swastika	The strategic alliance formed by Germany and Japan from 1939-1945.			Modern Marvels [G]		Sworn to Secrecy [G]		Samurai and the Swastika [G]												
25	35	IND	Friends [G]	Friends [G]	★ ★ ★ "O Brother, Where Art Thou?" (2000) (PA) George Clooney, John Turturro. [G]				(:10) ★ ★ ★ "O Brother, Where Art Thou?" (2000) (PA) George Clooney, John Turturro. [G]														
18	63	LIFE	"Deadly Betrayal" [G]		"Deadly Visions" (2004) Nicolette Sheridan. [G]				WomenRock! (N) [G]		The Nanny [G]	Golden [G]											
23	77	MTV	TRL [G]		Laguna [G]	Laguna [G]	Laguna [G]	Laguna [G]	Laguna [G]	Pimp Ride [G]	Friend [G]	Viva Bam [G]											
3	9	NBC	News [G]	Ent. Tonight [G]	Joey "Pilot" [G]	Will & Grace [G]	The Apprentice (N) [G]		(8:59) ER "NICU" [G]		News [G]	The Tonight Show [G]											
8	8	NBC	Joey "Pilot" [G]	Will & Grace [G]	The Apprentice (N) [G]		(7:59) ER "NICU" [G]		News [G]	(:35) The Tonight Show [G]	(:37) Late Night [G]												
34	43	NICK	SpongeBob [G]	Sabrina [G]	Full House [G]	Full House [G]	Fresh Pr. [G]	Cosby [G]	Roseanne [G]	Roseanne [G]	Fresh Pr. [G]	Fresh Pr. [G]											
2	2	PBS	Sunflower Journeys	Kansas Spotlight	The New This Old House Hour (N) [G]		Sesno Reports "The Cost of War" War. [G]		BBC World News	Keeping Up [G]	Charlie Rose (N) [G]												
38	83	SCIFI	(5:00) "Child's Play 2"		★ ★ "Bride of Chucky" (1998) Jennifer Tilly.				★ ★ ★ "Army of Darkness" (1992, Horror) [G]														
61	41	SPK	Maximum Exposure [G]		Wildest Police Videos		CSI: Crime Scn [G]		CSI: Crime Scn [G]		MXC [G]	MXC [G]											
39	51	TLC	While You Were Out [G]		Clean Sweep College paraphernalia. [G]		In a Fix "Inside Outside"		Overhaulin' "Search & Rescue"		Sports Disasters "Crash and Burn" [G]												
28	37	TNT	★ ★ "A Perfect Murder" (1998) Michael Douglas.		★ ★ "A Perfect Murder" (1998) Michael Douglas.		★ ★ "A Perfect Murder" (1998) Michael Douglas.		(1998) Michael Douglas.		★ ★ "Diabolique" (1998) Michael Douglas.												
51	86	TRAV	Weird Travels (N)		Haunted Plantation		Most Haunted		Weird Travels		Haunted Plantation												
21	82	TVLND	Munsters [G]	GreenAcre [G]	Griffith [G]	Leave [G]	Sanford [G]	All-Family [G]	3's Co. [G]	3's Co. [G]	Cheers [G]	Cheers [G]											
60	89	UNIV	Rubi [G]		Amor Real [G]		Aqui y Ahora [G]		Impacto [G]		Noticiero [G]	Recuento-Dios [G]											
20	34	SPA	Law & Order: SVU		★ ★ "The Scorpion King" (2002, Adventure) [G]		The Rock. [G]		"Thoughtcrimes" (2003) Navi Rawat. [G]														
12	3	WB	Friends [G]	Everybody-Raymond [G]	Blue Collar TV (N) [G]	Green Screen [G]	Charmed "Cheaper by the Dozen" [G]		News [G]		Friends [G]	Will & Grace [G]											
99	36	WGN	★ "Freddy's Dead: The Final Nightmare" (1991)				WGN News at Nine [G]		Becker [G]	Becker [G]	Home Delivery [G]												