35-year wife ready to pack up and leave

DEARABBY: 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 happen.



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

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- at: joinseniorservice.org.

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

As to your not having enough money to live on your own, volunteers are sometimes hired for fulltime 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.

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. - FEEL-ING BETTER IN THE U.S.A.

DEAR FEELING BETTER: Congratulations on your progress. Iam 60 years old and on my fourth I'm pleased you finally found a therapist. I finally found someone 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.

NG

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T	THURSDAY EVENINGE=Eagle Cable S=S&T TelephoneOCT. 28, 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	Cold Case F	iles Inmates	•		Mary Elizabe	eth Mastranto	ry " (2004, Do nio, John Slat	cudrama) tery. 💷	help convict	
4	6	ABC	Extreme Makeover (N)		life as we kr	now it (N) ∩	PrimeTime I			News (:35) Night- line (:35)		Kimmel
26	48	ANPL	Nature's Vampires		Most Extreme: Horrors		Miami Animal Police "Dog Day Afternoon"		Nature's Vampires		Most Extreme: Horrors	
63	54	BRAVO	The 100 Sca Moments 📧		The 100 Scariest Movie Moments (N) 📧		Long Way Round (Se- ries Premiere) (N) 📧		The West Wing "Ellie" A		The 100 Scariest Movie Moments III	
7	11	CBS	Survivor: Vanuatu, Is- lands of Fire (N) [6]		CSI: Crime Scene Inves- tigation "Swap Meet"		Without a Trace "Ameri- can Goddess" (N) 📧		News ∩ (:35) Late SI		how \cap 🗉	The Late Late Show
24	50	DISC	Monster House		American Chopper "Mikey's Bike" @		American Chopper "Mikey's Bike 2" @		No Opportu "Bull Rider" (No Opportunity Wasted "Bull Rider" (N)		er?
33	44	DISN	Kim Possi- ble 📧	The Proud Family 📧	Even Stevens 📧	Lizzie McGuire	Sister, Sis- ter	That's So Raven 💷		Is Pocus" (19 essica Parkei	993, Comedy) r. ∩ 'PG' ₪	Bette Mi-
49	81		Melanie Grif	fith: THS	Dr. 90210	Dr. 90210	The Soup	Cover	Howard S.	Howard S.	Saturday Ni	ght Live ∩
22	56	ESPN	(5:30) Collec			t Georgia Teo	h. 00 SportsCent		er (Live) 📧		Burning	Outside
54	57	ESPN2	Streetball	Streetball	Streetball	Streetball	Streetball	Streetball	Streetball	Streetball	Baseball	NFL Live
32	46	FAM		Curse" (200			Whose?	Whose?	The 700 Clu		1	Fam. Mat.
59	•		FitTV's Hous				Peak Perfor		1		Extremists	
35	31	FMC	(:01) Hour o		Extremists Extremists Frankenstein		(:02) ★★½ "Phantom of			FitTV's Housecalls		
-55			<u> </u>								(:01) "Strang	
53	68	FOOD	Emeril Live "A Pumpkin Patch"		Top 5 The be	s. (N)		Life Of	Iron Chef Chefs prepare mushroom recipes.		Emeril Live "A Pumpkin Patch"	
13	7	FOX	prime-time lir	neup: "Bedazz	es Game 5 Teams TBA. zled" and local programmin Fear Factor ∩ ₪		r necessary. Alternate g. (Live) ん 匠 King of Hill King of Hill		The Fox Report With Shepard Smith III		LAPD: Life LAPD: Life on the Beat on the Beat	
40	38	FX	(4:30) "Blac			1						
30	55	FXSP	I, Max (N)		Insider	NASCAR		Sports Show	Period CC	Sports List		I, Max
5	14	HBO	Surviving ** "Nation Cmas tin Lawrence		e. ∩ 'PG-13' 🖻 🤺		Real Sports A III				★ ★ ½ "Two Weeks No- tice" (2002) 'PG-13'	
62	67	HGTV		Landscapr	<u> </u>	· · · · ·	House	House	House	Design	Weekend	Landscapr
58	52	HIST	Samurai and the Swastika The strategic alliance formed by Germany and Japan from 1939-1945.			Modern Mar		Sworn to Se	-	Samurai and Swastika 🕅		
25	35	IND	Friends ∩	00	George Clooney, John Tu		rturro. 📧		(PA) George	Clooney, Joh	Where Art Thou?" (2000) In Turturro. III	
18	63	LIFE	"Deadly Bet	rayal" 📧	"Deadly Vis	ions" (2004)	Nicolette She	ridan. 📧	WomenRoc		The Nanny	Golden
23	77	MTV	TRL ∩ 📧		Laguna	Laguna	Laguna	Laguna	Laguna	Pimp Ride	Friend	Viva Bam
3	9	NBC	News 📧	Ent. To- night	Joey "Pilot"	Grace 💷	The Appren	()	(8:59) ER "NICU" A 📧		News 📧	The To- night Show
8	8	NBC	Joey "Pilot" Will & C Grace C		The Appren		(7:59) ER "NICU" 介 📧		<u> </u>		night Show	(:37) Late Night 📧
34	43	NICK	SpongeBob	Sabrina	Full House	Full House	Fresh Pr.	Cosby	Roseanne	Roseanne		Fresh Pr.
2	2	PBS		Kansas Spotlight	The New Th House Hour		Sesno Repo Cost of War"		BBC World News	Keeping Up	Charlie Ros	e (N) ∩ 🗰
38	83	SCIFI	(5:00) "Child	l's Play 2"	★½ "Bride of	of Chucky" (1	1998) Jennifei	r Tilly.	★★½ "Army	of Darknes	s" (1992, Hor	ror) 🔃
61	41	SPK	Maximum E		Wildest Poli		CSI: Crime		CSI: Crime		T	MXC ∩
39	51	TLC	While You Were Out 📧				In a Fix "Inside Outside"					
28	37	TNT	** "A Perf		(1998) Michael Douglas.		★★ "A Perfect Murder"				★½ "Diabolique"	
	86		Weird Travels (N) Haunted Plantation			Most Haunted		Weird Travels		Haunted Plantation		
	82				T T		3's Co. 3's Co.		Cheers \cap Cheers \cap			
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			<u>CC</u>			Screen	the Coven" (CC	Grace 📧
99	36	WGN	★ "Freddy's	s Dead: The	Final Nightm	are" (1991)	WGN News	at Nine 📧	Becker ∩	Becker ∩	Home Delive	ery



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	FRIDAY EVENING					S=S	&T Telephone				CT. 29,	
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	Biography "l		Biography " John Kerry. (N) 🖸 🦾	All the Presidents' Wi		America's fi		CC	
4	6	ABC	Rules (N)	Savages	Hope & Faith (N)	Less Than Perfect (N)	20/20 @		News 📧	(:35) Night- line 🖸	(:06) Jimmy Live (N) ∩	CC
26	48	ANPL	Weird Nature tion; feeding	habits.			Miami Anim "Voodoo Gat	or"	tion; feeding			
63	54	DRAVU	The 100 Sca Moments 📧		The 100 Sca Moments (N) [[]	teenager suf	fers the afters	hocks of dem	Horror) Linda ionic possess	ion. 'R'	"Exorcist II"
7	11	CB2	Joan of Arca of Nations" (N	N) ∩ (C	JAG "Whole New Ball- game" ∩ (DVS)		dr. vegas "Limits" (N) ∩ ፪€		CC	(:35) Late SI	-	The Late Late Show
24	50		Monster Hou room soccer		American C "Black Widow		American C "Black Widow		American C Toting Chef"	(N)	Wing Nuts " Away"	
33	44	DISN	ble 🕮	Family 🗈	Braceface	Lizzie McGuire	Phil of the Future 💷	That's So Raven 💷	ley Duvall, H	er Meets Wen ilary Duff. 'PC	G' CC	• •
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59 35	- 31				Extremists		Peak Perfor		Fitness	Fitness		Extremiste Scrm-Wolf
<u> </u>	51 68	-	(:01) ★★★½ "The Ghost and Mrs. Emeril Live "Sweet on Sweets" (N)			\$40-a-Day	Kitchen Acc	omplished	Iron Chef "P		Emeril Live "Sweet on Sweets"	
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40	38	FX		King of Hill	Fear Factor		Fear Factor		Fear Factor		Fear Factor	
30	55	FXSP	College Hockey Denver at Wiscons					Rocky Mt.	Stampede	Sports List	Rocky Mt.	I, Max (N)
5	14		Bridges, Caro	White Squall pline Goodall.	" (1996, Dra ∩ 'PG-13' [ma) Jeff	Inside the NFL \cap 📧		The Wire Omar sticks up a stash house.			
62	67		Debbie Travi		Design	Design	Design	Design	House	Sensible	Debbie Trav	
58	52	пізі	Making History With Roger Mudd (N)		Decisive Battles	Decisions	Modern Marvels "M1 Abrams Supertank!"		Fame: Natio	n the Hall of nal Baseball	Roger Mudo	CC
25	35	IND	20	00	★★★ "The Matrix" (1999) (PA) Keanu Reeves. A c hacker learns his world is a computer simulation. ★★ "A Face to Kill For" (1999) Doug Savant.					(135) * * * (PA) Arnold S	"Total Recall Schwarzenege	ger. 📧 🔶
18	63		"As Good as	s Dead"			· <u> </u>	Savant.	Merge 📧	1	The Nanny	
23	77				Challenge Ozzfest		True Life A		Laguna Laguna Medical Investigation		Laguna	Laguna
3	9	NBC	night		Detectives in the World"			"Alienation" (N) ろ 📧		News 💷	The To- night Show	
8 34	8 43	NBC NICK	Dateline NB		Third Watch Detectives in	the World"	"Alienation" (N) î 🖸	News	1) (L	J	(:37) Late
34 2	43 2	-	Washington		SpongeBob Market to Market	Hey Arnold! Kansas Week	Now With B		Fresh Pr. BBC World News	Cosby Red Green	Roseanne Charlie Ros	Roseanne e (N) ∩ Œ
38	83	SCIFI	Stargate SG		Stargate SG		Stargate Atl	antis 📖	Stargate SG	i-1 "Affinitv"	Stargate Atl	antis 📖
61	41		Maximum Ex		Wildest Poli		CSI: Crime		CSI: Crime		CSI: Crime	
39		TLC	While You Were Out Clea				In a Fix Office with a nautical theme.				What Not to Wear Radi host gets a new look.	
28	37		Law & Order	r 🗊 (DVS)	Law & Orde		Homicide: L		*** "Cop	ycat" (1995)		
51	86		Haunted Hotels		Haunted Town		Great Outdoors 📧		Haunted Hotels		Haunted Town	
21	82			GreenAcre	Griffith	Leave	Sanford	All-Family	3's Co.	3's Co.	Cheers ∩	
60			Rubí		Amor Real		Escuelita	Casa Risa	Impacto	Noticiero	"Corazón-G	uerre"
20	34		Law & Order: SVU		Law & Orde		Monk 🖾		Law & Orde			
12		WB	CC	Raymond	What I Like About You	Doo			News A CC		CC	Will & Grace III
99	36	WGN	★★½ "Child	l' s Play " (198	88) Catherine	Hicks. \cap	WGN News	at Nine 💷	Becker ∩	Becker ∩	Home Delive	ery