

# Counseling can help rape victims to heal

DEAR ABBY: I was molested at the age of 9. It went on for about five years. Eventually the man who molested me also raped me. I tried numerous times to tell my mother, but she would never believe me. I even went to the school counselor.

My mother had a serious alcohol problem and didn't seem to realize what was going on. "Ronny," the man who raped me, used to beat my



## abigail van buren

• dear abby

mother until she was unconscious — and then call me in and tell me it was my fault for telling on him, and that I should let him do what he wanted or he would hurt my mother again. Because I was only 9, I felt like I had to protect her.

Ronny has since passed away, but I am still scarred by what happened to me. My mother has never forgiven herself for not believing me, and I

have suppressed much of what happened. I am scared that one day all of those memories are going to come flooding back and hurt me all over again.

What do you think I should do? Should I leave the memories buried, or find a way to get them out and move on? I have a very understanding man in my life, and we are engaged to be married. Please help me. — WANTS TO MOVE ON IN HOUSTON

DEAR WANTS TO MOVE ON: The best way to start a new life is to leave the baggage from the old one behind. You were manipulated and victimized by a monster, and counseling can help you to close that horrendous chapter in your life forever.

I received the following letter the morning after yours arrived. Please read it:

DEAR ABBY: I was raped at 13. The only person I told was a girlfriend, who told me it was my fault because I was too outspoken and attractive.

After that, I developed a severe social phobia and became shy and nearly housebound. I could barely talk to people my own age, let alone make friends or date.

In college, I finally sought counseling and began to realize that what happened to me wasn't my fault. I had to decide whether or not I was going to sacrifice more precious years to my fears or move beyond them.

Having been sexually violated is still something I deal with, but I have great friends, a wonderful and understanding man in my life, and the confidence to try to improve myself.

Everyone who has been sexually violated needs to talk to a professional.

At the very least, a child should talk to an adult. It takes a long time to get over being raped, but with the right help it doesn't have to take 10 years. — NOT AFRAID ANYMORE

DEAR NOT AFRAID: Congratulations for finding the courage to reach out and get the help you needed. I hope other victims of sexual assault will see your letter and learn from it that they were not at fault for the

crime that happened to them, and that help is available if they will only reach out.

Here's how: Pick up the phone and call 800-656-4673. It's the toll-free number for the Rape, Abuse, Incest National Network (R.A.I.N.N.), and callers will automatically be connected to a crisis center in their area.

CONFIDENTIAL TO FEELING BEATEN DOWN: There is an old Japanese proverb: "Fall seven times, get up eight." Who knows? The road to success may be just around the corner.

Wouldn't you be dismayed to realize that it was right in front of you, and you had stopped before you reached it?

| TUESDAY EVENING |    |        |  |   |                      | E=Eagle Cable<br>S=S&T Telephone                                       |                    | JAN. 11, 2005  |   |  |  |                          |
|-----------------|----|--------|--|---|----------------------|--|--------------------|--|---|--|--|--------------------------|
| 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 [E]   |                      | Cold Case Files [E]  |                    | Bounty Hunter  | Bounty Hunter   | Caesars 24/7 "You Win Some, You Lose Some"   |  | Cold Case Files [E]      |
| 4               | 6  | ABC    |  | My Wife and Kids  | George Lopez (N) [E] | According to Jim (N) [E]   | Rodney (N) [E]     | NYPD Blue "Stoli With a Twist" (N) [E] (PA) [E]        | News [E]  | (:35) Nightline [E]  | (:06) Jimmy Kimmel Live [E] [E]            |                          |
| 26              | 48 | ANPL   |  | Austin Stevens: Snake-master [E]  |                      | The Most Extreme "Strength" [E]  |                    | Animal Cops Detroit "Reptile Raid" [E]                 | Austin Stevens: Snake-master [E]                          |  | The Most Extreme "Strength" [E]            |                          |
| 63              | 54 | BRAVO  |  | Queer Eye for the Straight Guy [E]  |                      | Queer Eye for the Straight Guy [E]                                     |                    | Queer Eye for the Straight Guy "Ray S" [E]             | Queer Eye for the Straight Girl [E]                       |  | Queer Eye for the Straight Guy "Ray S" [E] |                          |
| 7               | 11 | CBS    |  | NCIS "Blackwater" (N) [E]   |                      | The Amazing Race 6 (N) [E]   |                    | Judging Amy "Silent Era" (N) [E]                       | News [E]  | (:35) Late Show Ethan Hawke; Anna Netrebko. [E]  | Late Late Show [E]                         |                          |
| 24              | 50 | DISC   |  | Monster Nation Making an extreme espresso.  |                      | Monster Garage "Gorillamobile" [E]                                     |                    | American Chopper "Mikey's Bike 2" [E]                  | New Detectives: Forensic Science [E]                      |  | Deadliest Season: Alaskan Crab Fishing [E] |                          |
| 33              | 44 | DISN   |  | Kim Possible [E]  | The Proud Family [E] | Even Stevens [E]   | Lizzie McGuire [E] | Sister, Sister [E]                                     | That's So Raven [E]                                       | ★★ "Pixel Perfect" (2004) Ricky Ullman. A hologram sings for a struggling band. "NR" [E] |  |                          |
| 49              | 81 | E!TV   |  | Star Struck   |                      | For Love or Money [E]  |                    | Life Great   | Good to Be  | Howard S.  | Howard S.                                  | Saturday Night Live [E]  |
| 22              | 56 | ESPN   |  | College Basketball  |                      | College Basketball   |                    | Alabama at Arkansas.                                   | SportsCenter (Live) [E]                                   |  | Burning                                    | Outside                  |
| 54              | 57 | ESPN2  |  | College Basketball  |                      | NBA Nation (Live) [E]  |                    |  | Cincinnati Basketball                                     |  | Fastbreak                                  | Gamenight                |
| 32              | 46 | FAM    |  | ★★ "National Lampoon's European Vacation" [E]   |                      | Who's? [E]   |                    | Who's? [E]   | The 700 Club [E]  |  | Experiment                                 | Experiment               |
| 59              | -  | FIT TV |  | Ultimate Goals (N) [E]  |                      | Extremists [E]   |                    | Secret World-Dancing [E]                               | Ultimate Goals [E]  |  | Extremists [E]                             | Extremists [E]           |
| 35              | 31 | FMC    |  | (:01) ★★★ "Esther and the King" (1960) [E]  |                      | Roker on the Road [E]  |                    | Roker on the Road [E]                                  | (\$40-a-Day) [E]  |  | (\$40-a-Day) [E]                           |                          |
| 53              | 68 | FOOD   |  | Emeril Live Blini, Russian pancakes.  |                      | Roker on the Road [E]  |                    | Roker on the Road [E]                                  | (\$40-a-Day) [E]  |  | (\$40-a-Day) [E]                           |                          |
| 13              | 7  | FOX    |  | The Rebel Billionaire: Branson's Quest for the Best The finalists prepare a speech. [E] [E] |                      | The Fox Report With Shepard Smith [E]                                  |                    | Bob Newhart  | Bob Newhart   | Mary Tyler Moore   | Mary Tyler Moore                           |                          |
| 40              | 38 | FX     |  | King of Hill [E]  |                      | King of Hill [E]   |                    | King of Hill [E]                                       | King of Hill [E]  | ★★★ "X-Men" (2000) Hugh Jackman.   |  |                          |
| 30              | 55 | FXSP   |  | Sports List Rocky Mt. [E]   |                      | Sports List Football [E]   |                    | Championship Poker [E]                                 | Best Damn Sports Show Rocky Mt. [E]                       |  | I, Max (N) [E]                             |                          |
| 5               | 14 | HBO    |  | (5:30) "Pros & Cons" (2000) Larry Miller. 'R' [E]   |                      | (:15) ★★★ "Driving Miss Daisy" (1989, Comedy-Drama) Jessica Tandy. [E] |                    | (:10) "PG" [E]   | A Rape in a Small Town: The Florence Holway Story (N) [E] |  | "Along-Poly" [E]                           |                          |
| 62              | 67 | HGTV   |  | Designed Designer [E]   |                      | Decorating Mission [E]   |                    | Designers' Designers' [E]                              | Design House [E]  | Designed Designer [E]  |  |                          |
| 58              | 52 | HIST   |  | Wild West Tech "Military Tech" [E]  |                      | Modern Marvels "Engineering Disasters 9" [E]                           |                    | Modern Marvels "Pacific Coast Highway" [E]             | Modern Marvels "Golden Gate Bridge" [E]                   | Wild West Tech "Military Tech" [E]   |  |                          |
| 25              | 35 | IND    |  | Friends [E]   |                      | Friends [E]  |                    | Sex and the City [E]                                   | Sex and the City [E]                                      | (:10) ★★★ "The Wedding Singer" (1998, Comedy) Adam Sandler, Drew Barrymore. (DVS) [E]    | (:10) ★★★ "The Wedding Singer" (1998) [E]  |                          |
| 18              | 63 | LIFE   |  | "The Truth About Jane" [E]  |                      | ★ "What Girls Learn" (2001) Scott Bakula. [E]                          |                    | The Nanny [E]  | Golden [E]  | The Nanny [E]  | Golden [E]                                 |                          |
| 23              | 77 | MTV    |  | TRL (TV) [E]  |                      | Challenge [E]  |                    | Direct Effect [E]                                      | Real World [E]  | Real World [E]   | Real World [E]                             | Real World [E]           |
| 3               | 9  | NBC    |  | News [E]  |                      | Ent. Tonight [E]   |                    | The Biggest Loser The winner is revealed. [E] [E]      | Committed (N) [E]   | Law & Order: Special Victims Unit (N) [E]  | News [E]                                   | The Tonight Show [E]     |
| 8               | 8  | NBC    |  | The Biggest Loser (Season Finale) The winner is revealed. (Live) [E]                        |                      | Committed (N) [E]  |                    | Law & Order: Special Victims Unit (N) [E]              | Law & Order: Special Victims Unit (N) [E]                 | News [E]   | (:35) The Tonight Show (N) [E]             | (:37) Late Night (N) [E] |
| 34              | 43 | NICK   |  | SpongeBob School [E]  |                      | Fatherhood Fresh Pr. [E]   |                    | Fresh Pr. [E]  | Cosby [E]   | Roseanne [E]   | Fresh Pr. [E]                              | Fresh Pr. [E]            |
| 2               | 2  | PBS    |  | Nova "The Boldest Hoax" (N) [E] (DVS) [E]   |                      | Martin Luther "The Reluctant Revolutionary" [E]                        |                    | Frontline The dangers of covering the war in Iraq. [E] | BBC World News [E]  | That's My Boy [E]  | Charlie Rose (N) [E]                       | Charlie Rose [E]         |
| 38              | 83 | SCIFI  |  | Rage-Machines [E]   |                      | ★★★ "Battlestar Galactica" (2003) [E]                                  |                    | (:06) ★★ "Red Planet" (2000) Val Kilmer. [E]           |   |  |  |                          |
| 61              | 41 | SPK    |  | Maximum Exposure [E]  |                      | Wildest Police Videos [E]  |                    | CSI: Crime Scn [E]                                     | CSI: Crime Scn [E]  | "National-House" [E]   |  |                          |
| 39              | 51 | TLC    |  | While You Were Out [E]  |                      | Clean Sweep Embarrassing rooms. [E]                                    |                    | In a Fix Harvey tries home improvement. [E]            | American Hot Rod "65 Mustang 2" [E]                       | Overhaulini "4-4-New" A 1968 Oldsmobile. [E]   |  |                          |
| 28              | 37 | TNT    |  | Law & Order [E] (DVS) [E]   |                      | Law & Order [E] (DVS) [E]  |                    | Charmed [E]  | Law & Order "Rage" [E]                                    | The X-Files [E]  |  |                          |
| 51              | 86 | TRAV   |  | Vegas Eats [E]  |                      | Made [E]   |                    | Las Vegas: Sucker Bets [E]                             | Vegas Eats [E]  | Made [E]   |  |                          |
| 21              | 82 | TVLND  |  | Highway to Heaven [E]   |                      | Highway to Heaven [E]  |                    | Highway to Heaven [E]                                  | Highway to Heaven [E]                                     | Cheers [E]   |  |                          |
| 60              | 89 | UNIV   |  | Rubi [E]  |                      | Amor Real [E]  |                    | Casos de la Vida Real [E]                              | Impacto [E]   | Noticiero [E]  | Los Metiches [E]                           |                          |
| 20              | 34 | USA    |  | Law & Order: SVU [E]  |                      | ★★★ "Blue Crush" (2002) [E]  |                    | Kate Bosworth. [E]                                     | Law & Order: SVU [E]                                      | The Dead Zone [E]  |  |                          |
| 12              | 3  | WB     |  | Friends [E]   |                      | Everybody-Raymond [E]  |                    | Gilmore Girls "Norman Mailer, I'm Pregnant!" [E]       | High School Reunion (N) [E]                               | News [E]   | Friends [E]                                | Will & Grace [E]         |
| 99              | 36 | WGN    |  | ★★★ "Braddock: Missing in Action III" (1988) [E]  |                      | WGN News at Nine [E]   |                    | Becker [E]   | Becker [E]  | Home Delivery [E]  |  |                          |



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| THURSDAY EVENING |    |        |  |                  |   | E= Eagle Cable<br>S=S&T Telephone |   | JAN. 13, 2005   |   |      |   |                       |
|------------------|----|--------|--|------------------|---|-----------------------------------|---|-----------------|---|------|---|-----------------------|
| 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 cigarette helps to solve a murder. |                  |   |                                   | The First 48 (N)  |                 | Crossing Jordan "Most Likely"                   |      | Cold Case Files                               |                       |
| 4                | 6  | ABC    | life as we know it "Breaking Away" (N)               |                  | Extreme Makeover (N)  |                                   | PrimeTime Live  |                 | News  (:35) Nightline                           |      | (:06) Jimmy Kimmel Live                       |                       |
| 26               | 48 | ANPL   | The Planet's Funniest Animals                        |                  | Pet Star  |                                   | Animal Cops Detroit "House of Cats"                                     |                 | The Planet's Funniest Animals                   |      | Pet Star                                      |                       |
| 63               | 54 | BRAVO  | Queer Eye for the Straight Girl "Nicole H"           |                  | Celebrity Poker Showdown Celebrities compete on behalf of their favorite charities. |                                   |   |                 | The West Wing "Inauguration"                    |      | Celebrity Poker Showdown                      |                       |
| 7                | 11 | CBS    | Wickedly Perfect (N)                                 |                  | CSI: Crime Scene Investigation "Snakes" (N)   |                                   | Without a Trace "Penitence" (N)   |                 | News  (:35) Late Show (N)                       |      | Late Late Show                                |                       |
| 24               | 50 | DISC   | Monster Nation                                       |                  | Monster Garage  |                                   | American Chopper "Mikey/Vinnie Bike 1"                                  |                 | Monster Nation Making a mobile pinhole camera.  |      | Mega-Excavators: Reshape the World            |                       |
| 33               | 44 | DISN   | Kim Possible   | The Proud Family | Even Stevens  | Lizzie McGuire                    | Sister, Sister  | That's So Raven | "Stuck in the Suburbs" Danielle Panabaker. 'NR' |      | (2004)  | (:35) That's So Raven |
| 49               | 81 | E!TV   | Johnny Depp  |                  | Heir  |                                   | The Soup  |                 | Howard S. 'Howard S.'                           |      | Saturday Night Live                           |                       |
| 22               | 56 | ESPN   | PGA Golf: Sony Open                                  |                  | Tilt (N)  |                                   | Tilt (N)  |                 | SportsCenter (Live)                             |      | Tilt  |                       |
| 54               | 57 | ESPN2  | College Basketball                                   |                  | College Basketball Marquette at Memphis.  |                                   |   |                 | Figure Skating: State Farm U.S. Championships   |      |   |                       |
| 32               | 46 | FAM    | ★★★ "The Great Outdoors" (1988) Dan Aykroyd.         |                  |   |                                   | Whose?  |                 | The 700 Club                                    |      | Experiment                                    |                       |
| 59               | -  | FIT TV | No Opportunity Wasted                                |                  | Extremists  |                                   | Health Cops   |                 | No Opportunity Wasted                           |      | Extremists                                    |                       |
| 35               | 31 | FMC    | (:01) ★★★ "Raid on Entebbe" (1977, Adventure)        |                  | Peter Finch. (1977, Adventure)  |                                   | (:31) ★★★ "Chandu, the Magician"  |                 |   |      | (:01) "Jack the Bear"                         |                       |
| 53               | 68 | FOOD   | Emeril Live "Emeril's Pastry Picks"                  |                  | Vegas Pastry Battle   |                                   | Good Eats   |                 | Iron Chef "Battle Pike"                         |      | Emeril Live "Emeril's Pastry Picks"           |                       |
| 13               | 7  | FOX    | The O.C. "The Power of Love" (N)                     |                  |   |                                   | King-Hill (N)   |                 | King of Hill (N)                                |      | King of Hill (N)                              |                       |
| 40               | 38 | FX     | (:40) "Hart's War" (N)                               |                  |   |                                   | Fear Factor (N)   |                 | King-Hill (N)                                   |      | King of Hill (N)                              |                       |
| 30               | 55 | FXSP   | Sports List (N)                                      |                  |   |                                   | College Basketball UCLA at Arizona State. (Live) (N)                    |                 | College Basketball: Ore. St. at Wash. St. (N)   |      | College Basketball: Ore. St. at Wash. St. (N) |                       |
| 5                | 14 | HBO    | (:50) ★★ "What a Girl Wants" (2003) PG (N)           |                  |   |                                   | (:15) ★★ "Good Burger" (1997, Comedy) Kel Mitchell, Kenan Thompson. (N) |                 | Inside the NFL (N)                              |      | ★★★ "50 First Dates" (2004) Adam Sandler. (N) |                       |
| 62               | 67 | HGTV   | Mission (N)  |                  | Design (N)  |                                   | Designers' (N)  |                 | Design (N)                                      |      | Mission (N)                                   |                       |
| 58               | 52 | HIST   | Rommel Erwin Rommel. (N)                             |                  | Rommel The Field Marshal pursues the British. (N)                                   |                                   | Modern Marvels "Bullets" (N)  |                 | The History of Poker (N)                        |      | Rommel Erwin Rommel. (N)                      |                       |