

Hostility strains marriage to limits

DEAR ABBY: Is it possible to marry someone for love and have it turn to what feels like hate over nothing? (I mean, I can't think of one "big" thing that has gone bad.) My 11-year marriage is about to end because of — get this — nothing! We have three wonderful kids, 3, 6 and 9. I'd do anything for them, which is why I'm still here. Abby, when I wake up in the



abigail van buren
• dear abby

morning, it is without a "good morning." When I enter a room from shopping, etc., the reaction I get from my husband is not a "hello," but a sneer, and I'm not exaggerating. He says "goodnight" only if I say it first. I take care of the bills, the kids and the house. I also work outside the home. I never get any acknowledgment for anything I do. There is a lot

of tension all day long. (You should try walking around the house with him.) I am ready to do something — but I don't know what. I know the first step is talking, and I have tried. His usual response is, "I'm acting this way because you did it first!" Am I wrong to want a sincere smile and someone who likes me and is happy at least some of the time? (Oh, he is a wonderful person to everyone else.) I feel really hated and he won't tell me why. What now? — SUFFERING IN WASHINGTON
DEAR SUFFERING: You are not suffering because of "nothing." You are under full-scale assault by your passive-aggressive spouse. His re-

fusal to discuss what's wrong ensures that whatever it is, it cannot be fixed. Please do not continue to tolerate it, because your children will notice, if they haven't already, and mistake what's going on for "normal." For your sake and for theirs, copy all of the financial records and property records you can locate. Make sure no assets can be hidden. Then offer your husband a choice: marriage counseling or a divorce lawyer. You have suffered enough.
DEAR ABBY: I am a 16-year-old girl who has a third-degree black belt. When I was 14, I had a boyfriend who was very abusive both

physically and verbally. Back then, I didn't know how to handle him — even though I was a first-degree. He drilled into my head that I was ugly, fat, and good enough only for him. I finally broke it off, and I have found a great guy who I love a lot. My problem is, even though he says I'm beautiful, I don't believe him. And that makes him sad. I haven't believed any of the guys that told me I'm pretty. I know it's because of my abusive ex. How do I make myself believe that I'm pretty and finally make my new boyfriend happy? — NEEDS TO KNOW IN FLORIDA
DEAR NEEDS TO KNOW: Per-

haps understanding your ex-boyfriend's behavior will help. Abusers — and that is what he was — use criticism and insults to chip away at the self-esteem of their victims and make them incapable of leaving. You nailed it in your letter when you said, "...and good enough only for him." The reason you have trouble believing you're attractive is that you're still feeling the effects of the psychological poison he spread. It has nothing to do with reality. If you weren't attractive, the abuser wouldn't have wanted you. Remind yourself of it every time you put yourself down. If that doesn't work, you may need counseling.

TUESDAY EVENING										MAR. 29, 2005									
E S										E=Hagle Cable S=S&T Telephone									
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 "The Bedroom Basher" [G]	Bounty Hunter	Bounty Hunter	Growing Up Gotti [G]	Growing Up Gotti [G]	Crossing Jordan "Strangled" [G]	Cold Case Files "The Bedroom Basher" [G]											
4 6	ABC	My Wife and Kids	George Lopez (N) [G]	According to Jim (N)	Rodney "We Day"	Blind Justice "Up on the Roof" (N) [DVS]	News [G]	(:35) Nightline [G]	(:06) Jimmy Kimmel Live [G]										
26 48	ANPL	Austin Stevens: Snake-master [G]	Animal X "Bigfoot" Big-foot in Texas.	Animal X "Bigfoot" Big-foot in Texas.	Animal Cops Houston A dog fights for its life. (N)	Austin Stevens: Snake-master [G]	Animal X "Bigfoot" Big-foot in Texas.	Animal X "Bigfoot" Big-foot in Texas.											
63 54	BRAVO	Project Greenlight [G]	Project Greenlight (N) [G]	Project Greenlight (N) [G]	Queer Eye for the Straight Guy (N) [G]	Project Greenlight [G]	The West Wing "In Excelsis Deo" [G]												
7 11	CBS	NCIS "Bikini Wax" (N) [G]	The Amazing Race 7 "I've Been Waiting a Face-lift for a Long Time" (N) [G]			News [G]	(:35) Late Show With David Letterman (N) [G]	Late Late Show											
24 50	DISC	Biker Build-Off Ron Finch. [G]	Biker Build-Off Zero Engineering. [G]	Biker Build-Off Jerry Covington. [G]		Biker Build-Off "Matt Hotch v. Rick Fairless" [G]	Biker Build-Off (2002, Drama) Annie [G]												
33 44	DISN	Braceface [G]	Kim Possible [G]	Lizzie McGuire [G]	Sister, Sister [G]	That's So Raven [G]	That's So Raven [G]	Howard S. [G]	Howard S. [G]	Saturday Night Live [G]									
49 81	EITV	El Hollywood Hold 'Em	Trial	Style Star	Gastineau	Heir	Howard S. [G]	Howard S. [G]	Saturday Night Live [G]										
22 56	ESPN	Wm. Basketball	Women's College Basketball				SportsCenter (Live) [G]	Outside	Baseball										
54 57	ESPN2	College Basketball	College Basketball NIT	Tournament Semifinal -- Teams TBA.		NCAA	Fastbreak	Tennis [G]											
32 46	FAM	★ ★ "Problem Child" (1990) John Ritter.	Who's? [G]	Who's? [G]	The 700 Club [G]	Videos	Videos												
59 -	FIT TV	Ultimate Goals [G]	Vital Scan [G]	Extremists	Extremists	Ultimate Goals [G]	Vital Scan [G]												
35 31	FMC	★ ★ ★ "How to Marry a Millionaire" (1953)	★ ★ ★ "My Cousin Rachel" (1952, Mystery)			★ ★ ★ "Can-Can"													
53 68	FOOD	Emeril Live Bold flavors. (N)	Roker on the Road [G]	Roker on the Road [G]	\$40-a-Day [G]	\$40-a-Day [G]	Iron Chef "Lamb" Lamb.	Emeril Live "The Great Market Challenge" [G]											
13 7	FOX	American Idol (Live) [G]	House "Heavy" (N) [G]																
40 38	FX	King of Hill	King of Hill	Fear Factor [G]	King of Hill	King of Hill	★ ★ ★ "Changing Lanes" (2002) Ben Affleck.												
30 55	FXSP	Sports List	Rocky Mt. Fielding	American Poker Champ.	Best Damn Sports Show	Rocky Mt. Sports List	Best-Sports												
5 14	HBO	"Looney Tunes"	★ ★ ★ "The Company" (2003, Drama) Neve Campbell, Malcolm McDowell. [G]	★ ★ ★ "The Big Bounce" (2004) Owen Wilson. [G]			Deadwood "Requiem for a Glee" [G]												
62 67	HGTV	Designed	Get Color	Decorating	Mission	Designers	Design	House	Designed	Get Color									
58 52	HIST	Conquest of America "The Southeast" [G]	Conquest of America "The Northeast" (N)			Conquest of America "The Northwest" (N)	Breaking Vegas "The Ultimate Cheat" [G]	Conquest of America "The Southeast" [G]											
25 35	IND	Friends [G]	Friends [G]	Sex and the City [G]	Sex and the City [G]	(:10) ★ ★ ★ "Cocktail" (1988, Drama) (PA) Tom Cruise, Bryan Brown. (DVS)	(:10) ★ ★ ★ "To Die For" (1995)												
18 63	LIFE	"Nowhere to Land"	"Air Speed" (1998) Joe Mantegna. Premiere. [G]	Golden	Golden	The Nanny	The Nanny												
23 77	MTV	TRL (TV) [G]	PowerR	Band	Band	Trippin' [G]	Famous	Famous	MTV News										
3 9	NBC	News [G]	Ent. Tonight	Will & Grace [G]	Scrubs "My Cake" [G]	Scrubs (N) [G]	The Office (N) [G]	Law & Order: Special Victims Unit (N) [G]	News [G]	Tonight Show									
8 8	NBC	Will & Grace [G]	Scrubs "My Cake" [G]	Scrubs (N) [G]	The Office (N) [G]	Law & Order: Special Victims Unit (N) [G]	News [G]	(:35) The Tonight Show With Jay Leno (N) [G]	Late Night										
34 43	NICK	SpongeBob	School	Full House	Fatherhood	Fresh Pr.	Cosby	Roseanne	Murphy	Fresh Pr.	Fresh Pr.								
2 2	PBS	Nova "The Wave That Shook the World" (N) [G]		Krakatoa The May 20, 1883 eruption of the volcano Krakatoa. (N) [G]	Independent Lens "Let the Church Say Amen" (N) [G]														
38 83	SCIFI	"20,000 Leagues"	★ ★ ★ ★ "Raiders of the Lost Ark" (1981) Harrison Ford. [G]	(:36) ★ ★ ★ "Pitch Black" (2000)															
61 41	SPK	Maximum Exposure [G]	Wildest Police Videos	CSI: Crime Scn	CSI: Crime Scn	Invasion Iowa (N) [G]													
39 51	TLC	While You Were Out [G]	Clean Sweep [G]	In a Fix [G]	Mega Machines "Technology Titans" (N)	Overhaul'n "4-4-New" A 1968 Oldsmobile.													
28 37	TNT	Law & Order [G] (DVS)	Law & Order [G] (DVS)	Charmed [G]	Law & Order "Precious"	The X-Files [G]													
51 86	TRAV	World's Mightiest Bank	Made	Made	Taste	Taste	World's Mightiest Bank	Made	Made										
21 82	TVLND	Highway to Heaven [G]	Griffith	Leave	Sanford	All-Family	3's Co.	Farrah	Cheers [G]										
60 89	UNIV	Apuesta por un Amor	La Madrastra	Jugando al Amor	Impacto	Noticiero	La Hora Derbez												
20 34	USA	(5:00) ★ ★ ★ "The Mummy Returns" (2001)	Nashville Star [G]	Law & Order: SVU	Friends [G]	Will & Grace [G]													
12 3	WB	Friends [G]	Everybody-Raymond	Gilmore Girls "Women of Questionable Morals"	The Starlet (N) [G]														
99 36	WGN	★ ★ ★ "Witness" (1985)	Harrison Ford. [G]	WGN News at Nine [G]	Becker [G]	Becker [G]	Home Delivery												

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WEDNESDAY EVENING										E=Eagle Cable S=S&T Telephone										MAR. 30, 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	American Justice "The Cult Murders" (N) (G)		Road Warriors: The Biker Brotherhood (G)			Airline (G)		Airline (G)	Crossing Jordan "Wild Card" (N) (G)			American Justice "The Cult Murders" (N) (G)									
4	6	ABC	Lost "Deus Ex Machina" (N) (G)		(:01) Alias "Tuesday" (N) (G)			(:02) Eyes "Pilot" (Series Premiere) (N) (G)			News (N) (G)		(:35) Nightline (G)		(:06) Jimmy Kimmel Live (N) (G)								
26	48	ANPL	Animal Face-Off "Alligator vs. Black Bear" (G)		The Most Extreme "Killer Cats" Big cats.			Animal Cops Houston Battle-scarred pit bulls.			Animal Face-Off "Alligator vs. Black Bear" (G)			The Most Extreme "Killer Cats" Big cats.									
63	54	BRAVO	Westminster Kennel Club Square Garden in New York. (Taped)		Dog Show Madison (G)			Showdog Moms & Dads (Series Premiere) (N)			Queer Eye for the Straight Guy (G)			The West Wing "Lord John Marbury" (N) (G)									
7	11	CBS	60 Minutes Wednesday (G)		The King of Yes, Dear Queens (N) (N) (G)			CSI: NY "Tanglewood" (N) (G)			News (N) (G)		(:35) Late Show With David Letterman (N) (G)		Late Late Show (G)								
24	50	DISC	Great Biker Build-Off 2: Lane-Perewitz		Monster Garage Ultimate tailgating vehicle.			American Chopper "Dixie Chopper 1" (G)			It Takes a Thief (N)			MythBusters "Son of a Gun" (N) (G)									
33	44	DISN	Braceface (G)	Kim Possible (G)	Lizzie McGuire (G)	Sister, Sister (N) (G)	That's So Raven (G)	That's So Raven (G)	★ ★ "Full-Court Miracle" (2003) Alex D. Linz. An NBA hopeful coaches a team of winless students.														
49	81	EITV	Janice Dickinson Story	Trial	Good to Be	Howard S. (G)	Howard S. (G)	Saturday Night Live (N) (G)															
22	56	ESPN	High School Basketball: All-American Game	NBA Basketball Philadelphia 76ers at Phoenix Suns. (G)				SportsCtr.															
54	57	ESPN2	Soccer: World Cup Qualifier -- Guatemala vs. U.S.	Tennis: NASDAQ-100 Open				Fastbreak	Basketball														
32	46	FAM	★ ★ ★ "One Fine Day" (1996) Michelle Pfeiffer.	Who's? (G)	Who's? (G)	The 700 Club (G)	Videos	Videos															
59	-	FIT TV	Low Carb	Low Carb	Vital Scan (N)	Extremists	Extremists	Low Carb	Low Carb	Vital Scan (N)													
35	31	FMC	★ ★ ★ ★ "The Flight of the Phoenix" (1965) James Stewart.	★ ★ "Bad Dreams" (1988, Horror)																			
53	68	FOOD	Emeril Live Recipes that use bread. (N)	BBQ With Bobby Flay	Foodnation	Good Eats	Good Eats	Iron Chef America "Flay vs. Bayless"	Emeril Live														
13	7	FOX	That '70s Show (N)	Simple Life	American Idol (G)	Life on a Stick (N)	The Fox Report With Shepard Smith (G)	Bob Newhart	Bob Newhart	Mary Tyler Moore	Mary Tyler Moore												
40	38	FX	"Changing Lanes"	Fear Factor (N) (G)	King of Hill	King of Hill	★ ★ ★ "Die Hard 2" (1990, Drama) Bruce Willis.																
30	55	FXSP	Sports List	Rocky Mt. Fielding	Poker Superstars	Best Damn Sports Show	Rocky Mt. Sports List	Best-Sports															
5	14	HBO	(5:15) ★ ★ "Biker Boyz" (2003) [G]	(:15) ★ ★ ★ "The Gathering Storm" (2002, Drama) Albert Finney, Vanessa Redgrave. (N) (G)	★ ★ "Gothika" (2003, Horror) Halle Berry. (N) (G)	The Ring Two																	
62	67	HGTV	Renovation	Weekend	Home 2005 Landscap	Curb	Curb	Design	House	Renovation	Weekend												
58	52	HIST	Hitler and Stalin: Roots of Evil (G)	Conquerors "William the Conqueror" (G)	The Real Attila the Hun (G)	Full Throttle "El Camino vs. Rancho" (G)	Hitler and Stalin: Roots of Evil (G)																
25	35	IND	Everybody-Raymond	Seinfeld (G)	Seinfeld "The Fire" (G)	Sex and the City (G)	Sex and the City (N)	(:10) ★ ★ ★ "National Lampoon's Vacation" (1983) Chevy Chase, Beverly D'Angelo. (G)															
18	63	LIFE	"Out of Annie's Past"	"Dead Silent" (1999, Drama) Rob Lowe. (G)	Golden	Golden	The Nanny	The Nanny															
23	77	MTV	TRL (TV) (N) (G)	Newlywed	Newlywed	Newlywed	Newlywed	Newlywed	Newlywed	Newlywed	Newlywed												
3	9	NBC	News (G)	Ent. Tonight	American Dreams "It's My Life" (N) (G)	The West Wing "Things Fall Apart" (N) (N) (G)	Law & Order "Sects" (N) (G)	News (G)	(:35) The Tonight Show With Jay Leno (N) (G)	Late Night													
8	8	NBC	American Dreams "It's My Life" (N) (G)	The West Wing "Things Fall Apart" (N) (N) (G)	Law & Order "Sects" (N) (G)	News (G)	(:35) The Tonight Show With Jay Leno (N) (G)	Late Night															
34	43	NICK	SpongeBob	Unfabulous	Full House	Full House	Fresh Pr.	Cosby	Roseanne	Murphy	Fresh Pr.	Fresh Pr.											
2	2	PBS	Roadshow	Scientific-Frontiers	National Geographic (N) (G)	National Geographic (N) (G)	Two's Company																
38	83	SCIFI	Ripley-Believe	Ripley-Believe	Ripley-Believe	★ ★ "The Bride" (1985)	Sting, Jennifer Beals.																
61	41	SPK	Maximum Exposure (N)	Wildest Police Videos	CSI: Crime Scn	CSI: Crime Scn	Invasion Iowa (N) (N)																
39	51	TLC	While You Were Out (G)	Clean Sweep (G)	In a Fix "You Complete My Family Room" (G)	Clean Sweep Dressing room makeover. (G)	In a Fix (N)																
28	37	TNT	★ ★ "Runaway Bride" (1999) Julia Roberts, Richard Gere.	★ ★ "Runaway Bride" (1999) Julia Roberts, Richard Gere.																			
51	86	TRAV	Blackjack Tournament	World Poker Tour (N)	Blackjack Tournament	World Poker Tour																	
21	82	TVLND	Highway to Heaven (G)	Griffith	Leave	Farrah	Farrah	3's Co.	3's Co.	Cheers	Cheers												
60	89	UNIV	Apuesta por un Amor	La Madrastra	Don Francisco Presenta	Impacto	Noticiero	La Hora Derbez															
20	34	USA	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law Order: CI	Kojak "Pilot" (G)	Will & Grace (G)															
12	3	WGN	Friends (N) (G)	Everybody-Raymond	Smallville "Unsafe" (N) (G)	Smallville "Gone" (N) (G)	News (N) (G)																
99	26	WGN	★ ★ "Spanish Judges" (1999, Drama) (N) (G)	WCN News at Nine (G)	Becker (G)	Becker (G)	Home Delivery																