

Depression needs serious response

DEAR ABBY: My heart goes out to the suicidal 12-year-old from Pennsylvania. That letter was a cry for help, and I urge him or her to seek help immediately — today, not tomorrow; now, not later. No 12-year-old deserves to feel the way that child does.

I can empathize because my 12-year-old son is struggling with major depression. Neither his father nor I realized it until one day he wrote a



abigail van buren

• dear abby

suicide note. Like the writer of that letter, my son thought if he told anyone he felt depressed he wouldn't be believed.

Believe me, when his suicide note was found, although he did not actually try to harm himself, it was taken very seriously. Treatment started that very day. We are not so far along on this journey that we know exactly what the future holds, but we do know our son is in a much happier place

now with proper therapy and medication.

Adults in that child's life should treat even the suggestion of suicide with the seriousness it deserves and seek mental health treatment immediately. After seeing the difference therapy and medication have made in my son's life, I feel it is important to let that child know help is available. Asking for help is not a sign of weakness, but of strength. — BEEN THERE AND DOING IT

DEAR BEEN THERE: I'm sure many more young people besides the one from Pennsylvania will appreciate your encouragement.

I advised the child who wrote to talk to a trusted teacher or counselor

and to ask that person to intercede with his/her parents. I also suggested, if the temptation to self-injure became overwhelming, that he/she pick up the phone and ask the operator for a crisis hotline.

After the letter was published, I heard from many readers whose lives have been affected by depression or suicide. A woman who had been suicidal at 15 suggested the writer confide in a clergy person or the parents of a friend. A sixth-grade teacher, whose daughter had suffered from clinical depression for several years, told me her child had talked to a campus police officer about it because she "didn't want to worry" her mother. And a school social worker from Illi-

nois asked me to print the number of the National Suicide Hotline: 1-800-SUICIDE (784-2433).

DEAR Abby: Over the last two years I have lost 95 pounds. I did it by changing my lifestyle, exercising and making better food choices.

My husband, "Paul," insists that he shouldn't have to hide his cookies, potato chips and chocolate candy, and says I should have self-control. I do have self-control, Abby, but sometimes the temptation is just too great. I feel Paul is unconsciously trying to sabotage me. How can I make him understand that I don't want junk food in my line of vision, and that it isn't all about willpower? — RESENTFUL IN CALIFORNIA

DEAR RESENTFUL: Your resentment is justified. His insistence on keeping junk food where you will find it is an attempt at control. Your husband isn't "unconsciously" trying to sabotage you; it is overt and deliberate. Your victory may be a threat to him. On some level it may have made him feel less in control of you, or he may be threatened that you are now more attractive to other men.

Because you can't control what your husband does, you must control the way you react to it. The next time you take a bite of his junk food, remember why he left it there. I'm sure it will leave a bitter taste in your mouth.

TUESDAY EVENING										E=Eagle Cable S=S&T Telephone										JULY 26, 2005									
E S		6 pm		6:30		7 pm		7:30		8 pm		8:30		9 pm		9:30		10 pm		10:30									
36	47	A&E		Cold Case Files [E]				Bounty Hunter		Bounty Hunter		Inked [E]		Inked [E]		Criss Angel Mindfreak		Criss Angel Mindfreak		Cold Case Files [E]									
4	6	ABC		My Wife and Kids		George Lopez [E]		According to Jim [E]		Rodney [E]		Empire (N) [E] (Part 5 of 5) [E]				News [E]		(:35) Nightline [E]		(:06) Jimmy Kimmel Live (N) [E] [E]									
26	54	ANPL		Dog Show "Eukanuba Tournament of Champions 2005" Harrisburg, Pa.																		Dog Show "Eukanuba Tournament of Champions 2005" Harrisburg, Pa.							
63	67	BRAVO		Situation: Comedy (Series Premiere) (N) [E]				Situation: Comedy (N)				Queer Eye for the Straight Guy "Gary K."				Situation: Comedy [E]				Inside the Actors Studio [E]									
7	11	CBS		NCIS "Vanished" [E] [E]				Big Brother 6 (N) [E] [E]				Rock Star: INXS (N) [E]				News [E]		(:35) Late Show With David Letterman (N) [E]		Late Late Show									
55	42	DISC		MythBusters "Breakstep Bridge" [E]				Monster Garage "DeLorean/Hovercraft" [E]				American Chopper "Firebike 2" [E]				Deadliest Catch "Lady Luck"		Dirty Jobs Garbage man. (N)											
33	56	DISN		Kim Possible [E]		Braceface [E]		Lizzie McGuire		Sister, Sister [E] [E]		That's So Raven [E]		That's So Raven [E]		★★ "Snow Dogs" (2002, Comedy) Cuba Gooding Jr., James Coburn, "PG" [E]													
49	66	EITV		NASCAR: Life in the Fast Lane: True Story										Gone Bad		The Soup		Palms		Howard S.		Saturday Night Live [E]							
22	28	ESPN		Series of Poker										Series of Poker		Tilt [E]		SportsCenter (Live) [E]		Baseball		NFL Live							
23	29	ESPN2		Boxing Tuesday Night Fights. (Live) [E]										WNBA Basketball: Sparks at Mercury						Streetball		Live Stews							
32	58	FAM		"Pizza My Heart" (2005) Shiri Appleby. [E]										Who's?		Who's?		The 700 Club [E]		Videos		Videos							
35	-	FOOD		★★★★ "Twelve O'Clock High" (1949) Gregory Peck. [E]																		★★★★ "Tora! Tora! Tora!" (1970, Drama) Jason Robards. [E]							
53	45	FMC		Emeril Live Chicken recipes.				Roker on the Road		Recipe for Success		\$40-a-Day		\$40-a-Day		Iron Chef Iron Chef Michiba is challenged.				Emeril Live "Amazing Mollusks"									
13	7	FOX		Trading Spouses: Meet Your New Mommy [E]				House "Poison" (N) (PA) [E]				The Fox Report With Shepard Smith [E]				Blind Date (N) [E] [E]		Blind Date (N) [E]		Maury Paternity results. [E]									
40	41	FX		(5:00) ★★ "Darkness Falls" (2003) [E]				King of Hill				King of Hill ★★ "Lethal Weapon 4" (1998) Mel Gibson, Danny Glover. [E]																	
30	27	FXSP		Rockies		Pregame		MLB Baseball New York Mets at Colorado Rockies.				(Subject to Blackout)						Rocky Mt.		Basketball									
-	60	HALL		Walker, Texas Ranger				"Back to You and Me" (2005) Lisa Hartman Black. [E]				M*A*S*H				M*A*S*H		M*A*S*H		M*A*S*H									
5	-	HBO		(:15) ★★ "You Got Served" (2004, Drama) Marques Houston. (N) "PG-13" [E]				Bill Russell: My Life, My Way [E]				★★★ "Anacardas: The Hunt for the Blood Orchid" (2004) [E] "PG-13" [E]				Chocolate Fact.													
62	44	HGTV		Designed		Get Color		Decorating		Mission		Designers' Designers'		Design		House		Designed		Get Color									
58	48	HIST		Wild West Tech "Mas-sacre Tech" [E]				Shootout! "Guadalcanal" (N) [E]				Modern Marvels "Engineering Disasters 13" [E]				Breaking Vegas "Slot Scoundrel" [E]		Wild West Tech "Mas-sacre Tech" [E]											
25	38	IND		Friends [E]		Friends [E]		Sex and the City [E]		Sex and the City [E]		(:05) Friends [E]		(:35) Friends [E]		(:05) ★★ "Domestic Disturbance" (2001, Suspense) John Travolta, Vince Vaughn. [E]													
18	63	LIFE		(5:00) "Fatal Reunion"				★★★★ "Out of Sight" (1998) George Clooney. Premiere. [E]				Golden				The Nanny		The Nanny											
54	74	MTV		Laguna Beach				VMA Nominee Videos				Direct Effect [E]		70s House		70s House		Real World		Real World									
3	9	NBC		News [E]		Ent. Tonight		Average Joe: The Joes Strike Back (N) [E] [E]				I Want to Be a Hilton (N) [E]		Law & Order: Special Victims Unit "Charisma"		News [E]		(:35) The Tonight Show With Jay Leno (N) [E]		Late Night									
8	8	NBC		Average Joe: The Joes Strike Back (N) [E] [E]				I Want to Be a Hilton (N) [E]				Law & Order: Special Victims Unit "Charisma"		News		(:35) The Tonight Show With Jay Leno (N) [E]		Late Night											
34	55	NICK		SpongeBob School				Fresh Pr.				Fresh Pr.		Fresh Pr.		Fresh Pr.		Fresh Pr.		Fresh Pr.									
2	2	PBS		Nova "Nova scienceNOW" (N) [E] (DVS)				Wide Angle "Border Jumpers" (N) [E]				P.O.V. "The Self-Made Man" (N) [E]		BBC World News		That's My Boy		Charlie Rose (N) [E] [E]											
38	71	SCIFI		(5:00) ★★ "Dinocroc"				★★★★ "Jurassic Park"				(1993) Sam Neill, Laura Dern. [E]						The Outer Limits [E]											
61	72	SPK		Maximum Exposure [E]				Wildest Police Videos				CSI: Crime Scn				CSI: Crime Scn				"You Only Live Twice"									
39	43	TLC		While You Were Out				Clean Sweep Frazier has a shopping problem.				In a Fix Peter learns home improvement. [E]				Rides Jay Leno finds a treasure. (N)		Overhaul'n' Thanking a kidney donor.											
28	40	TNT		Law & Order [E] (DVS)				Law & Order "Asterisk"				Law & Order [E] (DVS)		The Closer				Charmed [E] [E]											
51	49	TRAV		Taste		Taste		Made		Made		Monster Trucks		Taste		Taste		Made		Made									
21	59	TVLND		Munsters				Munsters				Griffith		Sanford		GoodTime		All-Family		3's Co.		3's Co.		Cheers [E]					
60	79	UNIV		Apuesta por un Amor				La Madrastra				Casos de la Vida Real		Impacto		Noticiero		La Hora Derbez											
20	37	USA		Law & Order: SVU				★★★ "In Hell" (2003) Jean-Claude Van Damme. [E]				Law & Order: SVU		News [E]				The Dead Zone [E]											
12	3	WB		Friends [E]		Everybody-Raymond		Gilmore Girls "Emily Says Hello" [E] [E]				Gilmore Girls "But Not as Cute as Pushkin" [E]				News [E]				Friends [E]		Will & Grace [E]							
99	39	WGN		MLB Baseball: Cubs at Cardinals				Cubs at Cardinals				Cubs at Cardinals		WGN News at Nine		Becker (N) [E]		Becker (N) [E]		Home Delivery									

WEDNESDAY EVENING										E=Eagle Cable S=S&T Telephone		JULY 27, 2005	
E	S	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30		
36	47	A&E	Bounty Hunter	Bounty Hunter	Inked (N)	Inked (N)	Criss Angel Mindfreak	Criss Angel Mindfreak	Crossing Jordan "Family Affair" (N)	Bounty Hunter	Bounty Hunter		
4	6	ABC	Supernanny "Burnett Family" (N)	Brat Camp (N) (N)	Lost "Solitary" (N)	News	(:35) Nightline	(:06) Jimmy Kimmel Live (N) (N)					
26	54	ANPL	Buggin' With Ruud "Aussie Attackers" (N)	Corwin's Quest "The Alligator's Bellow"	Animal Cops San Francisco	Buggin' With Ruud "Aussie Attackers" (N)	Corwin's Quest "The Alligator's Bellow"						
63	67	BRAVO	Blow Out (N)	Blow Out (N)	Blow Out (N)	Blow Out (N)	Blow Out (N)						
7	11	CBS	The Cut (N) (N)	Rock Star: INXS (N) (N)	The King of Queens (N)	CSI: NY "Outside Man" (N)	News (N)	(:35) Late Show With David Letterman (N) (N)	Late Late Show				
55	42	DISC	MythBusters Launching a chicken at an airplane.	Monster Garage "Firetruck Brewery" (N)	American Chopper Old-school bike. (N)	One Step Beyond (N)	One Step Beyond (N)	MythBusters Human projectiles. (N) (N)					
33	56	DISN	Kim Possible: Braceface "Lorenza" (N)	Lizzie McGuire	Sister, Sister (N)	That's So Raven (N)	That's So Raven (N)	"You Wish!" (2003) A.J. Trauth. A teenager wishes that he didn't have a younger brother. (N)					
49	66	EITV	THS Investigates: Mind of a Serial Killer	Palms	Gone Bad	Howard S.	Palms	Palms	Gone Bad				
22	28	ESPN	MLB Baseball: Twins at Yankees	Baseball Tonight	Baseball Tonight	SportsCenter (Live) (N)	Baseball	NFL Live					
23	29	ESPN2	Softball 2005 World Cup Final -- Teams TBA. (N)	MLB Baseball St. Louis Cardinals at San Diego Padres. (Live) (N)									
32	58	FAM	★ ★ "Two Can Play That Game" (2001) (N)	Venus	Whose? (N)	The 700 Club (N)	Venus	Videos					
35	-	FMC	★ ★ ★ "The Man With One Red Shoe" (1985)	★ ★ "The Last Hard Men" (1976) James Coburn	★ ★ ★ "For the Boys" (N)								
53	45	FOOD	Emeril Live Small dishes with big flavor. (N)	BBQ With Bobby Flay	BBQ With Bobby Flay	Good Eats (N)	Good Eats (N)	Iron Chef America "Flay vs. Lang"	Emeril Live "Small Dishes"				
13	7	FOX	So You Think You Can Dance (N) (N)	The Inside "Aidan" (N)	The Fox Report With Shepard Smith	Blind Date (N)	Blind Date (N)	Maury Guests take lie detector tests. (N) (N)					
40	41	FX	★ ★ "Lethal Weapon 4" (1998) Mel Gibson, Danny Glover.	★ ★ ★ "XXX" (2002) Vin Diesel, Asia Argento. Premiere.									
30	27	FXSP	Rockies	Pregame	MLB Baseball New York Mets at Colorado Rockies. (Subject to Blackout)	Rocky Mt.	Best Sports						
-	60	HALL	Walker, Texas Ranger	"Love Comes Softly" (2003) Katherine Heigl. (N)	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H				
5	-	HBO	★ ★ "Anchorman: The Ron Burgundy" (2004) Will Ferrell. (N)	(:45) ★ ★ "Daredevil" (2003) Ben Affleck. A blind man is a lawyer by day and a superhero by night.	Entourage (N)	Entourage (N)	Entourage (N)						
62	44	HGTV	Kitchen "Want That Weekend Landscap	Curb "What Get Design	House	Kitchen	Want That						
58	48	HIST	Modern Marvels "Bathroom Tech" (N)	Modern Marvels "The history of sewers. (N)	Automaniac Tracing the evolution of police cars.	The Horrors of Hussein	Modern Marvels "Bathroom Tech" (N)						
25	38	IND	Everybody-Raymond	Everybody-Raymond	Seinfeld (N)	Seinfeld (N)	Sex and the City (N)	Sex and the City (N)	(:05) ★ ★ "The Haunting" (1999, Horror) (PA) Liam Neeson, Catherine Zeta-Jones. (N)				
18	63	LIFE	(5:00) "Secret Lives"	★ ★ "Sex, Lies & Obsession" (2001) (DVS)	Golden	Golden	The Nanny	The Nanny					
54	74	MTV	Hazzard	50 Cent	VMA Nominee Videos	Direct Effect (N)	Hard Rock	Real World	Laguna Beach				
3	9	NBC	News (N)	Ent. Tonight	Average Joe: The Joe Strike Back (N)	Law & Order "In God We Trust" (N)	Law & Order "Coming Down Hard" (N)	News (N)	Tonight Show				
8	8	NBC	Average Joe: The Joe Strike Back (N)	Law & Order "In God We Trust" (N)	Law & Order "Coming Down Hard" (N)	News	(:35) The Tonight Show With Jay Leno (N) (N)	Late Night					
34	55	NICK	SpongeBob	Unfabulous	Full House "Full House	Roseanne	Roseanne	Roseanne	Roseanne				
2	2	PBS	Roadshow FYI	Roadshow FYI	American Masters "Goldwyn" (N)	BBC World News	As Time Goes By	Charlie Rose (N) (N)					
38	71	SCIFI	Ghost Hunters (N)	Master Blasters (N)	Tripping	Tripping	Ghost Hunters (N)	Master Blasters (N)					
61	72	SPK	Maximum Exposure (N)	Wildest Police Videos	CSI: Crime Scn	CSI: Crime Scn	CSI: Crime Scn	★ ★ "Road House" (N)					
39	43	TLC	While You Were Out (N)	Clean Sweep (N)	In a Fix Opposites share a home. (N)	While You Were Out (N)	Miami Ink "Never Forget"						
28	40	TNT	★ ★ ★ "A Few Good Men" (1992) Tom Cruise, Demi Moore. (N)	★ ★ ★ "A Few Good Men" (1992) Tom Cruise. (N)									
51	49	TRAV	American Casino	World Poker Tour (N)	American Casino	World Poker Tour (N)							
21	59	TVLN	Griffith	Griffith	Griffith	Sanford	Top 10	3's Co.	3's Co.	Cheers	Sanford		
60	79	UNIV	Apuesta por un Amor	La Madrastra	Don Francisco Presenta	Impacto	Noticiero	La Hora Derbez					
20	37	USA	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	The 4400 "Carrier" (N)					
12	3	WB	Friends (N)	Everybody-Raymond	One Tree Hill "Truth, Bit-truth" (N)	Smallville "Lucy" (N)	News (N)	Friends (N)	Will & Grace				