

Family pays lip service to weight loss



abigail van buren

• dear abby

ten, and it distresses me. I don't want to jump up from the table, clear away the dishes and tell them to stop eating, but I also don't enjoy hearing them talk about how much they shouldn't be eating while they continue to do so. Most of them have been advised more than once by physicians to lose weight for the sake of their health. Other than bringing food to share that's low in sugar and fat, is

there a way to politely deal with this bizarre behavior? — FED UP IN HOUSTON

DEAR FED UP: No, there isn't. But you can save your sanity by recognizing idle chatter for what it is and tuning it out. In your own home, you can simply serve less food — or clear away the tempting leftovers and relocate your guests away from the table. However, in a restaurant or in their homes that wouldn't work. So accept that your relatives won't address their weight problems until they are ready to do so, and try to be less judgmental.

DEAR ABBY: I have been dating "Zack" for a year and a half. We had discussed taking a trip to visit his

friends in a couple of months. I'm a very independent person, but recently have had some financial difficulties that I anticipate will be temporary. I explained to Zack that I wouldn't be able to afford the trip. It would have meant paying for my plane ticket, half the cost of the car we'd have to rent and half the hotel bill. Zack has a steady job that pays very well. I thought he would speak up and offer to pay for at least some part of my expense for the trip, but he didn't. Was I expecting too much, or is he just plain cheap? — DISAPPOINTED IN NEW JERSEY

DEAR DISAPPOINTED: It would have been a generous offer, but it appears your boyfriend isn't

the generous type. In a sense, however, he may have given you a priceless gift: a glimpse of what life would be like with him in the future if the chips were down. Please act accordingly.

DEAR ABBY: I'm a 13-year-old girl. I love my mom, but she doesn't trust me. Sometimes I would like to talk to her but she never listens. It's like she wants me to mess up so she can punish me.

I once tried to talk to her about sex. She thought I was pregnant! Am I wrong for just wanting to know? Sometimes I don't do anything wrong and I still get in trouble.

I thought about running away, but this is where my heart is. Is it me?

Why won't she trust me? I make good grades. — BAFFLED IN BIRMINGHAM

DEAR BAFFLED: Your letter made me sad. By now, your mother should have made it clear that you could bring any question to her and she would answer it — or help you find the answer you need.

Your mother may be uncomfortable talking about sex, or she could be under stress about something else. Please ask an adult friend or close relative to speak to her on your behalf. Your mother may be hard on you because she doesn't want you to mess up. Children don't come with instructions, and she may be going overboard trying to protect you.

Table with columns: SATURDAY EVENING, E S, 6 pm, 6:30, 7 pm, 7:30, 8 pm, 8:30, 9 pm, 9:30, 10 pm, 10:30. Rows include various TV programs like City Confidential, American Justice, News, etc.

Table with columns: SUNDAY EVENING, E S, 6 pm, 6:30, 7 pm, 7:30, 8 pm, 8:30, 9 pm, 9:30, 10 pm, 10:30. Rows include various TV programs like The First 48, Family Plots, Intervention, CSI: Miami, etc.

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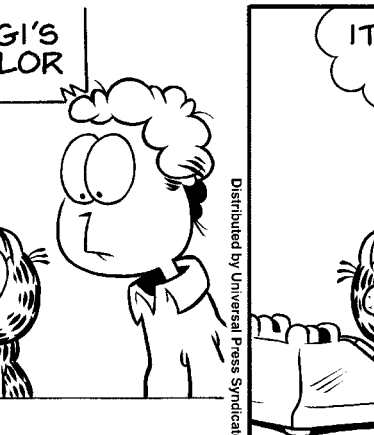
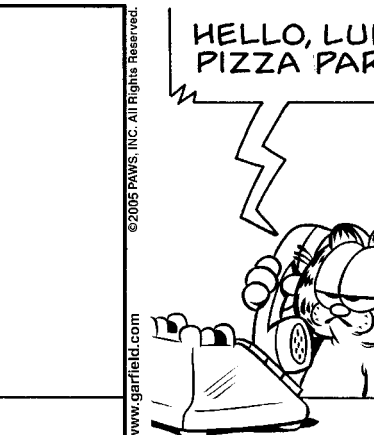


Table with columns: MONDAY EVENING, E S, 6 pm, 6:30, 7 pm, 7:30, 8 pm, 8:30, 9 pm, 9:30, 10 pm, 10:30. Rows include various TV programs like Intervention, Growing Up Gotti, Airliner, etc.

Weekend TV movie schedule

SATURDAY MORNING
10:45 28/40 TNT Movie "Ghostbusters" (1984, Comedy) Bill Murray, Dan Aykroyd, Harold Ramis. Ghost fighters battle ghouls in a Manhattan high-rise. Directed by Ivan Reitman.

AFTERNOON
1:00 18/63 LIFE Movie "Return to Me" (2000, Romance) David Duchovny, Minnie Driver, Carroll O'Connor. A man falls in love with the recipient of his wife's heart. Directed by Bonnie Hunt.

2:00 35 FMC Movie "My Bodyguard" (1980, Drama) Chris Makepeace, Adam Baldwin. A new student at a Chicago high school hires a much-feared classmate to protect him from a gang of bullies. Directed by Tony Bill. 'PG'

2:30 5 HBO Movie "Napoleon Dynamite" (2004, Comedy) Jon Heder, Aaron Ruell. A gawky teenager from an odd family helps his new friend run for class president against a popular student. Directed by Jared Hess. 'PG'

25/38 IND Movie "Drumline" (2002, Comedy-Drama) Nick Cannon, Zoe Saldana, Orlando Jones. Rivalry between two drummers threatens a college band. Directed by Charles Stone III.

3:00 40/41 FX Movie "Edward Scissorhands" (1990, Fantasy) Johnny Depp, Winona Ryder, Dianne Wiest. Tim Burton's fairy tale of a man-made misfit in suburbia. Directed by Tim Burton.

61/72 SPK Movie "The Legend" (1993, Action) Jet Li, Josephine Siao, Chu Kong. A martial artist fights in a contest to win his bride. Directed by Corey Yuen.

4:00 35 FMC Movie "Max Dugan Returns" (1983, Comedy) Jason Robards, Donald Sutherland. A widow's father, who abandoned her as a child, shows up with a bad heart condition and a money-filled suitcase. Directed by Herbert Ross. 'PG'

4:30 49/66 E!TV Movie "The Birdcage" (1996, Comedy) Robin Williams, Gene Hackman, Nathan Lane. A son's engagement throws a kink into a gay couple's life. Directed by Mike Nichols.

5:00 40/41 FX Movie "Election" (1999, Comedy) Matthew Broderick, Reese Witherspoon, Chris Klein. A teacher tries to take a student overachiever down a peg. Directed by Alexander Payne.

10:00 35 FMC Movie "Wee Willie Winkie" (1937, Drama) Shirley Temple, June Lang. A girl goes to live at a British army base in India and plays a key role in subduing a rebel uprising. Directed by John Ford. 'PG'

AFTERNOON
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Mike Nichols. 1:00 40/41 FX Movie "Edward Scissorhands" (1990, Fantasy) Johnny Depp, Winona Ryder, Dianne Wiest. Tim Burton's fairy tale of a man-made misfit in suburbia. Directed by Tim Burton.

2:00 28/40 TNT Movie "Heat" (1995, Drama) Al Pacino, Robert De Niro, Val Kilmer. A homicide detective matches wits with a cunning adversary. Directed by Michael Mann.

3:30 25/38 IND Movie "Space Cowboys" (2000, Adventure) Clint Eastwood, Tommy Lee Jones, Donald Sutherland. NASA reunites four aging flyboys for an urgent mission. Directed by Clint Eastwood.

4:00 35 FMC Movie "A Guide for the Married Man" (1967, Comedy) Walter Matthau, Inger Stevens. An experienced philanthropist takes on the task of educating a reluctant husband on infidelity. Directed by Gene Kelly. 'NR'

4:30 5 HBO Movie "Contact" (1997, Science Fiction) Jodie Foster, James Woods. Based on the novel by Carl Sagan. A brilliant scientist receives a message across space from an alien intelligence. Directed by Robert Zemeckis. 'PG'

18/63 LIFE Movie "Out of Sight" (1998, Drama) George Clooney, Jennifer Lopez, Ving Rhames. A U.S. marshal falls for an escaped con she must capture. Directed by Steven Soderbergh.