The girl should walk to work

DEAR ABBY: I just finished reading the letter from "Standing on Principle," who thinks she should get \$5 a week for driving her 17year-old niece to work half a mile away. Because it is such a short distance, that girl should WALK to work!

fatter, more and more out of shape it's a simpler, far less expensive so- every day, I think a couple of points why can't she? — WALKING ON



physically, because of less and less and more computer and video games. I am a registered nurse who sees a lot of people in ill health. I know that a major portion of that ill health could be avoided or improved by eating a healthy diet, be- the egg on it is mine. Read on: ing active and losing weight.

Our nation is growing fatter and it's hard to get in that mind-set. But ville," who "needs" a ride to work

lution to health care than medications, tests and more tests, and frequent doctor/hospital visits, to say nothing of a poor quality of life.

Adults need to think about this, not only for themselves but also for their children — who are at increased danger of diabetes, etc. beexercise and active play, and more cause of poor lifestyle habits. - A VERMONT NURSE

> DEAR VERMONT NURSE: You are not the only reader who was quick to point out that a half-mile walk isn't a hardship. The face with

DEAR ABBY: With regard to Iunderstand that for some people "Standing on Principle in Knox-

are in order.

First, it's not unreasonable for that girl to pay for gas. She is earning a few bucks, I expect. But if she's going a mile a day five days a week, even an SUV would make a profit on \$5. How about \$5 a month?

My other point is really the reason for this letter: Why does that kid need a ride? Unless she lives in the worst neighborhood in all of Maryland, she could easily walk — and it would do her some serious good to do so. I'm older than dirt and had a coronary bypass nine months ago, and I walk a couple of miles every morning without fail. If I can do it,

PRINCIPLE IN SAN JOSE DEAR WALKING ON PRIN-CIPLE: That's a good question — FLA.

and one that only the young lady can answer. DEAR ABBY: I charge my son for driving him to and from work, merce sent 10 underprivileged kids not because I need the money but because he needs to understand that there are costs associated with transportation. He earns a reasonable wage, and the amount I expect is just sufficient enough to let him know that nothing is free, and therefore he should plan his expenses

I give it willingly. That niece should understand ARIZ. that \$5 is less than a taxi, and cer-

carefully. My time is valuable, but

tainly more convenient than a bus. MARC L., CLEARWATER,

DEAR ABBY: There's another way to look at that situation. Years ago, our local chamber of comto two weeks of overnight camp. Five of them paid \$5 and five paid nothing.

Upon their return, we received five thank-you notes from the ones who paid. We heard nothing from those who attended for free. I think people only put a value on things that cost them something. — PENNYC., PARADISE VALLEY,

TU	ESD	AY EVENING	S=5	=Eagle Cable S&T Telephone		OCT. 4, 2005		DNE	SDAY EVENI	NG S=S	Eagle Cable &T Telephone		OCT. 5, 2005
E S		6 pm 6:30	7 pm 7:30	8 pm 8:30	9 pm 9:30	10 pm 10:30	E S		6 pm 6:30	7 pm 7:30	8 pm 8:30	9 pm 9:30	10 pm 10:30
36 47	AŭE	Cold Case Files	Bounty Bounty Hunter Hunter	Airline Airline	Crossing Jordan "It Happened One Night"	Cold Case Files	36 47	A&E	Bounty Bounty Hunter Hunter	Inked Inked	Mindfreak Mindfreak	I Crossing Jordan "Skin 8 Bone"	Hunter Hunter
4 6	ADU	According Rodney to Jim (N)	Commander in Chief "First Choice" (N)	Boston Legal "Schaden- freude" (N)	News (:35) Night- line	(:06) Jimmy Kimmel Live Jane Kaczmarek.	46	ABC	George Lopez (Season Premiere) (N)	Lost "Orientation" (N)	Invasion "Watershed" (N	line	(:06) Jimmy Kimmel Live (N)
26 54	ANPL	The Heart of a Lioness (N)	The Most Extreme Frogs help tarantulas.	plored Freaks of nature.	The Heart of a Lioness	The Most Extreme Frogs help tarantulas.	26 54	ANPL	carnated as a dog after a		cisco "Unlawful Shot?"	carnated as a dog after a	
63 67		Kathy Griffin Is Not Nicole Kidman	Great Things About Be- ing "Fat"	ing "Queer" (N)	Great Things About Be- ing "Fat"	The West Wing "The Portland Trip'	63 67		ing "Fat"	ing "Queer"	Great Things About Be- ing "In Your 30s" (N)	Great Things About Be- ing "Queer"	The West Wing "Shibbo- leth"
7 11	CBS	NCIS "Mind Games" (N)	The Amazing Race: Family Edition (N)	Close to Home "Pilot" (Season Premiere) (N)	News (:35) Late Si David Letter	rman (N) Show	7 11	CBS	Still Stand- ing (N) (N)	Criminal Minds "Won't Get Fooled Again" (N)	CSI: NY A murdered plastic surgeon. (N)	News (:35) Late S David Lette	rman (N) Show
55 42	DISC	It Takes a Thief "Pinch- ing the Painter"	Great White Attack: A True Story	Dangerous Sea: The Alaskan Fishing Story	Firehouse USA: Boston "Captain Chaos" (N)	Dirty Jobs "Ostrich Farmer" (N)	55 42	DISC	It Takes a Thief Home security system. (N)	Proof Positive	One Step Beyond Beyond	Mega Machines "Mon- ster Beasts"	MythBusters "Breaking Glass"
33 56		Kim Possi- ble Family	Sister, Sis- ter Phil of the Future	That's So Raven Raven	★★ "Under Wraps" (199 Wylie, Mario Yedidia. 'NR'	97, Adventure) Adam	33 56	DISN	Kim Possi- ble Family	Sister, Sis- ter Future	That's So Raven Raven	★★ "Mom's Got a Date Adventure) Caroline Rhea	
49 66		Cameron Diaz	Filthy Rich: Cattle Drive		Howard S. Howard S.	· · ·	49 66	E!TV	★★★ "Mystic Pizza" (1	/	Taradise Taradise	Howard S. Howard S.	Girls Girls
22 28		Series of Poker (5:30) College Football 1	Series of Poker	Bound for Glory (N)	SportsCenter	Baseball NFL Live	22 28			eries Teams to Be Annou Viami-Ohio at Northern Illin		SportsCenter NFL Great NFL Great	Baseball NFL Live Hollywood Frankly
23 29 32 58		★★½ "Can't Buy Me Lo	/	Whose? Whose?	The 700 Club	Hollywood Frankly Videos Videos	23 29 32 58	ESPN2 FAM	*** * "A Little Prince		Dis. Minutes Kicked Out Whose?	The 700 Club	Kicked Out Videos
35 -		*** "My Bodyguard"		★★½ "Highlander" (198		★★½ "Predator"	35 -	FMC	*** * "Breaking Awa		★★½ "Storyville" (1992		"White Men"
53 45	EOOD	Emeril Live Surprise dishes.	Good Eats Recipe for Success	\$40-a-Day "Dallas" \$40-a-Day	Iron Chef Shiitake mush- room battle.	Emeril Live Recipes for bake sale items.	53 45	FOOD	Emeril Live "Emeril's Delmonico" (N)	The Secret BBQ With Life Of	Good Eats Good Eats	/	Emeril Live "Emeril's Delmonico"
13 7		MLB Baseball American nounced.	League Division Series Ga	me 1 Teams to Be An-	The Fox Report With Shepard Smith	Maury	13 7	FOX	So You Think You Can Dance	Nanny 911 "Spaulding Family" (N)	The Fox Report With Shepard Smith	Blind Date Blind Date	Maury
40 41	FX	v	King of Hill '70s Show		" (2002, Action) Vin Diesel,	Asia Argento.	40 41	FX	(4:30) ★★½ "XXX"	King of Hill King of Hill			lugh Jackman.
30 27		Football All-Access	Knockouts TBA		Sports Show Spotlight	Football Best-Sports	30 27	FXSP	Football Spotlight	Home Team Classics		Sports Show Playbook	Football Best-Sports
- 60	HALL	Walker, Texas Ranger	"Thicker Than Water" (2	,	M*A*S*H M*A*S*H	M*A*S*H M*A*S*H	- 60	HALL	Walker, Texas Ranger	"Wedding Daze" (2004)		M*A*S*H M*A*S*H	M*A*S*H M*A*S*H
5 -		(5:30) ★ ★½ "A Walk in the Clouds" (1995)	(:15) ★ ★½ "Win a Date (2004) Kate Bosworth. ∩	'PG-13' 📧	The Sopranos "Senti- mental Education"	Rome "Egeria"	5 -	HBO	(5:30) ★★ "Love Potion No. 9" (1992) ₪	ence Fiction) Vin Diesel.	ጉ 'PG-13' 📧	Country	Curb Your One Night Enthusiasm Stand
62 44		Designed Design	Decorating Mission	What Get Designers'	Design Small	Designed Design	62 44	HGTV	Kitchens & Baths 2005	Buy Me (N) In Attic	Designed What Get	Design House	Kitchens & Baths 2005
58 48	пізі	Wild West Tech "Mas- sacres II" (N)	Shootout! "Guadalcanal"	Man Moment Machine Reclusive millionaire. (N)	gy Ramzi Yousef.	Wild West Tech "Mas- sacres II"	58 48	HIST	Modern Marvels "Ice Road Truckers"	Modern Marvels Car parts stores. (N)	Modern Marvels "Mag- nets"	Automaniac: Super Cars Ultimate sports cars.	Road Truckers"
25 38	IND	Friends Friends	Sex and Sex and the City	(:10) Sein- feld (:40) Sein- feld	(:10) * * "Analyze That" De Niro, Billy Crystal.		25 38	IND	Everybody- Everybody- Raymond Raymond	Raymond Raymond	the City the City	(:10) *** "Kate & Leo Meg Ryan, Hugh Jackma	n.
18 63		"Sleeping-Devil" TRL (iTV)	"The Rendering" (2002)		Will-Grace Will-Grace Reality Reality	Golden Golden Real World Real World	18 63	LIFE	"Forbidden Secrets"	"Vanished Without a Tra Real World Real World		Will-Grace Will-Grace Hard Rock Reality	Golden Golden Reality Sweet 16
54 74 3 9		News Ent. To-	Laguna Laguna The Biggest Loser (N)	Direct Effect My Name Is The Office Earl (N) (N)	Reality Reality Law & Order: Special Victims Unit "911" (N)	News Tonight Show	54 74 3 9	MTV NBC	TRL (iTV) News Ent. To- night	The Apprentice: Martha	E-Ring "Escape and	Law & Order "Ghosts"	Reality Sweet 16 News Tonight Show
8 8		The Biggest Loser (N)	My Name Is The Office Earl (N) (N)	Law & Order: Special Victims Unit "911" (N)		night Show Late Night	8 8	NBC		()	Evade" (N) Law & Order "Ghosts" (N)	(N) News (:35) The To With Jay Le	night Show Late Night
34 55	NICK	SpongeBob School	Fresh Pr. Hi-Jinks	Fresh Pr. Cosby	Roseanne Roseanne	Fresh Pr. Hi-Jinks	34 55	NICK	SpongeBob Unfabulous		Fresh Pr. Cosby	Roseanne Roseanne	Fresh Pr. Fresh Pr.
2 2	DDC	Nova Retracing the sink- ing of the Yamato. (N)	Men Who Sailed the Liberty Ships	Frontline "The O.J. Ver- dict" (N)	BBC World Hardware News	Charlie Rose (N)	2 2	PBS	Great Performances "From Shtetl to Swing"	Making Schools Work S	chool reform models. (N)	BBC World As Time News Goes By	Charlie Rose (N)
38 71		(5:00) "Hollow Man"	★★½ "The Shadow" (19	994) Alec Baldwin.	Surface	The Outer Limits	38 71		Ghost Hunters	Ghost Hunters (N)	Tripping Tripping	Ripley-Believe	Ghost Hunters
61 72		Maximum Exposure	Wildest Police Videos	CSI: Crime Scn	CSI: Crime Scn	CSI: Crime Scn	61 72	SPK	Maximum Exposure	Wildest Police Videos	CSI: Crime Scn	CSI: Crime Scn	"Wake of Death" (2004)
39 43	TLC	While You Were Out De- signer Nadia Geller. (N)		Rides An off-road compe- tition. (N)		Overhaulin' "U.S. Navy Seal" (N)	39 43		While You Were Out De- signer Nadia Geller. (N)	Alba.	101 Things Removed From the Human Body	a shop.	Miami Ink "Never Forget"
28 40			Law & Order "Collision"		Cold Case "Gleen"	The X-Files	28 40) Nick Cannon, Zoe Saldar	a. ∣★★★ "Dr ι	imline" (2002) Nick Canno	
		Taste Taste	Made Made	Secrets of Niagara Falls		Made Made	51 49	TRAV	American Casino	World Poker Tour	TV Lond All Courths	American Casino	World Poker Tour
		Little House Contra Viento y Marea	Griffith Sanford	GoodTime All-Family Casos de la Vida Real		Cheers Sanford La Hora Derbez	21 59 60 79		Little House Contra Viento y Marea		TV Land All-Family Don Francisco Presenta		Cheers Sanford
60 79 20 37			urns" (2001) Brendan Fras		Law & Order: SVU	Law & Order: SVU	20 37		Law Order: Cl	Law Order: Cl	Law Order: Cl	Law Order: Cl	Law & Order: SVU
12 3			Gilmore Girls (N)	1	News	Sex and Will & Grace	12 3	WB			Related "Moving Out, Moving In, Moving On"	News	Sex and Will & the City Grace
			Da Vinci's Inquest		Sex & City Becker	Da Vinci's Inquest	99 39		,	HomeTeam	WGN News at Nine	Sex & City Becker	Da Vinci's Inquest
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Т	Ή	URS	DAY E	/ENINC	3		Eagle Cable &T Telephone	1		(OCT. 6,	2005	
Е	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 F		Cold Case F	iles	The First 48 Blood; Justifi		Crossing Jo card's Excha		Cold Case F	iles	
4	6	ABC	Alias "1" (N)		Night Stalker (N)		Primetime		News	(:35) Night- line	(:06) Jimmy Live	Kimmel	
26	54	ANPL	The Planet's Animals				Animal Cops San Fran- cisco		Animals		The Planet's Funniest Animals		
63	67	BRAVO	Great Things ing "Queer	"	ing "In Your 30s"		ing "Blonđe" (N)		ing "In Yoi	Great Things About Be- ing "In Your 30s"		-	
7	11	CBS	Survivor: Guatemala The Maya Empire (N)		CSI: Crime Scene Inves- tigation "Bite Me" (N)		Without a Trace "Safe" (N)		News (:35) Late Sł David Letter		rman	Late Late Show	
55	42	DISC	the Suburbs"		"Transatlantic Tunnel"		MythBusters "Salsa Es- cape"		Killer Jellyfish		Firehouse USA: Bostor "Captain Chaos"		
33	56		Kim Possi- ble Family			Future	Raven	That's So Raven	Taylor Handl	of the Megapl ey, Jacob Sm	lex" (2000, Ad hith. 100 McCarthy-S	,	
-	66												
	28		(5:30) Colleg								Baseball	NFL Live	
23	29		(5:00) "Four			()	mie Maclachlan.		"Four Minutes" (2005) Ja		amie Maclachlan.		
32	58	FAM			John Travolta, Andie MacDo				The 700 Club		Videos	Videos	
35	•	FMC	★ ★ ½ "The S	St. Valentine'	's Day Massacre"		★★½ "Black Widow" (19		87) Debra Winger.		"Great Whit	e"	
53	45	FOOD	Emeril Live ' Sweets" Swe	et treats.			moto vs. Symon"		competition.		Puff pastry.		
13	7	FUA	nounced.		eague Division Series Game				The Fox Report With Shepard Smith		Blind Date		
-	41	FX	(5:00) * * *		<u> </u>		'70s Show		Cops	Cops	Cops	Cops	
30	27	17.01		<u> </u>		0 (s) vs. Tyler Le	()	Stampede	Insider	TBA	Best-Sports	
•	60	HALL	Walker, Texas Ranger "A Place Called Home"				2004) Ann-Ma	argret.	M*A*S*H	M*A*S*H	M*A*S*H		
5	•		policeman an	id a cabby ch	ase bank robbers.		Real Sports		Inside the NFL		Methadonia Recovering addicts. (N)		
62	44	HGTV		reDesign	<u> </u>	Designers'		House	Design	House	Kitchen	reDesign	
58	48	HIST	Snipers: One One Kill		Snipers: World's Dead- liest Snipers				Snipers: Law Enforce- ment Snipers Snipers: One Shi One Kill (:15) ★★ "The Wedding Planner" (2001, C				
25	38	IND		Friends	nifer Lopez, Matthew McCo		onaughey.	onaughey.		Jennifer Lopez, Matthew N		l	
18	63	LIFE	"The Autum	n Heart"			n My Heart" (1999, Dram				Golden Golden		
54	74	MTV	TRL (iTV)		Band	Band	Making the Band 3		King Band		Making the Band 3		
3	9	NBC		Ent. To- night	Grace (N)		The Apprentice (N)		Namé" (N)		News	Tonight Show	
8	8	NBC		Will & Grace (N)	The Apprent		Namé" (N)	ame" (N)		With Jay Le			
34	55	NICK	SpongeBob		Full House		Full House		Roseanne	Roseanne		Fresh Pr.	
2	2	PBS	Frontier House "The American Dream"		Hour (N)		Soundstage (N)		BBC World Keeping Up News				
	71	SCIFI	"Army of Darkness"				(1996) Michael J. Fox.		★½ "They Crawl" (2002)				
61	72	SPK	Maximum Exposure		Wildest Police Videos		CSI: Crime Scn				Ult. Fight Night		
	43	ILC	0 ()		Martha "The Apprentice: Martha Stewart." ★★★ "Set It Off" (1996,		A Haunting in Connectic family's home of supernation		ut Experts attempt to rid a iral entities. ★★½ "Trapped" (2002) (Eyes		
28			Law & Order										
51						Homes	Travel Spies		Homes	Homes	Homes	Homes	
21			Little House				GoodTime All-Family		3's Co.	Night Court		Sanford	
60			,				Aquí y Ahora		Impacto	Noticiero	La Hora Dei		
20 12		USA WB	Law Order: Cl Friends Everybody-		Smallville "Mortal" (N)		Everwood "	Comedy) Jim Carrey, Maura Everwood "The Next		News		Law SVU Will &	
				Raymond			Step" (N)		0.00		the City	Grace	
99	39	WGN	★★½ "Gran	d Canyon" (1	1991) Danny (Jover.	WGN News	at Nine	Sex & City	Becker	Da Vinci's li	nquest	

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F	R	IDAY	EVEN	ING			Eagle Cable &T Telephone			(OCT. 7	2005	
Е	S		6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm		
36	47	A&E	Biography "(Bronson: Bru	Charles te Force"	Biography " ris" Chuck N	Chuck Nor- orris. (N)	Biography ", Serial killer J		American Ju Broderick S		Biography ' Bronson: Bro	Charles ute Force"	
4	6	ABC	Supernanny Family" (N)	"Larmer	Hope & Faith (N)	Hot Proper- ties "Pilot"			News	(:35) Night- line	(:06) Jimmy Live Nickelb	Kimmel ack. (N)	
26	54	ANPL	Corwin's Qu gator's Bellov				Animal Cops San Fran- cisco		Corwin's Quest "The Alli- gator's Bellow"		Miami Animal Police "Dog Day Afternoon"		
63	67	DRAVU	Great Things ing "In You	r 30s"	ing "Blonde"		ing "Red State" (N)		ing "Fat"		Great Things About Be ing "Red State"		
7	11	605	ed Hearts" (N	1)			NUMB3RS "Obsession" (N)		News	(:35) Late S David Lette	rman (N)	Late Late Show	
55	42	DISC	It Takes a Th Slickers"		Ŭ		Diplomat"		cut		cut		
33	56	DISN	ble	The Proud Family	ter	Phil of the Future	Zack & That's So Cody Raven (N)		(2001, Fanta	★★★ "Harry Potter and (2001, Fantasy) Daniel Ra		CC	
49	66			Cattle Drive		Girls	The Soup	Gone Bad			E! True Holly		
22	28			II Division Se			nced.	SportsCenter			Baseball	NFL Live	
23	29		College Football Syracuse at Connecticut.				Whee	Whee	NFL	NFL's Great	1	Frankly	
32	58	FAM	★ ★ "Alchemy" (2005) Tom Cavanagh.				Whose?	Whose?	The 700 Clu			Videos	
35	•	FMC			stile" (1947) Tyrone Powe		I		hase" (1994,	,	"History-Wo		
53	45	FUUD	Emeril Live Cooking with leftovers.			els	Roker on the Road	Road Bobby Flay		Iron Chef "Scallop" Scal- lop battle.		Emeril Live Cowboy style cooking.	
13	7	FUX	The Bernie Malcolm in Mac Show the Middle		old girl is abducted. (N)		The Fox Rep Shepard Sm	ith	Blind Date Blind Date		Maury		
40	41		Fear Factor Baseball	Broncos	TBA	<u> </u>	70s Show	'70s Show	270s Show Sports Show	70s Show	'70s Show Track	'70s Show Football	
30	27 60	17.01			Matlock	Poker Super	Matlock	Dest Dallin	Sports Show	M*A*S*H	M*A*S*H	M*A*S*H	
- 5	-		Walker, Texas Ranger Matlock (:15) ★★★ "Shrek 2" (2004, Adventure) Voices of Mike Myers, Eddie Murphy. ∩ 'PG' (€)			e) Voices of		FL	Rome "Stealing From Saturn"		Rome Caesar weighs Pompey's counteroffer.		
62	44				Designed	Mission	Design	House	Debbie Trav	is' Facelift		Design	
58	48		The True Story of Killing Pablo Agencies team up to track down a cocaine cartel kingpin.				Mail Call (N)	Mail Call	Targeted Manuel Noriega The True Story of Panama.			0	
25	38	IND			Misfit substit	utes take the	field during a	football strike	otball strike. Keanu Reev			lardball" (2001, Drama) es, Diane Lane.	
18	63	LIFE	"Chasing Se			ve, Honor an		,	Will-Grace	Will-Grace	"As Good a		
54	74			Making the I		Reality	Reality	Next		Real World	Pimp Ride		
3	9	NBC		Ent. To- night	Dateline NB	-	Three Wishes "Brook- ings, South Dakota" (N)		Inconceivable "To Surro- gate, With Love" (N)			Tonight Show	
8	8	NBC	Dateline NB		ings, South Dakota" (N)		gate, With Lo		News	With Jay Le		Late Night	
34	55	NICK	Avatar Washimutan	Phantom	Danny Phan		Full House		Fresh Pr.	Cosby	Roseanne Rod Orecer	Roseanne	
2	2	PDO	()	Week	Market to Market	America's Heartland	Competition	Internationa I: In the Hear	t of	Show	Red Green	Tavis Smi- ley (N)	
38	71		<u> </u>		Stargate Atl				Stargate SG-1 "Avalon" CSI: Crime Scn		Stargate Atlantis		
61	72				Wildest Police Videos				That Yin Yang Thing		CSI: Crime Scn		
39	43	ILC	While You Were Out Designer John Bruce. (N) Martha Dependent ★★ "Miss Congeniality" (2000) Sa			,				něrs heal rift.	What Not to Wear "Re- union: Annabel" (N)		
28	40	TNT			(2000) Sandra Bullock.		(:15) ★★★ "Save the La				(:15) "Crazy/Beautiful"		
	49						Unexplained GoodTime All-Family		Most Haunted		Most Haunted		
	59								<u> </u>				
60	79		Contra Viento y Marea La Esposa Virgen Law Order: Cl Law & Order: SVL			Asi Es Par Ases		Impacto Noticiero		Película se Anunciará			
20 12	37 3		Friends Everybody- Wha		What I Like		WWE Expos Reba (N)	Living With	Law Order: CI News		Law & Order: SVU Sex and Will &		
			Raymond About You ★★½ "The Elite" (2000) Jürgen Prochnow.			WGN News at Nine Sex & City Becker			Becker	the City Grace Da Vinci's Inquest			
	-			, , , , ,	U				. ,	•			