

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 17-year-old niece to work half a mile away. Because it is such a short distance, that girl should WALK to work!

Our nation is growing fatter and fatter, more and more out of shape



abigail van buren

• dear abby

physically, because of less and less exercise and active play, and more 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, being active and losing weight.

Understand that for some people it's hard to get in that mind-set. But it's a simpler, far less expensive so-

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. because 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 the egg on it is mine. Read on:

DEAR ABBY: With regard to “Standing on Principle in Knoxville,” who “needs” a ride to work every day, I think a couple of points

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, why can't she? — WALKING ON

PRINCIPLE IN SAN JOSE

DEAR WALKING ON PRINCIPLE: That's a good question — and one that only the young lady can answer.

DEAR ABBY: I charge my son for driving him to and from work, 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 carefully. My time is valuable, but I give it willingly.

That niece should understand that \$5 is less than a taxi, and cer-

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

DEAR ABBY: There's another way to look at that situation. Years ago, our local chamber of commerce sent 10 underprivileged kids to 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. — PENNY C., PARADISE VALLEY, ARIZ.

TUESDAY EVENING												E=Eagle Cable S=S&T Telephone												OCT. 4, 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		Bounty Hunter	Bounty Hunter	Airline	Airline	Crossing Jordan "It Happened One Night"		Cold Case Files																	
4	6	ABC	According to Jim (N)	Rodney	Commander in Chief "First Choice" (N)		Boston Legal "Schadenfreude" (N)		News	(:35) Nightline	(:(06) Jimmy Kimmel Live Jane Kaczmarek.																	
26	54	ANPL	The Heart of a Lioness (N)		The Most Extreme Frogs help tarantulas.		Unexplained, Unexplored Freaks of nature.		The Heart of a Lioness		The Most Extreme Frogs help tarantulas.																	
63	67	BRAVO	Kathy Griffin Is... Not Nicole Kidman		Great Things About Being... "Fat"		Great Things About Being... "Queer" (N)		Great Things About Being... "Fat"		The West Wing Portland Trip		ing "The															
7	11	CBS	NCIS "Mind Games" (N)		The Amazing Race: Family Edition (N)		Close to Home "Pilot" (Season Premiere) (N)		News	(:35) Late Show With David Letterman (N)	Late Late Show																	
55	42	DISC	It Takes a Thief "Pinching the Painter"		Great White Attack: A True Story		Dangerous Sea: The Alaskan Fishing Story		Firehouse USA: Boston "Captain Chaos" (N)		Dirty Jobs "Farmer" (N)		Ostrich															
33	56	DISN	Kim Possible	The Proud Family	Sister, Sister	Phil of the Future	That's So Raven	That's So Raven	★★ "Under Wraps" (1997, Adventure) Wylie, Mario Yedidia. "NR" (N)		Adam																	
49	66	EITV	Cameron Diaz		Filthy Rich: Cattle Drive		Girls	Girls	Howard S.	Howard S.	Mark Wahlberg: Story																	
22	28	ESPN	Series of Poker		Series of Poker		Bound for Glory (N)		SportsCenter		Baseball		NFL Live															
23	29	ESPN2	(5:30) College Football		Troy at North Texas.				The First Four Minutes		NFL Great		Hollywood		Frankly													
32	58	FAM	★★★ "Can't Buy Me Love" (1987, Comedy)				Whose?		Whose?		The 700 Club		Videos		Videos													
35	-	FMC	★★★ "My Bodyguard" (1980) Chris Makepeace.				★★★ "Highlander" (1986)		Christopher Lambert.		★★★ "Predator"																	
53	45	FOOD	Emeril Live Surprise dishes.		Good Eats		Recipe for Success		\$40-a-Day "Dallas"		\$40-a-Day "Dallas"		Iron Chef Shiitake mushroom battle.		Emeril Live Recipes for bake sale items.													
13	7	FOX	MLB Baseball American League Division Series Game 1 -- Teams to Be Announced.						The Fox Report With Shepard Smith		Maury																	
40	41	FX	'70s Show	King of Hill	King of Hill	'70s Show	'70s Show	★★★ "XXX" (2002, Action) Vin Diesel.		Asia Argento.																		
30	27	FXSP	Football	All-Access	Knockouts	TBA	Myers	Best Damn Sports Show		Spotlight		Football	Best-Sports															
-	60	HALL	Walker, Texas Ranger		"Thicker Than Water" (2005) Melissa Gilbert.				M*A*S*H		M*A*S*H		M*A*S*H		M*A*S*H													
5	-	HBO	(5:30) ★★★ "A Walk in the Clouds" (1995)		(:15) ★★★ "Win a Date With Tad Hamilton!" (2004) Kate Bosworth. "PG-13" (N)				The Sopranos "Sentimental Education"		Rome		"Egeria"															
62	44	HGTV	Designed	Design	Decorating	Mission	What Get	Designers'	Design	Small	Designed	Design																
58	48	HIST	Wild West Tech "Mas-sacres II" (N)		Shootout! "Guadalcanal"		Man Moment Machine Reclusive millionaire. (N)		Targeted Terrorist prodigy Ramzi Yousef.		Wild West Tech "Mas-sacres II"																	
25	38	IND	Friends	Friends	Sex and the City	Sex and the City	(:10) Seinfeld	(:40) Seinfeld	(:10) ★★ "Analyze That" (2002, Comedy) Robert De Niro, Billy Crystal.																			
18	63	LIFE	"Sleeping-Devil"		"The Rendering" (2002)		Shannen Doherty.		Will-Grace		Will-Grace		Golden	Golden														
54	74	MTV	TRL (ITV)		Laguna		Laguna		Direct Effect		Reality		Reality		Real World	Real World												
3	9	NBC	News	Ent. Tonight	The Biggest Loser (N)		My Name Is The Office Earl (N)		Law & Order: Special Victims Unit "911" (N)		News		Tonight Show															
8	8	NBC	The Biggest Loser (N)		My Name Is The Office Earl (N)		The Office Earl (N)		Law & Order: Special Victims Unit "911" (N)		News		(:35) The Tonight Show With Jay Leno (N)		Late Night													
34	55	NICK	SpongeBob	School	Fresh Pr.	Hi-Jinks	Fresh Pr.	Cosby	Roseanne	Roseanne	Fresh Pr.	Hi-Jinks																
2	2	PBS	Nova Retracing the sinking of the Yamato. (N)		Men Who Sailed the Liberty Ships				Frontline "The O.J. Verdict" (N)		BBC World News		Hardware		Charlie Rose (N)													
38	71	SCIFI	(5:00) "Hollow Man"		★★★ "The Shadow" (1994) Alec Baldwin.				Surface		The Outer Limits																	
61	72	SPK	Maximum Exposure		Wildest Police Videos		CSI: Crime Scn		CSI: Crime Scn		CSI: Crime Scn																	
39	43	TLC	While You Were Out Designer Nadia Geller. (N)		Martha Baby shower; Jennifer Garner.		Rides An off-road competition. (N)		Overhaulin' "Snaked"		Overhaulin' "U.S. Navy Seal" (N)																	
28	40	TNT	Law & Order "Absentia"		Law & Order "Collision"		Las Vegas		Cold Case "Gleen"		The X-Files																	
51	49	TRAV	Taste	Taste	Made	Made	Secrets of Niagara Falls		Taste	Taste	Made	Made																
21	59	TVLND	Little House		Griffith		Sanford		GoodTime		All-Family		3's Co.		TV Land		Cheers	Sanford										
60	79	UNIV	Contra Viento y Marea		La Esposa Virgen		Casos de la Vida Real		Impacto		Noticiero		La Hora Derbez															
20	37	USA	★★★ "The Mummy Returns" (2001) Brendan Fraser, Rachel Weisz.				Supernatural "Phantom Traveler" (N)		News		Sex and the City		Will & Grace															
12	3	WB	Friends	Everybody-Raymond	Gilmore Girls (N)																							
99	39	WGN	Da Vinci's Inquest		Da Vinci's Inquest		WGN News at Nine		Sex & City		Becker		Da Vinci's Inquest															

WEDNESDAY EVENING												Eagle Cable S=S&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							
36	47	A&E	Bounty Hunter	Bounty Hunter	Inked	Inked	Criss Angel Mindfreak	Criss Angel Mindfreak	Crossing Jordan "Skin & Bone"	Bounty Hunter	Bounty Hunter																
4	6	ABC	George Lopez (Season Premiere) (N)		Lost "Orientation" (N)			Invasion "Watershed" (N)			News		(:35) Nightline		(:06) Jimmy Kimmel Live (N)												
26	54	ANPL	★★ "Fluke" (1995) Matthew Modine. A man is reincarnated as a dog after a fatal car accident.			Animal Cops San Francisco "Unlawful Shot?"			★★ "Fluke" (1995) Matthew Modine. A man is reincarnated as a dog after a fatal car accident.																		
63	67	BRAVO	Great Things About Being... "Fat"			Great Things About Being... "Queer"			Great Things About Being... "In Your 30s" (N)			Great Things About Being... "Queer"			The West Wing "Shibboleth"												
7	11	CBS	Still Standing (N)	Yes, Dear (N)	Criminal Minds "Won't Get Fooled Again" (N)			CSI: NY A murdered plastic surgeon. (N)			News		(:35) Late Show With David Letterman (N)		Late Late Show												
55	42	DISC	It Takes a Thief Home security system. (N)			Proof Positive			One Step Beyond		One Step Beyond		Mega Machines "Monster Beasts"		MythBusters "Breaking Glass"												
33	56	DISN	Kim Possible	The Proud Family	Sister, Sister	Phil of the Future	That's So Raven	That's So Raven	★★ "Mom's Got a Date With a Vampire" (2000, Adventure) Caroline Rhea. (N)																		
49	66	EITV	★★★ "Mystic Pizza" (1988) Annabeth Gish.			Taradise			Howard S.		Howard S.		Girls	Girls													
22	28	ESPN	MLB Baseball Division Series -- Teams to Be Announced.									SportsCenter		Baseball	NFL Live												
23	29	ESPN2	(5:30) College Football Miami-Ohio at Northern Illinois.									Minutes		NFL Great	NFL Great	Hollywood	Frankly										
32	58	FAM	★★★★ "A Little Princess" (1995) Eleanor Bron.			Kicked Out			Who?			The 700 Club		Kicked Out	Videos												
35	-	FMC	★★★★ "Breaking Away" (1979) Dennis Quaid			★★% "Storyville" (1992)			James Spader.		"White Men"																
53	45	FOOD	Emeril Live "Emeril's Delmonico" (N)			The Secret Life Of... BBQ With Bobby Flay			Good Eats		Good Eats		Iron Chef Cooking competition.		Emeril Live "Emeril's Delmonico"												
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	(4:30) ★★★ "XXX"			King of Hill			King of Hill			70s Show		70s Show		★★★ "X-Men" (2000) Hugh Jackman.											
30	27	FXSP	Football	Spotlight	Home Team Classics			Best Damn Sports Show			Playbook		Football	Best Sports													
-	60	HALL	Walker, Texas Ranger			"Wedding Daze" (2004) John Larroquette.			M*A*S*H		M*A*S*H		M*A*S*H	M*A*S*H													
5	-	HBO	(5:30) ★★ "Love Potion No. 9" (1992) (N)			(:15) ★★ "The Chronicles of Riddick" (2004, Science Fiction) Vin Diesel. (N) "PG-13" (N)			North Country		Extras		Curb Your Enthusiasm	One Night Stand													
62	44	HGTV	Kitchens & Baths 2005			Buy Me (N) In Attic			Design		What Get		Design	House	Kitchens & Baths 2005												
58	48	HIST	Modern Marvels "Ice Road Truckers"			Modern Marvels Car parts stores. (N)			Modern Marvels "Mag-nets"		Automaniac: Super Cars Ultimate sports cars.		Modern Marvels "Ice Road Truckers"														
25	38	IND	Everybody-Raymond			Everybody-Raymond			Sex and the City		Sex and the City		(:10) ★★★ "Kate & Leopold" (2001, Romance) Meg Ryan, Hugh Jackman.														
18	63	LIVE	"Forbidden Secrets"			"Vanished Without a Trace" (1999) Shelley Long.			Will-Grace		Will-Grace		Golden	Golden													
54	74	MTV	TRL (iTV)			Real World /Real World			Direct Effect		Hard Rock		Reality		Reality	Sweet 16											
3	9	NBC	News	Ent. Tonight	The Apprentice: Martha Stewart (N)			E-Ring "Escape and Evade" (N)		Law & Order "Ghosts" (N)		News		(:35) The Tonight Show With Jay Leno (N)		Late Night											
8	8	NBC	The Apprentice: Martha Stewart (N)			E-Ring "Escape and Evade" (N)			Law & Order "Ghosts" (N)		News		(:35) The Tonight Show With Jay Leno (N)		Late Night												
34	55	NICK	SpongeBob Unfabulous			Full House /Fresh Pr.			Fresh Pr.		Cosby		Roseanne	Roseanne	Fresh Pr.	Fresh Pr.											
2	2	PBS	Great Performances "From Shitl to Swing"			Making Schools Work			School reform models. (N)		BBC World News		As Time Goes By		Charlie Rose (N)												
38	71	SCIFI	Ghost Hunters			Ghost Hunters (N)			Tripping		Tripping		Ripley-Believe		Ghost Hunters												
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 Designer Nadia Geller. (N)			Martha Apples; Jessica Alba.			101 Things Removed From the Human Body		Miami Ink Friends open a shop.		Miami Ink "Never Forget"														
28	40	TNT	★★★ "Drumline" (2002)			Nick Cannon, Zoe Saldana.			★★★ "Drumline" (2002) Nick Cannon, Zoe Saldana.																		
51	49	TRAV	American Casino			World Poker Tour			American Casino		World Poker Tour																
21	59	TVLND	Little House			Griffith /Sanford			TV Land		All-Family		3's Co.		Night Court		Cheers /Sanford										
60	79	UNIV	Contra Viento y Marea			La Esposa Virgen			Don Francisco Presenta		Impacto		Noticiero		La Hora Derbez												
20	37	WB	Law Order: CI			Law Order: CI			Law Order: CI		Law Order: CI		Law Order: CI		Law & Order: SVU												
12	3	WB	Friends	Everybody-Raymond	One Tree Hill "Like You Like an Ariston"			Related "Moving Out, Moving In, Moving On"		News		Sex and the City		Will & Grace													
99	39	WGN	Race Car	Race Car	HomeTeam			WGN News at Nine		Sex & City		Becker		Da Vinci's Inquest													