

Cyclists offers safety tips



abigail van buren

• dear abby

a bright, high-visibility T-shirt or jersey that can catch a motorist's eye but doesn't shout "female!" from half a mile away.

"Curious" should also be constantly aware of her surroundings. This assumes no headphones, and means she'll know what vehicles are approaching from front and rear and who is in them. She should be ready if a dog runs out, and know if a storm is imminent. A family password is also a good idea, so no stranger can

impersonate a "caring messenger" and get too close. — HAPPY TRAILWINDS IN WISCONSIN

DEAR HAPPY: Thank you! I received a slew of letters and e-mails from readers eager to offer additional safety tips to that girl. Read on:

DEAR ABBY: You forgot one very important tip. Wear a bike helmet! If she fell and hit her head on one of those lonely country roads, it could mean the difference between life and death. — AVID BICYCLIST IN SACRAMENTO

DEAR ABBY: Your suggestions were good, but it might also be wise for that girl to carry Mace or pepper spray for protection if it can be used legally in her state. — KATHLEEN IN TITUSVILLE, PA.

DEAR ABBY: Please remind every bike rider to wear reflective clothing, and ensure that their bike has front and back lights. Most important, they need to observe the rules of the road. A bike is just like a car and needs to stop at lights and signs. It will help that 13-year-old ensure her own safety. — WALTER J., SYDNEY, AUSTRALIA

DEAR ABBY: "Curious in Indiana" should check to see if there are any bicycle groups nearby. It's a great way to find like-minded teens and instant friends.

In the '70s, as a bike leader for the American Youth Hostels, I was trained in first aid and bike repair — both of which I used on the long-distance trips I led. (That was in the days

before cell phones.) As a mom today, I'd prefer that my daughter was not alone on the road. — DR. J., KALAMAZOO, MICH.

DEAR ABBY: She should be sure to carry water, as well as some form of ID when she rides. It should include her name, her city or town, home phone number or the number where her parents can be reached, her blood type, and any allergies or medical conditions. (The information can be worn around her neck, engraved on a bracelet or attached to her shoe.) — MELODY IN IRVINE, CALIF.

DEAR ABBY: That cyclist should make sure she knows how to change her own flat tire, and carry all the tools necessary to do so every time she rides. (She should always check to be

sure the glue in her patch kit hasn't dried out.) The more she can learn about "out-there repair," the less chance she'll have of being stranded somewhere she'd rather not be. — FELLOW CYCLIST, LEMONT, PA.

DEAR ABBY: My son, who is the same age, rides his bike and hikes in an area where cell phones are not reliable. We gave him a walkie-talkie with a seven-mile radius, and it's much cheaper than a cell phone. — COUNTRY MOM, STEVENS POINT, WIS.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

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... "Queer"	Great Things About Being... "Queer"	Great Things About Being... "Fat"		The West Wing "The Portland Trip"				
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 "Ostrich Farmer" (N)					
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)	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.		League Division Series Game 1 -- Teams to Be Announced.		The Fox Report With Shepard Smith		Maury				
40	41	FX	'70s Show	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)		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 (TV)		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)	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		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)	Overhaul! "Snaked"		Overhaul! "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	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.				Law & Order: SVU		Law & Order: SVU				
12	3	WB	Friends	Everybody-Raymond	Gilmore Girls (N)		Supernatural "Phantom Traveler" (N)		News	Sex and the City	Will & Grace		
99	39	WGN	Da Vinci's Inquest		Da Vinci's Inquest		WGN News at Nine		Sex & City	Becker	Da Vinci's Inquest		

WEDNESDAY EVENING		E= 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... "Queer"		The West Wing "The Portland Trip"				
7	11	CBS	Still Standing (N)	Yes, Dear (N)	Criminal Minds "Won't Get Fooled Again" (N)		CSI: NY 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. (E)				
49	66	EITV	★ ★ ★ "Mystic Pizza" (1988) Annabeth Gish.		Taradise	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	Whose?	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) (E)		(:15) ★ ★ "The Chronicles of Riddick" (2004, Science Fiction) Vin Diesel. (PG-13)		North Country	Extras	Curb Your Enthusiasm	One Night Stand			
62	44	HGTV	Kitchens & Baths 2005		Buy Me (N) In Attic		Designed	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	Everybody-Raymond	Everybody-Raymond	Sex and the City	Sex and the City	(:10) ★ ★ ★ "Kate & Leopold" (2001, Romance) Meg Ryan, Hugh Jackman.				
18	63	LIFE	"Forbidden Secrets"		"Vanished Without a Trace" (1999) Shelley Long.		Will-Grace	Will-Grace	Golden	Golden			
54	74	MTV	TRL (TV)		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	Tonight Show	
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 Shit 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 Moved 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	USA	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 Arsonist"		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		



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THURSDAY EVENING		E= Eagle Cable S=S&T Telephone										OCT. 6, 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		Cold Case Files		The First 48 "House of Blood; Justifiable" (N)		Crossing Jordan "Locard's Exchange"		Cold Case Files		
4	6	ABC	Alias "...1..." (N)		Night Stalker (N)		Primetime		News	(:35) Nightline	(:06) Jimmy Kimmel Live		
26	54	ANPL	The Planet's Funniest Animals		The Planet's Funniest Animals		Animal Cops San Francisco		The Planet's Funniest Animals		The Planet's Funniest Animals		
63	67	BRAVO	Great Things About Being... "Queer"		Great Things About Being... "In Your 30s"		Great Things About Being... "Blonde" (N)		Great Things About Being... "In Your 30s"		The West Wing "Galileo"		
7	11	CBS	Survivor: Guatemala -- The Maya Empire (N)		CSI: Crime Scene Investigation "Bite Me" (N)		Without a Trace "Safe" (N)		News	(:35) Late Show With David Letterman	Late Late Show		
55	42	DISC	It Takes a Thief "Heist in the Suburbs"		Extreme Engineering "Transatlantic Tunnel"		MythBusters "Salsa Escape"		Killer Jellyfish		Firehouse USA: Boston "Captain Chaos" (N)		