

Jump start to a better health



abigail van buren

• dear abby

For nearly three decades, the American Cancer Society has designated the third Thursday of November as a day for smokers nationwide to unite and kick the deadly habit of smoking. On that day, we urge people who smoke to, instead of lighting up, put down that cigarette and call us for support in "staying quit" for good.

If you're a smoker, the smartest thing you can do to improve your health and longevity is to quit smoking. The American Cancer Society Quitline can help

you double your chances of success.

We also advocate for policies that help smokers quit, such as insurance coverage for tobacco cessation programs and smoke-free workplace laws. Research shows that smoke-free workplace laws not only encourage smokers to quit, but also protect non-smokers from exposure to secondhand smoke — a known health hazard.

Please, Abby, help us to spread the word that quitting smoking is one of the healthiest decisions your readers can make. It can save their lives. Studies have shown that smokers who quit by age 35 will avoid 90 percent of the risk attributable to tobacco, and people who quit smoking before age 50 have one-half the risk of dying in the next 15 years compared to those who did not quit. —

STEPHEN F. SENER, M.D., PRESIDENT, AMERICAN CANCER SOCIETY

DEAR DR. SENER: I'm delighted to help you spread the word. The Great American Smokeout is something that I and my mother before me have been pleased to promote since 1985.

Readers, I hope you will take this important opportunity to heart. More people die from lung cancer than from any other form of cancer. Quitting smoking has never been easier because medications are now available that help suppress the symptoms of craving and withdrawal.

Call the American Cancer Society's 24-hour toll-free Quitline — 877-937-7848 (YES-QUIT) — to be connected

with counseling services in your community, provided with self-help materials that offer information and strategies on quitting for good, and receive information about current medications available to help you quit. All services are free and provided 24/7. You can also go to www.cancer.org/smokeout.

So, folks, if you have been promising yourselves that "one of these days" you were going to quit, why not start on Thursday, just for 24 hours? I can't think of a better Thanksgiving gift you could possibly give yourselves and the people who love you.

And, now, I'd like to ask a favor, please. If you quit on Thursday — even for only 24 hours — let me hear from you. I'd love to know how long you were

able to stay clean. Good luck; I'm rooting for you! — Love, Abby

DEAR ABBY: Please settle an argument for me. When answering the telephone, is it rude to ask, "May I ask you a scalling, please?" My wife says it is nosy and that people will think I am screening her calls. Please advise. — AARON IN SYRACUSE

DEAR AARON: I disagree with your wife. Not only is it not rude or nosy, in my home and also my office, it is standard operating procedure.

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 NOV. 15, 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	Dog the Bounty Hunter "This Dog Can Hunt"	Random 1 (N)	Crossing Jordan "Crime & Punishment"	Cold Case Files				
4	6	ABC	According to Jim (N)	Hot Properties (N)	Commander In Chief (N)	(:01) Boston Legal "The Ass Fat Jungle" (N)	News	(:35) Night-Live	(:06) Jimmy Kimmel Live		
26	54	ANPL	Big Cats With Nigel Marvin	The Most Extreme "Big Mouths" Large mouths.	Big Sting Stinging creatures.	Big Cats With Nigel Marvin	The Most Extreme "Big Mouths" Large mouths.				
63	67	BRAVO	AFI's 100 Years... 100 Movie Quotes	The institute's top-100 movie quotes.	AFI's 100 Years... 100 Movie Quotes	The institute's top-100 movie quotes.					
7	11	CBS	The 39th Annual CMA Awards	Festivities honor excellence in country music at Madison Square Garden in New York.				(:35) Late Show With David Letterman (N)	Late Late Show		
55	42	DISC	It Takes a Thief Learning home security.	Mega Machines "Monster Beasts"	MythBusters Some favorite myths.	SOS: Coast Guard Rescue "Night Flight" (N)	Dirty Jobs "Ostrich Farmer" Ostrich farmer.				
33	56	DISN	Kim Possible: The Proud Family	Sister, Sister Phil of the Future	That's So Raven	That's So Raven	"Zenon: Z3" (2004, Science Fiction)	The Buzz on Maggie			
49	66	EITV	101 Juiciest	101 Juiciest	Friends	Money-Bad	Howard S.	Howard S.	Mary Kay Letourneau		
22	28	ESPN	Series of Poker	Series of Poker	Series of Poker	SportsCenter	NFL Live	Fastbreak			
23	29	ESPN2	College Football Bowling	Green at Miami-Ohio.	College Basketball: New Mexico State at UCLA	Hollywood	Frankly				
32	58	FAM	★ ★ ★ "Tremors" (1990, Horror)	Kevin Bacon.	Whose? Whose?	The 700 Club	Videos	Videos			
35	-	FMC	★ ★ ★ "The Princess Bride" (1987)	Cary Elwes.	★ ★ "The Chase" (1994, Adventure)	★ ★ ★ "The Name of the Rose"					
53	45	FOOD	Emeril Live Emeril's holiday meal.	Restaurant Recipe for Makeover Success	\$40-a-Day "Boston"	Iron Chef Konyaku.	Emeril Live Emeril's holiday meal.				
13	7	FOX	Bones "The Man in the Wall" (N)	House "Spin" (N)	The Fox Report With Shepard Smith	Blind Date	Blind Date	Maury			
40	41	FX	Fear Factor "Couples"	King of Hill	King of Hill	70s Show	70s Show	★ ★ "Charlie's Angels: Full Throttle" (2003)			
30	27	FXSP	Football "All-Access"	Football	Barbershop	Myers	Best Damn Sports Show	Spotlight	Football	Best-Sports	
-	60	HALL	Walker, Texas Ranger	"A Mother's Gift" (1995)	Western	Nancy McKeon.	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	
5	-	HBO	(:15) ★ ★ "Scooby-Doo 2: Monsters Unleashed" (2004, Comedy)	Freddie Prinze Jr. PG-13	Costas NOW	The Sopranos Tony thinks of an old flame.	Rome "The Spoils" Vorenus is rewarded.				
62	44	HGTV	Designed Design	Decorating	Mission	Designers' Small	Design	Designer	Designed	Design	
58	48	HIST	Mail Call	Mail Call	Shootout! High-stakes bank robbery.	Man Moment Machine 1930s gangsters.	Digging for the Truth	Mail Call	Mail Call		
25	38	IND	Friends	Friends	Sex and the City	Sex and the City	(:10) ★ ★ "Blast From the Past" (1999, Comedy)	Brendan Fraser, Alicia Silverstone.	(:10) ★ ★ "Sugar & Spice" (2001, Comedy)		
18	63	LIFE	(5:00) "The Promise"	★ ★ "The Perfect Nanny" (2000)	Dana Barron.	Will-Grace	Will-Grace	Golden	Golden		
54	74	MTV	TRL (iTV)	50 Cent	Run	Direct Effect	Laguna	Laguna	Real World	Real World	
3	9	NBC	News	Ent. Tonight	The Biggest Loser (N)	My Name Is (N)	The Office (N)	Law & Order: Special Victims Unit "Starved"	News	Tonight Show	
8	8	NBC	The Biggest Loser (N)	My Name Is (N)	The Office (N)	Law & Order: Special Victims Unit "Starved"	News	(:35) The Tonight Show With Jay Leno (N)	Late Night		
34	55	NICK	SpongeBob/Full House	Full House	Fatherhood	Roseanne	Roseanne	3's Co.	Cosby	Fresh Pr.	Fresh Pr.
2	2	PBS	Nova "Newton's Dark Secrets" (N)	American Experience "Las Vegas: An Unconventional History" (N)	Scientific Frontiers			Hardware	Charlie Rose (N)	Frankly	
38	71	SCIFI	Farscape: Wars	Farscape: The Peacekeeper Wars	Wildest Police Videos	CSI: Crime Scn	CSI: Crime Scn	"Missing in Action"			
61	72	SPK	Maximum Exposure	Wildest Police Videos	CSI: Crime Scn	CSI: Crime Scn	CSI: Crime Scn	"Missing in Action"			
39	43	TLC	While You Were Out "Tulsa: Fleur de Lys"	Martha Shania Twain. (N)	Rides The unveiling of GM's HHR.	Overhaul'n' Thanking a kidney donor.	Overhaul'n' "U.S. Navy Seal" 1950 Ford truck.				
28	40	TNT	Law & Order "Payback"	Law & Order "Hubris"	Las Vegas	Cold Case	The X-Files				
51	49	TRAV	Taste	Taste	Made	Made	Thanksgiving	Taste	Taste	Made	Made
21	59	TVLND	Little House	Griffith	Sanford	GoodTime	GoodTime	Happening!	Cheers	Night Court	Sanford
60	79	UNIV	Contra Viento y Marea	La Esposa Virgen	En Exclusiva	Impacto	Noticiero	La Hora Derbez			
20	37	USA	Law Order: CI	Law Order: CI	Law Order: CI	Law Order: CI	Law Order: CI	Law & Order: SVU			
12	3	WB	Friends	Everybody-Raymond	Gilmore Girls (N)	Supernatural "Home" (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 NOV. 16, 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	Crossing Jordan "With Honor"	Bounty Hunter	Bounty Hunter		
4	6	ABC	George Lopez (N)	Freddie (N)	Lost "The Other 48 Days" (N)	Invasion "The Cradle" (N)	News	(:35) Night-Live	(:06) Jimmy Kimmel Live	Neil Diamond. (N)	
26	54	ANPL	Emergency Vets Dog drinks safflower oil.	Venom ER	Animal Cops Detroit "Wild Goose Chase"	Emergency Vets Dog drinks safflower oil.	Venom ER				
63	67	BRAVO	(5:00) ★ ★ ★ "Casino" employee makes a play for power in 1970s Las Vegas. "R" (R)	(1995, Drama) Robert De Niro, Sharon Stone. A mob	★ ★ ★ "Casino" (1995, Drama) Robert De Niro, Sharon Stone. "R" (R)						
7	11	CBS	I Walk the Line: A Night for Johnny Cash (N)	Criminal Minds "Natural Born Killer" (N)	CSI: NY "Bat Beat" (N)	News	(:35) Late Show With David Letterman (N)	Late Late Show			
55	42	DISC	It Takes a Thief "Shape Up or Ship Out" (N)	Deadliest Catch "Long Sleepless Nights"	To Be Announced	Gotthard Tunnel The Gotthard Base Tunnel.	MythBusters Curing sea-sickness. (N)				
33	56	DISN	Kim Possible: The Proud Family	Sister, Sister Phil of the Future	That's So Raven	That's So Raven	"Motocrossed" (2001) Alana Austin. A teen takes her injured twin's place in a motocross race. (R)				
49	66	EITV	101 Juiciest	Witherspoon	Palms	Palms	Howard S.	Howard S.	Friends	Taradise	
22	28	ESPN	College Basketball: Preseason NIT	NBA	NBA Basketball New York Knicks at Los Angeles Lakers.	SportsCenter	NFL Live	Outside			
23	29	ESPN2	(5:30) College Football Northern Illinois at Toledo.								
32	58	FAM	★ ★ "Two Can Play That Game" (2001)	Who's? Who's?	The 700 Club	Videos	Videos				
35	-	FMC	★ ★ ★ "Modesty Blaise" (1966)	Morica Vitti.	★ ★ "Man Trouble" (1992)	Jack Nicholson.	★ ★ ★ "Working Girl"				
53	45	FOOD	Emeril's Turkey Treasures	Behind the Sugar Rush Bash (N)	Good Eats	Good Eats	Iron Chef America	Emeril's Turkey Treasures			
13	7	FOX	That '70s Show (N)	Stacked (N)	Trading Spouses: Meet Your New Mommy (N)	The Fox Report With Shepard Smith	Blind Date	Blind Date	Maury		
40	41	FX	Fear Factor "Couples"	King of Hill	King of Hill	70s Show	70s Show	★ ★ "Jay and Silent Bob Strike Back" (2001)			
30	27	FXSP	Football "Spotlight"	Myers	Poker Superstars	Best Damn Sports Show	Playbook	Football	Best-Sports		
-	60	HALL	Walker, Texas Ranger	★ ★ ★ "Follow the River" (1995)	Sheryl Lee.	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H		
5	-	HBO	(5:00) ★ ★ ★ "Titanic" (1997, Drama)	Leonardo DiCaprio, Kate Winslet. PG-13	(:15) ★ "Speed 2: Cruise Control" (1997)	Sandra Bullock. A madman seizes the helm of a luxurious ocean liner. PG-13	Curb Your Enthusiasm				
62	44	HGTV	Kitchen	Want That	Buy Me (N)	Cash Attic	Designed	What Get	Design	House	Kitchen
58	48	HIST	Modern Marvels The beverage coffee.	Modern Marvels History of alcohol distilling.	Modern Marvels "Brewing" (N)	Automaniac "Moonshine Cars"	Modern Marvels The beverage coffee.				
25	38	IND	Everybody-Raymond	Everybody-Raymond	Sex and the City	Sex and the City	(:15) ★ ★ "The Brothers" (2001, Comedy-Drama)	Morris Chestnut, D.L. Hughley.			
18	63	LIFE	"Friend-Family"	"Best Friend" (2005, Suspense)	Megan Gallagher.	Will-Grace	Will-Grace	The Golden Girls			
54	74	MTV	TRL (iTV)	Madonna	Next	Direct Effect	Hard Rock	Run	Run	Home	
3	9	NBC	News	Ent. Tonight	E-Ring "Delta Does Detroit" (N)	The Apprentice: Martha Stewart (N)	Law & Order "New York Minute" (N)	News	(:35) The Tonight Show With Jay Leno (N)	Late Night	
8	8	NBC	E-Ring "Delta Does Detroit" (N)	The Apprentice: Martha Stewart (N)	Law & Order "New York Minute" (N)	News	(:35) The Tonight Show With Jay Leno (N)	Late Night			
34	55	NICK	SpongeBob/Full House	Full House	Fresh Pr.	Roseanne	Roseanne	3's Co.	Cosby	Fresh Pr.	Fresh Pr.
2	2	PBS	Secrets of the Dead "Gangland Graveyard"	In Search of Myths and Heroes Truth about the Queen of Sheba; King Arthur. (N)	BBC World News	As Time Goes By	Charlie Rose (N)				
38	71	SCIFI	"Kull the Conqueror"	★ "Highlander: Endgame" (2000)	Adrian Paul.	★ "Lawmower Man 2: Jobe's War" (1996)					
61	72	SPK	Maximum Exposure	Wildest Police Videos	CSI: Crime Scn	CSI: Crime Scn	★ ★ "Hard Target"				
39	43	TLC	While You Were Out	Martha Trisha Yearwood. (N)	The Secrets of Forensic Science	Psychic Witness A woman disappears.	Psychic Witness Psychics help catch killers.				
28	40	TNT	★ ★ ★ "Saving Private Ryan" (1998, War)	Tom Hanks, Edward Burns.	★ ★ ★ "Enemy at the Gates"						
51	49	TRAV	American Casino	World Poker Tour	Griffith	Sanford	TV Land	GoodTime	Happening!	Cheers	Night Court Sanford
21	59	TVLND	Little House	Griffith	Sanford	GoodTime	Happening!	Cheers	Night Court 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: SVU	Law & Order: SVU	Law & Order: SVU	Law Order: CI	Law Order: CI			
12	3	WB	Friends	Everybody-Raymond	One Tree Hill (N)	Related "Francesca"	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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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	Harry Potter	Crossing Jordan	Cold Case Files				
4	6	ABC	Alias "Fait Accompli" (N)	Night Stalker "The Sea" (N)	Primetime	News	(:35) Night-Live	(:06) Jimmy Kimmel Live			
26	54	ANPL	The Planet's Funniest Animals	The Planet's Funniest Animals	New Breed Vets "Tsunami" (N)	The Planet's Funniest Animals	The Planet's Funniest Animals				
63	67	BRAVO	(5:00) Celebrity Poker Showdown	Celebrity Poker Showdown	Winners from previous games compete. (N)	Outrageous	Celebrity Poker Showdown	Winners from previous games compete.			
7	11	CBS	Survivor: Guatemala -- The Maya Empire (N)	CSI: Crime Scene Investigation (N)	Without a Trace "A Day in the Life" (N)	News	(:35) Late Show With David Letterman (N)	Late Late Show			
55	42	DISC	It Takes a Thief "Unlocking the Past"	Container Ships Large cargo vessels.	I Shouldn't Be Alive	Red & Blue (N)	Killer Squid				
33	56	DISN	Kim Possible: The Proud Family	Sister, Sister Phil of the Future	That's So Raven	That's So Raven	★ ★ "Smart House" (1999, Comedy)	The Proud Family			
49	66	EITV	Cameron Diaz	Saturday Night Live	Saturday Night Live	Angelina Jolie					
22	28	ESPN	College Basketball	College Basketball: Coaches vs. Cancer Semifinal		SportsCenter	NFL Live				
23	29	ESPN2	College Basketball: Preseason NIT -- Teams TBA	College Basketball: Preseason NIT -- Teams TBA		Hollywood	Frankly				
32	58	FAM	★ ★ "Agent Cody Banks" (2003)	Frankie Muniz.	Who's? Who's?	The 700 Club	Videos	Videos			
35	-	FMC	★ ★ ★ "Tales From the Crypt" (1972, Horror)	★ ★ ★ "Julia" (1977, Drama)	Jane Fonda.	★ ★ "Used People"					
53	45	FOOD	Essence of Emeril Home Cooking	Everyday Italian	Cooking-Sandra Lee	All Star Desserts (N)	National Pie Championship	Essence of Emeril Home Cooking			
13	7	FOX	The O.C. "The Anger Management" (N)	Reunion "1991" (N)	The Fox Report With Shepard Smith	Blind Date	Blind Date	Maury			
40	41	FX	Fear Factor "Couples"	King of Hill	King of Hill	70s Show	70s Show	Cops	Cops		
30											