

Nightmares still haunt

DEAR ABBY: When I was 7, I spent the night at the home of a friend and was molested by her father. It happened again when I was older. That time it was a cousin who spent the night with us. I never told my mother. I was afraid she would blame me. My father never spent time with me — I am one of several children — so it didn't occur to me to tell him.

I have lived with this all my life. I have suffered from low self-esteem and had relationship problems since childhood. Few days have gone by that I haven't thought about it and felt deep personal guilt. I never told anyone what happened until after my mother died, when I finally confessed it to a psychiatrist.

Now I would like to tell my older brother. Should I? Or would it be more difficult for me if my family knew? — SAD, SCARED AND CONFUSED IN FLORIDA

DEAR SAD: Not knowing your family, I can't predict how they'll react. However, this I do know: You were victimized twice as a child. You have done nothing for which to feel guilty. THE VICTIM IS NEVER AT FAULT.

Because you still have difficulty accepting this, it appears your sessions with the psychiatrist were not as helpful as they should have been. Please pick up the phone and call the Rape, Abuse,



abigail van buren

• dear abby

Incest National Network (R.A.I.N.N.). The toll-free number is (800) 656-4673. Counselors there will guide you to specialized services that can help you. Their entire focus is on helping victims of sexual assault, and the fact that your assault happened long ago should not be a deterrent.

After you have been counseled, and accept that you were never at fault for what happened, it will be safe to tell your brother because, at that point, his reaction will not be all-important to you.

DEAR ABBY: I recently attended a birthday dinner celebration for my father at my brother and his girlfriend's home. While the girlfriend, "Cheryl," was eating, she speared a bite of her food with her fork and then held it down to the floor for the dog to eat. Then she put another bite of food onto her fork and ate it. This continued throughout the dinner, with Cheryl and the dog alternating bites off the same fork.

When she was finished eating, she placed her dinner plate on the floor for

the dog to finish eating. It was revolting. Dad and I just sat there, stunned, and stopped eating, not knowing how sanitary the plates and dinnerware were. How would you have handled this? — HORRIFIED IN HOUSTON

DEAR HORRIFIED: I would have handled it as you did, having lost my appetite, too. However, if your brother and his girlfriend have a dishwasher with an extra-hot and sanitizing cycle, the plates were probably "safe" to eat from. (Yech!)

DEAR ABBY: I recently purchased a "mother's ring" for my mother and am having all of my siblings' stones added to it. However, last Thanksgiving, my brother, the baby of the family, passed away unexpectedly.

Should I still add his birthstone to the ring, or just the survivors'? Your thoughts, please. — TORN IN TENNESSEE

DEAR TORN: By all means, add your brother's birthstone to the ring. To do otherwise would imply that he never existed. Please believe me when I say that when your mother looks at the ring, your brother's stone will remind her of the precious time she had with him. What would make her sad would be knowing that one stone was missing.

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.



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TUESDAY EVENING

		6PM	6:30	7PM	7:30	8PM	8:30	9PM	9:30	10PM	10:30
E S		E = Eagle Cable				S = S&T Telephone					
36 47	A&E	Street Racing: The Need for Speed (TVPG)		Dog Bounty (TVPG)	Dog Bounty (TVPG)	Airline (TVPG)	Airline (TVPG)	Crossing Jordan (TV14) (HD)		Street Racing: The Need for Speed (TVPG)	
4 6	ABC	According Jim (HD)	Rodney (N) (HD)	According Jim (HD)	Crumbs (N) (HD)	Boston Legal: Breast in Show (N) (HD)		KAKE News at 10 (N)	(35) Nightline (N)	(05) Jimmy Kimmel (TV14)	
26 54	ANPL	Wolf Within Dog versus wolf.		The Most Extreme: Super Dogs (TV G)		Profiles of Nature: Coyotes (TV G)		Wolf Within Dog versus wolf.		The Most Extreme: Super Dogs (TV G)	
63 67	BRAVO	Inside the Actor's Studio: Liza Minnelli (TVPG)				Queer Eye: Carlos F. (TV14)		Project Runway: Flower Power		Queer Eye: Model Messenger, Jesan H.	
7 11	CBS	Criminal Minds: Natural Born Killer (R) (HD)		Cold Case: Bad Night (TVPG) (R) (HD)		CSI: Miami: 48 Hours to Life (TV14) (R) (HD)		Eyewitness News	(35) David Letterman Beyoncé. (TVPG) (N)	Ferguson (TV14) (N)	
55 42	DISC	MythBusters: Chicken Gun (TVPG)		Dirty Jobs: Vexxon Pest Exterminator (TV14)		Into The Firestorm: Fire in The Hills (TVPG)		MythBusters: Shredded Plane (TVPG)		MythBusters: Chicken Cook-Off (TVPG)	
33 56	DISN	Kim (TVY7)	So Raven (TVY7)	Sister (TV G)	The Suite (TVY7)	Phil: Neander-Phil (TVY7)		"Eddie's Million Dollar Cook-Off" '03, Comedy) A kid is torn amid baseball & cooking. (G)			
49 66	EITV	E! True Story: Rock Stars Daughters (TVPG)				Gastineau	Gastineau	SNL: Robert DeNiro	Uncut: Usher (TV G)		
22 28	ESPN	⚾ Basketball (Live)		⚾ Basketball (Live)				⚾ SportsCenter (HD)	Fast Break	Outside	
23 29	ESPN2	⚾ (5:30) Basketball (Live)				⚾ NBA Coast from Briston, Conn.		Quite from New York		The Season	Streetball
32 58	FAM	"Two Can Play That Game" '01, Comedy)				Line	Line	The 700 Club		Home Video	Home Video
35 -	FMC	"Alien Nation" '88) ★★ Mandy Patinkin. (R)				"The Entity" '82) ★★ Barbara Hershey. (R)		"Predator" '87) ★★ (R)			
53 45	FOOD	Emeril Live: Emeril's Hot and Spicy Contest		The Great Steak Cook-Off		\$40 a Day	\$40 a Day: Paris	Iron Chef: Sushi Battle of sushi. (TV G)		Emeril Live: Emeril's Chocolate Contest	
13 7	FOX	American Idol: Auditions #7 (TVPG) (N) (HD)		House: Need to Know (TV14) (N) (HD)		Fox Report		Blind Date (TVPG)	Blind Date (TVPG)	Maury Paternity is determined. (TVPG) (R)	
27 25	FX	70s	70s	King	King	70s	70s	"Phone Booth" '02) ★★ Hostage in booth.			
30 27	FXSP	Boxing	RawSport	Poker	Boxing	Myers	Best Sports	Spotlight	AFL Weekly	BDSSP	
- 60	HALL	Walker (TVPG)		"Falling in Love with the Girl Next Door"				MASH	MASH	MASH	MASH
5 -	HBO	(5:30) "Breakin' All the Rules" '04) ★★ (HD)		"Jackie Chan's Who Am I?" '98, Action) ★★ Agent with amnesia dodges assassins. (HD)				"Taxi" '04, Comedy) ★½ Taxi driver has tips for a green cop. (HD)		Mrs. Harris (TV14)	
62 44	HGTV	Designed	Remix	Decorating	Mission	House Hunt	Buy Me	My Parents	Designer	Designed	Remix
58 48	HIST	Mail Call (TVPG)	Mail Call (TVPG)	Man, Moment: Doolittle's Daring Raid		Marvels: George Washington Carver Tech		Marvels: Breaking the Sound Barrier (TVPG)		Mail Call (TVPG)	Mail Call (TVPG)
25 38	IND	Friends	Friends	Sex & City (TVMA)	Sex & City (TVMA)	Seinfeld: The Seinfeld Slicer (TVPG)		(10) "Crocodile Dundee in Los Angeles" '01) ★★ Mick gets into the movie business. (PG)			
18 63	LIFE	"Rough Air" '01)		"Fallen Angel" '99) ★★ Murderous reunion.		Will (HD)	Will (HD)	Gold Girls		Gold Girls	
54 74	MTV	MADE	Parental	Date My	Room Raid	Date My	Date My	Barkers	Barkers	Barkers	Barkers
3 9	NBC	9 News (N) (HD)	ET (TV G)	Fear Factor: Freaks vs. Geeks (TVPG) (N)		Scrubs (TV14) (N)	Scrubs: Her Story II	Law & Order: Special Victims Unit (N) (HD)		9 News (N) (HD)	(35) Jay Leno (HD)
8 8	NBC	Fear Factor: Freaks vs. Geeks (TVPG) (N)		Scrubs (TV14) (N)	Scrubs: Her Story II	Law & Order: Special Victims Unit (N) (HD)		KSN News at 10 (35) The Tonight Show with Jay Leno (HD)		Conan O'Brien (HD)	
34 55	NICK	Sponge	Guide	Full House	Hi-Jinks	Roseanne	Roseanne	Roseanne	Cosby	Bel-Air	Bel-Air
2 2	PBS	Nova: The Perfect Corpse (N) (HD)		Slavery and the Making of America (R)		Frontline: Sex Slaves (N)		BBC World News	Hardware: Bastard	Charlie Rose (N)	
38 71	SCIFI	"Sasquatch" '02) ★		"The Fallen Ones" '05) Fallen angel.				"12 Monkeys" '95) ★★½ Man traces virus. (R)			
61 72	SPK	Exposure: Wipeouts		Police (TV14)		CSI: Burden of Proof		CSI: Bloodlines	CSI: Viva Las Vegas		
39 43	TLC	While You Y: Annapolis: Canopy Retreat		Martha Cooking, home design. (TV G)		Rides: Joe Rogan's Sick Fish (TV G)		Overhaul'n: That '70s Van (TV G)		Overhaul'n: Leno's Heist (TV G)	
28 40	TNT	Law & Order (HD)		Law & Order (HD)		Closer: You Are Here		Cold Case		X-Files (TV14)	
51 49	TRAV	Taste	Taste	Made	Made	Outdoors (TV G)		Taste	Taste	Made	Made
21 59	TVLND	Prairie (TV G)		Griffith	Sanford	Times	Times	I'm Talkin		Court	Sanford
60 79	UNIV	Contra viento y		Alborada		Vecinos		Primer imp	Noticiero	La hora Derbez	
20 37	USA	"Final Destination" '00)		Students stalked. (R)		"Final Destination 2" '03) Can't cheat death.		Law & Order (HD)			
12 3	WB	Friends (TV14)	Raymond (TVPG)	Gilmore Girls: You've Been Groomed (HD)		Supernatural: Nightmare (N) (HD)		WB2 News at Nine (N)	Sex & City (TV14)	Will: Key Party	
99 39	WGN	DaVinci's (TV14)		DaVinci's (TV14)		WGN News at Nine		Sex & City	Becker	Home Videos	

THURSDAY EVENING

		6PM	6:30	7PM	7:30	8PM	8:30	9PM	9:30	10PM	10:30
E S		E = Eagle Cable				S = S&T Telephone					
36 47	A&E	First 48: Hostile Takeover: Shot in the Back		The First 48 (TVPG)		Dallas SWAT (TV14)		Crossing Jordan: Out of Sight (TV14) (HD)		First 48: Hostile Takeover: Shot in the Back	
4 6	ABC	Dancing with the Stars (TVPG)			Crumbs (N) (HD)	Primetime (N)		KAKE News (35) Nightline at 10 (N)		(05) Jimmy Kimmel (TV14)	
26 54	ANPL	Planet's Funniest Animals: Clip Show 2		Planet's Funniest Animals: Clip Show 1		Miss Dog Beauty pagent. (TV G)		Planet's Funniest Animals: Clip Show 2		Planet's Funniest Animals: Clip Show 1	
63 67	BRAVO	Queer Eye: Carlos F. (TV14)		Kathy Griffin Is ... Not Nicole Kidman		Project Runway: Inspiration		Project Runway: Flower Power		Project Runway: Make-over	
7 11	CBS	Survivor: Panama - Exile Island: Breakdown		CSI: Crime Scene Investigation (TV14) (HD)		Without a Trace: The Stranger (TVPG)		Eyewitness News	(35) David Letterman (TVPG)	Ferguson (TV14)	
55 42	DISC	Top Gear (TV14)		Top Gear: Flying Wig (TV14)		Top Gear: Britain's Weirdest Car (TV14)		Top Gear (TV14)		Top Gear (TV14)	
33 56	DISN	Kim (TVY7)	So Raven (TVY7)	Sister: The Laws (TVY7)	The Suite (TVY7)	Phil: The Giggie	So Raven (TVY7)	"102 Dalmatians" '00, Family) ★★ Glenn Close. Fur-lover sponsors animal shelter. (G)			
49 66	EITV	Fashion Police:		E! Special (TVPG)				SNL: Kate Winslet		SNL: Snoop Dogg	
22 28	ESPN	⚾ Basketball (Live)		⚾ Basketball (Live)				⚾ SportsCenter (HD)		Gamenight	Outside
23 29	ESPN2	⚾ Basketball (Live)		⚾ Basketball (Live)				⚾ Basketball (Live)			
32 58	FAM	"Under the Tuscan Sun" '03, Comedy) ★★½				Line	Line	The 700 Club		Home Video	Home Video
35 -	FMC	"Downtown" '90, Crime) ★★ Forest Whitaker.				"Hot Shots! Part Deux" '93, Comedy) ★★		"Downtown" '90) ★★			
53 45	FOOD	Emeril Live: Sauce It Up (TV G)		Food Challenge: Here Comes the Cake		Iron Chef America: Play vs. Bernstein		Iron Chef: Battle Potato Potatoes. (TV G)		Emeril: Chocolate Chocolate	
13 7	FOX	70s Show (TV14)	That '70s Show (R)	The O.C.: The Heavy Lifting (TVPG) (N) (HD)		Fox Report		Blind Date (TVPG)	Blind Date (TVPG)	Maury: Paternity Part 1 (TVPG) (R)	
27 25	FX	Married	King	King	King	70s	70s	Cops	Cops	Cops	Cops
30 27	FXSP	Barber.		⚾ College Bball UCLA at Washington State		⚾ College Basketball Stanford at California					BDSSP
- 60	HALL	Walker (TVPG)		"Love's Enduring Promise" '04, Drama)				MASH	MASH	MASH	MASH
5 -	HBO	(5:45) "Ocean's Twelve" '04, Comedy) ★★½ Danny's gang plots European thefts. (HD)				Real Sports with Bryant Gumbel		Inside the NFL: '05-'06 #22 (TVPG)		"Kinsey" '04) ★★½ Life of sexual researcher.	
62 44	HGTV	1st Place	reDesign	Divine	Challenge	House Hunt	House Hunt	Design Inc	Big Style	1st Place	reDesign
58 48	HIST	Ancient Discoveries: Heron of Alexandria		Decoding the Past: Resurrection		Declassified: Castro: The Survivor (TVPG)		Battlefield Detectives: Stalingrad (TVPG)		Ancient Discoveries: Heron of Alexandria	
25 38	IND	Friends	Friends	"Dumb & Dumber" Two complete morons drive cross-country to return ill-gotten money.				(10) "Ace Ventura: When Nature Calls" '95) ★★ Detective searches for rare African bat.			
18 63	LIFE	"Mother Knows" ★½		"Pretty Poison" '96) ★½ Delusional arsonist.		Will (HD)	Will (HD)	Gold Girls		Gold Girls	
54 74	MTV	MADE	Parental	Date My	Room Raid	Direct Effect (TVPG)		Gauntlett	Gauntlett	The Shop	N.Cannon
3 9	NBC	9 News (N) (HD)	ET (TV G)	Will & Grace (N) (HD)	Four Kings (N) (HD)	Name Is Earl (N) (HD)	The Office (N) (HD)	(59) ER: Quintessence of Dust (TV14) (HD)		9 News (N) (HD)	(35) Jay Leno (HD)
8 8	NBC	Will & Grace (N) (HD)	Four Kings (N) (HD)	Name Is Earl (N) (HD)	The Office (N) (HD)	(59) ER: Quintessence of Dust (TV14) (HD)		KSN News at 10 (35) The Tonight Show with Jay Leno (HD)		Conan O'Brien (HD)	
34 55	NICK	Sponge	Romeo!	Full House	Bel-Air	Roseanne	Roseanne	Roseanne	Cosby	Bel-Air	Bel-Air
2 2	PBS	Sunflow.	In Our Prime	This Old House Hour (TV G)		Antiques Roadshow: Houston, Texas (TV G)		BBC World News	Appearance	Charlie Rose (N)	
38 71	SCIFI	"Snakehead" '04) ★½		"Frankenfish" '04) ★★		Mutant fish attack.		"Crocodile 2: Death Swamp" '02, Horror) ★			
61 72	SPK	Exposure (TV14)		Police (TV14)		CSI: Felonious Monk		CSI: Crime: Harvest		MXC	MXC
39 43	TLC	While You: Houston: Wade's VIP Room		Martha Cooking, home design. (TV G)		Thinking? Smoke and Mirrors (TVPG)		Sports Disasters: Unsafe at Any Speed		Miami Ink: Kat's Return, Ami's Ride (TVPG)	
28 40	TNT	⚾ NBA Basketball (Live) (HD)						⚾ NBA Basketball (Live) (HD)			
51 49	TRAV	Vac. Homes	Vac. Homes	Weddings: Episode 1		Weddings: Episode 2		Vac. Homes	Vac. Homes	Weddings: Episode 1	
21 59	TVLND	Prairie (TV G)		Bewitched	Cheers	TVLand Top		Lucy	Addams	Times	Times
60 79	UNIV	Contra viento y		Alborada		Aquí y ahora (TVMA)		Primer imp	Noticiero	La hora Derbez	
20 37	USA	Law & Order (HD)		"Mission: Impossible" '96) An agent tries to clear his good name.				WB2 News at Nine (N)	Sex & City (TV14)	Will (TV14)	
12 3	WB	Friends (TV14)	Raymond (TVPG)	Smallville: Tomb (N) (HD)		Beauty and the Geek (N)		WB2 News at Nine (N)	Sex & City (TV14)	Will (TV14)	
99 39	WGN	(5:30) "The Silence of the Lambs" '91) (R)				WGN News at Nine		Sex & City	Becker	Home Videos	

FEBRUARY 9, 2006

FRIDAY EVENING

		6PM	6:30	7PM	7:30	8PM	8:30	9PM	9:30	10PM	10:30
E S		E = Eagle Cable				S = S&T Telephone					
36 47	A&E	"Batman Returns" '92, Drama) The Caped Crusader battles a corrupt businessman, the Penguin and Catwoman.		Mindbreak (TVPG)		American Justice: Thrill Killers (TVPG)		"Batman Returns" '92) ★★½ Batman's back!			
4 6	ABC	Dancing with the Stars (TVPG) (N)		In Justice: Cost of Freedom (TV14) (N) (HD)		20/20 (N)		KAKE News at 10 (N)	(35) Nightline (N)	(05) Jimmy Kimmel (TV14)	
26 54	ANPL	The Planet's Funniest Animals (TV G)		Animal (TV G)	N.Shore: Trevor	Planet's Best places for dogs (TV G)		The Planet's Funniest Animals (TV G)		Animal (TV G)	N.Shore: Trevor
63 67	BRAVO	"The Road Warrior" '81, Action) ★★ Mel Gibson. A loner fights blood thirsty bikers. (R)		"The Road Warrior" '81, Action) ★★ Mel Gibson. A loner fights blood thirsty bikers. (R)		Numbers: Obsession (TVPG) (R) (HD)		Eyewitness News	(35) David Letterman (TVPG)	Ferguson (TV14)	
7 11	CBS	Ghost Whisperer: Lost Boys (TVPG) (R) (HD)		Close to Home (TV14) (R) (HD)							
55 42	DISC	Going Tribal: Living with Cannibals (TVPG)		Going Tribal: African Vision Quest (TVPG)		Going Tribal: Dangerous Games: The Suni		Going Tribal: Horse Masters of Mongolia		Going Tribal: Living with Cannibals (TVPG)	
33 56	DISN	Emperor's (TVY7)	So Raven (TVY7)	Sister: Rosebud (TVY7)	The Suite (TVY7)	Phil (TVY7)	So Raven (TVY7)	"Mulan II" '04, Animated) ★★ Mulan's wedding is delayed. (G)		(35) Brandy (TV G)	
49 66	EITV	#1 Single	#1 Single	Fashion Police:				SNL: Alec Baldwin		E! True Story: Aaliyah	
22 28	ESPN	⚾ NBA Basketball (Live) (HD)						⚾ NBA Basketball (Live) (HD)			
23 29	ESPN2	NFL Title		Friday Night Fights from Ledyard, Conn. (Live)		⚾ USA Soccer (Live)					
32 58	FAM	"The Parent Trap" '98) ★★ Twins conspire to reunite their parents.				The 700 Club				Home Video	Home Video
35 -	FMC	"Mother, Jugs and Speed" '76, Drama) ★★		"Silver Streak" '76, Comedy-Drama) ★★ (PG)							
53 45	FOOD	Emeril Live: Tequila Five Ways (TV G)		\$40 a Day: Aspen	Tasty: Vancouver	Roker n Rd	FoodNation	Iron Chef: Battle Sea Urchin (TV G)		Emeril: A Chocolate Lover's Valentines Day	
13 7	FOX	Arrested Dev. (HD)	Arrested Dev. (HD)	Arrested Dev. (HD)	Arrested Dev. (HD)	Fox Report		Blind Date (TVPG)	Blind Date (TVPG)	Maury: Paternity Part 2 (TVPG) (R)	
27 25	FX	70s	70s	King	King	70s	70s	70s	70s	70s	70s
30 27	FXSP	Boxing	TBA	Buffalo		College Hockey Minnesota State (Mankato) at Denver		FSN Live		BDSSP	
- 60	HALL	Walker (TVPG)		"Love's Long Journey" The homestead.				MASH	MASH	MASH	MASH
5 -	HBO	(15) "Taxi" '04) ★½ Queen Latifah, Jimmy Fallon. Taxi driver has tips for a green cop. (HD)				Inside the NFL: '05-'06 #22 (TVPG)		"True Lies" '94, Action) ★★½ A woman's husband is a secret agent. (R) (HD)			
62 44	HGTV	Get Color! (TVPG)	Remix	Double	FreeStyle	House Hunt	House Hunt	Dream Home 2006		Get Color! (TVPG)	Remix