

Age is not the issue in activities

DEAR ABBY: Two years ago, after 56 years of marriage, I became a widow. I am only 82. I miss the companionship, but what I miss the most is ballroom dancing. All my friends are widows, or their husbands are too feeble to dance.

I keep house for my divorced son and teenage grandson. I drive my grandson to school in a carpool, take him to the doctor, the dentist, etc. I am blessed with good health and can travel across the country to visit my daughters and other relatives. I play bridge three or four times a week. I am active in my religious community and have many friends of all ages. I love to read, and I'm never bored or lonely.

Abby, what I'm trying to say is: Age is all in the mind. — YOUNG AT HEART IN ARIZONA

DEAR YOUNG AT HEART: I agree with you. With your attitude you will never be "old" or lonely.

As to missing ballroom dancing, check your Yellow Pages for dancing schools and sign up for some classes. I knew a lady who went dancing well into her 90s. When she attended events, she would take one (or two!) dancing instructors with her. Where there's a will, there's a way.

DEAR ABBY: Both of my siblings and I are in our mid-20s. After years of fighting, bickering and unhappiness,



abigail van buren

• dear abby

my parents have finally separated for good. My mother has moved in with her cousin.

My problem is my mother is perpetually depressed. This has been going on for years. In addition, she has become more and more reclusive. Her life has become her job, her cat and occasional outings with her cousin, my siblings or me. We have tried repeatedly to get Mom into counseling or involved in any sort of social organization to no avail. Mother is only in her mid-50s and dislikes anything involving "seniors."

Abby, please help. Can you suggest some place or organization to which my mother can turn for help? — WIT'S END IN WILMINGTON

DEAR WIT'S END: Chronic depression is caused by a chemical imbalance in the brain. The good news is that, in most cases, it is treatable. Your mother should see a physician for a thorough checkup, and if possible, you should accompany her and explain how restricted her life has become.

DEAR ABBY: I met an interesting,

caring, loving man four weeks ago. He is 23 and I am 28. We are very attracted to each other. We have already become intimate, and we have decided to date exclusively.

I realize our relationship has moved awfully fast, and it may not be the smartest thing I have ever done. My problem is, he never wants to go anywhere. He prefers to sit at his home or mine, watch TV, have sex or not — and he's completely satisfied with that.

I, on the other hand, am a go-getter. I love to be taken out and shown a good time, go dancing, go to the gym, to the movies, the theater and restaurants. I have discussed my unhappiness with him, but he thinks I'm overreacting. Is this a warning sign? What do you think? — FAST LOVE IN TEXAS

DEAR FAST LOVE: I think you have jumped the gun. Your boyfriend's passivity is a warning sign. Before you forego dating others, you need to know him a lot better. If there are major disparities now in your view of what makes a good time, consider the adjustments you will both have to make if you get really serious.

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

AUGUST 1, 2006

		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	Murder (TV14)	Dog Bounty (TVPG)	Dog Bounty (TVPG)	Dog Bounty (TVPG)	King of Cars (R)	King of Cars (R)	Biography Wrestling legend. (TV G) (R)	Murder (TV14)	Dog Bounty (TVPG)	
4 6	ABC	According Jim (R)	George Lopez (R)	The One: Making a Music Star Nine contestants perform. (N) (HD)				KAKE News at 10	(35) Nightline (N)	(05) Jimmy Kimmel Live (TV14)	
26 54	ANPL	The Most Extreme: Killer Cats (TV G) (R)		Profiles of Nature: Purrfect Predators (TV G)		Animal Cops - Detroit: Mysterious Injuries		The Most Extreme: Killer Cats (TV G) (R)	Profiles of Nature: Purrfect Predators (TV G)		
63 67	BRAVO	Work Out Trainers' retreat. (R)		Work Out Jackie's mom visits. (N)		Queer Eye: Miles G (Transgender) (R)		Work Out Jackie's mom visits. (R)	Project Runway (R)		
7 11	CBS	Big Brother 7: All-Stars (N)		Rock Star: Supernova (N)		48 Hours Mystery (N)		News (N)	(35) Late Show with David Letterman (HD)	Ferguson (TV14)	
55 42	DISC	Shark Attack: Predators (TVPG)		Perfect Shark Predator evolves. (N)		Dirty Jobs: Jobs That Bite taggung sharks. (TV14)		Mike takes a stab at tagging sharks. (TV14)	Shark Attack: Predators (TVPG)		
33 56	DISN	Even Steve (TV G)	Lizzie (TV G)	So Raven (R)	Zack & Cody (R)	Phil (TVY7) (R)	So Raven (R)	"The Cheetah Girls" ('03, Comedy) Four teenage girls form a musical group. (G)			
49 66	E!TV	E! Ent. Special (R)		E! Ent. Special (R)		The Girls Next Door		E! News	The Daily	Saturday Night (HD)	
22 28	ESPN	Poker (Taped)		Poker (Taped)		Contender (TVPG)		SportsCenter (HD)	Baseball	NFL Live	
23 29	ESPN2	WNBA Game (Live)				WNBA Game (Live)				Quite from New York	
32 58	FAM	"Dirty Dancing" ('87, Drama)	Teen finds love.				Line	The 700 Club	Hazzard (TVPG)		
35 -	FMC	"Secret World" ('68, Drama) ★★	(PG)				"All That Jazz" ('79, Dance)	Roy Scheider.	"That Thing You"		
53 45	FOOD	Emeril Live: A Taste of Greece (TV G) (R)	\$40 a Day: Tasty Travels Napa			Road Tasted	Ham on St.	Good Eats	\$40 a Day	\$40 a Day	Tasty Travels (R)
13 7	FOX	House: Clueless (TV14) (R) (HD)		House: Safe (TV14) (R) (HD)		Fox Report		Blind Date (TVPG)	Blind Date (TVPG)	Maury (TVPG) (R)	
27 25	FX	(1:00) '70s (TVPG)	King	King	'70s	'70s	'70s	"Kiss of the Dragon" ('00)	Chinese drug lord.		
30 27	FXSP	Dbl. Play	Rockies	MLB Baseball Brewers at Rockies (Live)				Rockies	BDSSP		
- 60	HALL	Walker (TVPG)		"Musical Murder" ('89) ★★	Theatrical murder.				MASH	MASH	MASH
5 -	HBO	"Supercross" ('05, Action)	Two brothers compete in races. (HD)				"Dave" ('93) A look-a-like president takes over when the real one becomes mortally ill. (HD)	"Kingdom of Heaven" ('05) Crusaders battle for Jerusalem. (HD)			
62 44	HGTV	Designed	Bad Bath	Decorating	Curb Appl.	House Hunt	Buy Me	My Parents	Designer	Designed	Bad Bath
58 48	HIST	The Mysteries of the Freemasons: America		Mega Disasters: Mega Blast		Mega Movers: B-25 Bomber (TVPG)		Modern Marvels: Extreme Aircraft (TV G)		The Mysteries of the Freemasons: America	
25 38	IND	Friends	Friends	Sex & City (TVMA)	Sex & City (TVMA)	Seinfeld (TVPG)	Seinfeld (TVPG)	(15) "Cool Runnings" ('93, Comedy) Jamaican men form a bobsled team. (PG)			
18 63	LIFE	(5:00) "Tempo" ('03)	"Friends 'Til the End"				Psycho meets singer	Will (HD)	Will (HD)	Frasier	Frasier
54 74	MTV	NEXT	NEXT	I Be You	Room Raid	Sucker Free on MTV		Sweet 16	Sweet 16	Key West	Key West
3 9	NBC	9 News (N)	ET (TV G) (R)	Fear Factor: Viewer's Choice (TVPG) (N)		Last Comic Standing (TV14) (N)		Law & Order: Special Victims Unit (R) (HD)	9 News (N)	(35) Jay Leno (HD)	
8 8	NBC	Fear Factor: Viewer's Choice (TVPG) (N)		Last Comic Standing (TV14) (N)		Law & Order: Special Victims Unit (R) (HD)		KSN News at 10	Tonight Show with Jay Leno (TV14) (N) (HD)	Late Night (N) (HD)	
34 55	NICK	Sponge	Zoey 101	Full House	Hi-Jinks	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne	Roseanne
2 2	PBS	Nova: This Old Pyramid		Kansas' Biggest Rodeo		Wide Angle: Flying Down to Kabul (N)		BBC World News	Python: Dinsdale	Charlie Rose (N)	
38 71	SCIFI	Dead Like		Eureka (N)		ECW Wrestling (Live)		Superhero		Eureka (R)	
61 72	SPK	Trek: Next: The Host		Police (TV14)		CSI: Crime (HD)		CSI: Crime (HD)	"Is Not Enough" ★½		
39 43	TLC	Home Chef (TVPG)	Dinner Takes All (R)	While You Mike stays at home. (TV G)		Overhaulin': Spaced Out (TV G) (R)		Rides: Under Pressure (TV G)	Overhaulin': Le Mama's Boy (TV G) (R)		
28 40	TNT	Law & Order (HD)		Law & Order (HD)		Law & Order (HD)		Cold Case (HD)		The Closer (R) (HD)	
51 49	TRAV	Taste	Taste	Made	Made	Outdoors (TV G)		Taste	Made		
21 59	TVLND	Little House (TV G)		Griffith	Sanford	Sanford	Times	3's Co.	3's Co.	Sanford	Sanford
60 79	UNIV	La fea más bella		Barrera de amor		¡Qué madre	Vecinos	Primer imp	Noticiero	Hr de risa (TVPG)	
20 37	USA	Law & Order (HD)		"Collateral Damage" A man hunts for his family's killer.				Law & Order (HD)		Zone (R)	
12 3	WB	Friends (TV14)	Raymond (TVPG)	Gilmore Girls (TVPG) (R) (HD)		Gilmore Girls (TVPG) (R) (HD)		News2 @ Nine (N)	Raymond (TVPG)	Will (TV14)	
99 39	WGN	"In the Line of Duty: Blaze of Glory" ('97)				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	The First 48: Devil's Candy (TVPG) (R)		The First 48: Deadly Attraction (TVPG) (R)		Miami City Vice Det. leads team.		Cold Case Files Note aids case. (TVPG) (R)		The First 48: Devil's Candy (TVPG) (R)	
4 6	ABC	Extreme Makeover (TVPG) (N)		Grey's Anatomy (R)		Primetime (N)		KAKE News at 10	(35) Nightline (N)	(05) Jimmy Kimmel Live at 10	
26 54	ANPL	Massive Nature Events influence animal's survival. (TVPG)				Animal Cops: Most Unforgettable Cases		Massive Nature Events influence animal's survival. (TVPG)			
63 67	BRAVO	Queer Eye: Miles G (Transgender) (R)		Project Runway (R)		Last Comic Standing (TV14)		America's Got Talent		Tabloid Wars (R)	
7 11	CBS	Big Brother 7: All-Stars (N)		CSI: Crime Scene Investigation (R) (HD)		Without a Trace: Lost Time (R) (HD)		News (N)	(35) Late Show with David Letterman (HD)	Ferguson (TV14)	
55 42	DISC	Shark Roulette (TVPG)		Shark Rebellion Brazil's man-eaters. (TVPG)		Shark Attack Survivors (TVPG)		Shark Roulette (TVPG)		Shark Roulette (TVPG)	
33 56	DISN	Even Steve (TV G)	McGuire (TV G)	So Raven (R)	Zack & Cody (R)	Phil (TVY7) (R)	So Raven (R)	"Peter Pan II: Return to Neverland" ('02) Hook kidnaps Jane. (G)		Emperor's (TV G)	
49 66	E!TV	E! True Story (R)		Saturday Night (HD)		Saturday Night (HD)		E! News	The Daily	Saturday Night (HD)	
22 28	ESPN	Poker (Taped)		X Games 12 from Carson, Calif. (Live)				SportsCenter (HD)	Baseball	NFL Live	
23 29	ESPN2	(5:00) MLB Baseball (Live) (HD)				Baseball Tonight (HD)				Quite from New York	
32 58	FAM	"Big Fat Liar" ('02) ★★	Boy wants credit. (PG)				Line	The 700 Club	Hazzard (TVPG)		
35 -	FMC	"Mother, Jugs and Speed" ('76, Drama) ★★★					"Porky's" ('82, Comedy)	★ Dan Monahan. (R)	"Mischief" ('85) ★★		
53 45	FOOD	Emeril Live: Hen House (TV G) (R)		Iron Chef America (TV G) (R)		Throwdown	Road Tasted	Good Eats	\$40 a Day	Iron Chef America (TV G) (R)	
13 7	FOX	That '70s Show (R)	That '70s Show (R)	You Can Dance: 2 of 6 Voted Off Live		Fox Report		Blind Date (TVPG)	Blind Date (TVPG)	Maury (TVPG) (R)	
27 25	FX	Married	Married	King	King	'70s	'70s	"Deuce Bigalow: Male Gigolo" ('99) ★★	(R)		
30 27	FXSP	In Focus	Spotlight: Clint Hurdle	Rodeo (Taped)		Aussie Millions	Poker	Rockies	D. Costa	BDSSP	
- 60	HALL	Walker (TVPG)		"Perry Mason: Poisoned Pen" ('90) (NR)			MASH	MASH	MASH	MASH	
5 -	HBO	"Flight of the Phoenix" ('04, Adventure) ★★½	Crash survivors build new plane. (PG-13) (HD)				"Surviving Christmas" Millionaire rents family for Christmas. (HD)	Lucky Louie (R)	Lucky Louie (R)	Lucky Louie (R)	
62 44	HGTV	Design: Challenge #2		Divine	Landscaper	House Hunt	House Hunt	Remix	Big Style	Design: Challenge #2	
58 48	HIST	Ancient Discoveries: Heron of Alexandria		Decoding: Mayan Doomsday Prophecy		American Eats: Cookies Sweet's Journey.		Hooked: LSD, Ecstasy and the Raves		Ancient Discoveries: Heron of Alexandria	
25 38	IND	Friends	Friends	"The Wedding Planner" ★★	A successful wedding planner falls in love with a groom-to-be.				(10) "It Takes Two" ('95, Family) ★★½	Kirstie Alley. Two girls who look alike trade places.	
18 63	LIFE	"Stranger Beside"		Stranger in My Bed (TV14)		Will (HD)	Will (HD)	Frasier	Frasier		
54 74	MTV	Hills (R)	NEXT	I Be You	Room Raid	Sucker Free on MTV		The Band 3	The Band 3	The Band 3	Run House
3 9	NBC	9 News (N)	ET (TV G) (R)	Name Is Earl (R) (HD)	The Office (R) (HD)	America's Got Talent: Live Results Show (N)		Windfall: The Myth of More (TV14) (N) (HD)	9 News (N)	(35) Jay Leno (HD)	
8 8	NBC	Name Is Earl (R) (HD)	The Office (R) (HD)	America's Got Talent: Live Results Show		Windfall: The Myth of More (TV14) (N) (HD)		KSN News at 10	Tonight Show with Jay Leno (TV14) (N) (HD)	Late Night (N) (HD)	
34 55	NICK	Sponge	Romeo!	Full House	Bel-Air	Bel-Air	Bel-Air	Bel-Air	Bel-Air	Bel-Air	Bel-Air
2 2	PBS	Sunflower	Spotlight	This Old House Hour (TV G)		Antiques Roadshow: Houston, Texas (R)		BBC World News	Appearance	Charlie Rose (N)	
38 71	SCIFI	Superhero (R)		Superhero (N)		Darkplace	Darkplace	"Tremors" ('90, Horror)	Worms attack town.		
61 72	SPK	Trek: Next: Ensign Ro		Police (TV14)		CSI (HD)		CSI (HD)	UFC Unleashed (R)		
39 43	TLC	Home Chef (R)	Dinner Takes All (R)	While You: New Orleans: The Drop Zone		Mostly True Stories: The Knockout Perfume		99 Most Bizarre: Medical Mistakes (R)		101 More Things Removed	
28 40	TNT	Without a Trace (HD)		"Out of Time" ('03, Thriller)		Chief implicated.		Nightmares (HD)		Nightmares (HD)	
51 49	TRAV	Passport	Passport	Sand Blasters (TV G)		Sand Blasters (TV G)		Sand Blasters (TV G)		Sand Blasters (TV G)	
21 59	TVLND	Little House (TV G)		Griffith	Sanford	Sanford	Times	3's Co.	3's Co.	All Family	All Family
60 79	UNIV	La fea más bella		Barrera de amor		Aquí y ahora (TVMA)		Primer imp	Noticiero	Hr de risa (TVPG)	
20 37	USA	Law & Order (HD)		Law & Order (HD)		Law & Order (HD)		Law & Order (HD)		Law & Order (HD)	
12 3	WB	Friends (TVPG)	Raymond (TVPG)	Smallville: Cyborg (R) (HD)		Supernatural: Shadow (R) (HD)		News2 @ Nine (N)	Raymond (TV G)	Will: Homoio (TV14)	
99 39	WGN	"Inspector Gadget 2" ('03) Dr. Claw escapes				WGN News at Nine		Sex & City	Becker	Home Videos	

AUGUST 3, 2006



Enjoy the Fair! July 31 through August 5, 2006

WEDNESDAY 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	Dog Bounty (TVPG)	Dog Bounty (TVPG)	Inked (TVPG) (R)	Inked (TVPG) (R)	Criss Angel (R)	Criss Angel (R)	Criss Angel (R)	Criss Angel (R)	Dog Bounty (TVPG)	Dog Bounty (TVPG)
4 6	ABC	The One: Making a Music Star (HD)		Lost: One of Them (TV14) (R) (HD)		Primetime: Medical Mystery (N)		KAKE News at 10	(35) Nightline (N)	(05) Jimmy Kimmel Live at 10	
26 54	ANPL	The Crossing Kenya's Mara River. (TV G)		Last Maneater: Killer Tigers of India (TVPG)		Animal Cops - Detroit: Amazing Recoveries		The Crossing Kenya's Mara River. (TV G)		Last Maneater: Killer Tigers of India (TVPG)	
63 67	BRAVO	Project Runway (TV14) (R)		Project Runway (R)		Project Runway (N)		Project Runway (R)		Last Comic Standing (TV14)	
7 11	CBS	Rock Star: Supernova (N)		Criminal Minds: The Popu-lar Kids (R) (HD)		CSI: NY: All Access (TV14) (R) (HD)		News (N)	(35) Late Show with David Letterman (HD)	Ferguson (TV14)	
55 42	DISC	Everything You Need to Know: Sharks		Sharks: Are They Hunting Us? (N)		MythBusters: Jaws Special (TVPG) (R)		MythBusters: Jaws Special (TVPG) (R)		Everything You Need to Know: Sharks	
33 56	DISN	Even Steve (TV G)	McGuire (TV G)	So Raven (R)	Zack & Cody (R)	Phil (TVY7) (R)	So Raven (R)	"Beethoven" ('92, Comedy) A family gets a Saint Bernard puppy. (PG)			
49 66	E!TV	Simple	Simple	Simple	Simple	Simple	Simple	E! News	The Daily	Saturday Night (HD)	
22 28	ESPN	MLB Baseball (Live) (HD)				SportsCenter (HD)				Baseball	NFL Live
23 29	ESPN2	Darts (Taped)				Wed. Fights from Philadelphia, PA (Live)				EOE Spec.	Poker