

Everyone urged to donate blood; woman asks for advice

DEAR ABBY: For a grandmother fighting leukemia, a child battling sickle cell anemia, or a parent awaiting a liver transplant, a safe and available blood supply is more than a wish — it's a necessity. Our goal is to ensure that blood is available to patients when they need it.

We encourage our nation's citizens to donate blood.

Our call to action comes at a time when blood supplies are perilously low.

Blood has a shelf life of only 42 days. The supply must be constantly replenished. Donors can safely give blood up to six times a year. To avert shortages, please ask your readers to donate.

Blood donation is safe and takes only one hour.

To be eligible to donate, you must be at least 17 years of age (some states permit younger teens to donate with parental consent), weigh at least 110 pounds and be in good health.

The single unit of blood you donate could help to save the lives of up to three people.

To learn more about donating blood and to locate a nearby blood collection facility, contact one of the following organizations today: American Association of Blood Banks: (866) 376-6968 or www.aabb.org; American Red Cross: (800) 448-3543 or www.redcross.org.



Abigail Van Buren

• Dear Abby

org; America's Blood Centers: (888) 872-5663 or www.americasblood.org.

— KAREN SHOOS LIPTON, CEO,

AMERICAN ASSOCIATION OF BLOOD BANKS

DEAR KAREN: I'm pleased to pass along your important message. No one can predict when a life-threatening emergency might strike — and a national blood supply is something many of us take for granted. This is something that can affect all of us, so, my friends, let's roll up our sleeves and make sure that our hospitals and emergency centers are well stocked.

DEAR ABBY: While I was still married, I began dating "Alvin," a man I met through work.

I then divorced my husband — the marriage wasn't good anyway — and moved in with Alvin. It meant giving up most of my friends and also my lifestyle.

Alvin gets mad if I wear something he thinks is "too tight" or "too

revealing." He goes wherever he wants whenever he wants, but he gets upset if I even visit my parents. He is nasty to one of my children, and I feel like I'm constantly defending my child.

To make a long story short, our lease is up in a few weeks, and Alvin's been hinting that he and I will be moving separately.

I have a chance to rent a wonderful apartment, and I am starting to think I should take it no matter what happens with Alvin, but I'm scared to death to be on my own.

Should I cut my losses and move on with my children?

I hate to say this, but I think I still love Alvin and the security he provides.

Have no clue what to do, but I do know I am afraid.

— NEVER BEEN ON MY OWN

DEAR NEVER: The security he provides? It sounds more like "maximum security" to me. You are living with a man who is controlling, abusive to your child and hinting that he's through with you.

You may be afraid, but it's time to move out and move on. It's better for everyone's sake. You'll find emotional support if you look for it. Join Parents Without Partners (800-637-7974 or www.pwp.org).

parentswithoutpartners.org) or join the YWCA. Emotional support is available if you make up your mind to reach out for it.

DEAR ABBY: I have been married to "Mel" for 15 years. When Mel's mother became ill with tongue cancer and could no longer speak, we moved her in with us so I could care for her.

(I am physically disabled from a job injury and no longer work outside the home.) Mel's mother survived only one more year, but Mel says I did a great job while she was here.

I am now caring for my own mother, who suffers from paranoid schizophrenia.

The problem is, Mel constantly makes snide, hateful, sarcastic remarks about her condition. Then he laughs like it's funny.

I have tried to explain that these statements are destroying my love for him.

When I tell him, he stops for a day or two and then starts in again. I don't know how much more I can take. I feel like walking out and never looking back. I want a divorce so bad I could scream.

Why is he doing this? It's not a laughing matter. Please help.

— READY TO LEAVE IN FORT WORTH

DEAR READY TO LEAVE:

Why is he doing it? It could be ignorance about mental illness. It could also be selfishness, anger, frustration at having to share your attention — or maybe he's just childish and mean.

Whatever the reason, before you give up the ghost, please consider a caregiver support group and marriage counseling. If he refuses to go with you, you will still gain insight if you go without him.

I consider you to be an unsung hero for what you are doing. You can locate a caregiver support group by contacting the National Family Caregivers Association at (800) 896-3650 or www.nfca-cares.org. Do it today.

DEAR ABBY: My 12-year-old daughter is in the sixth grade. She is well-liked and has a lot of friends.

We can't afford gifts for all the birthday parties to which she is invited.

I let her go to some, but we can

barely pay our bills some months.

When I try to explain why she can't go, she gets upset. I've asked her not to say anything about our money troubles, but she says she can't lie to her friends about why she's not allowed to go to all the parties.

Abby, have you any suggestions on how I can handle this situation when it comes up again?

— INVITED BUT CAN'T ALWAYS GO

DEAR INVITED: Please re-think your stance on this. Having money troubles is not a sign of bad character or a social disease, so please stop trying to sweep it under the rug.

Gifts do not have to be expensive to be thoughtful. If your finances are tight, and you can't come up with a gift — even from a discount store — explain the fact to the mother of the birthday child.

Perhaps your daughter could create a gift for her friend.

Urgent news for people who have used WELDING RODS

Scientists report that elevated **manganese** exposure from welding rod fumes has been associated with **Parkinsonism** (like **Parkinson's disease**) and **manganism**. Symptoms include **shakiness, distorted facial expression, loss of equilibrium, decreased hand agility, difficulty walking, joint pain, loss of short term memory, slurred/slow speech, stiffness in muscles and tremors**. If you have experienced any of these problems, **call us today toll free at 1-800-THE-EAGLE for a free consultation** to evaluate your potential claim. We practice law only in Arizona, but associate with lawyers throughout the U.S.

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EMERGENCY PREPAREDNESS COORDINATOR

Franklin County is seeking a full time Emergency Preparedness Coordinator. This position is responsible for implementation of all aspects of emergency preparedness. Applicant must have a valid Class C Kansas Driver's License, Bachelor's degree preferred, have or obtain within 24 months certification as an emergency manager. Salary \$31,200-\$41,600 DOQ. Franklin County is an EOE. Applications and job description available at the Franklin County Clerk's Office, 315 S. Main, Ottawa, KS 66067, phone 785-229-3410. All applicants must complete an application form, which may be accompanied by a resume. Applications will be accepted until position is filled.

PUBLIC WORKS ADMINISTRATOR

Franklin County is seeking a full time Public Works Administrator. This position is responsible for the Public Works & Noxious Weed Departments, County Highway Improvement Plan and the County Safety Program. Applicant must have a valid class C Kansas driver's license, supervisory and management experience, experience in County government including budget management. Experience in Public Works preferred. Salary DOQ. Franklin County is an EOE. Applications and job description available at the Franklin County Clerk's Office, 315 S. Main, Ottawa, KS 66067, phone 785-229-3410. All applicants must complete an application form, which may be accompanied by a resume. Applications will be accepted until position is filled.

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TV LISTINGS

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SUNDAY MARCH 28													
	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	
KLB/ABC (4) (6)	In Touch How to Conquer Your Fears	The Coral Ridge Hour (N) (CC)	Believer Voice	Paid Program	Hour of Power (CC)	This Week-George Stephanopoulos	1st United Methodist Service						
KSNK/NBC (8) (9)	Rebecca Gdn	Martha Stewart	Today Long-term care for seniors.	Meet the Press (CC)	Paid Program	Paid Program	Your Bible	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	
KBSL/CBS (12) (11)	Messiah Baptist Church	First Family	It's Written	CBS News Sunday Morning	Face the Nation	Paid Program	Health To Heart	Glory in Black and White					
K15CG (3)	Classical Stretch	It's an Age	Zoboom-El (E)	Sagwa-the Cat	Anne of Green	Jay Jay the Jet	Dragon Tales	DragonflyTV	Book of Virtues	Small Busi-	The 11th Hour	Health Diary	
WGN (13)	Creflo A. Dollar Jr.	Singsation!	Key of David	Ronnie Floyd	Hillbillys	Happy Days	Home Improve.	Cosby Show	Fresh Prince	Fresh Prince	BeastMaster Birds (CC)		
NICK (29)	Rocket Power	Rocket Power	Rugrats (CC)	Chalk-Zone	SpongeBob	SpongeBob	Oddparents	Oddparents	Jimmy Neutron	Jimmy Neutron	Barbie of Swan Lake		
FAM (30)	Bey-blade	Bey-blade	Power Rangers	Power Rangers	Digimon-Digital	Digimon-Digital	Spider-Man	Spider-Man	Gar-goyles	Gar-goyles	7th Heaven Say Goodbye (CC)		
USA (31)	Paid Program	Paid Program	6 Second	Paid Program	Movie: Jawbreaker ** (1999)	Three teen queens accidentally kill their best friend.	Movie: Parenthood *** (1989, Comedy-Drama)	A family experiences the pressures of raising children. Steve Martin. (CC)	PGA Tour Sunday (Live) (CC)	Movie: Dirty Dancing (1987)			
TBS (37)	Movie: Home Alone 3 (1997)	A clever 8-year-old boy defends his home from spies.	Movie: It Could Happen to You *** (1994, Comedy-Drama)	Nicolas Cage.	Movie: The Bodyguard **½ (1992, Suspense)	A bodyguard falls for the singer-actress he must protect.							
TNT (38)	(5:00) Movie: Random Hearts **½ (1999) Harrison Ford.		Movie: It Could Happen to You *** (1994, Comedy-Drama)	Nicolas Cage.	Movie: The Bodyguard **½ (1992, Suspense)	A bodyguard falls for the singer-actress he must protect.							
DSC (42)	Paid Program	Paid Program	Paid Program	Paid Program	Surprise by Design Moving Forward	Rally Round the House (CC)	Sasquatch: Legend Meets Science (CC)	MythBusters Stinky Car (CC)					
A&E (47)	Old House	Old House	Breakfast With the Arts Met Auditions 2004 Met auditions 2004. (N) (CC)		America's Castles Return to Newport	Movie: The Last King (2004, Historical Drama) Rufus Sewell, Diana Rigg. (CC)							
ESPN (49)	Sports-Center	SportsCenter (CC)	NBA Matchup	Sports-Center	Outside Lines	SportsCenter (Live) (CC)	Wm. Basketball						
HBO (7)	(5:45) Movie: Funny About Love ** (1990) Gene Wilder.	Legendary	Movie: Shallow Hal **½ (2001, Comedy) Gwyneth Paltrow, Jack Black. (CC)		Movie: The Adventures of Pluto Nash * (2002, Comedy)	Scooby-Doo 2							
DISN (17)	PB&J Otter	Stanley (CC)	The Wiggles	JoJo's Circus	The Wiggles	Stanley (CC)	Rolie Polie	House of Mouse	Movie: 101 Dalmatians II: Patch's London Adventure **½ (2003) (CC)				
MAX (21)	(5:30) Movie: All the President's Men *** (1976)		Movie: Ice Age *** (2002) Voices of Ray Romano. (CC)		Movie: Analyze That ** (2002) Robert De Niro. (CC)	Spoken & Stirred	Movie: Pretty Woman *** (1990)						

SUNDAY MARCH 28													
	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	
KLB/ABC (4) (6)	Hang-time	NBA Basketball: Dallas Mavericks at Orlando Magic. TD Waterhouse Centre. (Live) (CC)	PGA Golf: The Players Championship -- Final Round. Ponte Vedra Beach, Fla. (Live) (CC)		ABC Wild News	News (CC)							
KSNK/NBC (8) (9)	Paid Program	PGA Golf: The Players Championship -- Final Round. Ponte Vedra Beach, Fla. (Live) (CC)											
KBSL/CBS (12) (11)	Black-White	Road to the Final Four (N) (CC)	College Basketball: NCAA Tournament Regional Final -- Teams to Be Announced. Atlanta or St. Louis.		College Basketball: NCAA Tournament Regional Final -- Teams to Be Announced.								
K15CG (3)	On the Record	McLaughlin	To the Contrary	Classic Gospel (CC)	Smart Travels	Cabin Country	Sewing-Nancy	Kaye-Quilting	Religion-Ethics	Kansas Arts			
WGN (13)	Movie: The Sure Thing *** (1985, Comedy) John Cusack. (CC)		MLB Preseason Baseball: Oakland Athletics at Chicago Cubs. From Mesa, Ariz. (Live) (CC)		Nick-toons TV	Nick-toons TV	Told by Ginger	Real Access					
NICK (29)	(11:00) Barbie of Swan Lake	Grown Up	Romeo!	All That	Amanda	Nick-toons TV	Nick-toons TV	Told by Ginger	Real Access				
FAM (30)	Movie: The Growing Pains Movie (2000, Comedy) Alan Thicke, Joanna Kerns. (CC)		Movie: The Facts of Life Reunion ** (2001, Comedy) Lisa Whelchel. (CC)		Movie: I Want to Marry Ryan Banks (2004, Romance-Comedy) Jason Priestley.								
USA (31)	(11:00) Movie: Dirty Dancing (1987)	Movie: Head Over Heels **½ (2001, Comedy) Monica Potter. (CC)		Movie: Never Been Kissed ** (1999, Comedy) Drew Barrymore. (CC)		Movie: Bring It On **½ (2000)							
TBS (37)	(11:00) Movie: What's the Worst That Could Happen? * (2001) Martin Lawrence. (CC)		Movie: Lethal Weapon *** (1987, Drama) Mel Gibson. (CC)		Movie: U.S. Marshals ** (1998) (PA) Tommy Lee Jones.								
TNT (38)	Movie: Sleepless in Seattle ***½ (1993) a grieving widower captures the heart of an engaged woman.		Movie: Overboard **½ (1987, Comedy) Goldie Hawn, Kurt Russell.		Movie: What Women Want **½ (2000) Mel Gibson. (CC)								
DSC (42)	More Than Human	Monster Garage Delivery Truck (CC)	Monster House Vegas House (CC)	The Repossessors 2 (CC)	JFK Conspiracy (CC)	Seven Wonders of Ancient Rome							
A&E (47)	(10:00) Movie: The Last King (2004)	House of Dreams (CC)	House of Dreams A winner is chosen.	Old House	Ask This Old	Ask This House	Sell This House	Sell This House	Makeovr Mama				
ESPN (49)	Wm. Basketball	ATP Tennis: Tennis Masters Series -- Nasdaq 100 Open -- Early Rounds. (CC)	NHL Hockey: Regional Coverage -- Mighty Ducks at Wild or Blues at Blackhawks		Movie: Real Women Have Curves *** (2002) (CC)		Movie: Shallow Hal **½ (2001) (CC)						
HBO (7)	A Boy's Life A boy contends with dysfunction. (CC)	Movie: Enough (2002) A woman takes her daughter and flees her abusive husband.											
DISN (17)	Barbarian	Kim Possible	That's-Raven	Lizzie McGuire	Even Stevens	Proud Family	Lilo & Stitch	Barbarian	Kim Possible	Proud Family	Even Stevens	Sister, Sister	
MAX (21)	(11:00) Movie: Pretty Woman ***	Movie: Cradle 2 the Grave ** (2003, Action) Jet Li. DMX. (CC)	Movie: Half Past Dead ** (2002, Action) Steven Seagal, Morris Chestnut. (CC)		Movie: Harry Potter and the Chamber of Secrets (2002)								

SUNDAY MARCH 28													
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
KLB/ABC (4) (6)	America's Funniest Home Videos (CC)	Extreme Makeover: Home Edition (CC)	Alias The Frame (N) (CC)	The Practice (N) (CC)	News (CC)	Seinfeld (CC)	Seinfeld (CC)	Paid Program					
KSNK/NBC (8) (9)	Dateline NBC (CC)	American Dreams	Law & Order: Criminal Intent (N)	Crossing Jordan	News	The West Wing	Inside Edition						
KBSL/CBS (12) (11)	60 Minutes (CC)	Cold Case	Movie: Jesus (2000)	The life of the man whom some believe to be the Messiah.	News	News	The Outer Limits						
K15CG (3)	American Family La Casa (CC)	Nature Ireland (N) (CC) (DVS)	Masterpiece Theatre	My Uncle Silas II	Globe Trekker	Chile and Easter Island	Mystery! The Mrs. Bradley Mysteries						
WGN (13)	Mutant X Mysterious woman. (CC)	Andromeda A map leads to the Abyss.	The X-Files Little Green Men (CC)	News (CC)	Instant Replay	Matlock The Narc (CC)	In the Heat of the Night (CC)						
NICK (29)	Romeo!	Drake & Josh	Brothers News Special	Full House	Cosby Show	Rose-anne	Cosby Show	Cosby Show					
FAM (30)	Switched UP!	Life-Sitcom	Movie: The Cowboy and the Movie Star * (1998, Adventure) Sean Young.	Movie: Autumn in New York *½ (2000, Romance) Richard Gere. (CC)	Law & Order: Special Victims	Touching Evil	Movie: It Could Happen to You						
USA (31)	(5:00) Movie: Bring It On **½ (2000)	Movie: Romeo Must Die **½ (2000, Action) Jet Li, Aaliyah. (CC)	Movie: U.S. Marshals ** (1998) Sam Gerard gets caught up in another fugitive case. Tommy Lee Jones.	Movie: Ever After (1998) A courageous scullery maid wins the heart of a prince.	Movie: Ever After (1998) A courageous scullery maid wins the heart of a prince.	Movie: Ever After (1998) A courageous scullery maid wins the heart of a prince.	Movie: Ever After (1998) A courageous scullery maid wins the heart of a prince.						
TNT (38)	(4:30) Movie: What Women Want **½	Colosseum: A Gladiator's Story	MythBusters Barrel of Bricks (CC)	Animal Face-Off Lion vs. Tiger (N)	Unraveling of a Candidate (N)	MythBusters Barrel of Bricks (CC)	Animal Face-Off Lion vs. Tiger						
DSC (42)	Crossing Jordan	Biography Oprah Winfrey: Heart of the Matter (CC)	Biography Oprah Winfrey: Heart of the Matter (CC)	Biography Dr. Phil (CC)	Airline (CC)	Airline (CC)	Biography: Oprah Winfrey						
A&E (47)	Blue Christmas (CC)	Biography Oprah Winfrey: Heart of the Matter (CC)	Biography Oprah Winfrey: Heart of the Matter (CC)	Biography Dr. Phil (CC)	Airline (CC)	Airline (CC)	Biography: Oprah Winfrey						
ESPN (49)	(5:30) NBA Basketball: Philadelphia 76ers at Boston Celtics. FleetCenter. (Live) (CC)	Dream Job (Live) (CC)	Dream Job (Live) (CC)	Dream Job (Live) (CC)	SportsCenter (Live) (CC)	Game-night							
HBO (7)	(5:00) Movie: Shallow Hal (2001)	Six Feet Under	The Sopranos All Happy Families (CC)	Deadwood Deep Water (N) (CC)	Movie: Old School ** (2003, Comedy) Luke Wilson. (CC)	Movie: Enough							
DISN (17)	That's-Raven	Lizzie McGuire	Movie: Flubber (1997) A scatterbrained professor invents a miraculous substance.	Barbarian	That's-Raven	Kim Possible	Proud Family	Even Stevens	Sister, Sister				
MAX (21)	(4:30) Movie: Harry Potter-Chamber	Movie: Analyze That ** (2002, Comedy) Robert De Niro, Billy Crystal. (CC)	Movie: Cradle 2 the Grave ** (2003, Action) Jet Li. DMX. (CC)	Intimate Sess.	Movie: True Romance (1993)								

MONDAY MARCH 29													
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
KLB/ABC (4) (6)	(5:59) News	Ent. Tonight	Movie: The Haunting *½ (1999, Horror) (PA) Liam Neeson. (Premiere) Vegas (CC)	20/20 (CC)	News (CC)	Nightline (CC)	Jimmy Kimmel Live (N) (CC)						
KSNK/NBC (8) (9)	News	Wheel of Fortune	Fear Factor All Female Episode	Las Vegas Semper Spy (CC)	Average Joe: Adam Returns (N) (CC)	The Tonight Show	Late Night						
KBSL/CBS (12) (11)	News (CC)	Friends (CC)	Yes, Dear	Still Standing	Raymond	Two/Half Men	CSI: Miami Deadline (TV) (N) (CC)	News (CC)	Late Show John Meyer. (CC)	Late Night			
K15CG (3)	The NewsHour With Jim Lehrer	Antiques Roadshow (N) (CC)	New Americans (N) (CC)										
WGN (13)	Will & Grace	Home Improve.	Movie: Amongst Friends **½ (1993, Drama) Steve Paravacchio.	News (CC)	Becker (CC)	Becker (CC)	Elimi-date						
NICK (29)	Rugrats (CC)	SpongeBob	Oddparents	Grown Up	Full House	Cosby Show	Cosby Show	Rose-anne	Rose-anne	Cosby Show	Cosby Show		
FAM (30)	7th Heaven It Takes a Village (CC)	Movie: The Sandlot *½ (1993, Comedy-Drama) Tom Gault, Mike Vitar.	Movie: Call Me: The Rise and Fall of Heidi Fleiss (2004) Jamie-Lynn DiScala.	Movie: Call Me: The Rise and Fall of Heidi Fleiss (2004) Jamie-Lynn DiScala.	Movie: Call Me: The Rise and Fall of Heidi Fleiss (2004) Jamie-Lynn DiScala.	Movie: Call Me: The Rise and Fall of Heidi Fleiss (2004) Jamie-Lynn DiScala.	Movie: Call Me: The Rise and Fall of Heidi Fleiss (2004) Jamie-Lynn DiScala.						