

Watching stop smoking commercials only intensifies the cravings

From “ABBY,” page 4

One thing about nursing homes is the fact that many patients can be taken out of them for a meal or an outing. If your grandchildren are not aware of it, be sure to let them know.

DEAR ABBY: I am in the process of trying to quit smoking, and I have a pet peeve.

Sometimes when I'm home relaxing and watching television, a commercial for a product to help people stop smoking will come on. Abby, the sight of a cigarette gives me the urge to smoke!

Since the surgeon general was wise enough to ban cigarette ads on TV, why are they allowed to advertise smoking cessation products and show lighted cigarettes?

The sight of that burning cigarette in the ad starts me craving.

It's torture to those who are trying to quit.

Please help me encourage stop-smoking advertisers NOT to use cigarettes in their ads!

Thank you.

— TRYING TO QUIT SMOKING IN MICHIGAN

DEAR TRYING TO QUIT: I'm printing your letter because you have a valid point.

There have been times when 15 minutes after watching a food commercial, I have found myself in the kitchen with my nose in the refrigerator.

Since marketing is such a large part of our culture, the lesson here may be that people can never let down their guard.

DEAR ABBY: My husband has run up telephone bills amounting to \$15,000. His credit cards are maxed out on “900” numbers.

That's not all — our two children can't go online without something sexual appearing on the screen or someone sending an instant message, thinking they are talking to my husband about sex.

When I leave the house, he immediately puts our daughters in their rooms and goes online to porn sites or to talk to women.

He is taking much-needed money from me and our children to get his kicks. I have begged him to stop, but the problem is getting worse.

Should I stick to my word and leave him if he doesn't quit?

— WORRIED WIFE IN KENTUCKY



Abigail Van Buren

• Dear Abby

DEAR WORRIED WIFE: Yes. Because your husband's problem affects the children, it is time to draw the line.

He isn't behaving that way for “kicks.” He appears to be severely addicted to sex.

If he's receptive to getting help, he should contact the Augustine Fellowship. It's an international organization of more than 1,000 groups — a 12-step program based on the principles of AA. It serves people who want to break their patterns of sex and love addiction, or obsessive/compulsive behavior.

The Web site is www.slaafws.org; the phone number is 781-255-8825.

DEAR ABBY: My 14-year-old daughter, “Michelle,” wants to take driver's education next year when she's in the 10th grade.

Most of her friends will be taking the class.

I explained to her that I'm so afraid something will happen while she's behind the wheel, I don't want to sign for the class or her permit.

Michelle has assured me that she's responsible and would never drive without my consent. She says I should trust her.

She's a great child — a straight-A student and very trustworthy. I do trust her, but I can't get over my fear

of losing her. She says she understands, but I see the hurt in her eyes whenever she tries to talk to me about it.

Yesterday a boy in a nearby city, driving with only his permit, was in an accident that killed seven children — ages 15 and under.

I'm sure the boy's parents trusted their son or they wouldn't have signed for his permit. Now they have to live with this. I don't think I could handle the guilt.

I'm afraid if I sign, Michelle may drive the way that boy did and wind up in a fatal accident. Children aren't perfect. Sometimes they do things they shouldn't.

Am I doing the right thing? Please help me, Abby.

— PROTECTIVE MOM, GLEN, MISS.

DEAR PROTECTIVE MOM: Much as you might wish to, you cannot “protect” a child by keeping her ignorant.

In her driver's education class she will learn basic rules of the road, including how to safely operate an automobile under strict supervision. After that, some states, including your own, place significant restrictions on teenage drivers.

Only at age 18 is a person entitled to apply in Mississippi for a full, unrestricted one-year license.

If you wish to add restrictions of your own, the option is yours, particularly if the car is yours.

I suggest making a contract with her that stipulates what grade average she must maintain to keep her driving privileges, limiting the number of passengers she can transport, and also

setting distance limits. A version of the following contract has appeared in my column before:

DRIVING CONTRACT
I (), agree to the stipulations stated below granting me the privilege of driving. If, at any time, I violate this agreement, my driving privileges will be forfeited.

(1) Should I get a traffic ticket, I agree to pay for the ticket, as well as the difference in the insurance premium for as long as the premium is in effect.

(2) I agree to pay for damages that I incur not covered by insurance.

(3) At no time will I ever drink alcoholic beverages and drive, nor will there ever be any in the car.

(4) I will not drive the car until I and all passengers have buckled up.

(5) I will keep the car I drive clean, inside and out, be aware of its needs for gas, oil, etc., and wax it as needed.

I have read the above agreement and sign it in accordance with the rules.

Signed,
() Child
() Parent
Date:

Editor's note: 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, Calif. 90069.

Choices and more choices



2001 Chevy Ext 4WD
•black•LS•27K miles



2001 Chevy Ext 4WD
•silver•LT•32K miles

Ext Cab
Z71 4 WD's



2001 Pontiac Gr Am
•4 dr•spoiler, CD•36K miles

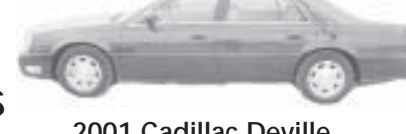


2001 Chevy Monte SS
•sunroof•leather•43K miles

Sporty
Cars



2003 Cadillac Deville
•bronzemist•heated seats•18K miles



2001 Cadillac Deville
•wine red•leather•34K miles

Luxury
4 Dr Sedans



2003 Olds Bravada
•white•gray leather•17K miles



2002 GMC Envoy
•white•SLE cloth•30K miles

Small
SUV's



2001 Dodge Dakota
•SLT•crew cab•39K miles



2001 Ford Ranger Ext
cab•red•V-6•Quad cab

Small
PU's

FINLEY MOTORS, INC.

Highway 27 Goodland, KS
(785) 899-2346 or 1-800-525-3701 www.finleymotorsinc.com

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TV LISTINGS

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SUNDAY APRIL 18

	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
KLBY/ABC (4) (6)	In Touch Ministries (CC)		The Coral Ridge Hour (N) (CC)		Believer Voice	Garden Time	Hour of Power (CC)		This Week-George Stephanopoulos	1st United Methodist Service		
KSNK/NBC (8) (9)	Rebecca Gdn	Martha Stewart	Today (CC)		Meet the Press (CC)		Paid Program	Paid Program	Your Bible	Paid Program	Paid Program	Paid Program
KBSL/CBS (12) (11)	Paid Program	Messiah Baptist	First Family	It Is Written	CBS News Sunday	Morning	Face the Nation	Paid Program	Health To Heart	Paid Program	Paid Program	Paid Program
K15CG (3)	Classical Stretch	America's Wlk	Zoboom-afooo (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)	Chang-ing	Singsa-tion!	Key of David	Ronnie Floyd	Hillbilities	Happy Days	Home Improve.	Cosby Show	Fresh Prince	Fresh Prince	BeastMaster	Regeneration (CC)
NICK (29)	Thorn-berrys	Rocket Power	Rugrats (CC)	Chalk-Zone	Spon-geBob	Spon-geBob	Oddpar-ents	Oddpar-ents	Jimmy Neutron	Jimmy Neutron	Hey Arnold!	Hey Arnold!
FAM (30)	Bey-blade	Bey-blade	Power Rangers	Power Rangers	Digimon-Digital	Digimon-Digital	Spider-Man	Spider-Man	Gar-goyles	Gar-goyles	Full House	Movie:
USA (31)	Paid Program	Paid Program	Body by Jake	Paid Program	Movie: Dragonheart	★★½ (1996, Fantasy)	Movie: Dennis Quaid (CC)	PGA Tour Sunday (Live) (CC)	Touching Evil	Memorial (CC)		
TBS (37)	(5:00) Movie: An Innocent Man ★★	Movie: Presumed Innocent ★★½ (1990, Drama)	A married prosecutor goes on trial for his lover's murder.	Movie: Monte Walsh ★★½ (2003, Western)	Tom Selleck, Isabella Rossellini.	Movie: Hard to Kill (1990) A policeman emerges from a seven-year coma. (CC)	Motorcycle Mania (CC)	MythBusters Exploding Toilet	Movie: Fire Down Below ★★ (1997)			
TNT (38)	In the Heat of the Night (CC)	Movie: Monte Walsh ★★½ (2003, Western)	Tom Selleck, Isabella Rossellini.	Movie: Hard to Kill (1990) A policeman emerges from a seven-year coma. (CC)	Motorcycle Mania (CC)	MythBusters Exploding Toilet	Movie: Fire Down Below ★★ (1997)					
DSC (42)	Body by Jake	Paid Program	Paid Program	Paid Program	Surprise by Design Slam Dunk Surprise	Rally Round the House (CC)	Motorcycle Mania (CC)	MythBusters Exploding Toilet	Movie: Horatio-Loyalty			
A&E (47)	Old House	Ask This Old	Breakfast With the Arts		The Star Treatment/The Yosemite Killer	American Justice The Yosemite Killer	Movie: Horatio-Loyalty					
ESPN (49)	Sports-Center	SportsCenter (CC)	NBA Matchup	Sports-Center	Outside Lines	Sports Reports	SportsCenter (Live) (CC)	Baseball Tonight				
HBO (7)	O.J.: A Study in Black and White	On the Record (CC)	The Curse of the Bambino (CC)	Movie: Star Wars: Episode II -- Attack of the Clones ★★½ (2002, Science Fiction)	Ewan McGregor. (CC)	Looking for Fidel						
DISN (17)	PB&J Oter	Stanley (CC)	The Wiggles	JoJo's Circus	The Wiggles	Stanley (CC)	Recess (CC)					
MAX (21)	(5:30) Movie: Body Heat ★★½ (1981) William Hurt.	Movie: Baby's Day Out ★★ (1994, Comedy) Joe Mantegna.										

SUNDAY APRIL 18

	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
KLBY/ABC (4) (6)	Paid Program	Paid Program	Paid Program	Paid Program	Hang-time	NBA Basketball: First Round -- Teams to Be Announced. (Live) (CC)			ABC Wid	News (CC)		
KSNK/NBC (8) (9)	Bull Riding: PBR Built Ford Tough Series. Colorado Springs, Colo. (CC)				Arena Football: Regional Coverage				News	NBC News		
KBSL/CBS (12) (11)	NCAA Winter Highlights (N) (CC)	Arnold Palmer: 50 Years of Golf (CC)	PGA Golf: MCI Heritage -- Final Round. From Hilton Head Island, S.C. (Live) (CC)	Classic Gospel (CC)	Smart Travels	Cabin Country	Sewing-Nancy	Kaye-Quilting	Religion-Ethics	Kansas Spotlight		
K15CG (3)	On the Record	McLaughlin	McLaughlin	To the Contrary	Movie: Beautiful Girl ★★ (2003, Comedy)	Marissa Jaret Winokur. (CC)	Movie: Romeo Must Die ★★½ (2000) Asian and black gangsters vie for control of prime property. Jet Li. (CC)	NBA Playoffs				
WGN (13)	MLB Baseball: Chicago White Sox at Tampa Bay Devil Rays. Tropicana Field. (Live) (CC)				Movie: The Hand That Rocks the Cradle ★★½ (1999, Suspense)	Annabella Sciorra. (CC)	Movie: Set It Off (CC)					
NICK (29)	Thorn-berrys	Thorn-berrys	Nick-toons TV	Nick-toons TV	Nick-toons TV	Nick-toons TV	Nick-toons TV	Nick-toons TV	Nick-toons TV	Nick-toons TV		
FAM (30)	(11:30) Movie: The Karate Kid ★★½ (1984, Drama)	Marissa Jaret Winokur. (CC)	Movie: Beautiful Girl ★★ (2003, Comedy)	Marissa Jaret Winokur. (CC)	Movie: Romeo Must Die ★★½ (2000) Asian and black gangsters vie for control of prime property. Jet Li. (CC)	NBA Playoffs						
USA (31)	Movie: The Musketeer ★½ (2001, Adventure)	Catherine Deneuve. (CC)	Movie: Spy Game ★★½ (2001) A retiring agent learns that his ex-protégé is a captive. Robert Redford. (CC)	Movie: Training Day ★★ (2001) Denzel Washington. (CC)								
TBS (37)	MLB Baseball: Florida Marlins at Atlanta Braves. Turner Field. (Live)				Movie: The Hand That Rocks the Cradle ★★½ (1999, Suspense)	Annabella Sciorra. (CC)	Movie: Set It Off (CC)					
TNT (38)	(11:00) Movie: Fire Down Below (1997)	Movie: Road House ★★ (1989, Drama)	Patrick Swayze, Kelly Lynch. (CC)	Movie: Romeo Must Die ★★½ (2000) Asian and black gangsters vie for control of prime property. Jet Li. (CC)	NBA Playoffs							
DSC (42)	Human Cannonballs	Monster Garage	Monster House	Viking House	We Built This City	London (CC)	Death of Princess Diana (CC)	The Alamo (CC)				
A&E (47)	(11:00) Movie: Horatio-Loyalty	Movie: Mississippi Burning ★★½ (1988) Agents search for three missing civil rights activists.	Ask This Old	Ask This Old	Sell This House	Sell This House	Makeovr Mama					
ESPN (49)	To Be Announced				NHL Hockey: Conference Quarterfinal Game 6 -- Teams to Be Announced. (Live) (CC)							
HBO (7)	Looking for Fidel	Movie: Dances With Wolves ★★½ (1990) Kevin Costner's Oscar-winning vision of the American West. Kevin Costner. (CC)	Movie: The Transporter ★★ (2002, Action)	Jason Statham. (CC)	Movie: What a Girl Wants ★½ (2003)							
DISN (17)	Barbarian	Kim Possible	That's-McGuire	Lizzie McGuire	Proud Family	Lilo & Stitch	Lilo & Stitch	Lilo & Stitch	Lilo & Stitch	Lilo & Stitch		
MAX (21)	(11:00) Movie: Dreamcatcher ★½ (2003) Friends encounter malevolent aliens. Morgan Freeman.	Movie: The Gelfin ★★½ (1993, Drama)	Harrison Ford. (CC)	Movie: Murder by Numbers (2002)								

SUNDAY APRIL 18

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBY/ABC (4) (6)	America's Funniest Home Videos (CC)	Extreme Makeover: Home Edition (CC)	Alias Hourglass (N) (CC)	The Practice The Firm (N) (CC)	News (CC)	Seinfeld (CC)	Seinfeld (CC)	Diamond Adv.				
KSNK/NBC (8) (9)	Dateline NBC (CC)		Law & Order: Criminal Intent (N)	Crossing Jordan All the News Fit to Print	News	The West Wing	Dead Irish Writers	Inside Edition				
KBSL/CBS (12) (11)	60 Minutes (CC)	Cold Case Greed (N) (CC)	Movie: Along Came a Spider ★★ (2001, Mystery) Morgan Freeman. (CC) (DVS)	News (CC)	News	The Outer Limits	The Vessel (CC)					
K15CG (3)	American Family: Journey of Dreams	Nature Land of the Falling Lakes (CC)	Masterpiece Theatre Prime Suspect The Last Witness (N) (Part 1 of 2) (CC) (DVS)	Globe Trekker	Globe Shopper (CC)	Mystery: Hetty Wainthropp						
WGN (13)	Mutant X She's Come Undone (CC)	Andromeda Time Travel device. (CC)	The X-Files Sleepless (CC)	WGN News	Instant Replay	Matlock The Heiress (CC)	In the Heat of the Night (CC)					
NICK (29)	Romeo! (N)	Drake & Josh (N)	Brothers Garcia	Sabrina-Witch	Full House	Cosby Show	Rose-anne	Cosby Show	Cosby Show			
FAM (30)	Life-Sitcom	Life-Sitcom	Movie: Hope Floats ★½ (1998, Romance)	Sandra Bullock, Harry Connick Jr. (CC)	Switched UP!	Switched UP!	America's Funniest Home Videos (CC)	Lake Church	Feed the Children			
USA (31)	Training Day (2001)	Movie: Spartacus (2004) Spartacus leads a slave revolt against ancient Rome. (CC)	Movie: G.I. Jane ★★½ (1997) A woman undergoes the rigors of Navy SEALs training. Demi Moore. (CC)	Movie: G.I. Jane ★★½ (1997) A woman undergoes the rigors of Navy SEALs training. Demi Moore. (CC)								
TBS (37)	(5:00) Movie: Set It Off ★★½ (1996)	Movie: G.I. Jane ★★½ (1997) A woman undergoes the rigors of Navy SEALs training. Demi Moore. (CC)	Movie: G.I. Jane ★★½ (1997) A woman undergoes the rigors of Navy SEALs training. Demi Moore. (CC)									
TNT (38)	NBA Basketball: First Round -- Teams to Be Announced. (Live) (CC)	NBA Basketball: First Round -- Teams to Be Announced. (Live) (CC)										
DSC (42)	Custer's Last Stand (CC)	MythBusters Breakstep Bridge	Animal Face-Off (N)	Industrial Wonders Hoover Dam (CC)	MythBusters Breakstep Bridge	Animal Face-Off						
A&E (47)	Sell This House	Sell This House	Airline (CC)	Airline (CC)	Airline (CC)	Airline (CC)	Cleavage Mankind's fascination with breasts. (CC)	Airline (CC)	Airline (CC)			
ESPN (49)	Baseball Tonight (Live) (CC)	MLB Baseball: Oakland Athletics at Anaheim Angels. Angel Stadium of Anaheim. (Live) (CC)										
HBO (7)	(5:00) Movie: What a Girl Wants (2003)	Six Feet Under Timing & Space	The Sopranos In Camelot (N) (CC)	Deadwood The Trial of Jack McCall (CC)	Movie: Basic ★★ (2003, Suspense) John Travolta. (CC)	Movie: DontBe						
DISN (17)	Movie: Rolie Polie Olie: The Baby Bot Chase (2003) (CC)	Movie: Bug's Life ★★½ (1998) Animated. A misfit ant seeks to save his colony. (CC)	Movie: Bug's Life ★★½ (1998) Animated. A misfit ant seeks to save his colony. (CC)	Movie: Bug's Life ★★½ (1998) Animated. A misfit ant seeks to save his colony. (CC)								
MAX (21)	(5:15) Movie: Murder-Nmbrs	Movie: Two Weeks Notice ★★½ (2002, Romance-Comedy) Sandra Bullock. (CC)	Movie: Dreamcatcher ★½ (2003, Horror) Morgan Freeman, Thomas Jane. (CC)									

MONDAY APRIL 19

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBY/ABC (4) (6)	(5:59) News	Ent. Tonight	Movie: What Lies Beneath ★★½ (2000, Suspense) A housewife is swept up in a spirit's supernatural revenge. Harrison Ford. (CC)				News (CC)	Nightline (CC)	Jimmy Kimmel Live (CC)			
KSNK/NBC (8) (9)	News	Wheel of Fortune	Fear Factor Sleep Deprivation Episode	Las Vegas The Strange Life of Bob		The Restaurant (Season Premiere)		News (CC)	The Tonight Show (N) (CC)		Late Night	
KBSL/CBS (12) (11)	News (CC)	Friends (CC)	Yes, Dear (N)	Still Standing	Raymond	Two/Half Men	CSI: Miami The Oath (TV) (N) (CC)	News (CC)	Late Show (CC)		Late Late	
K15CG (3)	The NewsHour With Jim Lehrer		Antiques Roadshow Chicago		American Experience		Martin Luther Driven to Defiance	World News	May-Dec.	Charlie Rose (N) (CC)		
WGN (13)	Will & Grace	Home Improve.	Movie: The Deadly Look of Love (2000, Suspense) Jordan Ladd. (CC)			WGN News at Nine (CC)		Becker (CC)	Becker (CC)	Elimi-date (N)	The 5th Wheel	
NICK (29)	Rugrats (CC)	SpongeBob	Oddparents	Sabrina-Witch	Full House	Full House	Cosby Show	Cosby Show	Roseanne	Roseanne	Cosby Show	Cosby Show
FAM (30)	7th Heaven Let's Talk About Sex (CC)		Movie: Girls Just Want to Have Fun ★★ (1985, Comedy) Sarah Jessica Parker. (CC)				Whose Line?	Whose Line?	The 700 Club (CC)		Home Videos	Home Videos
USA (31)	(5:00) Movie: Spartacus (2004)		Movie: Spartacus (2004) Spartacus leads a slave revolt against ancient Rome. (CC)				Movie: Spartacus (2004) Spartacus leads a slave revolt against ancient Rome. (CC)		Movie: Spartacus (2004) Spartacus leads a slave revolt against ancient Rome. (CC)		Law & Order: Special Victims	
TBS (37)	Seinfeld The Pen	Friends (CC)	Movie: The Juror (1996) A hit man is sent to sway a woman's vote in a murder trial. (CC)				Movie: The Net ★★½ (1995) A mysterious diskette endangers a computer expert's life. ★★½ (1996) (CC)				Movie: The Juror ★★½ (1996) (CC)	
TNT (38)	Law & Order: Savages (CC) (DVS)		NBA Basketball: First Round -- Teams to Be Announced. (Live) (CC)		NBA Basketball: First Round -- Teams to Be Announced. (Live) (CC)		NBA Basketball: First Round -- Teams to Be Announced. (Live) (CC)		NBA Basketball: First Round -- Teams to Be Announced. (Live) (CC)		NBA Basketball: First Round -- Teams to Be Announced. (Live) (CC)	
DSC (42)	MythBusters Best Myths 2		Monster House Mad Scientist House		Monster Garage (N)		American Chopper Liberty Bike 2 (N)		Monster House Mad Scientist House		Monster Garage	
A&E (47)	American Justice: Mystery		Biography Traci Lords (N) (CC)		Family Plots (N)		Family Plots (N)		Airline (CC)		Biography Traci Lords (CC)	
ESPN (49)	Sports-Center	NHL Hockey: Conference Quarterfinal Game 7 -- Teams to Be Announced. (Live) (CC)				Baseball Tonight (Live) (CC)		SportsCenter (Live) (CC)		Baseball Tonight		
HBO (7)	On the Record (CC)		Movie: Harry Potter and the Chamber of Secrets ★★ (2002, Fantasy) A malevolent force threatens the students at Hogwarts.					Real Sports (CC)		Movie: Swimfan ★½ (2002) (CC)		
DISN (17)	Sister, Sister	Lizzie McGuire	Movie: Pixel Perfect (2004, Comedy) Ricky Ullman. (CC)			Kim Possible	Sister, Sister	Boy Meets World.	Kim Possible	Proud Family	Even Stevens	Sister, Sister
MAX (21)	(5:30) Movie: Scooby-Doo (2002)		Movie: Just Married ★ (2003, Comedy) Ashton Kutcher. (CC)			Jeff	Movie: Biker Boyz (2003) A young man joins the world of illegal motorcycle racing.					