

# People looking for jobs need support of people

DEAR ABBY: After having been laid off from work and talking to other people in the same boat, I have discovered that many of us share similar experiences. With our economy what it is, I would like to offer some suggestions on how to help the unemployed through a difficult time:

(1) Because the individual seems OK doesn't mean he or she really is.



## abigail van buren

• dear abby

Being laid off is traumatic. There are bound to be major adjustments and self-doubt. The tendency is to keep emotions bottled up. Be there for them. Your support can make all the difference.

(2) Call or visit regularly. Someone who's unemployed can feel isolated. Unless you've been through it yourself, you have no idea how lost and useless a person feels. Someone

taking time out of his or her busy schedule to call, e-mail or visit can mean the world.

(3) Just because money may be tight, don't be afraid to extend an invitation to go out together. If money is an issue, offer to treat — or do something that doesn't cost anything.

(4) Don't be afraid to ask how things are going. Job hunting can be discouraging and frustrating. It's a relief to be able to vent!

(5) If you promised to look out for job opportunities, please keep your word. He or she can use all the help you can give. Also, a personal referral might be just the ticket to get a

foot in the door. (Especially now, when employers receive hundreds of resumes for every opening.) On the flip side, do not refer the person for just any job. Be sure it suits the individual's background and is what he or she is seeking.

(6) Don't think that because the person hasn't found something right away, he or she is lazy. It takes some people a year — or more — to find another job. Do not be judgmental.

(7) Appreciate your own job, even on the bad days, because it could be worse — YOU could be the one laid off! If it could happen to me, it could happen to you. — SOMEONE WHO'S BEEN THERE

DEAR SOMEONE: Thank you for a terrific letter filled with practical and sensitive advice. Many individuals have found themselves out of work through no fault of their own, and often they become isolated because their friends feel awkward or don't realize they need emotional support.

DEAR ABBY: My niece, "Jennifer," is being married next month. She and her mother (my sister) have a strained relationship due to her mother's substance abuse and addictions. For this reason, I have acted as my niece's surrogate mother for the last 20 years.

Jenny invited her mother to the

wedding, but asked her to come sober or not to show up. If my sister attends her daughter's wedding, how should she be treated as the mother of the bride in regards to seating, photos, etc.? — FULLERTON, CALIF., AUNT

DEAR AUNT: Your sister should be seated with family, not necessarily at the head table. She should be included in at least one family photo and one with the bride and groom. It's the respectful and compassionate thing to do.

In case the bride's mother shows up "under the influence," arrangements should be made beforehand for her to be escorted out and safely transported back to her dwelling.

SATURDAY EVENING JULY 19, 2003										
	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30
2	PBS Keeping Up	Red Green	Lawrence Welk Show		"Bonhoeffer: Agent of Grace" (2000, Biography) Ulrich Tukur. <a href="#">TV</a> <a href="#">G</a>	Bless Me, Father	Austin City Limits "David Byrne" <a href="#">TV</a>			
3	IND <b>★ ★ ★</b> "Austin Powers: International Man of Mystery" (1997, Comedy) Mike Myers. <a href="#">TV</a> <a href="#">G</a>				<b>★ ★</b> "Dumb & Dumber" (1994, Comedy) (PA) Jim Carrey, Jeff Daniels, Lauren Holly. <a href="#">TV</a> <a href="#">G</a>			(:15) <b>★ ★</b> "Ready to Rumble" (2000) <a href="#">TV</a> <a href="#">G</a>		
4	ABC <b>★ ★</b> "Krippendorf's Tribe" (1998, Comedy) Richard Dreyfuss, Jenna Elfman. <a href="#">TV</a> <a href="#">G</a>				Dragnet "The Cutting of the Swath" <a href="#">TV</a> <a href="#">G</a>	News <a href="#">TV</a> <a href="#">G</a>	Chris Matthews	Powerball-Millionaire	Ent. Tonight	
5	HBO (5:30) <b>★ ★ ★</b> "Nine Months" (1995) 'PG-13' <a href="#">TV</a> <a href="#">G</a>		(:15) <b>★ ★</b> "Joe Somebody" (2001, Comedy) Tim Allen, Julie Bowen, Kelly Lynch. <a href="#">TV</a> <a href="#">G</a>				<b>★</b> "Mr. Deeds" (2002) Adam Sandler. A pizza maker inherits a fortune from a distant relative.			
7	CBS 48 Hours Investigates <a href="#">TV</a> <a href="#">G</a>	Hack "Forgive but Don't Forget" <a href="#">TV</a> <a href="#">G</a>			District "Bloodlines" <a href="#">TV</a> <a href="#">G</a>	News <a href="#">TV</a> <a href="#">G</a>	(:35) Drew Carey <a href="#">TV</a> <a href="#">G</a>	(:05) Drew Carey <a href="#">TV</a> <a href="#">G</a>	(:35) Drew Carey <a href="#">TV</a> <a href="#">G</a>	
8	NBC Just Shoot Me (N) <a href="#">TV</a> <a href="#">G</a>	Just Shoot Me (N) <a href="#">TV</a> <a href="#">G</a>	<b>★ ★ ★</b> "Bowfinger" (1999, Comedy) Steve Martin, Eddie Murphy, Heather Graham. <a href="#">TV</a> <a href="#">G</a> (DVS)			News	Saturday Night Live Matt Damon, Bruce Springsteen. <a href="#">TV</a> <a href="#">G</a>			
11	TVLND Brady	Hap Days	Sanford	Bewitched	Griffith	Beaver	I Love Lucy Jeannie	Kotter	Soap <a href="#">TV</a> <a href="#">G</a>	
12	ESPN NHRA Drag Racing		Great Outdoor Games From Reno, Nev. (Taped)				SportsCenter (Live)		Baseball Tonight <a href="#">TV</a> <a href="#">G</a>	
13	FOX Cops (N) <a href="#">TV</a> <a href="#">G</a>	Cops <a href="#">TV</a> <a href="#">G</a>	America's Most Wanted-Fights Back		Equal Justice		Mad TV <a href="#">TV</a> <a href="#">G</a>		Sexwars	Sexwars
15	MAX (5:35) <b>★ ★ ★</b> "The First Wives Club" (1996) Goldie Hawn. 'PG' <a href="#">TV</a> <a href="#">G</a>		(:20) <b>★</b> "Cruel Intentions II" (2000, Suspense) Robin Dunne. <a href="#">TV</a> <a href="#">G</a> 'R' <a href="#">TV</a> <a href="#">G</a>				<b>★ ★ ★</b> "Trapped" (2002) Charlize Theron. A mother fights back after kidnappers take her child.			
16	TNN (5:00) <b>★ ★ ★</b> "Never Say Never Again" (1983)		Blind Date	Blind Date	Real TV <a href="#">TV</a> <a href="#">G</a>	Real TV <a href="#">TV</a> <a href="#">G</a>	Elimination	Elimination		
17	DISN Boy Meets World <a href="#">TV</a> <a href="#">G</a>	Sister, Sister <a href="#">TV</a> <a href="#">G</a>	Proud Family	Kim Possible	That's So Raven <a href="#">TV</a> <a href="#">G</a>	Lizzie McGuire	"Eddie's Million Dollar Cook-Off" (2003, Comedy) Taylor Ball. <a href="#">TV</a> <a href="#">G</a>		(:40) Kim Possible	
18	LIFE "Deep Family Secrets"		"Deadly Whispers" (1995) Tony Danza. <a href="#">TV</a> <a href="#">G</a>				What Should You Do? Nanny <a href="#">TV</a> <a href="#">G</a>		Nanny <a href="#">TV</a> <a href="#">G</a>	
20	USA Patriot G. <a href="#">TV</a> <a href="#">G</a>	<b>★ ★ ★</b> "Clear and Present Danger" (1994, Drama) Harrison Ford. <a href="#">TV</a> <a href="#">G</a>					Dragnet "Brass Ring"		Frantic	
21	SHOW (4:30) "Mr. Destiny" <a href="#">TV</a> <a href="#">G</a>	(:45) <b>★ ★</b> "Hart's War" (2002) Bruce Willis. A law student defends a murder suspect in a Nazi POW camp. 'R' <a href="#">TV</a> <a href="#">G</a>					<b>★ ★ ★</b> "Changing Lanes" (2002, Drama) Ben Affleck. <a href="#">TV</a> <a href="#">G</a> 'R' <a href="#">TV</a> <a href="#">G</a>		(:40) Movie News (ITV)	
22	TMC (:15) <b>★ ★ ★</b> "Made" (2001, Comedy-Drama) Jon Favreau, Vince Vaughn, Sean Combs. <a href="#">TV</a> <a href="#">G</a>		<b>★ ★</b> "Jay and Silent Bob Strike Back" (2001, Comedy) Ben Affleck, Jeff Anderson. <a href="#">TV</a> <a href="#">G</a>				<b>★ ★ ★</b> "King of New York" (1990, Drama)			
23	MTV Road Rules	Road Rules	Surf Girls	Surf Girls	Osbourne's	Osbourne's	Osbourne's	Osbourne's	Real World	Real World
24	DISC Body Story		Extreme Surgery Transforming disfigured faces.		Beyond Human Endurance	New Detectives: Forensic Science			New Detectives: Forensic Science	
28	TNT <b>★ ★</b> "The Wedding Planner" (2001) <a href="#">TV</a> <a href="#">G</a>				<b>★ ★</b> "The Wedding Planner" (2001) <a href="#">TV</a> <a href="#">G</a>			"Prince Charming" <a href="#">TV</a> <a href="#">G</a>		
30	FXSP NASCAR Racing: Elite		Beyond the Glory <a href="#">TV</a> <a href="#">G</a>		AVP Volleyball From Hermosa Beach, Calif.		Rocky Mt.	Rocky Mt.		
32	FAM <b>★ ★ ★</b> "Air Bud" (1997) Michael Jeter.				<b>★ ★ ★</b> "Joe Versus the Volcano" (1990)		Jesse <a href="#">TV</a> <a href="#">G</a>	Jesse <a href="#">TV</a> <a href="#">G</a>		
33	NBC Entertainment Tonight <a href="#">TV</a> <a href="#">G</a>	Just Shoot Me (N) <a href="#">TV</a> <a href="#">G</a>	Just Shoot Me (N) <a href="#">TV</a> <a href="#">G</a>		<b>★ ★ ★</b> "Bowfinger" (1999, Comedy) Steve Martin, Eddie Murphy, Heather Graham. <a href="#">TV</a> <a href="#">G</a> (DVS)		News <a href="#">TV</a> <a href="#">G</a>	Saturday Night Live		
34	NICK Rocket Power "Reggie's Big Break"		Nicktoon	Cosby	Cosby	3's Co.	3's Co.	Cosby	Cosby	
36	A&E American Justice "The California Killing Field"		Cold Case Files <a href="#">TV</a> <a href="#">G</a>		John & Carolyn: Portrait of a Marriage <a href="#">TV</a> <a href="#">G</a>		Crossing Jordan "The Truth is Out There" <a href="#">TV</a> <a href="#">G</a>		American Justice "The California Killing Field"	
38	SCIFI (4:30) "Stargate" (1994)		"Alien Hunter" (2003) James Spader. <a href="#">TV</a> <a href="#">G</a>				<b>★</b> "Alien Cargo" (1999) Jason London. <a href="#">TV</a> <a href="#">G</a>			
39	TLC Faking It "Rag Racer to Drag Queen"		Trading Spaces: Family		While You Were Out		Trading Spaces	Trading Spaces "Philadelphia: Cresheim Road"		
40	FX M*A*S*H		<b>★ ★ ★</b> "The Last of the Mohicans" (1992)				<b>★ ★ ★</b> "Men of Honor" (2000) Robert De Niro.			
45	FMC (:01) <b>★ ★ ★</b> "Doing Time on Maple Drive"		(:01) Hour of Stars		(:01) <b>★ ★</b> "Downtown" (1990) Forest Whitaker					
49	EITV Celebrities Uncensored		Showgirls	Good to Be	Saturday Night Live <a href="#">TV</a> <a href="#">G</a>		Wild On...	Howard S.	Howard S.	
51	TRAV Body Artists <a href="#">TV</a> <a href="#">G</a>		Mentawai: Tat.		Nagas: Ancient Indians		Body Artists <a href="#">TV</a> <a href="#">G</a>	Mentawai: Tat.		
53	WB "Prince of Tides" <a href="#">TV</a> <a href="#">G</a>	<b>★ ★ ★</b> "Mississippi Burning" (1988) Gene Hackman, Willem Dafoe. FBI agents search for three missing civil rights activists.					News <a href="#">TV</a> <a href="#">G</a>	Cosby Show <a href="#">TV</a> <a href="#">G</a>	"Die Hard 2" (1990)	
54	ESPN2 IRL Racing Firestone Indy 200. (Live)				Baseball Tonight <a href="#">TV</a> <a href="#">G</a>		Softball: Celebrity		Beg, Borrow & Deal 2	
58	HIST History Undercover "Battle for Berlin" <a href="#">TV</a> <a href="#">G</a>		History's Mysteries The Soviet Union copies the U.S. B-29 Superfortress. <a href="#">TV</a> <a href="#">G</a>				Vanishings! (N) <a href="#">TV</a> <a href="#">G</a>	Vanishings! (N) <a href="#">TV</a> <a href="#">G</a>	History Undercover "Battle for Berlin" <a href="#">TV</a> <a href="#">G</a>	
59	HLTH Paid Prog.		Workout	Bodies	Health Specials <a href="#">TV</a> <a href="#">G</a>		Doctors Diaries <a href="#">TV</a> <a href="#">G</a>	Workout	Bodies	
60	UNIV Sábado Gigante						P. Impacto	Noticiero	Otro Rollo	
62	HGTV Decorating Design		Designing Mission		Designers' Design		Decorating Design		Designing Mission	
99	WGN MLB Baseball		Broadway's Best		News <a href="#">TV</a> <a href="#">G</a>		Fresh Pr.	<b>★ ★ ★</b> "Predator" (1987) <a href="#">TV</a> <a href="#">G</a>		

SUNDAY EVENING										JULY 20, 2003			
	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30			
2	PBS	Nature "The Urban Elephant" (N) (DVS)	Mystery! "The Mrs. Bradley Mysteries" (N)		1900 House (N) (Part 2 of 4) (G)		Charlie Rose (N) (N) (G)		Mystery! "Hetty Wainthropp Investigates" (N)				
3	IND	★★★ "The Cable Guy" (1996, Comedy) Jim Carrey, Matthew Broderick. Premiere. (G)				★★★ "The Cable Guy" (1996, Comedy) Jim Carrey, Matthew Broderick, Leslie Mann. (G)				★★ "Dumb & Dumber" (1994) Jim Carrey.			
4	ABC	(5:00) ★★ "Small Soldiers" (1998, Action) (N)	Alias "Firebomb" (N) (G)		Practice "Choir Boys" (N) (G)		News (N) (G)		(:35) Seinfeld (G)	(:05) Paid Program	Diamond Adventures		
5	HBO	(5:45) ★★★ "Say Anything..." (1989) John Cusack. (N) "PG-13" (G)	★★★ "Stuart Little 2" (2002) Voice of Michael J. Fox. (N) "PG" (G)			Sopranos "Mr. Ruggiero's Neighborhood" (N) (G)		Sex and the City (N)		Project Greenlight			
7	CBS	Becker (N) (G)	Becker (N) (G)	★★★ "Analyze This" (1999) Robert De Niro. An angst-ridden mobster seeks a psychiatrist's help.			News (N) (G)		(:35) News	(:05) Outer Limits "Vanishing Act" (N) (G)			
8	NBC	(5:00) Dateline (N) (G)	Law & Order: Criminal Intent "Cuba Libre" (N) (G)		The Restaurant (Series Premiere) (N) (N) (G)		News		Inside Edition	(:05) Ebert & Roeper	(:35) Paid Program		
11	TVLND	Brady	Hap Days	Sanford	Bewitched	Legends (N) (N) (G)		Jeannie		MacGyver "Earthquake"			
12	ESPN	MLB Baseball St. Louis Cardinals at Los Angeles Dodgers. (Live)						SportsCenter (Live)		Baseball			
13	FOX	Simpsons (N) (DVS)	Banzai (ITV) (N) (N)	Malcolm in the Middle	Malcolm in the Middle	Stargate SG-1 Carter has a unique new friend.		Outer Limits "Vanishing Act" (N) (G)		Knight Rider "Knight Flight to Freedom"			
15	MAX	(5:00) ★★★ "Murder by Numbers" (2002) 'R'	★★★ "Joy Ride" (2001, Suspense) Steve Zahn, Paul Walker. (N) (N) (G) 'R' (N) (G)			(45) ★★★ "The Hunt for Red October" (1990, Adventure) Sean Connery, Alec Baldwin, Scott Glenn. (N) (G) 'PG' (N) (G)							
16	TNN	"On Her Majesty's Secret Service"		Real TV (N) (G)		WWE Heat		Elimination		Elimination	Real TV (N) (G)	Real TV (N) (G)	
17	DISN	Boy Meets World (N) (G)	Sister, Sister (N) (G)	Proud Family	Kim Possible	That's So Raven (N) (G)	Lizzie McGuire	"Eddie's Million Dollar Cook-Off" (2003, Comedy) Taylor Ball. (N) (G)		(40) Kim Possible			
18	LIFE	"A Child's Cry for Help"		Division (G)		Strong Medicine (N)		Any Day Now (G)		"One Woman's"			
20	USA	★★ "10 Things I Hate About You" (1999) (G)			Dead Zone (N) (G)		Law & Order		Dead Zone (N) (G)				
21	SHOW	(5:00) ★★★ "Rat Race" (2001) Rowan Atkinson.	★★★ "The Others" (2001, Horror) Nicole Kidman, Christopher Eccleston. (ITV) (N) "PG-13" (G)			Horror Nicole Kidman, Christopher Eccleston. (ITV) (N) "PG-13" (G)		★★ "Along Came a Spider" (2001, Mystery) Morgan Freeman, Monica Potter. (ITV) (N) 'R' (N) (G)					
22	TMC	(05) ★★★ "Ghost World" (2001, Comedy-Drama) Thora Birch, Scarlett Johansson. (N) (N) (G)		★★ "Get Over It" (2001) Kirsten Dunst, Ben Foster. (N) (N) (G)		★★ "Jeepers Creepers" (2001) Gina Phillips, Justin Long. (N) (N) (G)							
23	MTV	Got Game? (N) (G)	Got Game? (N) (G)	Osbourne's	Osbourne's	Real World	Real World	Real World	Real World	Punk'D (N) (G)	Punk'D (N) (G)		
24	DISC	Prehistoric America "The Wild West"		Prehistoric America		Egypt Uncovered		Prison Medical (N)		Material Witness (N)			
28	TNT	★★★ "The Wedding Singer" (1998) (G) (DVS)				★★★ "The Net" (1995) Sandra Bullock, Jeremy Northam.				Bird-Wire			
30	FXSP	(5:00) AVP Volleyball		See This		See This		Boxing: Sunday		Beyond the Glory (N)		Rocky Mt. (N) (G)	
32	FAM	"Lucky 7" (2003) Kimberly Williams-Paisley. (G)			"Lucky 7" (2003) Kimberly Williams-Paisley. (G)			Williams-Paisley. (G)		Church		Feed	
33	NBC	Dateline (N) (G)				Law & Order: Criminal Intent "Cuba Libre" (N) (N) (G)		The Restaurant (Series Premiere) (N) (N) (G)		News (G)		(45) She Spies (N) (G)	
34	NICK	Garcia	Clueless	Cosby	Cosby	Cheers (N) (G)	Cheers (N) (G)	3's Co. (N) (G)	3's Co. (N) (G)	Cosby	Cosby		
36	A&E	Biography "Oprah Winfrey: Heart of the Matter" Oprah Winfrey explores her life and career. (G)					Biography "Oprah Winfrey: Heart of the Matter" Oprah Winfrey explores her life and career. (G)						
38	SCIFI	★★ "Meet Joe Black" (1998) Brad Pitt, Anthony Hopkins. (N) (G)				Scare		Scare		Farscape (N) (G)			
39	TLC	Faking It Bookworm becomes cheerleader.		Faking It A beer-guzzler tries to fool judges.		Trading Spaces: Family (N)		Better-Worse		Wedding Story		For Better or for Worse "Amanda & Ian"	
40	FX	★★★ "Men of Honor" (2000, Drama) Robert De Niro, Cuba Gooding Jr.				★★★ "The Client" (1994) Susan Sarandon.							
45	FMC	(:01) ★★ "Shooting Elizabeth" (1992, Comedy)				(:01) "The Crazy World of Julius Vrooder" (1974)		"Sleep-Enemy"					
49	EITV	Christina Aguilera (N)				Love Chain   Fame		Christina Aguilera					
51	TRAV	Bathrm-Vegas		Millionaire Trailer Parks		Rich RV Parks		Bathrm-Vegas		Millionaire Trailer Parks			
53	WB	Gilmore Girls "Back in the Saddle Again" (N) (G)		Charmed "A Witch in Time" (N) (G)		Boarding House: North Shore (N) (G)		News (N) (G)		Friends (N) (G)	Everybody-Raymond		
54	ESPN2	NHRA Drag Racing		Great Outdoor Games From Reno, Nev. (Taped)				RPM 2Night		NHRA	Strongman	Games	
58	HIST	History of the Beach: The history of beaches. (N) (G)		Turning Tides of History		Mail Call (N) Conquest (N) (N) (G)		Color of War America's emergence as a leader.		History of the Beach: Turning Tides			
59	HLTH	Paid Prog.   Paid Prog.		Workout		Bodies		Health Specials (N) (G)		Doctors Diaries (N) (G)		Workout	Bodies
60	UNIV	La Hora Pico		"Doña Bárbara" (1998) Ester Goris, Ruth Gabriel.				P. Impacto		Noticiero		Tras la Verdad	
62	HGTV	Before Aft	Building	Intl. Housewares Show				ExtrmHms		How Work		Before Aft	Building
99	WGN	Andromeda (N) (G)	Adventure Inc. (N) (G)		News (N) (G)		Replay		Broadway's Best		In the Heat of the Night		

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