Depression could be driving teenage girl to cut herself

DEAR ABBY

DEAR ABBY: I'm a 15-year-old girl. For the past year I have been self-injuring. I take a sharp object and scrape the skin off until it bleeds. My mom saw the scars on my arm. I have 15 other ones, but she doesn't know about them.

I have to keep lying to her and it hurts. I want to stop, but I can't. How can I tell her I lied? I know she will be very upset. — **STUCK IN UTAH**

DEAR STUCK: Go to your mother, tell her that you need to talk to her about something important, but you are afraid she will be angry with you. Ask her to hear you out before she reacts. Then tell her everything you have told me and ask for her help. That's what mothers are for.

If necessary, show her your letter to me and my response because she needs to understand that when individuals self-injure, it is often to cope with serious depression -- which is an illness -- and it takes the help of a mental health professional to stop.

DEAR ABBY: My husband took up the guitar about 10 years ago. I thought it was a great idea at first and encouraged his interest. Within two years of his learning to play, I was expected to sit, listen to him and never interrupt a song.

Needless to say, his demands have not gone over well with me. This is his hobby, not mine. He plays well, but can't sing a note. When he does, he sounds like a cat in heat, and he likes to perform like he's playing for a crowd.

My peace and quiet at home are gone. He says I don't support him. What is your take on this? — **WANTS PEACE AND QUIET**

DEAR WANTS: Your husband wants praise and validation, and you should give it to him in the area where it's deserved -- for having mastered the guitar. However, because his singing needs tweaking, be honest and tactfully suggest he find a vocal coach to help him in that area. If he reacts defensively, be sure to mention that some of the finest singers in the world get coaching throughout their careers to avoid damaging their vocal cords.

PS. Perhaps you should encourage him to find other musicians to start a group. That way, he'll have an outlet for his talent and you'll be free (at last!).

DEAR ABBY: I am an eighth-grader in junior high, and there is a girl I really like. My problem is I'm afraid to tell her I love her.

I know she likes someone else and wants to go out with him, but I don't know if she likes me. When I'm home, I write her poems, and I want to drop them off at her locker, but I am scared to. We are in three classes together. Do you have any advice? — **NERVOUS BOY**

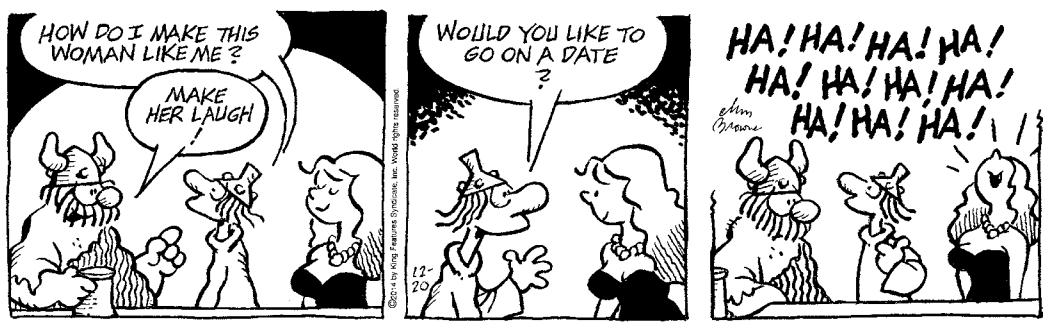
DEAR NERVOUS BOY: Yes. If you're smart, you'll wait until that girl is over her crush before declaring your feelings for her. The boy she has her eye on may or may not be interested in her. But as long as she's fixated on him, she won't be receptive to a romance with you, and it could be embarrassing if you say anything prematurely. (The same goes for anonymously dropping off your literary efforts at her locker.)

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

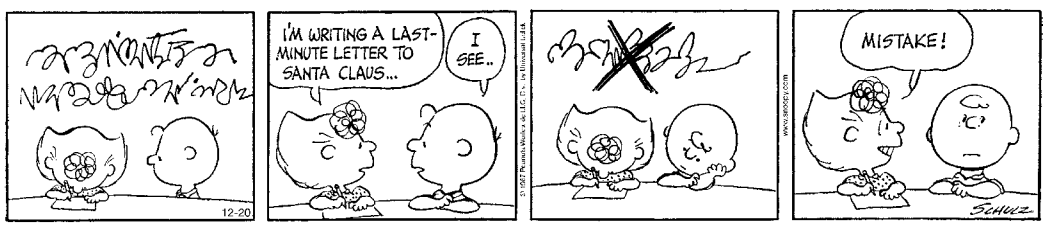
COMICS

Tundra

Hagar the Horrible

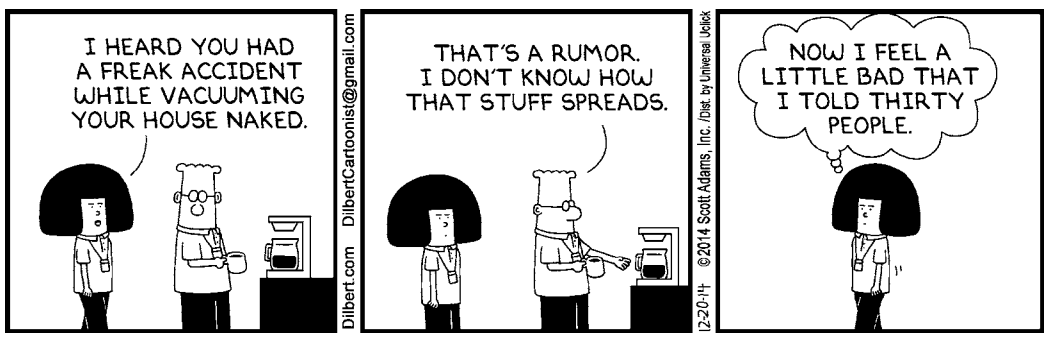


Peanuts



Baby Blues

Dilbert



su|do|ku

© Puzzles by Pappocom

		4			8	1		
	2			1	7		6	4
				2				
		8				6	5	
2			9		5			3
	4	5				7		
				9				
5	8		1	3			7	
		9	7			4		

Instructions for play: Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

That's all there is to it. There's no math involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive!

Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

The solution for today's puzzle will be published in Saturday's paper. Or you can go to www.sudoku.com to find the solution.

6	7	4	5	2	3	9	8	1
3	5	9	4	8	1	6	2	7
8	1	2	6	7	9	5	3	4
1	9	5	7	3	4	2	6	8
7	8	6	2	9	5	1	4	3
4	2	3	1	6	8	7	9	5
9	4	1	8	5	2	3	7	6
2	6	8	3	1	7	4	5	9
5	3	7	9	4	6	8	1	2

HOROSCOPES

ARIES - Mar 21/Apr 20

Aries, you feel amazing this week. Your enthusiasm can be quite contagious, and many friends may come calling in the hopes that your good vibes rub off.

TAURUS - Apr 21/May 21

You may have difficulty solving a difficult problem at work this week, Taurus. Take a methodical approach, and the solution will come to you before you know it.

GEMINI - May 22/Jun 21

Things may not have been going your way, Gemini, but there is still no reason for disappointment. You will find a way to bounce back from these setbacks in a few days.

CANCER - Jun 22/Jul 22

Cancer, your presence alone is enough to impress people this week. Focus all of your energy on positive things, and you will accomplish quite a bit before the week is over.

LEO - Jul 23/Aug 23

Leo, now is a good time to assess your health goals and make a few plans for the new year. It's within reason to change your diet or start a new exercise regimen.

VIRGO - Aug 24/Sept 22

Incredible efficiency this week has you zipping through your to-do list, Virgo. Enjoy some relaxation time once you have completed all your projects.

LIBRA - Sept 23/Oct 23

Work and family issues are on your mind, Libra. Find ways to balance work and family as best as you possibly can. Don't be hard on yourself if you cannot manage everything.

SCORPIO - Oct 24/Nov 22

Scorpio, this week is a great time to complete projects that have been on your plate for quite some time. All you really need to do is set your mind on them.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, you may feel rushed by external pressures, but it's really up to you to set your own pace. If you keep a calm head, things will fall in place and you can complete your tasks.

CAPRICORN - Dec 22/Jan 20

This week some people close to you need a little space. Honor their requests and show them some respect, Capricorn. Your relationships will weather the time apart.

AQUARIUS - Jan 21/Feb 18

Aquarius, things are bound to move quickly once you put a plan in motion. Get all of your ducks in a row to make a smooth transition. You may have to do some homework.

PISCES - Feb 19/Mar 20

You can probably have fun in any situation this week, Pisces. Your youthful exuberance will keep you busy and laughing.

FAMOUS BIRTHDAYS

DECEMBER 21
Jane Fonda, Actress (77)

DECEMBER 22
Chris Carmack, Actor (34)

DECEMBER 23
Eddie Vedder, Singer (50)

DECEMBER 24
Kate Spade, Designer (52)

DECEMBER 25
Demaryius Thomas, Athlete (27)

DECEMBER 26
Jared Leto, Actor (43)

CROSSWORD

By THOMAS JOSEPH

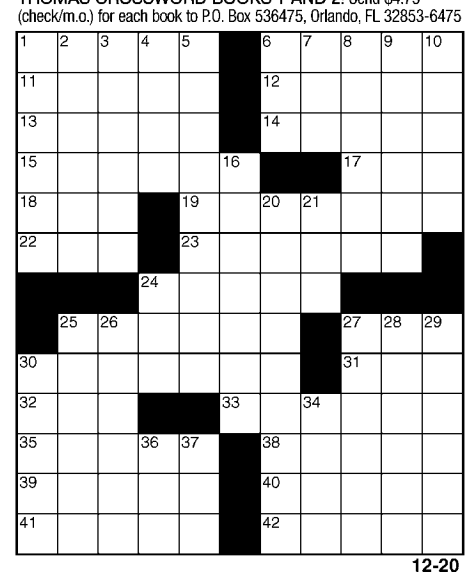
ACROSS
1 Turn aside
6 In the future
11 Jimmy, e.g.
12 Fosse forte
13 Bakery come-on
14 Map division
15 Pole VIP
17 May honoree
18 Writer Follett
19 Faces, slangily
22 Reduce drastically
23 Pitches
24 Dorian Gray's creator
25 Sweatshirt variety
27 Pricing word
30 Did without
31 Supporter's vote
32 Hold
33 Trio of myth
35 Studio sign
38 Walled Spanish city
39 State game
40 New York's — Island
41 Worry
42 Shoelace problems

DOWN
1 1867 purchase
2 Angle point
3 Tennis great Gool-agong
4 Do followers
5 Spot for some bettors
6 Spots on TV
7 Bowler, e.g.
8 Tooth layer
9 Cast makeup
10 Judges
16 "Gunga Din" writer
20 Divert
21 Spot
24 Impress greatly
25 Rhyming greeting
26 Decorative
27 "Serpico" star
28 Grommet
29 Puts another way
30 Ninnies
34 Stratford's river
36 "Give — rest!"
37 Go bad

F	A	C	E	■	T	E	M	P	L	E
O	R	A	L	■	A	R	I	S	E	N
R	I	N	K	■	P	O	N	I	E	D
M	A	D	■	C	E	D	E	■	■	■
■	■	L	A	U	D	E	■	C	H	I
S	T	E	V	E	■	S	T	A	I	D
T	O	N	E	■	■	■	O	N	C	E
U	T	U	R	N	■	V	O	D	K	A
B	E	T	■	I	N	A	L	L	■	■
■	■	■	S	C	O	T	■	E	G	O
P	E	R	I	O	D	■	O	P	E	N
O	R	A	C	L	E	■	V	I	L	E
L	A	T	K	E	S	■	A	N	T	S

Previous Puzzle

THOMAS CROSSWORD BOOKS 1 AND 2! Send $4.75 (check/m.o.) for each book to P.O. Box 536475, Orlando, FL 32853-6475



12-20

CROSSWORD

By THOMAS JOSEPH

ACROSS
1 Christmas song
6 Christmas Eve traveler
11 "O come, let us — Him"
12 Rose hazard
13 Singer Summer
14 Sprinted
15 Region
17 Lock opener
18 Entries for 6-Across
22 Impolite
23 Acquit
27 Hollywood deal maker
29 Andrea — (ill-fated ship)
30 Confer
32 Piece of Christmas mail
33 Glitters
35 "Honest" president
38 Eins und zwei
39 Cowboy contest
41 Uses shears
45 Basketball star Patrick
46 Wading bird
47 Winter gliders
48 Russian rulers

DOWN
1 Scoundrel
2 Brouhaha
3 Harry's friend
4 Tree decorations
5 Get smart
6 Wandered
7 Cry of insight
8 Fit an arrow to a bow
9 Christmas symbol
10 Tennis star Roddick
16 Twisty fish
18 Zodiac animal
19 Colossal
20 Midmonth day
21 They're hung before Christmas
24 Test type
25 "Chestnuts roasting on an open —"
26 Crazes
28 Dominant ones
31 Simple card game
34 Stopwatch button
35 God of war
36 "...like a — full of jelly"
37 TV's Falco
40 Wrap up
42 Writer Levin
43 For each
44 Ave. intersectors

A	C	I	D	■	S	C	A	R	E	S
R	O	M	E	■	E	R	R	A	T	A
A	P	P	S	■	M	E	E	T	A	T
L	Y	R	I	C	I	S	T	■	■	■
■	■	E	R	A	■	T	H	E	M	E
O	N	S	E	T	■	S	A	M	O	A
P	O	S	■	■	■	■	■	P	O	T
A	V	E	R	T	■	B	I	R	D	S
L	A	S	E	R	■	A	G	E	■	■
■	■	■	S	A	N	D	U	S	K	Y
P	U	M	I	C	E	■	A	S	I	A
A	S	I	D	E	S	■	N	E	C	K
L	A	T	E	S	T	■	A	S	K	S

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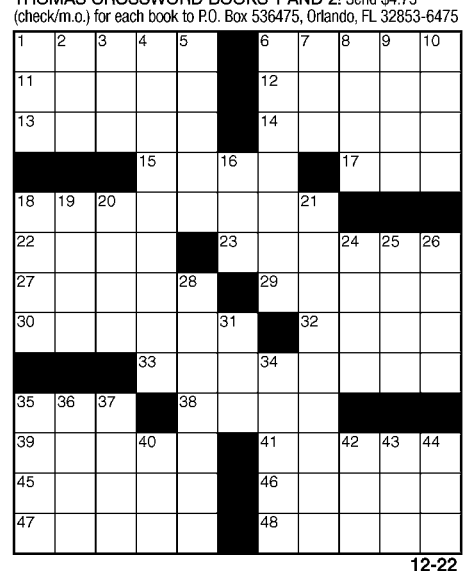

12-22

Daily Cryptoquote – Here's how to work it:

A X Y D L B A A X R
is L O N G F E L L O W

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

12-20 CRYPTOQUOTE

XZ DODAV FCZFDXOYRND QYZZDA, EUD GYQXNV XI NXZM EC CBA LYIE, RAXJKD EC CBA GBEBAD. — YNDP UYNDV

Previous Cryptoquote: I FIND THE FAMILY THE MOST MYSTERIOUS AND FASCINATING INSTITUTION OF THE WORLD. – Amos Oz