

Check out these warning signs of potential abusers

DEAR ABBY: When my daughter was 20, she met a guy who one minute showered her with roses and the next would beat her up. She stayed with him thinking she could change him, and became pregnant. On her 21st birthday, she tried to get away from him. He chased her up the road and went to punch her in the stomach. When she turned to avoid the blow, it landed, hitting the baby in the head and killed the child.

Abby, once a beater, always a beater. I hope all women in abusive relationships will see this letter. My daughter is fine now, married and expecting. I pray for the women and girls out there who are going through what she once had to. — **PENNSYLVANIA MOM**

DEAR PENNSYLVANIA MOM: I'm glad you wrote, because your letter reminds me that it has been some time since I printed the warning signs of an abuser. Here they are:

- (1) **PUSHES FOR QUICK INVOLVEMENT:** Comes on strong, claiming, "I've never felt loved like this by anyone." An abuser pressures the new partner for an exclusive commitment almost immediately.
- (2) **JEALOUS:** Excessively possessive; calls constantly or visits unexpectedly; prevents you from going to work because "you might meet someone"; checks the mileage on your car.
- (3) **CONTROLLING:** If you are late, interrogates you intensively about whom you talked to and where you



DEAR ABBY

were; keeps all the money; insists you ask permission to go anywhere or do anything.

(4) **UNREALISTIC EXPECTATIONS:** Expects you to be the perfect mate and meet his or her every need.

(5) **ISOLATION:** Tries to isolate you from family and friends; accuses people who are your supporters of "causing trouble." The abuser may deprive you of a phone or car, or try to prevent you from holding a job.

(6) **BLAMES OTHERS FOR PROBLEMS OR MISTAKES:** It's always someone else's fault if something goes wrong.

(7) **MAKES OTHERS RESPONSIBLE FOR HIS OR HER FEELINGS:** The abuser says, "You make me angry" instead of "I am angry," or says, "You're hurting me by not doing what I tell you."

(8) **HYPERSENSITIVITY:** Is easily insulted, claiming hurt feelings when he or she is really mad. Rants about the injustice of things that are just a part of life.

(9) **CRUELTY TO ANIMALS OR CHILDREN:** Kills or punishes animals brutally. Also may expect

children to do things that are far beyond their ability (whips a 3-year-old for wetting a diaper) or may tease them until they cry. Sixty-five percent of abusers who beat their partners will also abuse children.

(10) **"PLAYFUL" USE OF FORCE DURING SEX:** Enjoys throwing you down or holding you down against your will during sex; finds the idea of rape exciting.

(11) **VERBAL ABUSE:** Constantly criticizes or says blatantly cruel things; degrades, curses, calls you ugly names. This may also involve sleep deprivation, waking you with relentless verbal abuse.

(12) **RIGID GENDER ROLES:** Expects you to serve, obey, remain at home.

(13) **SUDDEN MOOD SWINGS:** Switches from sweet to violent in minutes.

(14) **PAST BATTERING:** Admits to hitting a mate in the past, but says the person "made" him (or her) do it.

(15) **THREATS OF VIOLENCE:** Says things like, "I'll break your neck" or "I'll kill you," and then dismisses them with, "Everybody talks that way," or "I didn't really mean it."

Readers, if you feel you are at risk, contact the National Domestic Violence Hotline at 800-799-7233 or www.thehotline.org.

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, CA 90069.

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

HELOISE'S KITCHENEERING BY HELOISE

The Good and Bad Pad

Dear Heloise: Why do the people who put chicken pieces in foam trays put in the little ABSORBENT PADS? They do indeed absorb stray fluids, but they start stinking within 24 hours at room temperature. This isn't good if it's two or three days until garbage pickup. — C.K., via email

I'm with you — they are yucky! But they do serve a purpose. The pad keeps the chicken (and meat) "looking good" by absorbing any liquid that may leak while it sits in the cold storage bin in the store. You are right that it can become smelly if it sits in the garbage can for too long. Try this classic Heloise hint: Wrap the liner in a plastic bag and put it in the freezer until garbage day! Many readers do this with any food that cannot go down the garbage disposal and that starts smelling if it sits in the garbage can until pickup day. Just remember to get it out of the freezer when garbage day arrives! — Heloise

Individual Servings

Dear Heloise: I make many soups and stocks during the winter. A good hint for making individual-serving-size portions is to pour the soup or stock into the cups of a muffin tin before freezing. After the soup is frozen, it easily pops out. — Layla M. in Wisconsin

This is a great way to freeze soups, especially if you have limited freezer space, while being able to have just one cup! After freezing, repackage the soups (in plastic freezer bags or containers) for a better fit in the freezer. Soup is my go-to meal for lunch or dinner, especially in the winter. I have a super (souper!) pamphlet, Heloise's Spectacular Soups, filled with favorite soup hints, plus recipes from friends and family members. To receive a copy, send \$5 and a long, self-addressed, stamped (66 cents) envelope to: Heloise/Soups, P.O. Box 795001, San Antonio, TX 78279-5001. When freezing soups, be aware that soups with noodles or rice may change texture when reheated. Try freezing stocks, and then, after heating, add your favorite noodles or rice before serving. — Heloise

Clump-Free Salt

Dear Heloise: I have a hint that I have used for years. I may be the only one around who uses popcorn (un-popped, of course!) as a great way to keep salt in a saltshaker from clumping. I have found that over time, the rice breaks into bits small enough to be shaken out. However, popcorn kernels never break up.

The popcorn seems to absorb moisture from humidity, and if there is any clumping, it breaks apart the clumps when you shake out the salt. It takes only two or three kernels in a shaker, and they last practically forever. — Virginia M. in Texas

Upside Down

Dear Heloise: If you store your "fruit on the bottom" yogurt upside down in the refrigerator, then give it several good shakes before you open it, it will be so much easier to mix. — Peggy C. in Texas

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.

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

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Texas landmark
- 6 March time
- 10 Ran easily
- 11 Court event
- 12 Like Superman
- 13 Kitchen cooker
- 14 Med. sch. subject
- 15 Hang loosely
- 16 For each
- 17 Peas' place
- 18 Harden
- 19 Introduced, in a way
- 22 Mailbox feature
- 23 Wallet bills
- 26 Having a stupid expression
- 29 Pussy foot
- 32 North Pole worker
- 33 Director Spike
- 34 "It's my belief ..."
- 36 Sylvester's trademark
- 37 Grain to grind
- 38 Join the big leagues

DOWN

- 39 Some babies
- 40 Detail map
- 41 New Haven school
- 42 Must have
- 1 Abner's creator
- 2 Cars from repair shops
- 3 Clothes nickname
- 4 Come together
- 5 Eccentric customers
- 6 Qom's country
- 7 Little dents
- 8 Patriotic bird
- 9 Winter weather
- 11 Compromise
- 15 Clinic
- 17 Clinic
- 20 Dandy
- 21 Genetic stuff
- 24 Astronomical event
- 25 Fumes

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

Previous Puzzle

NEW CROSSWORD BOOK! Send \$4.75 (check/m.o.) to Thomas Joseph Book 1, P.O. Box 536475, Orlando, FL 32853-6475

1	2	3	4	5		6	7	8	9
10						11			
12						13			
14						15			
16						17			18
19						20			21
22						23			24
									25
26						27			
28						29			30
31						32			33
34						35			36
37						38			
39						40			
41						42			

1-8

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Accords
- 6 Lightning setting
- 11 Lusitania sinker
- 12 Truism
- 13 "Twilight" heroine
- 14 One of the Bradys
- 15 Wreckage
- 17 Shoe hue
- 19 Rented out
- 20 Lingerie item
- 23 Wed in secret
- 25 Glided
- 26 Investigates
- 28 Subsequently
- 29 Misplay
- 30 Holds
- 31 "— Yankee Doodle Dandy"
- 32 Auction signal
- 33 Hitchcock classic
- 35 Horrible
- 38 Puccini opera
- 41 American crop
- 42 Ryan of "Paper Moon"
- 43 Firebugs
- 44 Takes ten

DOWN

- 1 Place for a pint
- 2 Tad's dad
- 3 Healthy hound features
- 4 Yarn
- 5 Horse homes
- 6 Unspoken
- 7 Line of symmetry
- 8 Hr. part
- 9 Okra unit
- 10 One of Jo's sisters
- 16 Old Russian force
- 17 Decimal fraction
- 18 Hilo hello
- 20 Puritans
- 21 Fab Four drummer
- 22 Appended
- 24 Signing need
- 25 Heir, often
- 27 Power plant part
- 31 Resort spots
- 33 "The Godfather" writer
- 34 Give an edge
- 35 Band blaster
- 36 Method
- 37 Fragrant tree
- 39 Manx, for one
- 40 Capp and Capone

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

Previous Puzzle

NEW CROSSWORD BOOK! Send \$4.75 (check/m.o.) to Thomas Joseph Book 2, P.O. Box 536475, Orlando, FL 32853-6475

1	2	3	4	5		6	7	8	9	10
11						12				
13						14				
						15				
16						16				
17	18					19			20	21
									22	
23						24			25	
26									27	
28									29	
30						31			32	
						33			34	
35	36	37							38	39
										40
41									42	
43						44				

1-9

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.

1-8 CRYPTOQUOTE

W E Y W J P Y N R M J M W U I
T U L C Y J N B W M U L T U L N M N W N
M L H P M V S M L Z U L B L U W E Y J
G B L ' N U H N Y J C B W M U L , L U W
U C Y J W P J L M L Z M W . — Y S F B J S
H P V F Y J - V D W W U L

Previous Cryptoquote: ACCEPT WHAT PEOPLE OFFER. DRINK THEIR MILKSHAKES. TAKE THEIR LOVE. — Wally Lamb

COMICS

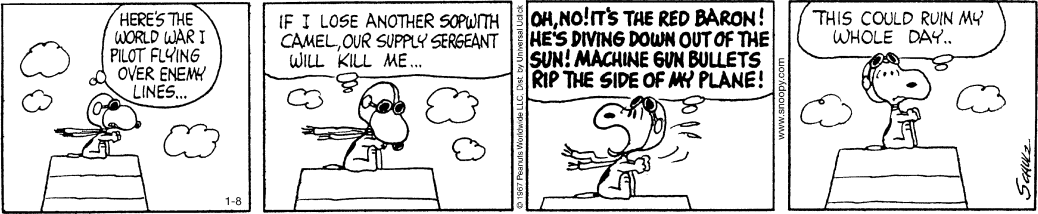
Tundra



Hagar the Horrible



Peanuts



Baby Blues



Dilbert

