

Woman who left abusive ex struggles with lingering ties

DEAR ABBY: I was married to a man who ruled my every move. After years of torture and abuse, I finally became frightened enough to leave. Since then I have met a wonderful, caring, loving man who I wouldn't trade for the world. He treats me with kindness, respect and love. He makes me laugh and smile and appreciate life. I am allowed to be myself and function how I will. I am happier than I have ever been.

My question is, sometimes I miss my emotionally and physically abusive ex. I have no desire to BE with him, but after all those years, it's hard to adjust some days.

Is something wrong with me? I would never leave my current relationship for my ex. I feel like I have found my soul mate. But these lingering thoughts trouble me. Am I normal? What do I do? I don't have a girlfriend to confide in. — **FOUND MY SOUL MATE**

DEAR FOUND: I'm touched that you would confide in me. Yes, you are normal. Time has a way of dulling emotional pain, and with time we tend to gloss over unpleasantness. Your ex may not have been brutal and controlling all the time, and you are remembering the happier times. I don't think that what you are missing has much to do with HIM. What you may be missing is the adrenaline rush you got from the drama.

DEAR ABBY: I had an inappropriate relationship with a senior officer at the firm where I work. It ended a year ago. I was married at the time – I am now divorced – and he is married. Occasionally during



DEAR ABBY

the past year, he has made advances, but I rejected them. However, today his advances were persistent and almost demanding. For the first time, I felt a little threatened.

I don't want to cause trouble for him, his job and certainly not his family. But what do I do? I'd like to think he has gotten the message, but what if it continues? I like the guy; I'm just not interested anymore. — **DON'T WANT TROUBLE**

DEAR DON'T WANT TROUBLE: It appears "Romeo" hasn't quite gotten the message, so it's time to make EXPLICIT your wishes in this matter. If he continues to persist, then you will have to report it to human resources.

DEAR ABBY: I have a great husband who has only one quirk. He often forgets to zip his fly. At home, who cares? But it happens in public too often and creates an uncomfortable scene when my friends are around.

Should I be hard on him, or just sympathize and keep my mouth shut? And what should I do when it's clear that he's the only one who doesn't know? — **JUST ZIP IT**

DEAR JUST ZIP IT: Has your husband always

forgotten to zip his fly, or is his forgetfulness something recent? If it is recent, and you have noticed other lapses in what should be automatic behavior, then it is time he had a neurological evaluation by a physician.

Because this happens with some frequency, work out a code with him to remind him his fly is open – or take him aside and quietly point out that he needs to make an adjustment.

DEAR READERS: Tomorrow is Thanksgiving, and no Thanksgiving would be complete without the traditional prayer penned by my dear mother:

Oh, Heavenly Father, We thank Thee for food and remember the hungry. We thank Thee for health and remember the sick.

We thank Thee for friends and remember the friendless.

We thank Thee for freedom and remember the enslaved.

May these remembrances stir us to service, That Thy gifts to us may be used for others. Amen.

Have a safe and happy celebration, everyone! — **Love, ABBY**

TO MY JEWISH READERS: At sundown the eight days of Hanukkah begin. I can't believe how early it has fallen this year. To all of you I wish a joyous Festival of Lights!

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

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.

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

HELOISE'S KITCHENEERING BY HELOISE

Lean on Meat

Dear Heloise: Here is a question that we have thought about for quite some time. We buy the LEANEST GROUND BEEF when we do buy ground meat. Usually it's 93/7 or 97/3, yet all show white flecks in the meat that look like ground-up fat. How do we know that we are truly getting very lean meat? — P.J. in Pennsylvania

You are! What you see is ground-up pieces of fat and marbling that is found inside the meat. What you are buying is a ratio of 97 percent lean meat to 3 percent fat, which is considered extra lean by government regulations.

Here's a hint when you want to buy the leanest cuts of meat: Look for the words "round" or "loin" in the name, such as "top sirloin" or "ground round." — Heloise

P.S.: When it's on sale or a good buy, pick up some extra to keep in the freezer.

KEEP FRESH

Dear Heloise: When friends or guests are going to be visiting, I like to serve cake with coffee. It seems the cakes tend to go stale rather quickly where the slices are cut. I now place a piece of wax paper or parchment paper over the sliced areas of the cake. As I cut each slice, I keep replacing the paper to keep the cake "sealed." It really keeps the cake fresher longer. — Stacy P., Hartford, Conn.

NO SLICK

Dear Heloise: We grow okra in our garden every year here in East Texas. When I would cut up the okra to fry it, or blanch and cool it to put in the freezer, I always would have slick hands and bowls. By accident, I found that a mixture of vinegar and water sprayed on my hands, sink and bowls took away the slick from the okra. — Josie S., Rusk, Texas

I am never surprised at the many super uses for vinegar! It does cut through grease, slime and even okra slick! This is why I wrote my pamphlet Heloise's Fantabulous Vinegar Hints and More, filled with hints and recipes for using vinegar. To receive one, send \$5 and a long, self-addressed, stamped (66 cents) envelope to: Heloise/Vinegar, P.O. Box 795001, San Antonio, TX 78279-5001. Add cucumbers to apple-cider vinegar and water for 10 to 15 minutes to create a tangy, tasty treat. Adjust the amount of vinegar to your taste. — Heloise

FOOD CARRIER

Dear Heloise: I use an empty cereal box that I lay on its side to transport baked goods. You can slide the covered dish, plate or whatever container inside. I close the top and tape it shut. Even if the box slides around, the plate inside stays covered and clean. — Kathy M., Lewes, Del.

PICKLED TOMATOES

Dear Heloise: I save the jars and juices from sour pickles and jalapeño peppers. When I pull out my tomato plants, I take the small green tomatoes, slice them very thin and put them into the juices to make "pickled" tomatoes and "hot" tomatoes. — Jerry in New Jersey

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Hoopla
- 5 Passed with ease
- 9 Some tournaments
- 11 Opera cheer
- 12 Green sauce
- 13 Treated, as a squeak
- 14 Anger
- 15 Club doorman's chore
- 17 Hauler's work
- 19 Semi-circular shape
- 20 Chophouse order
- 21 Lawn material
- 22 Texas landmark
- 24 Sleuth Spade
- 26 Paper packs
- 29 Determined
- 30 Grouser's forte
- 32 Doing the Thanks-giving honors
- 34 West of films
- 35 Look forward to
- 36 Conjure up
- 38 Dagwood's dog
- 39 Romantic gift

40" Auld Lang

- 41 Walk through water

DOWN

- 1 Subject
- 2 Verdi works
- 3 Dry expanse
- 4 Toronto's prov.
- 5 Dry
- 6 Multihued cat
- 7 Made level
- 8 Avoid
- 10 Gregarious
- 11 Tennis legend
- 16 Resident of Turkey's capital
- 18 Bulls or Bears
- 21 Shower need
- 23 Business news highlight
- 24 Ocean lane
- 25 Transportation in an Ellington song
- 27 Champagne drink
- 28 Moved like a conga line
- 29 Oodles
- 30 Mayor's domain
- 31 Gaggles members
- 33 Shop clamp
- 37 Promise

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
				10		11		
9								
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	20					21		
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29				30				31
32			33				34	
35					36	37		
38					39			
40						41		

11-27

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Diner side dish
- 5 Push rudely
- 10 Sight-seeing trip
- 11 Made like a geyser
- 12 Field unit
- 13 Art store buy
- 14 Turkey chefs
- 16 Kitchen appliances
- 20 Less fresh
- 23 Even score
- 24 Musical sounds
- 25 Carving knife
- 27 Bible boat
- 28 Shad-owed
- 29 Arrogant folks
- 32 Table protectors
- 36 Met events
- 39 Dueling weapon
- 40 Thanks-giving event
- 41 Ship of 1492
- 42 Catches
- 43 Edinburgh native

2 Nuts

- 3 Mystique
- 4 Try for a pin
- 5 Ship poles
- 6 Bank job
- 7 Possess
- 8 Dachshund's doc
- 9 Harris and Asner
- 11 Asparagus piece
- 15 Corn settings
- 17 List-ending abbr.
- 18 Take the bus
- 19 Bun topper
- 20 Wild guess
- 21 Bullfight beast

B	E	R	L	I	N		A	B	E	L
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						G	N	A	W	
						T	U	N	I	N
						U	N	I	T	
						B	O	P	S	
						E	R	R	A	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
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24						25	26		
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29			30	31					
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36	37	38						39	
40								41	
42								43	

11-28

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.

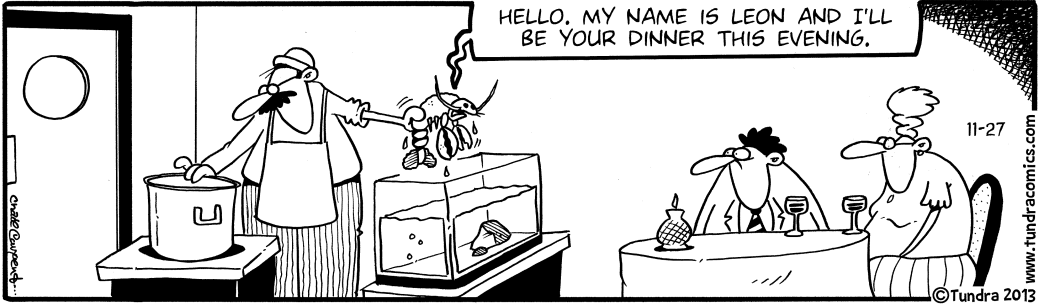
11-27 CRYPTOQUOTE

I A S V C H A F Q T S A P V I S Z
L A Z L I A E R Z D T U A V C R T L L K ;
S R A K T Q A S R A Y R T Q D J M F
F T Q W A M A Q C E R Z D T U A Z V Q
C Z V I C H I Z C C Z D . — D T Q Y A I
L Q Z V C S

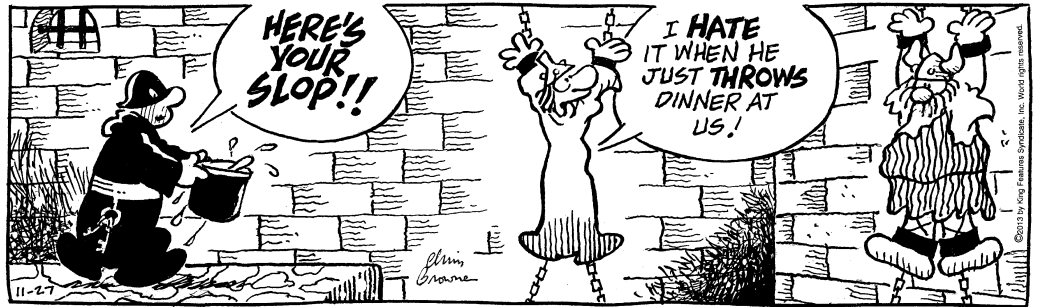
Previous Cryptoquote: WHEN YOU HAVE CONFIDENCE, YOU CAN HAVE A LOT OF FUN. AND WHEN YOU HAVE FUN, YOU CAN DO AMAZING THINGS. – Joe Namath

COMICS

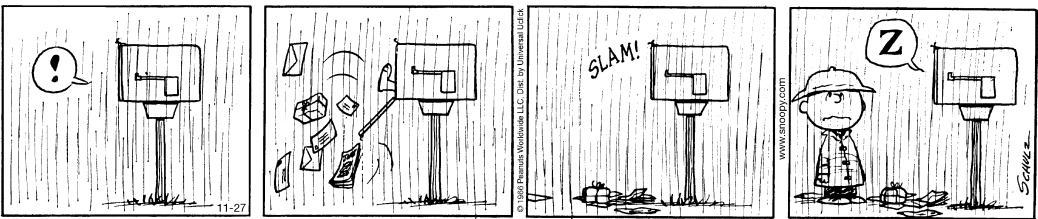
Tundra



Hagar the Horrible



Peanuts



Baby Blues



Dilbert

