Before you lose your cool, find out what makes you hot

DEAR ABBY

DEAR ABBY: I'm a good person, but when I get frustrated over something, I fly off the handle. I date, have several close friends and a good job in a field I enjoy.

Stresses in life are normal. But sometimes I blow up over things. When it happens, I can see my coworkers and friends are taken aback by my behavior. I need to improve this. I'm worried my explosive temper will affect my relationships, my job and the people I see socially. I heard you have a booklet about this issue. Where can I get one, and do you have any advice for me? — **HOT AND BOTHERED IN ATLANTA**

DEAR HOT AND BOTHERED: Yes, I do. While anger is a normal emotion, the problem with a hair-trigger temper is that people who fly off the handle often shoot themselves in the foot. That's why it's important to develop tools to recognize, control and channel anger effectively without exploding.

A first step in doing that is to analyze what may be setting you off. Does being overtired, hungry or not feeling up to par cause you to lash out? Feeling vulnerable has been known to make people feel angry and has negatively affected relationships. When a person's beliefs or values are questioned, they can become angry and, believe it or not, low self-esteem causes people to fly off the handle. People who suffer from feelings of inadequacy constantly try to prove themselves – which drives them to win every "battle" whether it's a discussion about sports or any other subject that arises.

Most adults learn from early childhood to manage anger. But it's equally important to learn to EXPRESS anger in ways that are constructive. In my booklet "The Anger in All of Us and How to Deal With It," I offer tools for channeling anger. (First among them is to recognize you are becoming angry before losing control.) It also contains suggestions for managing and expressing anger appropriately. It can be ordered by sending your name and mailing address, plus a check or money order for $7 (U.S. funds) to Dear Abby – Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price. I hope it will be helpful for you. It takes maturity to identify and verbalize negative emotions rather than lash out at others. Being able to calmly say, "When you do that (or say that) it makes me angry" will earn you the respect of others. And it's the key to defusing anger before losing control.

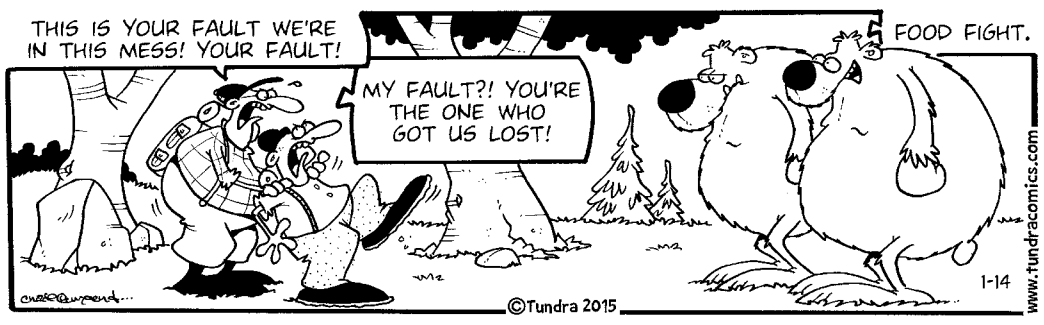
DEAR ABBY: What are my financial obligations if I invite a gentleman to a formal out-of-state wedding? Must I pay 100 percent for airfare, hotel, meals and clothing? — **PROPER MISS IN OHIO**

DEAR PROPER MISS: If the man is a gentleman, he will offer to split the cost of the airfare, hotel and meals with you. If he's not -- or can't afford it -- then the person footing the bills will be you and only you.

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

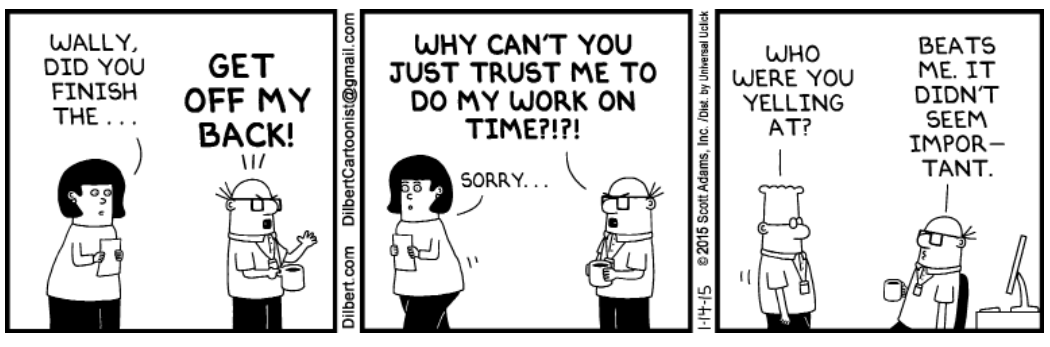


Hagar the Horrible

Peanuts

Baby Blues

Dilbert



su|do|ku

© Puzzles by Pappocom

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

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.

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

HELOISE'S KITCHENEERING
BY HELOISE

What's That Floating in My Vinegar?

Dear Heloise: I put some WHITE VINEGAR into a pint canning jar. It's more convenient than pouring out of a gallon jug for quick uses. Why does it get "floaties" in it? I just rinse out the jar with hot water and use the same jar again. — A Reader, via email

The "floaties" you see are nothing more than "mother," which is not harmful at all. Don't panic or even pour them out. Mother is caused by natural bacteria that may develop after a bottle of vinegar is opened. Most vinegar we buy is pasteurized. Some other vinegars (nonpasturized or homemade) may develop feathery, floating objects. There's no harm in eating it, or you can strain it out, and the remaining vinegar is A-OK to use. I keep several gallons of vinegar handy all over the house. My favorite pamphlet is Heloise's Fantabulous Vinegar Hints and More, because it's just crammed with my special recipes and hints for you. To receive one, please send $5 and a long, self-addressed, stamped (70 cents) envelope to: Heloise/Vinegar, P.O. Box 795001, San Antonio, TX 78279-5001. Add a teaspoon or so of vinegar into a large vase of flowers to help them last longer. — Heloise

No Explosion

Dear Readers: When cooking or heating certain foods in the microwave, you need to be extra careful so that there is not an explosion! It's important to follow the directions. Most "solid" foods, especially whole potatoes, an apple or even a hot dog, need to be "vented" so steam will escape. You should pierce this food to release some moisture. Otherwise, "boom," and a mess to clean up! — Heloise

BBQ Warning

Dear Heloise: My hint is more of a warning. My husband barbecued our dinner. He thought he was doing good by putting the hot pad he used back in the cupboard. While eating, we smelled smoke and thought it was someone else barbecuing.

We got up to clear the table and found smoke pouring out of the cupboard! The hot pad must have had a hot ember on it. Luckily, nothing caught fire, but we emptied the cupboard and had a lot of cleanup. Please warn your readers to keep hot pads outside until they are sure it is safe to put them away. — Lynne S., Oxnard, Calif.

Yikes! Who would have thought? How lucky that you were right there and had not gone away from home. Thanks for warning my readers. — Heloise

No Help Needed

Dear Heloise: I read your column every day in the (Punta Gorda, Fla.) Sun. I've had rotator-cuff surgery, so holding a mixer, breaking potatoes and mashing them is a strain. Now I use my sink, and I have a mat in there to prevent scratching. I place the bowl in the sink, and now my arms are lower. The added benefit is that any splatters are in the sink area and can be washed down. — Sandy B., Punta Gorda, Fla.

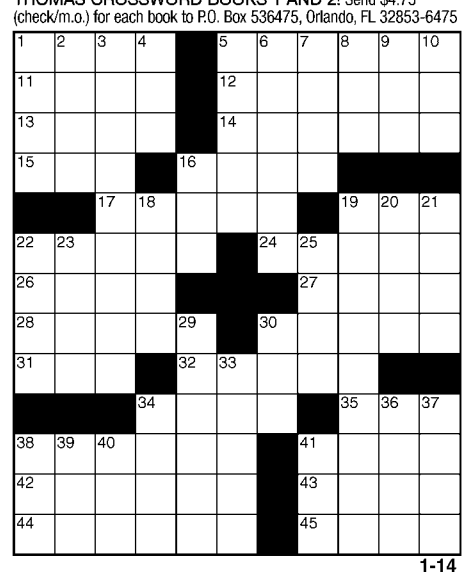
CROSSWORD
By THOMAS JOSEPH

ACROSS
1 Big party
5 Consider comparable
11 Trade fair
12 Infused with enthusiasm
13 Stepped down
14 Soaked up
15 Director Brooks
16 Young ones
17 Andean beast
19 Paint buy
22 Fiery crime
24 Doofus
26 Pound sound
27 Prom-goers' car
28 Touches on
30 Stylist's spot
31 So far
32 Move like a baby
34 Impact sound
35 Mud bath site
38 City opposite El Paso
41 Fly high
42 Punctual
43 Composer Weill
44 Enjoyed the canal
45 Wee

DOWN
1 Ceiling support
2 Wheel connector
3 Is disgorged
4 Blazing
5 Derby town
6 Proportional shares
7 Ballpark figures
8 Smartphone download
9 Kicker's aid
10 Hall-of-Famer Roush
16 Sandy color
18 Big apartment
19 Relaxes
20 Clip contents
21 Lunch hour
22 Not at home
23 Lounge attire
25 Lobster part
29 Plot
30 Sleuth Spade
33 Tore down
34 Legal paper
36 Divide
37 Pretentious
38 Occupation
39 Dos preceder
40 — standstill
41 Go downhill

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

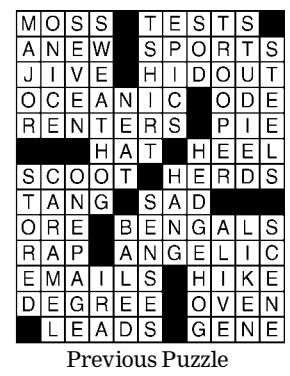


1-14

CROSSWORD
By THOMAS JOSEPH

ACROSS
1 Dope
5 Philosopher Blaise
11 Caboose setting
12 Shrewd
13 Diva's piece
14 Manhole setting
15 Sight from Newcastle
17 "— pal!"
18 Biathlon need
22 Big party
24 Brown ermine
25 Baseball score
26 Thurman of "Kill Bill"
27 Comic strip worker
30 Cotton bundles
32 Connoisseur's asset
33 Radius setting
34 Ethical course
38 La Scala setting
41 Mark's replacement
42 Pressed
43 Hearty dish
44 Library stamps
45 Compared with

DOWN
1 Turkey neighbor
2 Infamous emperor
3 Alaskan city
4 Makes speeches
5 Bidding option
6 Fall flowers
7 Narrow passage
8 Stage signal
9 Finished off
10 Charter
16 Derby, e.g.
19 Habit of cussing
20 Implausible
21 Greek vowels
22 Yank's ally
23 Moon goddess
28 Fuel gas
29 "Misery" director
30 Scrooge cry
31 Haul in
35 Olympus group
36 District
37 Quilt fill
38 Central
39 S&L offering
40 Whole bunch



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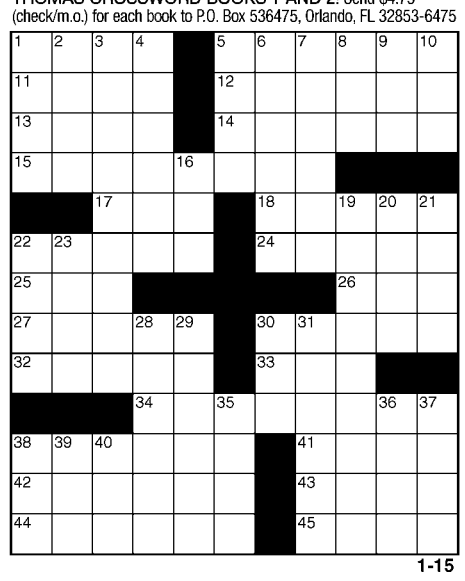

1-15

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.

1-14 CRYPTOQUOTE

VK ZMK EKMK QO KZMRE RQ GQ SQQG JQM QREKMN. VEZR REK QREKMN ZMK EKMK JQM, L GQ OQR DOQV. — HQEO JQNRKM EZYY

Previous Cryptoquote: THERE'S TWO TIMES OF YEAR FOR ME: FOOTBALL SEASON, AND WAITING FOR FOOTBALL SEASON. – Darius Rucker