

Internet obsession threatens to consume widower’s life

DEAR ABBY: I am a 58-year-old recent widower. My wife and I were very happy for 29 years, and that included a satisfying sex life. Although I am not ready to date yet, I continue to have a strong sex drive.

I’m finding the Internet is a good alternative to “hooking up” at this time. However – and this is embarrassing to admit at my age – I’m beginning to wonder if I have crossed a line into spending too much time online.

My question is, how much is too much? I want to be healthy and in balance with this, but for the first time, I understand how people can become addicted to Internet porn. Guidelines, please? — **JUST WONDERING IN GEORGIA**

DEAR JUST WONDERING: You have my sympathy for your loss. Because you are concerned enough about the amount of time you’re spending on adult Internet sites that you’re asking me about it, I think we both know that you’re not spending enough time in the real world. If this has become so much of a preoccupation that you’re substituting porn for relationships with real people, then you are “overdosing” and could benefit from talking to a psychologist about it. (You might find it easier to confide in one who’s male.)



DEAR ABBY

DEAR ABBY: During a disagreement with my boyfriend, he called me a “b—.” We have been together for 13 years, and he has never disrespected or degraded me that way before. He apologized later and said what he meant was I was acting like one (as if that’s any better), but I’m having a hard time getting past this.

When he called me that, I was stunned. I felt nauseated the rest of the day, as if he had literally punched me in the stomach. Am I wrong to react this way? Am I making a big deal out of it, and should I just accept his apology and let it go? I just feel so hurt. — **DEGRADED IN PENNSYLVANIA**

DEAR DEGRADED: People often say things they don’t mean -- or something they later regret -- in the heat of an argument. One slip of the tongue after 13 years together shouldn’t

be a deal-breaker. Accept his apology and move on already.

DEAR ABBY: I have a co-worker who is deaf. We eat lunch together every day and usually get along well. She recently told me that when she goes out with friends, she gets drunk and then drives herself home. I tried explaining why that’s not a good idea, but she got defensive and told me she’s a grown woman and not to lecture her because it’s her decision.

I have now lost so much respect for her that I’m no longer comfortable eating with her. What should I do? — **SOBER IN SAN DIEGO**

DEAR SOBER: A deaf person has extra challenges while driving and has to be extra safety-conscious behind the wheel. Add booze to that equation, and it could mean disaster. You have spoken your mind and she has spoken hers. Because you’re no longer comfortable eating with her, find another luncheon companion.

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.

su | do | ku

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

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

HELOISE’S KITCHENEERING BY HELOISE

A Second Order of Fries

Dear Heloise: Some restaurants are quite generous with FRENCH FRIES. I take them home and “recycle” them by dicing and sauteing them in a bit of olive oil, adding seasonings such as herbs or cayenne.

Refrigerate the fries when you get home, and they will hold for several days, until you’re ready to use them. It takes very little oil, and I saute them over medium heat until they are just getting nicely golden and crispy.

They’ve become one of my husband’s favorite potato dishes. Mine, too, since it takes just a few minutes to dice and a few more minutes to prepare. — Marilyn G., Conway, Ark.

A good french fry is a sad morsel to waste! Sauté some diced onions, throw in the diced fries and cook until just right for quick breakfast hash browns or what my family calls “shepherd’s potatoes.” Sounds good for Sunday breakfast! — Heloise

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Water Only

Dear Heloise: What is the best way to wash fruits and vegetables? Am I supposed to really wash them with soap and water? — Jim S. in Indiana

No, you don’t “wash” them with soap and water -- water is all you need. The Food and Drug Administration tells us NOT to use bleach, produce wash, soap or any detergent. Produce should be “washed” using running water while you rub the surface with your hand or a paper towel. Use a vegetable brush if washing potatoes, cantaloupes or other produce with hard skins. — Heloise

Pitted Olives

Dear Heloise: Pitted olives are supposed to have no pits, but the pitting machines are not perfect. It really hurts to chomp down on an olive that you assume has no pit, only to discover that you’re wrong.

When I add pitted olives to a salad or other dish, I cut them in half. This enables me to find any stray pits. It also disperses the olive flavor better. — Maureen A. in San Diego

Remove Yolk

Dear Heloise: A cool way to separate eggs is by using an empty water bottle. My kids turn the bottle upside down, squeeze, place the opening against the yolk and let go. The yolk is pulled up into the bottle. They then move the bottle and squeeze out the yolk. Fun and easy! — Jamie D., via email

Yep, this idea has been “floating” around the Internet for a while! The Heloise Central Test Team used a 16-ounce plastic bottle. It worked just fine, but do be sure that the bottle is clean! — Heloise

Fresh Berries

Dear Heloise: We eat a lot of berries with breakfast. We replace the skimpy absorbent sheet that comes in the package with a folded paper towel. The berries stay fresher for much longer.

We also transfer berries to a larger container and spread them out, which helps retain their freshness. Transferring them makes it easier to pick out moldy or damaged fruit. — Stan and Linda Carpenter in Florida

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Clock part
- 5 House of worship
- 11 Vaccine type
- 12 Out of bed
- 13 Skating spot
- 14 — up (paid)
- 15 Fuming
- 16 Hand over
- 17 Magnum —
- 19 Greek X
- 22 Canyon of the comics
- 24 Solemn
- 26 Muscle quality
- 27 Formerly
- 28 Road reversal
- 30 Black Russian ingredient
- 31 Casino action
- 32 Counting everything
- 34 Paisley person
- 35 Sense of self
- 38 Class length
- 41 Start the bidding
- 42 Source of wisdom
- 43 Despicable
- 44 Potato pancakes
- 45 Crumb carriers

DOWN

- 1 Shape
- 2 Opera song
- 3 Oil-yielding tree
- 4 Caribou’s cousin
- 5 Not live
- 6 Eats into
- 7 Coal source
- 8 Letter before omega
- 9 Writer Harper
- 10 Purpose
- 16 Stage prompt
- 18 Declare
- 19 Target for some bowlers

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

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	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								43		
44								45		

12-17

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Litmus reddener
- 5 Heart quickeners
- 11 Vatican sur-rounder
- 12 Book blunders
- 13 Phone downloads
- 14 Convene in
- 15 Lorenz Hart, e.g.
- 17 Pitcher’s stat
- 18 School paper
- 22 Beginning
- 24 Pago Pago setting
- 25 Not neg.
- 26 Poker prize
- 27 Turn away
- 30 Flock makeup
- 32 Intense beam
- 33 Ripen
- 34 Ohio port
- 38 Volcanic rock
- 41 China setting
- 42 Stage comments
- 43 Bottle part
- 44 Current fashion

45 Invites

DOWN

- 1 Shrinking sea
- 2 Duplicate
- 3 Blows away
- 4 Yen
- 5 Convoy truck
- 6 Wave peaks
- 7 Singer Franklin
- 8 Mob pariah
- 9 Greek vowel
- 10 Was inactive
- 16 Purr producer

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

Previous Puzzle

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1	2	3	4		5	6	7	8	9	10
11					12					
13					14					
15					16					
		17						19	20	21
22	23				24					
25					26					
27				28	29		30	31		
32							33			
			34					36	37	
38	39	40						41		
42								43		
44								45		

12-18

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.

12-17 CRYPTOQUOTE

Q X Q W G H Z F X R C Q N T

H Z F C S K H C T K H F Y Q S P K

R W G X R K B Q W R H Q W A

Q W K H Q H P H Q S W S X H Z F

M S Y N G . — R C S K S U

Previous Cryptoquote: LOVE DOESN’T MAKE THE WORLD GO ‘ROUND. LOVE IS WHAT MAKES THE RIDE WORTH-WHILE. – Franklin P. Jones

COMICS

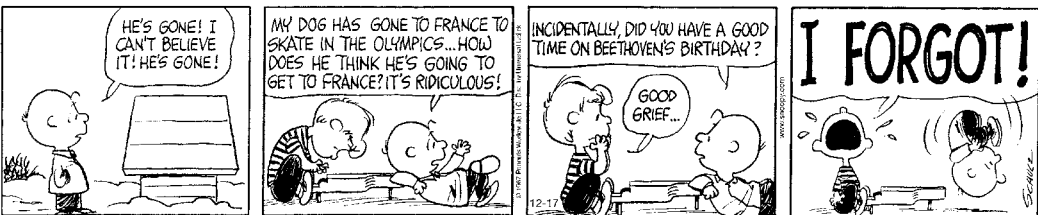
Tundra



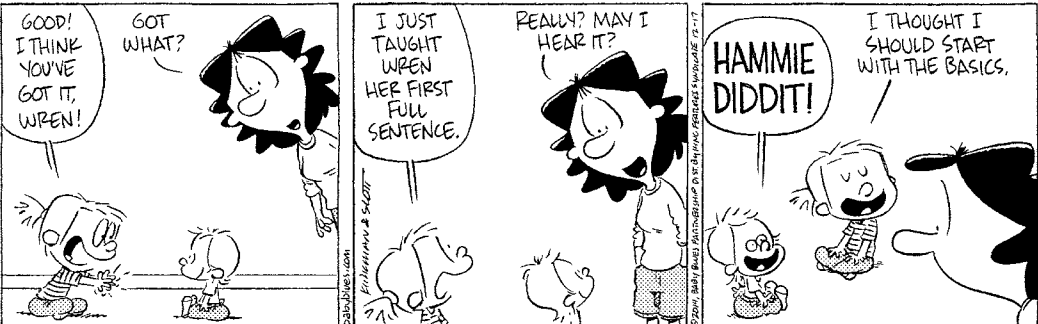
Hagar the Horrible



Peanuts



Baby Blues



Dilbert

