

# Melodramatic serial should be canceled, not renewed

**DEAR ABBY:** My boyfriend of 10 years, “Scott,” and I separated last year. I was pregnant and hormonal at the time, and told him we would never get back together. We went a month without contact, then reconnected.

While Scott was in the process of working things out with me, he had a girlfriend. He made it seem like not a big deal, but apparently it was more serious. He told her she was the love of his life and he didn’t want to lose her, etc. When our daughter was born five months later, he told me he was done with the other woman. They talked for a month after our baby arrived and then he cut her off.

I recently found some old messages between them, and my heart shattered all over again. Scott says it was all a joke and he never meant any of it. The text messages imply otherwise.

I don’t know if I should take another break to clear my head, or wait until my headache passes. Please help. — **EMOTIONAL IN THE SOUTH**

**DEAR EMOTIONAL:** If you were convinced that Scott has been completely honest, I doubt you would have searched his message history. As to his relationship with the other woman being a “joke,” I doubt she



DEAR ABBY

was laughing when -- after hearing she was the love of his life and he didn’t want to lose her -- he announced it was over.

You appear to like drama. You brought this on when you told Scott the two of you would “never” reconcile. I do think you should take a break until you are less emotional, because the choices you have made so far haven’t been entirely rational.

**DEAR ABBY:** I live on soft drinks. I don’t eat real food. I can’t remember the last time I ate a hot meal, much less vegetables. I exist solely on massive amounts of soda -- two two-liter bottles a day. If I put food in my stomach, it’s usually bread or candy.

I don’t binge and purge. Because I’m never hungry, I don’t look at it as starving myself. The last time I tried to get off the soda I got sick to my stomach, light-headed and felt out of sorts. I don’t know if I’m addicted to the

caffeine, the sugar or both. I want to be able to go to a restaurant on a date and eat like a normal person.

I don’t know what to do or how to do it. This liquid diet is slowly killing me and I need help. I have expressed my concerns to my doctors and even my therapist. I don’t think they believe me or understand the extent of my problem. What would you suggest? — **STUCK IN SOUTH CAROLINA**

**DEAR STUCK:** It appears you have an eating disorder. Because your doctor and your therapist both seem unable to understand that and help you, consider replacing them. You should also consult a licensed nutritionist who is a registered dietitian (R.D.).

Caffeine and sugar withdrawal can both cause the symptoms you describe. Neither withdrawal is “fun,” and both can cause headaches and more. You may have to wean yourself rather than quit cold turkey, and a nutritionist can help you to create a personalized eating program that’s right for 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](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.

## su | do | ku

© Puzzles by Pappocom

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

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](http://www.sudoku.com) to find the solution.

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

## HELOISE’S KITCHENEERING BY HELOISE

### Will This Solution Be Scrubbed?

Dear Heloise: I like your hint about SANITIZING DISH SPONGES in the microwave. However, I use the ones with scrubbies on one side. Is it safe to put those in the microwave? — Carol, via email

Yes, it is. However, check that the sponge/scrubbie has no metal pieces. Here’s a hint: Read the label on the package!

DO wet the sponge before “nuking” it in the microwave.

Don’T microwave a dry sponge — it’s like asking for a fire to start.

Two minutes is usually the right amount of time. Don’t “push the envelope.” — Heloise

P.S.: Folks, I don’t know what the deal is with keeping sponges FAR beyond their safe life span. Buy them when on sale; toss when it’s time!

**Send A Great Hint To:**  
Heloise  
P.O. Box 795000  
San Antonio, TX 78279-5000  
Fax: 210-HELOISE  
Email: [Heloise\(at\)Heloise.com](mailto:Heloise(at)Heloise.com)

### Falling Filters

Dear Readers: You never fail me! Bonnie asked about what to do with paper coffee filters that keep collapsing. Here are a few of your hints:

Stephanie, via email, said: “The solution: Use two paper filters, fitted together, each time you brew a pot of coffee. The strength of two keeps them from collapsing.”

Scott, via email, said: “I rinse out the basket first so the filter sticks to the sides.”

Dave V. in Little Rock, Ark., wrote: “I have the solution: Use the plastic lid from a 12-ounce peanut can. I cut a large hole out of the lid (leaving about a quarter inch of the rim). Put the filter in the basket, and place the plastic rim inside the filter. The size of your coffee-maker filter basket may dictate a different-size lid.”

All good hints to help start the day on a good note! — Heloise

### Cake Hints

Dear Heloise: I spray cooking oil on cooling racks that cake or bread sits on. This way, it does not stick to the cooling rack when you take it off.

Also, I use paper doilies under cakes to make them look pretty. But the cake moisture soaks into the doily, and you can end up eating the paper by mistake. Now, I cut a circle of wax paper the size of the cake and place it over the doily before placing the cake on the plate. — Corrinne B. in Texas

### Labeled Onions

Dear Heloise: We cook a lot and buy a lot of onions, which we store in a bin. To distinguish older onions from those just purchased, I affix an address label (like those from various charities) on each of the older onions in the bin. When it’s time to choose, I try to use those with a label first.

Now the onions are not in the bin long enough to go bad. I can easily determine which should be used and which can wait. — Ellen C., Rockville, Md.

## CROSSWORD

By THOMAS JOSEPH

### ACROSS

1 Travel document  
5 Sound of delight

### DOWN

1 Bud holder  
2 Sacred bird of Egypt

3 Heat-based ailment  
4 Had lunch

5 Car type

6 Brokers' numbers

7 Big planters

8 Long, long time

9 King Kong, for one

10 Went ahead

25 Pile

44 Hit on the noggin

45 Printed matter

11 Border on

12 Atlas section

13 Trig function

14 Dressed in

15 Twisty letter

16 Porch items

17 Steak-house order

19 Youngster

22 Racer

24 Biblical kingdom

26 MP's

27 Ogled

28 Magic Johnson, once

30 Forgoes food

31 Caustic stuff

32 Take as one's own

34 Antlered animal

35 Uncooked

38 Little squirt

41 Golf target

42 Source of wisdom

43 Hawaiian strings

44 Hit on the noggin

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

Previous Puzzle

- 16 Cow call
- 18 Bitterness
- 19 Typing unit
- 20 "Yeah, right!"
- 21 June honorees
- 22 Shopping spot
- 23 Not at home
- 25 Pile
- 29 Baby's toy
- 30 London weather
- 33 Stunned
- 34 Ailing
- 36 TV's Trebek
- 37 Sunset setting
- 38 Cry loudly
- 39 Old hand
- 40 Operated
- 41 Crude abode

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
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5-6

## CROSSWORD

By THOMAS JOSEPH

### ACROSS

1 Puppy sounds

5 Said

11 Way to go

12 Puget Sound city

13 Utah ski resort

14 Pretty good grade

15 Harassed

17 Paul Newman film

18 Finely chopped

22 Tied a corset

24 Alarm

25 Imitating

26 Father's Day gift

27 Screen sirens

30 Showed nervousness

32 Jellied dish

33 "That's gross!"

34 Store security worker

38 Demi Moore movie

41 Aching

42 Makes speeches

43 Louver piece

44 Hit on the noggin

45 Printed matter

11 Border on

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

Previous Puzzle

- 16 Peculiar
- 19 Get the sniffles
- 20 War of 1812 port
- 21 Title paper
- 22 Kilauea flow
- 23 Weary word
- 28 Free-booter
- 29 Play parts
- 30 Place
- 31 Tennis star
- Andre
- 35 Egg setting
- 36 Vaccine type
- 37 Singer
- Seeger
- 38 Dollop
- 39 Radio's Glass
- 40 Mayo buy

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