

Girl who lost her virginity must learn to protect herself

DEAR ABBY: I'm a 17-year-old girl. Last week-end I lost my virginity in the back seat of a stranger's car. I feel guilty about it and I haven't told anyone. I'm not sure if he has.

I need some advice on whether I should be making a big deal out of it, or just ignore it and move on. — **ANXIOUS IN OHIO**



DEAR ABBY

DEAR ANXIOUS: Please don't ignore it. You treated your first time like it was something casual, and that is sad. It IS a "big deal," not only because of what it indicates about your level of self-esteem, but also because you don't know whether you have been exposed to an STD. Did the boy use a condom?

Mature girls know to protect themselves when engaging in sexual activity. It is important that you be checked by a gynecologist for STDs and learn about effective birth control. If you don't have a doctor you can confide in, Planned Parenthood can help you.

DEAR ABBY: I find myself in an interesting situation that I never thought could happen. I'm a 43-year-old gay male who had an extremely difficult time coming out when I was 19. My parents weren't initially

supportive, but things did get better down the line.

I have had zero luck at any long-term gay relationships, but as I get older, my sex drive has diminished, and I think I'd be happy with a female companion -- if sex wasn't a factor. What should I do? — **INTERESTING CONDITION IN TEXAS**

DEAR CONDITION: Gay men marrying straight women is not an unheard-of phenomenon, and neither are marriages in which sex is not a part of the picture. It could work out well if you find someone with common interests and a high level of compatibility -- as long as the lady clearly understands that you are gay and doesn't harbor the fantasy that she can "change" you.

DEAR ABBY: My friends often come to me

for advice. It could be anything -- relationship, family, self-harm or bullying. It's usually something I don't know how to deal with and don't have experience with. I try to say words of encouragement like, "It'll be OK. Ignore it. Think on the bright side. Don't be so hard on yourself."

I know these are things they have heard before and will ignore, but I don't know what else to say or do. These people are more outgoing than I am, so I guess it makes them targets. Abby, what can I do? — **D. IN KANSAS**

DEAR D.: It's all right to be encouraging, but when someone asks for advice you know you're not qualified to give, you should be upfront, admit it, and suggest the person talk to an adult. This is particularly important when the problem concerns things like self-harm or bullying, which may need an intervention.

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.

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

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

HELOISE'S KITCHENEERING BY HELOISE

Seeing Red Is OK in Eggs

Dear Heloise: Too often, I find a tiny speck of red in ORGANIC EGGS, regardless of the brand I buy. Are these eggs safe to consume? This has been an issue with "regular" eggs, but with much less frequency. I discarded those eggs in the past. — Donna M., Fort Wayne, Ind.

Donna, don't discard (throw out) those eggs. They are safe to eat. It doesn't matter if the eggs are regular, organic or even blue! That little speck is a blood spot (aka meat spot) and means the eggs are very fresh. Older eggs generally do not have a blood spot because there is more water in the yolk, which dissolves the spot. — Heloise

Homemade Croutons

Dear Heloise: Here is an easy method for making homemade croutons: After drying leftover hamburger buns or bread, use kitchen scissors and cut the dried bread into 1/2- to 3/4-inch strips, then into bite-size pieces. — M. Rose, New Bremen, Ohio

Why waste old bread when you can use it for delicious croutons, toppings or filler? Or just crumble up the bread to use in recipes, such as filler in meatloaf or to thicken a stew. For other money-saving food substitutions, there are a lot listed in my Heloise's Seasonings, Sauces and Substitutes pamphlet. To order, go online to www.Heloise.com, or send \$3 and a long, self-addressed, stamped (70 cents) envelope to: Heloise/SSS, P.O. Box 795001, San Antonio, TX 78279-5001. For a different filler in meatloaf, try crushed pretzels, potato chips or crackers. — Heloise

Cake Mix

Dear Heloise: I often make cake using doctored-up cake-mix recipes. Most of the recipes I find use an 18.5-ounce box of cake mix. Most available cake mixes are 16.5 ounces.

I have a box of white cake mix in a sealed container. I use 2 ounces (or about 5 tablespoons) of this to add to such recipes. This has worked on recipes regardless of the cake-mix variety. — Beverly, via email

HMMM? I looked in my pantry and found three different weights -- 16.5 ounces, 16 ounces and 15.25 ounces. It pays to look at the fine print! I've never had a problem using them in a recipe, but older recipes do state an 18.5-ounce cake mix. — Heloise

Use And Rotate

Dear Heloise: Referring to the reader who had purchased a supply of canned goods for emergency use: The person missed the point of emergency storage. It should be used and restocked periodically. That way, the use-by dates will never be passed.

Donating to a charitable organization is a good thing, but using it before it goes out of date is better. — P.A.C., Southern Pines, N.C.

Very good suggestion, and a money-saving one, too! — Heloise

Meatloaf Juices

Dear Heloise: Regarding your article about draining meatloaf, I put the liquid in the refrigerator, skim off the solidified fat and use it in soups or to make gravy. It's too good to throw away. — Jane Scanlon, Rochester, Minn.

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Surface coating
- 7 Accomplishment
- 11 Maine park
- 12 Be furious
- 13 Advice to a sinner
- 14 Pressing need
- 15 Horrified
- 17 Gorillas and gibbons
- 20 Chump
- 23 Arthur of "Maude"
- 24 Take up arms
- 26 Hockey great Bobby
- 27 Stunned wonder
- 28 Fall mo.
- 29 More flaky
- 31 Letter before sigma
- 32 Patriot Allen
- 33 "You know you want to!"
- 34 Sneezer's need
- 37 Clickable picture
- 39 One way to shop
- 43 Warning word
- 44 Charged
- 45 Some poetry
- 46 Furry wraps

DOWN

- 1 Way off
- 2 Motel freebie
- 3 Carpet feature
- 4 Think tank output
- 5 Join the choir
- 6 "Hell — no fury ..."
- 7 Niners' home
- 8 Soil burrower
- 9 In the past
- 10 Wallet bill
- 16 Showy flower
- 17 Dwelling
- 18 Candidate of the '90s
- 19 UMBER or ocher
- 21 Swaggering
- 22 "Loot" playwright
- 24 Makes headway
- 25 Need to pay
- 30 Sullies
- 33 Yo-Yo Ma's instrument

A	F	A	R		A	P	O	R	T
N	O	T	E	S		L	A	S	E
D	U	T	C	H		E	R	I	C
E	L	I	A	R	C		R	E	D
S	E	R	E	N	E		T	I	N
D	E	A	N	S	L	I	S	T	
M	E	A	N	S	T	E	S	T	
T	E	X	T			U	D	D	E
A	L	P		C	P	O		D	I
C	L	I	N	E		W	E	A	V
K	O	R	A	N		N	A	K	E
S	W	E	E	P			R	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							21	22
23						24	25			
26						27			28	
29			30							
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		34				35	36			
37	38							39		
43								44		
45								46		

4-22

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Play group
- 5 Godzilla's home
- 10 Island dances
- 12 Like lambs
- 13 Bring out
- 14 "Affliction" star
- 15 Vacuum lack
- 16 Flowering tree
- 18 Fast-growing tree
- 20 Bind
- 21 Article
- 23 Put a stop to
- 24 Uncivil
- 26 Staff member
- 28 Col.'s boss
- 29 Comic Carvey
- 31 Saloon supply
- 32 Ornamental tree
- 36 Towering tree
- 39 Bullring call
- 40 First Lady before Michelle
- 41 Mob bosses

DOWN

- 1 Tightfisted
- 2 Broadcast sound
- 3 Drink rudely
- 4 One of three in a row
- 5 Author Erica
- 6 Declare
- 7 Guided
- 8 Chemist Lavoisier
- 9 Called for
- 11 Under
- 17 Mine matter
- 19 Pot part
- 22 Wild ones
- 24 Let go
- 25 Disparate
- 27 McKellen of "The Hobbit"
- 28 Like old streets
- 30 Boxing great
- 33 Happy colleague
- 34 Wed in haste
- 35 Comfy spots
- 37 Caspian Sea feeder
- 38 Stately trees
- 42 In the style of

S	P	A	R		F	O	O	D	
S	T	A	T	E		R	I	P	E
O	R	I	O	N		A	L	A	M
W	I	N	N	O		W		Q	U
E	P	E	E		I	N	T	U	R
R	E	D			K	N	I	V	E
					J	E	S	T	S
					C	O	U	P	L
S	I	N	G	T	O		G	E	R
E	T	A			W	I	N	D	O
C	R	U	D	E		R	O	G	U
T	U	T	O	R		A	M	E	N
S	O	A	R			N	E	R	D

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		
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				29	30				
31								33	34
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40							41	42	
43								44	
45								46	

4-23

Daily Cryptoquote – Here's how to work it:

A X Y D L B A A X R
is LONGFELLOW

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.

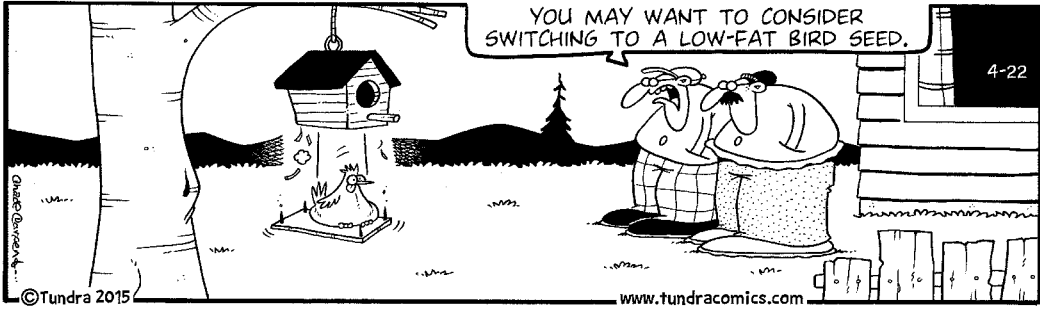
CRYPTOQUOTE

X A U W V I T A L I T U H Z L L P T T I H Z
C B T C H A C L I T U H Z L P B Y T P
D T T A J X B Z X A T C H A C L I T U H Z L
N B Z I D T T A E H F Q I L V B U U V T
P T H U B R T V T E H A A X L T H L O X A T W.
— A H L B Y T H O T P B E H A J P X Y T P D

Previous Cryptoquote: FAILURE WILL NEVER OVERTAKE ME IF MY DETERMINATION TO SUCCEED IS STRONG ENOUGH. – Og Mandino

COMICS

Tundra



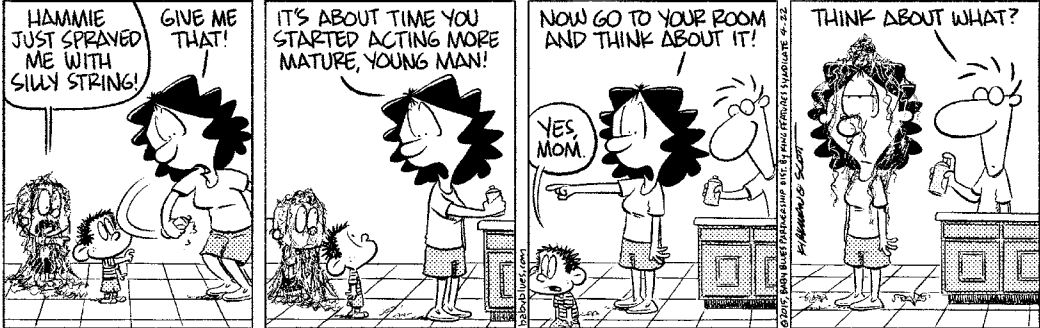
Hagar the Horrible



Peanuts



Baby Blues



Dilbert

