

Truck driver spreading herpes is out of ex-wife's control

DEAR ABBY: Last year I found a bottle of Valtrex in my husband's car. He had been taking the medicine for months.

When I asked him about it, he lied. I was devastated when I realized I had been exposed to herpes. He actually tried to say he got it from me, but later he admitted that he had been stepping out with random women while working out of town. (He's a truck driver.) I had a blood test and thankfully I didn't catch it.

What is the doctor's responsibility in informing the spouse? I'm sure my ex is going to sleep around and infect others. We are divorced now, so I'm free of his lying and cheating, but I am fearful for others. He's so lowdown that he will spread it to other women and not care. Should I be concerned, or should I just leave it alone since he's not my problem anymore? — **HEARTBROKEN IN ALABAMA**

DEAR HEARTBROKEN: Unless your husband gave his physician permission to reveal his medical status to you, the doctor was bound by HIPAA regulations, and by law could not warn you that your husband had an STD. (Yes, I agree this aspect of the law is disgusting.) Much as you might wish



DEAR ABBY

to, there's nothing you can do to control your former spouse's behavior. My doctor tells me that herpes is most contagious during an outbreak. The risk is far less when the person is not shedding the virus. Valtrex further decreases the chances of spreading it, although it's still possible.

If the result of the blood test you were given was negative, then you have never been exposed. However, if you have any symptoms, such as itching or swollen lymph nodes in your groin, you should let your OB/GYN know right away.

DEAR ABBY: My 57-year-old sister has had many career problems. She's well-educated, personable, professional and punctual, but she quits or is let go from one job after another within weeks because "it wasn't a good fit." She seems to be hold-

ing out for what she had 25 years ago -- a well-paying position supervising clerks. But jobs like that don't exist anymore.

She's excellent at working with small children and the elderly and has significant experience doing so, but she believes such jobs are "beneath" her. I'm her only close relative, and I'm afraid she'll eventually turn to me for financial support -- something my husband and I cannot afford to provide. What can I do or say to make her realize that a STEADY JOB is what she really needs for the next 10 years? — **SENSIBLE SIB IN ARIZONA**

DEAR SENSIBLE SIB: Tell your sister exactly what you have written to me: "Sis, what you need is a steady job for the next 10 years, because if you're counting on support from me, I'm telling you now my husband and I can't afford to give it to you." It's short, sweet, and it may be the wake-up call she needs before it's too late.

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

© Puzzles by Pappocom

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

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

HELOISE'S KITCHENEERING BY HELOISE

Vinegar Dispenses a Clean Solution

Dear Heloise: I'm wondering if you have a cleaning hint for the ICE/WATER DISPENSER on my refrigerator. I love the convenience, but am concerned how to clean the dispenser and keep it sanitary, particularly the tip of the dispenser. — Jan H. in San Antonio

Very good question, and one many may not even have considered! Check the manual (or go online for help) for your refrigerator before doing anything. Then, grab one of my all-time favorite products – vinegar! Heat some white or apple-cider vinegar until warm (NOT boiling) and wipe down the outer ice/water dispenser surface.

Next, clean the dispenser water tip by using a small brush and vinegar to poke up in there, and wipe inside and outside.

For deeper cleaning, turn off the water and disconnect the water supply line. Pour a couple of cups of vinegar (unheated) into the line and let the vinegar flow through the system. Then flush with water several times, and throw out the first couple of batches of ice until the vinegar smell is gone. — Heloise

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)

Good Eats

Dear Readers: More people are trying to eat healthy. There are some key words to look for on labels to help you do this. Many foods contain empty calories! What does that really mean? It means that food or drink has calories that come from added sugars and/or solid fats.

Added sugars and fats add calories, but the food or drink really contains very little or NO nutrients at all, meaning calories that don't add a darn good thing to your diet.

You can make a simple change here and there to avoid unwanted calories. For example: Instead of sugar-sweetened cereal with whole milk, try unsweetened cereal with fat-free, 1 percent or 2 percent milk. Ditch high-fat and -calorie mayonnaise or salad dressing for a still-tasty yet lower-calorie type. I eat corn rather than flour tortillas with my Mexican food. — Heloise

Panini Without The Press!

Dear Heloise: I love paninis, but cannot afford an expensive machine. I make them by cooking in a pan using my heavy, small cast-iron pan as a press on top. Granted, I don't get the beautiful grill marks, but the sandwiches are just as great-tasting! — Eva W. in Nevada

Brilliant! The same taste without the expensive machine! — Heloise

No Mess!

Dear Heloise: To encourage and remind your kids to use a cover in the microwave for whatever they are warming, I keep a paper plate inside the microwave. They see the paper plate and use it to keep splatters to a minimum. — Nancy K. in Indiana

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Commo-tions
- 5 Turns left
- 9 Frenzied
- 11 Stampede cause
- 12 Texan landmark
- 13 Fight site
- 14 Ready to go
- 15 Scintillate
- 17 Straw hat
- 19 Fuming feeling
- 20 Animal trail
- 21 Utter
- 22 Tie type
- 24 No longer active: Abbr.
- 26 Deplete
- 29 Animation frame
- 30 More willowy
- 32 Crawl expert
- 34 Opposite of post-
- 35 Playful sprite
- 36 "— Ike"
- 38 Stand
- 39 Fathered
- 40 Adopted son of Claudius
- 41 Turner and Danson

DOWN

- 1 Accumu-late
- 2 "Doctor Who" baddies
- 3 How police may act
- 4 Virtual person in a com-puter game
- 5 Injure
- 6 Lack of vitality
- 7 Port producer
- 8 Startle
- 10 All there is
- 11 Twosome
- 16 Sleuth
- 18 Protective ditch
- 21 Goblet part
- 23 God of the dead
- 24 Do electrical work
- 25 Magic potion
- 27 Strike caller
- 28 Made coffee
- 29 Congress coverer
- 30 Hook's helper
- 31 Oboe parts
- 33 Japanese bean paste
- 37 Set fire to

C	A	B	A	L	S	P	A	R	S
O	P	E	R	A	R	A	V	E	L
V	E	S	T	S		S	C	E	N
E	X	I	S	T	S		N	O	D
T	E	S	T		S	T	L	O	U
S	S	E		T	R	A	D	E	R
				E	R	A	S	E	
	A	U	L	A	I	T	A	P	E
D	I	S	O	W	N		R	E	D
A	R	E		S	T	A	R	E	S
R	O	D	E	O		A	L	I	V
T	T	O	R		N	O	V	E	L
S	T	O	N	E		D	E	E	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
				10			11	
9							13	
12								
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	

10-1

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Iron, for one
- 5 Chimney cleaner
- 10 Radiator part
- 11 Midnight
- 12 Chilled desserts
- 13 Yearn
- 14 Apple variety
- 16 Apple variety
- 20 Leafy lunches
- 23 Great Leap Forward leader
- 24 Makes flat
- 25 Singer Patsy
- 27 Sunburnt
- 28 Laughed derisively
- 29 Apple variety
- 32 Apple variety
- 36 Classic car
- 39 Not at home
- 40 Decreases
- 41 Drummer Krupa
- 42 Scout shelters
- 43 Casino figure

DOWN

- 2 Nuts
- 3 Manipula-tive sort
- 4 Ring carrier
- 5 Proust hero
- 6 George of "Cheers"
- 7 Caribou's cousin
- 8 Time for planning
- 9 Pricing word
- 11 Massenet opera
- 15 Some monitors
- 17 Leave out
- 18 All there when
- 19 Worked the garden
- 20 Balkans native
- 21 Declare
- 22 Castor's mother
- 25 Mrs. Dithers
- 26 Way back
- 28 Searches
- 30 Toss out
- 31 Fabric bundles
- 33 Was in debt
- 34 Touch down
- 35 Salon jobs
- 36 Ran into
- 37 Pindar work
- 38 Racket

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

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
					11				
10									
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		

10-2

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.

10-1 CRYPTOQUOTE

W Z D I ' S O H C Y D D Z T H Y L Q
E L N H J Q L W M H U L H F D S D V
K D I L C ; W M H U L H F D S D V
K D I L C E L N H J Q L W O H C Y D D Z
T H Y L Q . — B D E L B S E D Q N M

Previous Cryptoquote: ANSWER: IT IS WHAT YOU READ WHEN YOU DON'T HAVE TO THAT DETERMINES WHAT YOU WILL BE WHEN YOU CAN'T HELP IT. – Oscar Wilde

COMICS

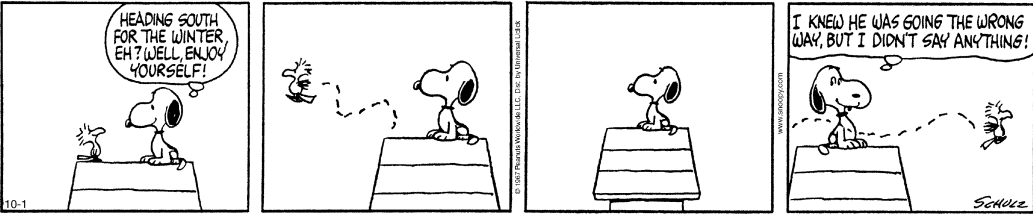
Tundra



Hagar the Horrible



Peanuts



Baby Blues



Dilbert

