

# Woman who abuses boyfriend can't figure out how to stop

**DEAR ABBY:** I think I have an abuse problem. I have been with my boyfriend for a year, and already I feel like he is fed up with me. I don't want to lose him.

When I was younger, my father used to abuse me. It was years ago, but I feel like I might have gotten that trait from him. In addition, I have a tendency to smack my boyfriend on the arm when he's verbally abusing me. I just want it to stop.

I love this man and I feel terrible after I do it. I keep telling him I'm sorry and that I have the worst tendency to act on impulse. Please tell me how to stop because I CANNOT lose him. Any suggestions? — **SORRY IN KANSAS CITY, MO.**

**DEAR SORRY:** If you want your relationship to improve, you must realize it will take effort not only on your part but also your boyfriend's. Neither of you handles anger or frustration appropriately. He shouldn't verbally abuse you if something bothers him. And you need to find other ways than hitting him to make him stop.

Couples counseling could help you communicate more effectively with each other. Many licensed mental health professionals offer it. Please don't wait.

**DEAR ABBY:** Our 5-year-old daughter, "Maya," was diagnosed with a severe peanut and tree nut allergy before she was 2. My parents have



DEAR ABBY

completely overhauled their house and have gone nut-free. My husband's parents, on the other hand, refuse to cooperate with Maya's diet restrictions when she visits.

I have tried talking to them, which in turn upsets my husband. He keeps making excuses for them, even though he demanded the school become nut-free to accommodate her.

We were scheduled to go to their house for an early Thanksgiving when they revealed that the house still wasn't safe for Maya to come to. My husband's solution was to go there for the week-end and leave us behind.

How can I get my in-laws to understand, and my husband to stand up for his daughter and me? — **LOOKING OUT FOR MAYA**

**DEAR LOOKING OUT FOR MAYA:** You can't. Your husband is still under his parents' thumb. While he may love his parents, his first responsibility is to you and his children. Until he finds his backbone and realizes that, he will remain at his parents' beck and call.

I'm glad you're looking out for your daughter because her father doesn't appear to be emotionally equipped to do it.

**DEAR ABBY:** I can no longer go to funeral visitations. I have buried my parents, two sisters, four brothers and nine nieces and nephews. The number of loved ones I have lost, and the visitations and funerals I have had to attend, have been overwhelming. I can't face it anymore.

How do you suggest I avoid them? I am running out of excuses, and I'm tired of being a no-show. —

**HATES FUNERALS IN ILLINOIS**

**DEAR HATES FUNERALS:** People deal with loss in different ways, and you don't have to apologize for feeling the way you do. Stop making excuses and start telling the truth.

When you are notified about a death, offer your condolences, a donation, flowers, and explain that after 17 deaths in your family, you no longer attend funerals because it has become too much for you. That way, no one will think you don't care or wonder why you didn't show up.

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.

## COMICS

### Tundra



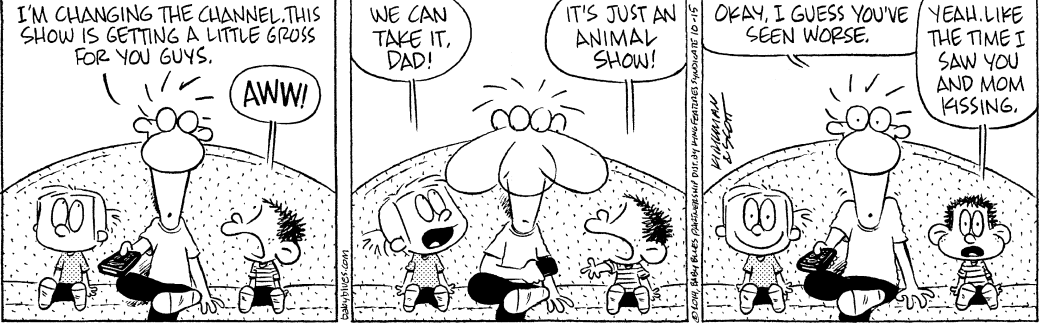
### Hagar the Horrible



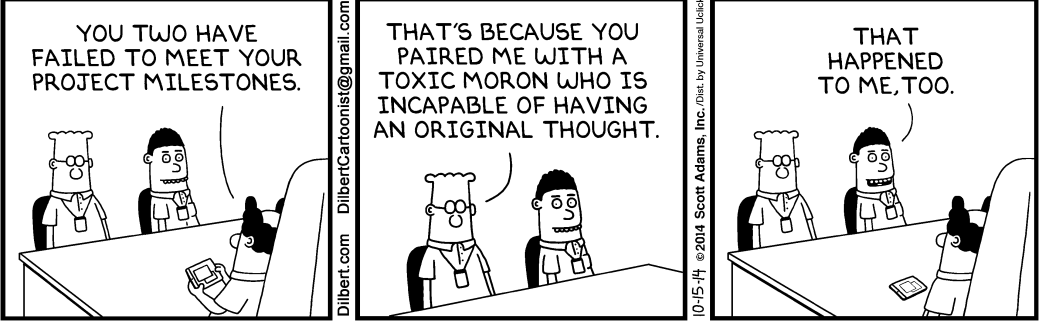
### Peanuts



### Baby Blues



### Dilbert



## su | do | ku

© Puzzles by Pappocom

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

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.

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

## HELOISE'S KITCHENEERING BY HELOISE

### To Peel or Not to Peel?

Dear Heloise: As a newlywed, my husband and I had recently moved to Texas. There was a roadside stand selling Fredericksburg PEACHES, so I pulled over and bought some gorgeous ones, excited to make my husband's favorite dessert, peach cobbler.

Well, I had never made this dessert before. I found a recipe, followed it and was so proud of the beautiful cobbler I made. I couldn't wait for my husband to try it. He took the first bite, looked at me and said, "I love you, but you do know you are supposed to peel the peaches first." I had no idea! The recipe stated to use canned peaches. We still laugh about that cooking disaster 23 years later! — Lauren W., via email

Well, we've all been there. How sweet that your husband said it that way! Folks, want to fess up to your kitchen "mistake or mishap and tell the world? Write to me and spill the beans. No full names printed, if you want. — 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)

### Freezing Buttermilk

Dear Heloise: I have a problem. When I have a recipe that calls for ingredients I don't have in the cupboard or refrigerator, I have to buy it. Buttermilk usually is in a quart carton. Once it is in my refrigerator, my dear husband worries about it having gone bad. What can I do with the surplus? Can it be frozen? — Arline R., via email

How do you tell if buttermilk has gone bad? I'm really not sure! But tell your husband not to worry, because buttermilk can be frozen. Be sure to thaw it in the refrigerator. You will need to remix it after thawing, because the fat will separate from the rest of the milk. — Heloise

P.S.: They do sell powdered buttermilk.

### Knowing Gnocchi

Dear Readers: Gnocchi: What is it? They are "little dumplings" that usually are made with potatoes. These Italian dumplings are light, airy and can be made with other foods such as pumpkin, whole wheat -- you name it! Shaped into bite-size pieces, they are steamed or boiled, not fried. Oh, they are yummy with your favorite marinara or butter and garlic sauce. — Heloise

### Frosting Cakes

Dear Heloise: When frosting a two-or three-layer cake, after I put frosting on each layer, I insert three wooden skewers to keep the layers from sliding over until the cake is completely frosted. Let the cake sit for about 20 minutes, then gently remove the skewers and, with a frosting tool, smooth the frosting to cover the holes. I end up with a perfectly stacked cake. — Nina C., via email

### Thinly Sliced

Dear Heloise: Some chicken recipes call for the chicken to be pounded into thin pieces. This is my hint: Partially frozen chicken easily can be sliced into very thin pieces. — Betty D. in Texas

## CROSSWORD

By THOMAS JOSEPH

### ACROSS

1 Trite

6 Sunset site

10 Quarter-back Tim

11 Brother of Groucho and Chico

12 Martini extra

13 Slip

14 Leafy vegetable

15 Protects, in a way

16 Second person

17 Will Smith biopic

18 Zodiac cat

19 Hair curls

22 Schnitzel meat

23 Picnic pests

26 Wrestling uniforms

29 Sailing site

32 Once known as

33 Snooze

34 Trite

36 Matador's need

37 Raul Castro's brother

38 Dark fur

39 Coral island

### 40 Eyeballed

41 Tear asunder

42 Suspicious

### DOWN

1 "Dracula" author

2 Israeli city

3 Ike's boyhood home

4 Cherish

5 Ram's mate

6 Cordial

7 Film's Flynn

8 Puffball bit

9 Trunk

11 Birthright

### 15 Saloon supply

17 Generally

20 Motoring need

21 NBC show since 1975

24 Well-founded

25 Desk accessory

### 27 Volleyball need

28 Swift

29 Up to now

30 Select group

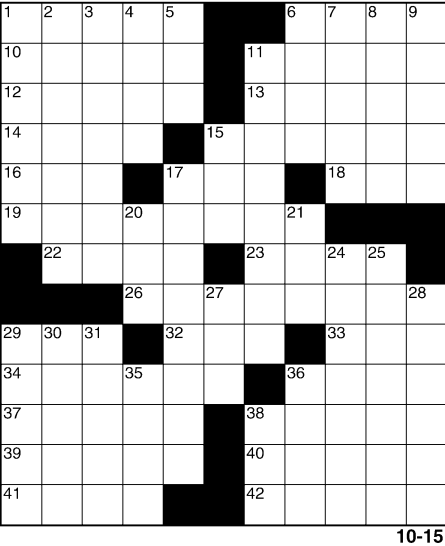
31 Peripheral

35 Grasped

36 Canary's home

38 Costa del —

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10-15

## CROSSWORD

By THOMAS JOSEPH

### ACROSS

1 Tall boot

6 Scour

11 Higher than

12 Lead to

13 Model sticker

14 Frequently

15 Powerless

17 Reservoir maker

19 Young fellow

20 Silent

23 Frittata

25 Game for the gentry

26 Sanctions, e.g.

28 Villa d'—

29 Full grown

30 Word of accord

31 Jelly holder

32 Spring month

33 Serve a sentence

35 Wheel tender

38 Keyed up

41 Find darling

42 Showy flower

43 Eccentric

44 Powerful beam

### DOWN

1 Gum

2 Homer's dad

3 Official papers

4 Writer Hunter

5 Feels empathy

6 Bawl out

7 Lunch spot

8 Tire track

9 Try out

10 Writer Jonson

16 Tub-side item

17 Happy colleague

18 Tickle

20 Obelisks, e.g.

21 Extreme

22 Saunter

24 Tell tales

25 Favorite

27 Kind of bliss

31 Not serious

33 Move quickly

34 Monument

35 Blue

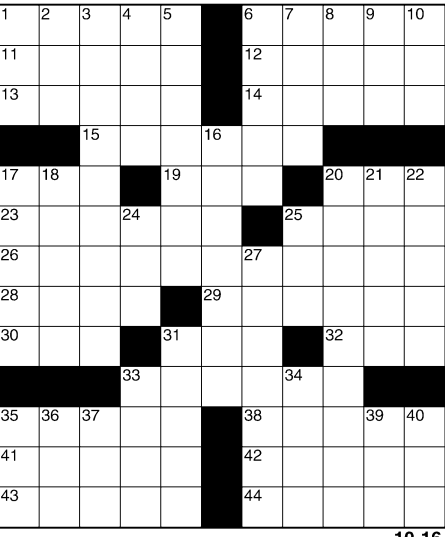
36 Fuss

37 Write hastily

39 Spot

40 Go astray

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10-16

Daily Cryptoquote – Here's how to work it:

A XYDLBAA XR  
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.

### 10-15 CRYPTOQUOTE

PMBWR BU PCWWCF. JCIBP BU

MDMR. SZRMRXCMR BS BU QNCF

SZR JCIBP MDSZRM SZDF QNCF

SZR PMBWR SZDS TCQ UZCQJH

HORJJ. — DMSZQM PCFDF HCTJR

Previous Cryptoquote: OUR CHIEF WANT IS SOMEONE WHO WILL INSPIRE US TO BE WHAT WE KNOW WE COULD BE. – Ralph Waldo Emerson