

# Teen fights depression despite his good grades

**DEAR ABBY:** I'm a 15-year-old boy in ninth grade. I have depression, and I don't know what to do. I always feel like I'm not good enough for anything, even though I have had a 4.0 GPA since seventh grade. I have repeatedly cut myself, but I wear a bracelet so no one can see it.

I don't want my family to find out because I'm afraid they will treat me like a poor little kid who is too easily offended. I don't know what to do or who I can go to for help. Thank you for any help you can give me. — **DROWNING IN DESPAIR**

**DEAR DROWNING:** When a person is experiencing so much emotional pain that he (or she) is self-injuring, it's time to get professional help to deal with it.

Ideally, you should be able to talk to your parents about the depth and duration of your depression. But because you feel you can't, talk with a trusted teacher or counselor at school about it, or an adult relative you feel close enough to confide in. Cutting is not the answer because it only brings temporary relief from the issues you have that need resolving.

I care about you, and I'm glad you asked me this question. Please don't postpone following my advice.



DEAR ABBY

**DEAR ABBY:** My wife and I are retired. Everything was great until about six months ago, when things radically changed.

The issue is I stopped shaving every day. I did it when I was working, but I don't feel the need to do it now. My wife strongly disapproves. She claims my unkempt appearance is a direct, negative reflection on her. I feel it reflects only on me.

I have told her I will shave prior to any social engagement we both attend, as well as public events like civic club, etc. The guys I play cards with also go unshaven.

My wife has threatened to cancel card games with friends, cancel our weekend trip to her brother's birthday celebration, cancel our upcoming European river cruise, refuses to kiss me and said some things I can't repeat. Is there anything I can do to appease this lady I love dearly? — **LAID BACK IN MICHIGAN**

**DEAR LAID BACK:** One thing comes to mind – you could shave.

**DEAR ABBY:** I am a server in an upscale restaurant. Part of my job is refilling water goblets, which shouldn't be stressful except that almost all of our customers place their smartphones right next to their glasses. If I should make a slight mistake and accidentally drip water on these expensive devices, you know what would happen next. Please ask your readers to keep their smartphones off the table! — **CAREFUL SERVER IN BETHLEHEM, PA.**

**DEAR CAREFUL SERVER:** I'm glad to ask, but many readers regard their smartphones as extensions of themselves. Convincing them to cooperate would be like selling them on amputating a finger. Of course, the lesson would be learned if the diner accidentally tipped over a water or wine glass because there would be no one else to blame. But in the meantime, it's important that when you pour, you do it VERY CAREFULLY.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write 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

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

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.

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

## HOROSCOPES

### ARIES - Mar 21/Apr 20

A difficult challenge lies ahead, Aries. Save up your energy for the next few days, and keep socializing to a minimum for the time being.

### TAURUS - Apr 21/May 21

The path you have been taking seems more stable, Taurus. This is a good way to go for a while. You will find others are looking to you more for advice. It's a role you enjoy.

### GEMINI - May 22/Jun 21

Gemini, a string of bad luck is not as bad as it seems. Like most things, this, too, shall pass. Keep your chin up, and hang out with friends to keep your mind busy.

### CANCER - Jun 22/Jul 22

A great opportunity presents itself this week, Cancer. Focus your energy on making the most of this opportunity, and you will be glad for having done so.

### LEO - Jul 23/Aug 23

Leo, speak a little louder to ensure your voice is heard on an important issue this week. Your input is valuable, and those around you will be glad you spoke up.

### VIRGO - Aug 24/Sept 22

Virgo, a new career opportunity is coming your way soon. Make the most of this opportunity if change is something you feel you need at this point in your career.

### LIBRA - Sept 23/Oct 23

Extra spending leaves you a little light in the wallet, Libra. Look for ways to generate some extra income or curtail your spending in the months ahead.

### SCORPIO - Oct 24/Nov 22

Scorpio, a bumpy road will soon give way to greener pastures. Ride out this rough patch with a smile on your face, and it will pass quickly without wreaking any significant havoc.

### SAGITTARIUS - Nov 23/Dec 21

Sagittarius, a relationship is blossoming and you're not sure in which direction it should be going. Trust your gut instincts, and things will work out fine.

### CAPRICORN - Dec 22/Jan 20

You are tougher than others suspect, Capricorn, and you will prove your mettle with a difficult task that requires all of your focus and energy to master. Others will be impressed.

### AQUARIUS - Jan 21/Feb 18

Things are changing, but it's for the best, Aquarius. Instead of going against the tide, let the waves take you where you need to go. Surprises are in store.

### PISCES - Feb 19/Mar 20

Think about moving in a new direction, Pisces. Change can be a good thing, and you will benefit from embracing change this time.

### FAMOUS BIRTHDAYS

MARCH 23  
Jason Kidd, Athlete (41)

MARCH 24  
Jim Parsons, Actor (41)

MARCH 25  
Elton John, Singer (67)

MARCH 26  
Jennifer Grey, Actress (54)

MARCH 27  
Nathan Fillion, Actor (43)

MARCH 28  
Lady Gaga, Singer (28)

MARCH 29  
Jill Goodacre, Model (49)

## CROSSWORD

By THOMAS JOSEPH

### ACROSS

1 Bargain

5 Chelsea

10 Old char-

acters

12 Gold unit

13 Occur

14 Strand

unit

15 May

honoree

16 — out a

living

18 Scoundrel

19 Cochise,

for one

21 Tarot

deck suit

22 Night

prowlers

24 Heart, for

one

25 Unlikely

winners

29 Lingerie

buys

30 Light

32 Battleship

letters

33 Mimic

34 Crew

need

35 Shows

disuse

37 Stylishly

quaint

39 Make

pigtails

40 Stuffed

41 Hot spot

### DOWN

1 Inge

creation

2 Moon of

Jupiter

3 Zoo

resident

4 French

article

5 Get by

6 Wish

undone

7 Lacking

variety

8 Tussles

9 Trappers'

wares

11 "Now, you

listen!"

27 Florentine

painter

28 Gawked

29 Pats on

the back,

perhaps

31 Wear

away

33 Movie

pooch

36 Pewter

compo-

nent

38 Corn

unit

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

Previous Puzzle

17	Movie set	28	Gawked
20	Oafs	29	Pats on
21	Body of		the back,
23	Sponges		perhaps
25	Address	31	Wear
	of "Dr.		away
	No"	33	Movie
26	Cruise		pooch
	port	36	Pewter
27	Florentine		compo-
	painter	38	Corn
			unit

NEW CROSSWORD BOOK! Send \$4.75 (check/m.o.) to Thomas Joseph Book 2, 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		

3-22

## CROSSWORD

By THOMAS JOSEPH

### ACROSS

1 Cotton

variety

5 Brooklyn

basketball

team

9 Stately

home

10 Obstruct

12 Make a

speech

13 First

Greek

letter

14 Formal

headwear

16 Belly

17 Yale

students

18 None to

bright

21 Director

Spike

22 Some

silverware

23 River

through

Alaska

24 Laundry

problems

26 Nourished

29 Became

fond of

30 Rescue

31 Femur's

upper end

32 Hot spot

for songs

34 Knight

wear

37 Palette

stuff

38 Kingdom

39 High

points

40 Finishes

41 Pencil part

### DOWN

1 Convict's

hope

2 Site for

nursery

rhyme

blackbirds

3 Fluttery

insects

4 Region

5 Celts'

org.

6 Building

wing

7 Tom

Cruise

movie

8 Ski

downhill

9 Tourist

stop

11 Winslet

of "Diver-

gent"

15 Bun

19 Derisive

calls

20 Great

weight

22 Hearts or

clubs

23 Shaggy ox

24 Evening

party

25 Honcho

26 Muham-

mad's

daughter

27 Made flat

28 Car's

scars

29 "— she

&lt;