

# Man’s last wish is to let his death give others life

**DEAR ABBY:** I work in a palliative care unit in a local hospital, and I’m all too aware of how important it is to have one’s end-of-life wishes documented, notarized and on-hand in case of an emergency.

I remember reading an essay that appeared in your column years ago; it eloquently described the desire of the writer that his body be used to allow others to live through organ donation. Is it part of your “Keepers” booklet? — **JYNNA IN NORTH CAROLINA**

**DEAR JYNNA:** Yes, it is included. And I’m printing it for you today because it contains an important message. The author, Robert Test, was not only altruistic, but also the ultimate “recycler.”

**TO REMEMBER ME** by Robert Test

“At a certain moment a doctor will determine that my brain has ceased to function and that, for all intents and purposes, my life has stopped.

“When that happens, do not attempt to instill artificial life into my body by the use of a machine. And don’t call this my ‘deathbed.’ Call it my ‘bed of life,’ and let my body be taken from it to help others lead fuller lives.

“Give my sight to a man who has never seen a sunrise, a baby’s face or love in the eyes of a woman.



DEAR ABBY

“Give my heart to a person whose own heart has caused nothing but endless days of pain.

“Give my blood to the teenager who has been pulled from the wreckage of his car, so that he might live to see his grandchildren play.

“Give my kidneys to one who depends on a machine to exist from week to week.

“Take my bones, every muscle, every fiber and nerve in my body and find a way to make a crippled child walk.

“Explore every corner of my brain. Take my cells, if necessary, and let them grow so that someday a speechless boy will shout at the crack of a bat and a deaf girl will hear the sound of rain against her windows.

“Burn what is left of me and scatter the ashes to the winds to help the flowers grow.

“If you must bury something, let it be my faults, my weaknesses and all my prejudice against my fellow man.

“Give my soul to God. If by chance you wish to remember me, do it with a kind deed or word to someone who needs you. If you do all I have asked, I will live forever.”

Readers, “Keepers” is a collection of favorite letters, poems and essays that have appeared in this column over the years. It was assembled because so many readers said the items were meaningful to them and requested that they be compiled as a booklet. It can be ordered by sending your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby Keepers Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price. It covers subjects from temptation to forgiveness, animals, children and human nature. Filled with down-to-earth nuggets of wisdom, both philosophical and witty, it’s a quick, easy read, and an inexpensive gift for newlyweds, pet lovers, new parents or anyone recovering from an illness because it covers a wide variety of subjects.

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

		2		5		1		
		5	4		7	9		
7								6
2		1	3		5	7		8
			8		4			
8		6	9		1	5		3
6								7
		3	7		6	4		
		9		3		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](http://www.sudoku.com) to find the solution.

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

Previous Puzzle

## HELOISE’S KITCHENEERING BY HELOISE

### Frozen Not Chosen for Slow Cooker

Dear Heloise: I use a SLOW COOKER several times a week. I always use fresh meat or meat that I thawed after being in the freezer. Can you put frozen meat in a slow cooker? — Anna L., via email

No, and that’s from the U.S. Department of Agriculture’s Meat and Poultry Hotline (888-674-6854), which is the authority I go to for the right answer. Meat always should be properly thawed before placing it in the slow cooker. The reason is that it takes a longer time for the slow cooker to reach the correct temperature if you are trying to cook a big hunk of frozen meat. Bacteria could start growing because of the lower temperature and longer cooking time. If you hear or read otherwise, it’s your call, and you are taking a chance of food poisoning.

There are frozen meals available that are made specifically for the slow cooker. You can order them online or check in grocery stores. — 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)

### Peel Off

Dear Heloise: I always wash fruits before eating. However, I would have the hardest time removing the fruit sticker -- that is, until I figured out an easier way.

Take the sticker off BEFORE washing the fruit. This one simple step can keep you from trying to remove a wet sticker that seems to glue itself to the fruit once water is added. — Wilma T. in Wyoming

### Spice Pack

Dear Heloise: I have noticed that spice manufacturers are now making pre-measured spices in a little blister-pack-type packaging with a coordinating recipe on the back.

I have been doing this for years. I take a clean, seven-day pill container and premeasure my spices for my recipe into each compartment. I then wrap the recipe around the pill container with a rubber band. My prep time is shortened by so much time, and I know in advance if I have all the spices I need for my dinner. — Darlene G., via email

### Moldy Jelly

Dear Heloise: If there is mold on the top of my jar of jam or jelly, can I just scoop it out and still eat the rest? — Bob H. in Florida

NO! You are seeing only the surface mold and not the remaining part, which may be growing down into the rest of the jam. According to experts, the mold could be producing a mycotoxin, which is poisonous and can make people extremely ill. Scooping it out might not get all of it. Don’t take a chance! Throw it out! — Heloise

### Handling Hamburger

Dear Heloise: I have found a way to package hamburger meat and put it in freezer bags so my hands don’t touch the meat: I use my kitchen tongs. Open the bag and use the tongs to put whatever amount of meat you want into each bag. This is easier and safer than touching the meat. Then you label and date it. — Mary W. in Texas

## CROSSWORD

By THOMAS JOSEPH

### ACROSS

1 To boot

5 Snoozing

11 Sullen

12 Cube side

13 High point

14 Expulsion

15 May

16 Hand or foot

17 “Ghosts”

19 Guy’s friend

22 Fan publications

24 Armistice

26 Perimeter

27 One-time

28 City on the Loire

30 Mosque features

31 Swiss peak

32 Half of Hispaniola

34 Puzzle book feature

35 Arrest

38 Familiar feeling

41 Hideous

42 Laundry worker

43 Diamonds, e.g.

44 The beginning

45 Fencing weapon

### DOWN

1 Cain’s father

2 Crazy

3 Recapping

4 Vein

5 In

6 React to

7 Lascivious

8 Have

9 Before, to

10 For each

16 Naval

18 Tankard

19 Clogging

20 Skin woe

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

Previous Puzzle

- 21 Floral rings
- 22 Letter after epsilon
- 23 Pop star
- 25 Tooth part
- 29 Free of hair
- 30 Conk out
- 33 Blue hue
- 34 Hand, to José
- 36 “I cannot tell —”
- 37 Memory unit
- 38 Performed
- 39 Pitching number
- 40 Delight
- 41 Try out

NEW CROSSWORD BOOK! Send \$4.75 (check/m.o.) to Thomas Joseph Book 1, 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								43		
44								45		

3-12

## CROSSWORD

By THOMAS JOSEPH

### ACROSS

1 Church part

5 Musical mixture

11 “Why not!”

12 Kindle

13 Rocker

14 Weasel’s cousin

15 Separate, as

17 Busy one in Apr.

18 Usher’s place

22 Different

24 Caruso, for one

25 Letter after

26 Charged particle

27 Looks after

30 Casino request

32 “Love Story” writer

33 List-end-ing abbr.

34 Indian landmark

38 Experience over

41 Script bit

42 Martini extras

43 Hostels

44 Entertain

45 A long time

### DOWN

1 Baldwin of

2 Llama’s land

3 Baseball feature

4 Houdini feat

5 Doll cry

6 Highest point in Turkey

7 Raid

8 Crude home

9 Purpose

10 Signing need

16 Hole number

19 Rat’s act

20 Weaving machine

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

Previous Puzzle

- 21 Sea eagle
- 22 Makes a choice
- 23 “Of — I Sing”
- 28 German grammar case
- 29 Illegal trader
- 30 Skirt edge
- 31 Roma’s nation
- 35 Witty remark
- 36 Writer Rice
- 37 Reduced amount
- 38 Piston connector
- 39 Yale student
- 40 Tyler of movies

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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								43		
44								45		

3-13

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.

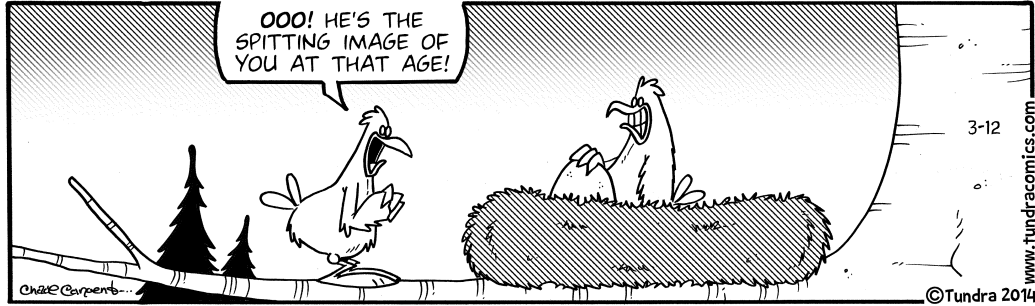
3-12

## CRYPTOQUOTE

L T H L K R N W R Z D M R Z L  
R M F C D P W Y L Z X H O C Y X I X D  
V W Y P R V L M T Z H W Z O O W R  
R M S X D W C D . — B C O Y J O M D Z C Y  
J C T T W Y R

Previous Cryptoquote: IF MY POETRY AIMS TO ACHIEVE ANYTHING, IT’S TO DELIVER PEOPLE FROM THE LIMITED WAYS IN WHICH THEY SEE AND FEEL. – Jim Morrison

## Tundra



## Hagar the Horrible



## Peanuts



## Baby Blues



## Dilbert

