Childhood sexual abuse still haunts adult survivor

DEAR ABBY

DEAR ABBY: After years of carrying this guilt, I want to tell my story. It may help others.

When my grandfather tried to rape me, it was at night when everyone was asleep. I stopped him as much as a 10-year-old could. The next day he wrote me a letter saying he was sorry for what he did. It read, "If your dad finds out, it will KILL HIM." Strong words for a 10-year-old, so I buried the letter in the back yard. He never touched me again.

Five years after that, Grandpa was arrested for molesting my younger brothers. As a young girl, I didn't know men molested boys. I found out after my grandfather went to prison that he had also molested my dad and his sister when they were children.

Please warn parents to educate their children. Tell them that even someone they love does not have the right to touch them in a way that makes them uncomfortable.

My dad felt guilty for the rest of his life for what happened to us because he had let this monster back into his life. If this saves one person from the shame and guilt I have carried, it will have been worth it. — **WISH I HAD TOLD IN FLORIDA**

DEAR WISH YOU HAD TOLD: I agree with you about the importance of parents teaching children the difference between an appropriate touch and one that isn't, and how to set boundaries. If those boundaries are violated, children should be instructed to immediately tell an adult. If it's not a parent, then tell a teacher, counselor or school nurse, all of whom are mandated reporters. Children should also tell if a friend confides it has happened to him or her, because secrets like this are harmful not only to the victim, but also to any children in the vicinity who might also be at risk.

It may assuage your guilt to know that molesters often blackmail their victim into silence. I heard recently from a woman who said her father told her when she was a child that if she revealed what he was doing, he would kill himself. (It wasn't until many years later that she finally realized if he had, he would have been doing everyone, including her sister, a favor.)

DEAR ABBY: I am 26 and have been dating this guy I really like for three months. He is great.

My biggest setback is his body hair. He honestly has more body hair than I have ever seen. This has kept me from being physically attracted to him.

I think everything is moving in the right direction, but I don't know what to do about this issue. Should I love him how he is, or ask him to get rid of it? I don't want him to feel self-conscious because he's an awesome guy. — **IN A HAIRY SITUATION IN ARIZONA**

DEAR IN A HAIRY SITUATION: This is a sensitive subject, one that should be approached with as much diplomacy as you can muster. Because he seems to have everything else going for him, but the body hair is a turn-off, do talk to him about it.

Fortunately, over the past few years men have become more open to removing excessive body hair – or at least cutting it back so it's not so overwhelming. (This is called "manscaping.") There are also the options of waxing or laser treatments, if he is willing.

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.

COMICS

Tundra

Hagar the Horrible

Peanuts

Baby Blues

Dilbert

su|do|ku

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

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.

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

HELOISE'S KITCHENEERING
BY HELOISE

Let Cooked Meat Take a Break

Dear Heloise: In several recipes, it says to let the MEAT SIT for 10 to 20 minutes before carving or serving. My question is: Before serving, are you supposed to once again put the meat back in the oven to warm up, or serve it at room temperature? — Linda S., via email

NO, you do not put the meat back in the oven or on the grill after it has rested, because it stays warm during this time as long as you don't cut into it.

Cooking meat causes the juices to go toward the center. By resting the meat, you are letting the juices redistribute throughout the meat again. It's the juices that make the meat more tender and juicy when you eat it. Cutting into meat right after cooking causes all the juices to run out onto the plate, resulting in the meat being tougher when eating. — Heloise

Send A Great Hint To:
Heloise
P.O. Box 795000
San Antonio, TX 78279-5000
Fax: 210-HELOISE
Email: Heloise(at)Heloise.com

Clean Hands

Dear Heloise: When I pack a lunch for my daughter to take to school each day, along with utensils, a napkin or paper towel, I include an individually wrapped, moist towelette. This way, I can be sure she has washed her hands before eating, because there is not always time for her to run to the bathroom. — Lauren H., via email

Leftover Seafood

Dear Heloise: I have always been afraid to take home leftovers from a seafood restaurant. And I won't save seafood dishes that I have cooked in my own home, either. Can you safely keep leftover fish and shellfish dishes, and if so, for how long? — Linda W. in New York

You sure can, Linda, so start taking home those leftovers for the next day! The U.S. Department of Agriculture states that fish and shellfish leftovers can be kept in the refrigerator for three to four days, or stored in the freezer for up to three months. As always, though, make sure the food smells good and not "fishy" before reheating and eating. — Heloise

Extra Eggs

Dear Heloise: When we buy a new carton of eggs, we usually have a few left from the old carton. We have tried to precariously balance them on top of the new carton, with predictable, messy results.

I finally had the idea of cutting an empty egg carton apart and saving a portion of the end that can securely hold our leftover eggs. There is no room in the space in the refrigerator door where the egg carton fits, but there is extra room in the butter drawer. We know to use any eggs stored here first, as they are older, and we haven't had any breakage yet. — Jason S. in Ohio

CROSSWORD
By THOMAS JOSEPH

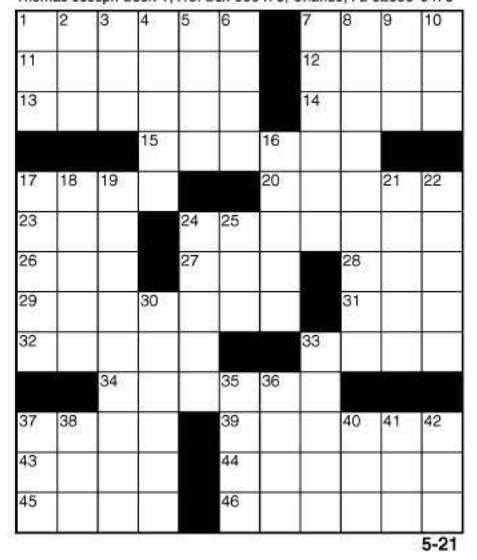
ACROSS
1 Unanimously
7 A long time
11 Extreme dishonor
12 Company sign
13 Rob and Laura's last name
14 Fan's favorite
15 Labels with names
17 Put together
20 River of Provence
23 Swearing-in vow
24 Anticipate
26 Old horse
27 Tea cooler
28 Triumph
29 Positive aspects
31 Wagon puller
32 Put away
33 Worry
34 Dipping treat
37 Eastern sight
39 Source
43 Jai —
44 Disregard
45 Painter Chagall
46 Pulled in

DOWN
1 Pointer
2 Binary digit
3 Back at sea
4 Raymond's TV mom
5 Surrounded by
6 Dmitri's denial
7 Step down
8 Ares and Mars
9 Sense of self
10 Peruvian coin
16 Spring sign
17 Less
18 Make suitable
19 Havoc unleashed by conflict
21 Sleep disturber
22 Painter Max
24 Make broader
25 Court feat
30 Like O. Henry tales
33 Deceptive move
35 Murder
36 Longing
37 Block
38 In the fashion of
40 Procured
41 Fuming feeling
42 Outlaw Kelly

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

Previous Puzzle

NEW CROSSWORD BOOK! Send $4.75 (check/m.o.) to Thomas Joseph Book 1, P.O. Box 536475, Orlando, FL 32853-6475



5-21

CROSSWORD
By THOMAS JOSEPH

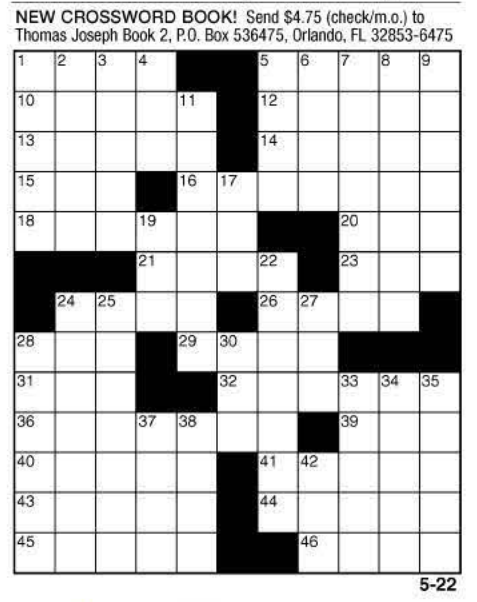
ACROSS
1 Schooner staff
5 Surgical tool
10 Sacrifice spot
12 Singularly
13 Sculptor Henry
14 Shaping aids
15 Sound of insight
16 Speedily
18 Skipped, as a dance
20 Spleen
21 Says "I do"
23 Simpsons neighbor Flanders
24 Survey
26 Sale sights
28 Signing need
29 Shoot the curl, say
31 Skilled
32 Squeal on
36 Said with contempt
39 Sorbonne article
40 Spent
41 Set free
43 Superior group
44 Simpleton
45 Sour plums
46 Say it isn't so

DOWN
1 Some parents
2 South Pacific salutation
3 Summer ermine
4 Sea dog
5 Shangri-La figure
6 Scads
7 Singing without backup
8 Survives
9 Sat for a spell
11 Stops at the pump
17 Soho company abbr.
19 Symbol of wisdom
22 Social level
24 Stimulant
25 Smallest Great Lake
27 Sternward
28 Sticks, in a way
30 S. Amer. nation
33 Strange
34 Strike group
35 Smaller than small
37 Spot for un chapeau
38 Some poems
42 Silent okay

■	D	A	L	E	■	H	A	M	M	■
R	E	M	I	T	■	O	L	E	O	S
A	C	A	S	T	■	P	I	Z	Z	A
J	A	Z	Z	U	P	■	■	Z	A	G
A	L	O	T	■	I	G	N	O	R	E
S	S	N	■	R	A	R	E	S	T	■
■	■	■	D	A	Z	E	D	■	■	■
■	S	N	A	Z	Z	Y	■	S	I	R
S	T	A	N	Z	A	■	Z	I	N	E
C	A	T	■	■	S	I	Z	Z	L	E
A	B	U	Z	Z	■	S	T	E	E	L
M	A	R	I	E	■	L	O	U	T	S
■	T	E	N	D	■	E	P	P	S	■

Previous Puzzle

NEW CROSSWORD BOOK! Send $4.75 (check/m.o.) to Thomas Joseph Book 2, P.O. Box 536475, Orlando, FL 32853-6475



5-22

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.

5-21 **CRYPTOQUOTE**

B W N X K B H D X U Q O N X
W X T O M Z A X M F B H T F M E I Z M F
U B E Z M Z A X B W X E , K B H ' Q Q
E M O D M F O A Z W T U B E Z M Z A X
D X E H Q M E . — I Z Q Q Z X W X Q E B W

Previous Cryptoquote: THE ORIGINAL WRITER IS NOT HE WHO REFRAINS FROM IMITATING OTHERS, BUT HE WHO CAN BE IMITATED BY NONE. – Francois-Rene de Chateaubriand