Teach children about sex before they become active

DEAR ABBY

DEAR ABBY: I became sexually active at an extremely young age. I know my whole life would be different, as well as my children's lives, had I just known better. I have a 4-year-old daughter, a 7-year-old son and a 12-year-old stepson. I want desperately to protect them from making the same mistakes I did. I feel like the best way to prevent this is to speak openly about sex.

The closest anyone ever came to speaking to me about sex was my grandfather (of all people!), who gave me a Dear Abby booklet that was written to inform kids about sex. Even though I was embarrassed when he gave it to me and I ran back to my room to hide, I still read the whole thing from front to back. It was interesting, but unfortunately, it was too late. I have always wished I would have been given that booklet a couple of years sooner.

This was about 15 years ago. Is there any chance you know the book I'm talking about and where I could find a few to pass on to my children? Obviously, the family around me were not comfortable speaking of sex. Please know how grateful I am even all this time later that you provided my grandfather with a way to reach out to me. — **GRATEFUL IN HOUSTON**

DEAR GRATEFUL: Many parents find the subject of sex a difficult one to raise with their children, so they postpone it. As happened in your case, that discussion often comes after it is too late.

Because children are now maturing at earlier ages, these discussions should be part of an ongoing dialogue that begins before puberty. My booklet is written to help "break the ice" and start the discussion more easily. It can be ordered by sending your name and address, plus check or money order for $7 (U.S. funds), to Dear Abby Teen Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price. It would be helpful for you to review the booklet again so you can prepare beforehand to answer questions or guide the conversation.

Among the important topics included in my booklet are: "How old must a girl be before she can get pregnant?" "How old must a boy be before he can father a child?" "What time of the month is a girl 100 percent safe?" and "Can a girl get pregnant the first time she has sex?"

Also included is a section on various sexually transmitted diseases and what to do if you think you may have one. This is extremely important because STDs need to be treated right away, and not doing so can have lifelong consequences.

Knowledge is power. The more information children receive, the better they will be prepared for making intelligent, informed decisions.

DEAR ABBY: My husband passed away 10 weeks ago. I plan on wearing my wedding ring for the remainder of my life. Your opinion would be appreciated. — **GRIEVING WIDOW IN TEXAS**

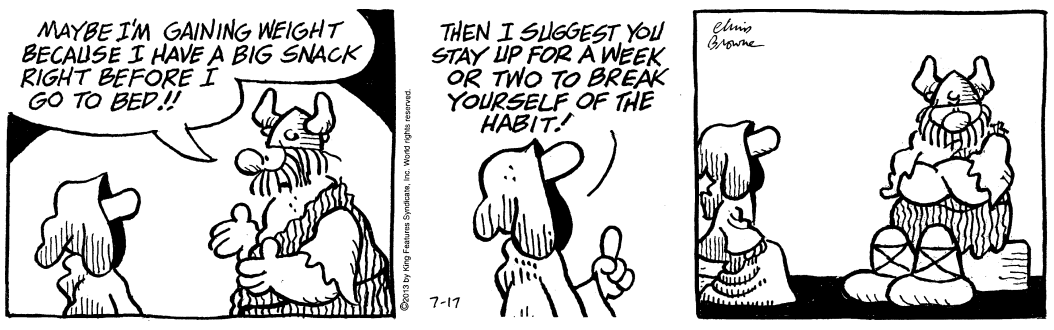
DEAR GRIEVING WIDOW: Allow me to offer my sympathy for the loss of your husband. Because the ring brings you comfort, you may wear it as long as you wish.

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 or P.O. Box 69440, Los Angeles, CA 90069.

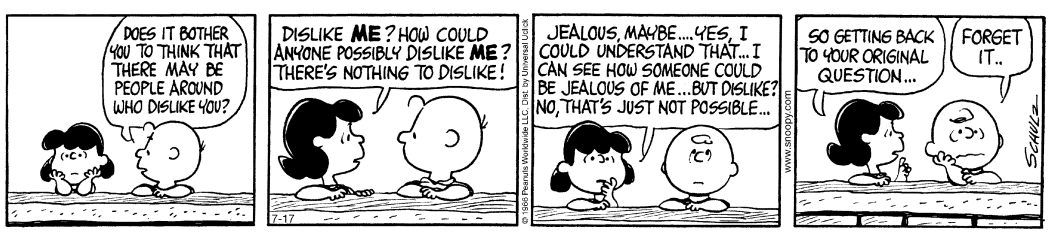
COMICS

Tundra

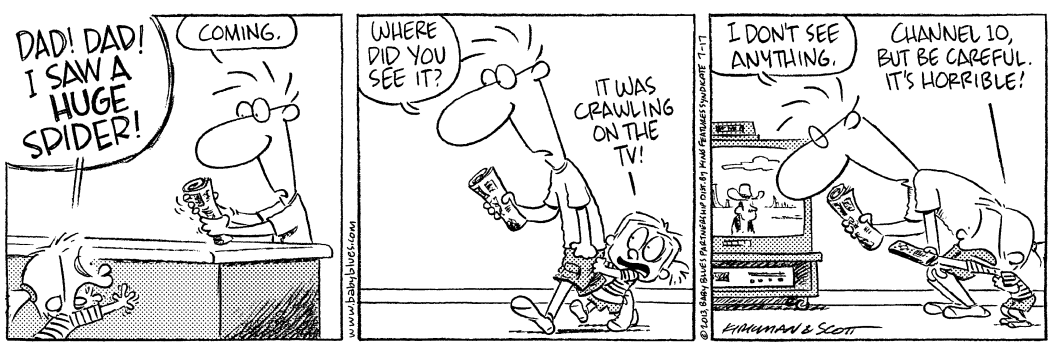
Hagar the Horrible



Peanuts



Baby Blues



Dilbert

su|do|ku

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9				4	8			7
	7	4			5	3	8	
	6			2			1	
3	9			8				
4		6	1		7	5		2
				6			7	3
	3			9			4	
	5	1	2			6	3	
7			3	5				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 to find the solution.

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

HELOISE'S KITCHENEERING
BY HELOISE

Heavenly Biscuits

Dear Heloise: I love to read your hints, and I remember seeing a recipe for BISCUITS WITH YEAST. Could you please reprint the recipe? – Maria P. in Texas

Yes, here's the recipe for Heloise's Angel Biscuits. The dough can be made and stored for up to three days in the refrigerator in a covered bowl. Combine the following ingredients:

1 package dry yeast
1/4 cup warm water
2 1/2 cups flour
1/2 teaspoon baking soda
1 teaspoon salt
1/8 cup sugar
1/2 cup shortening
1 cup buttermilk

Dissolve the yeast in the warm water and put aside. Mix the dry ingredients in the order they are written above. The shortening will need to be cut in, just like you do with pie dough or biscuits. Stir in the buttermilk and yeast mixture. Mix together until well blended, and refrigerate in a covered bowl.

When you are ready to make the biscuits, place the dough on a floured board and knead it lightly. Roll the dough out and cut with a biscuit cutter. Place the biscuits in a greased pan. Let the dough rise slightly before baking in a 400 F oven for 12-15 minutes. – Heloise

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

TASTY TAPENADE

Dear Readers: We were discussing tapenade in Heloise Central, and found that some in the office didn't know what it is. Here are the details for making this easy and tasty spread.

Tapenades are thick spreads that come from the Provence region of France. They typically are made with olives (mainly with black or green), anchovies, olive oil and garlic. Other ingredients can be added, such as capers, onions and various seasonings. This spread can be served as an appetizer, eaten on slices of bread or even on sandwiches. – Heloise

SLICED BERRIES

Dear Heloise: I enjoy making homemade strawberry preserves, but I spent so much time slicing the berries after washing and hulling them. I got out my onion chopper (the kind that you put half an onion on, push down and it dices the onion). I found that I could chop the berries as fast as I could put another one on the dicer, and the tray under it catches the sliced berries. They were made into little square pieces, perfect for preserves and ready in no time. – Virginia in Arkansas

BUG CONTROL

Dear Heloise: Here in the Northeast during the summer, we like to eat a lot of meals outside on the deck (especially dinner). To keep bugs and other unwanted items from falling into the food, I lay a splatter screen over the top of the bowls. The food stays protected, and the screen handle provides easy access to the food for both children and adults. – Susan W. in Pennsylvania

CROSSWORD
By THOMAS JOSEPH

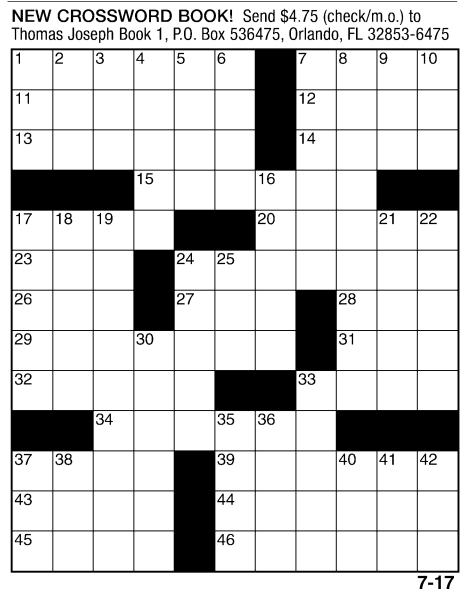
ACROSS
1 Gets misty
7 Illegally off base
11 Answer source
12 Spiced tea
13 "Shoo!"
14 Refer to
15 Tusked mammal
17 LAPD bulletins
20 Famed fur tycoon
23 Lot sight
24 Long-horned grazer
26 Numerical prefix
27 Brouhaha
28 Writer Tarbell
29 More irritable
31 Wee bite
32 Rocker John
33 Historic times
34 Mascara targets
37 Sacred bird of Egypt
39 Swear
43 Jargon
44 Dog medicine
45 Nervous
46 Complex

DOWN
1 Watch chain
2 Iron source
3 Comic bit
4 Flat-bottomed boats
5 Radius partner
6 Banana leftover
7 Point a finger at
8 Imitating a tea-kettle
9 Granola bit
10 Golf position
16 Barber's need
17 Keen
18 Gauge setting
19 Reacting angrily
21 Hit from the past
22 Gathers
24 Makes headway
25 Sports drink suffix
30 Comfort-ably warm
33 Texas player
35 War backer
36 School on the Thames
37 Glacier makeup
38 Mis-behaving
40 CPR expert
41 Deter-mined
42 Attempt

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

Previous Puzzle

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



7-17

CROSSWORD
By THOMAS JOSEPH

ACROSS
1 Poker variety
5 Antlered animals
10 Museum piece
12 Lily variety
13 Crockett's last stand
14 License
15 Scoundrel
16 Element 80
18 Element 8
20 Spotted cube
21 Track figures
23 Ring setting
24 Health care plan prefix
26 Knee protectors
28 In favor of
29 Poet Sandburg
31 Mauna —
32 Element 16
36 Element 33
39 — standstill
40 Purple shade
41 Kind of kitchen
43 Snowy wader
44 Not taut
45 Clairvoy-ants
46 Weary word

DOWN
1 Foe of Harry and Ron
2 Take it easy
3 "Luck Be —"
4 Director Wenders
5 Wound reminder
6 Soft mineral
7 Referred obliquely
8 They're sung in joyful hymns
9 Finn's friend
11 Humorous
17 Finish
19 Zeus or Apollo
22 Evergreen trees
24 Berth place
25 Sign of correction
27 Maximum amount
28 Calgary team
30 "Do — say!"
33 Deadly
34 City on the Mohawk River
35 Puts in order
37 At any time
38 Brings in
42 Imitating

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

Previous Puzzle

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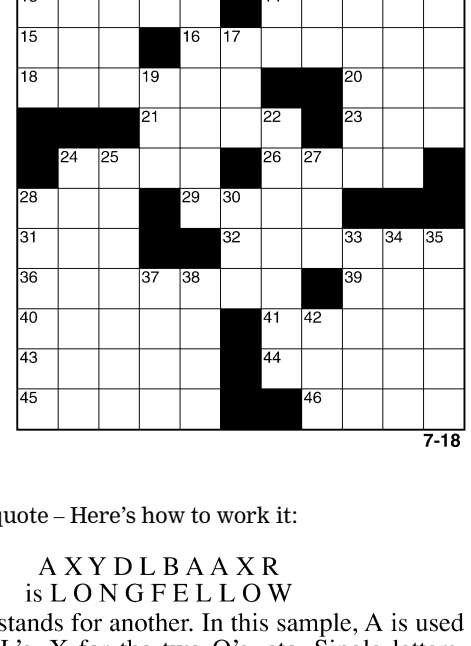

7-18

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.

7-17 CRYPTOQUOTE

L J B T S X K H H U L K Z J L K H U S S P B ,
D P Z U A K W T H Z U F U B G
Z K B B J D X M W T B C Q U B Z W K L .
— S W T J L F K J I L T A A

Previous Cryptoquote: GRAD SCHOOL IS THE SNOOZE BUTTON ON THE CLOCK-RADIO OF LIFE. – John Rogers