Woman in relationship can't resist flirting with other men

DEAR ABBY

DEAR ABBY: I have been with my current boyfriend for a year and a half and I love him dearly. However, I often find myself drawn to other guys who I know are nothing but trouble. It never goes further than simple flirting, but I still feel guilty for doing it when I'm in a relationship. How do I keep myself from temptation? — **HARD TO RESIST**

DEAR HARD TO RESIST: Temptation to do what? To involve yourself with a man who is nothing but trouble? A way to discourage that would be to ask yourself how you would feel if you lost your boyfriend. That would be a high price to pay for acting immaturely.

However, if you're asking how to overcome the IMPULSE, my advice is to have an honest conversation with yourself about why you feel the need. Most of the women (and men) who act this way are constantly trying to prove to themselves that they are attractive. If this could be you, then start working on your self-esteem, because if you don't, I predict you'll ruin a good relationship.

DEAR ABBY: I'm in my 50s and overweight. I work hard, eat three meals a day and am – more or less – healthy except for sore feet after work. I'm aware of the medical warnings. Who isn't? But I have decided to accept myself as I am, relax and be happy.

For years I have been hard on myself for not being slim. This is me in my 50s. I don't expect myself to be slim like I was in my 20s. Now I can smile, breathe easier, have a good time, and finally buy the new clothes I have put off buying until I was thinner. My new spirit is weightless and my new attitude has made my life more meaningful. Any thoughts? — **LIVING FREE AT LAST**

DEAR LIVING FREE: Only this, that we all have choices to make about our health, what is important to us and how we want to live our lives. You have made yours, and at this point it appears to have been the right one for you. May it ever be thus.

DEAR ABBY: My husband has a paralyzing fear of driving over bridges. It interferes with our life together. He is otherwise healthy, but will not see a therapist for this problem.

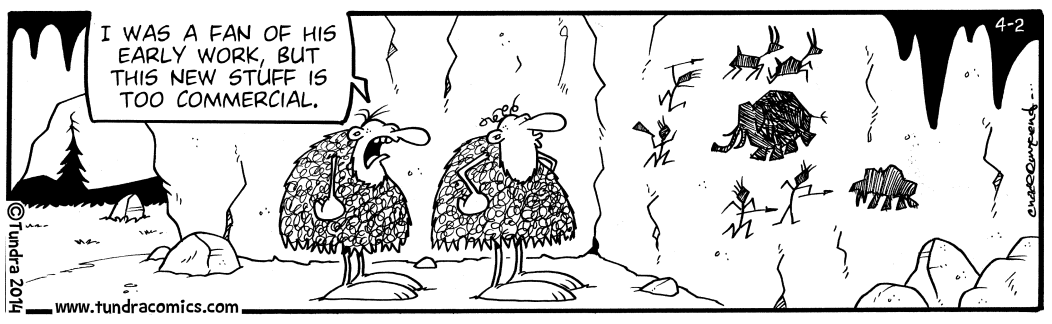
We have been married for 27 years. I am 63 and he is 67. I am very sad that our life is so limited. Any advice? — **LANDLOCKED IN VIRGINIA**

DEAR LANDLOCKED: It would be interesting to know how your husband developed this phobia. But because he refuses to do anything about it and you feel restricted, consider traveling with another companion.

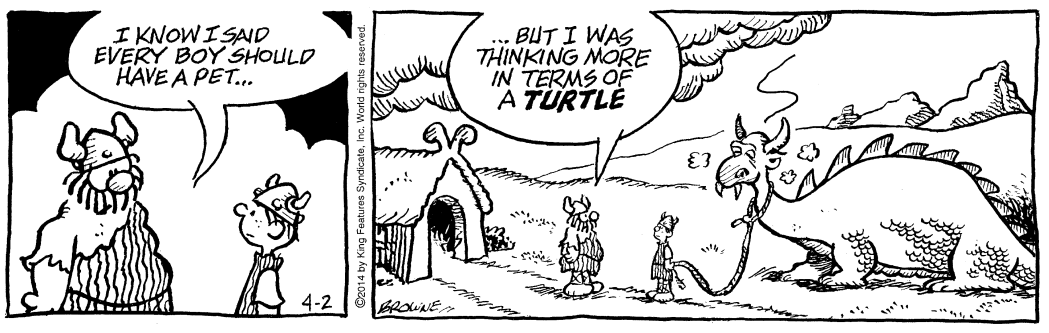
Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

COMICS

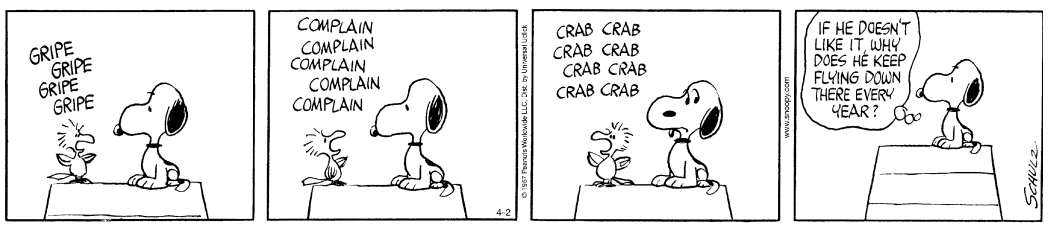
Tundra



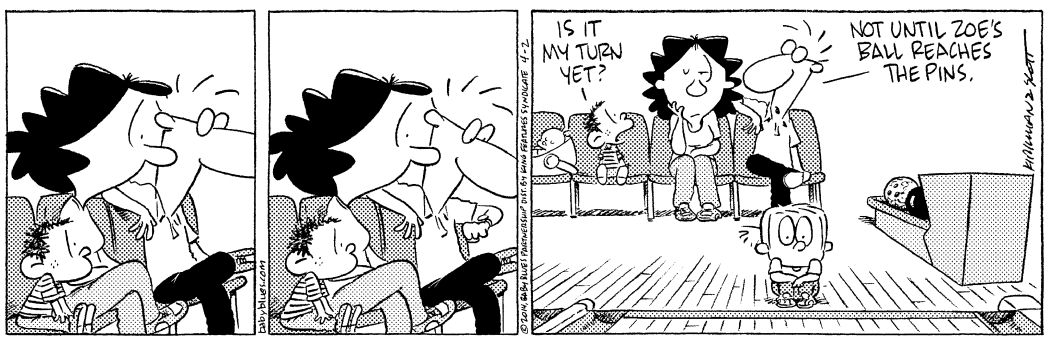
Hagar the Horrible



Peanuts



Baby Blues



Dilbert

su|do|ku

© Puzzles by Pappocom

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

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.

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

HELOISE'S KITCHENEERING
BY HELOISE

Don't Delay the Chicken

Dear Heloise: I am a regular reader of your column in the (Rochester, Minn.) Post-Bulletin.

I remember a hint about microwaving bone-in CHICKEN PIECES a short time before grilling to ensure doneness. Could this have come from your column? Would you please research and respond? — Sue O. in Minnesota

Well, Sue, you may have read it in my column. So, here is the information you requested from the experts this expert relies on. You can microwave chicken first (according to the U.S. Department of Agriculture), but ONLY if you IMMEDIATELY plan to move it to a hot grill to finish cooking. Don't partially cook meat or chicken when planning to refrigerate and cook later. All of the bacteria may not be killed, and you certainly don't want to make your family sick! — Heloise

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

Stay Fresh

Dear Heloise: I love cookie jars and have a small collection. I like to actually use them (certain ones for certain holidays, etc.). However, I have found that many jars do not have a sealed lid to keep the cookies truly fresh.

I keep the cookies sealed in a plastic, zipper-lock bag inside the jar. You still are using the decorative jar, but are making sure that they stay extra fresh when someone goes to eat them. — Jane D. in Ohio

Still Active

Dear Heloise: I was starting to bake, and noticed that the can of baking powder (which was open) had just expired. I recall reading somewhere that you can do a simple test to tell if baking powder is still active. Can you tell me how to test the baking powder? — Sandra M. in Wyoming

Sandra, it is a very simple test. Exact measurements aren't really important, but take about a cup of hot water and add about a teaspoon of the baking powder in question. If the baking powder is still good, it will immediately start to bubble when it hits the water. — Heloise

Spinach Omelet

Dear Heloise: I read your column in The (Towanda, Pa.) Daily Review. Every morning I have an omelet for breakfast. Usually I put fresh spinach in it, but when I couldn't use up the spinach fast enough, I put it in the freezer so it wouldn't spoil. Once frozen, the spinach crumbles nicely for my omelet while still in the bag. This is much easier than cutting the spinach fresh, and it tastes just as good. Many thanks for all your hints! — Cathy in Pennsylvania

No Mess

Dear Heloise: Before I spray any pan with cooking oil, I open my dishwasher door and place the pan on the inside of the door. I then am able to spray the pan, causing any overspray to be trapped in the dishwasher and washed away with the next load. No messy counter to clean! — Gina T. in Kentucky

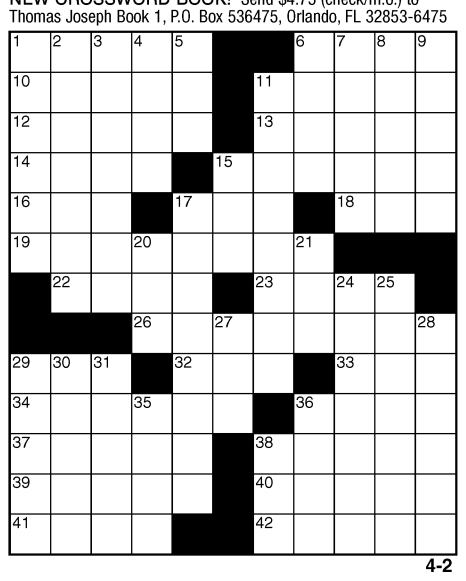
CROSSWORD
By THOMAS JOSEPH

ACROSS
1 Storage sites
6 Disfigure
10 Gauge setting
11 Findable fellow in kid's books
12 Suggest
13 Notions
14 Kitchen herb
15 Prague people
16 Seventh Greek letter
17 — man (unanimously)
18 Tofu source
19 Become insufficient
22 Rose of baseball
23 Extinct bird
26 Brief period
29 Part of RSVP
32 One or more
33 Summer, in Paris
34 Marigold color
36 Physics amount
37 Marshy area
38 Maximum amount
39 Recital piece
40 Steer clear of
41 Workout count
42 Drank to excess

DOWN
1 Web spinner
2 Chew the scenery
3 Board the jet
4 Secluded place
5 Crafty
6 Put together
7 Guinness and Baldwin
8 Pocatello's state
9 Like some tree trunks
11 Hogwarts study
15 Pigeon call
17 Dutch government setting
20 Ave. intersectors
21 Young one
24 Create
25 External
27 Early hour
28 Like some boxes
29 Quite serious
30 Seething
31 Basketball shot
35 Tacit approvals
36 "The Phantom Tollbooth" boy
38 Charter

Previous Puzzle

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

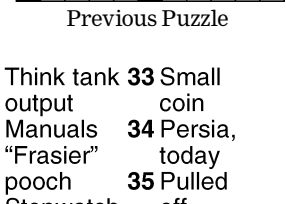


4-2

CROSSWORD
By THOMAS JOSEPH

ACROSS
1 Needed a massage
6 Tenor's pride
11 Left over
12 One with a record
13 Stampede cause
14 Calls for
15 Priest's subordinate
17 Card spot
19 Stick in a pack
20 Joaquin Phoenix film
23 Magazine worker
25 Grow paler
26 Watch parts
28 Appropriate
29 Highland boy
30 CIA's forerunner
31 Hankering
32 Wager
33 Iago stabs him
35 Eggs buy
38 Maine college town
41 Bold way to solve crosswords
42 Kobe, for one
43 Co. divisions
44 Beginning

DOWN
1 Nile serpent
2 Busy one in Apr.
3 Selects carefully
4 Great Lakes port
5 Ten-sided figure
6 Viper's poison
7 Plow pullers
8 Motel freebie
9 Haddock's cousin
10 Print measures
16 Becomes clotted
17 Green sauce
18 Think tank output
20 Manuals
21 "Frasier" pooch
22 Stopwatch button
24 Sandal sight
25 Craze
27 Chewbacca's pal
31 Rebs' foes
33 Small coin
34 Persia, today
35 Pulled off
36 Binary digit
37 Energy
39 Maiden name label
40 Food scrap



Previous Puzzle

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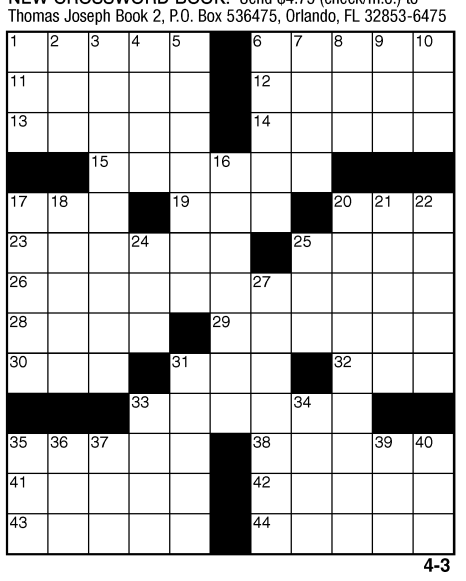

4-3

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.

4-2 CRYPTOQUOTE

C D E K D L A T K T C P D L S L Q

F C X L C F J P M C B L T C P D L S L Q

M Q J L X C D E M T J D H D L A .

— C Z G L Q M L J D P M L J D

Previous Cryptoquote: THERE IS NO PASSION TO BE FOUND PLAYING SMALL – IN SETTLING FOR A LIFE THAT IS LESS THAN THE ONE YOU ARE CAPABLE OF LIVING. – Nelson Mandela