

# Isolated teen should turn to trusted adults for help

**DEAR ABBY:** I am a teenager who went through some emotional stuff a couple of years ago. It was horrible. My parents thought it was just a phase, so I had to deal with it myself until it got better.

I don't feel like I can communicate with my parents. If I try, I'm afraid they'll just downplay it again.

I feel so alone sometimes. Even when I'm happy I still have this feeling of sadness. Then suddenly, I feel angry for no reason, and I hate it. Other times, I get so anxious I don't know what to do. I feel like my friends don't like me, even though nothing is wrong. I feel stuck.

Most people say it's because I'm a teenager, and that's what I try to tell myself, but it doesn't work. I don't know what to do. What do you think, Abby? — **ANONYMOUS IN THE U.S.A.**

**DEAR ANONYMOUS:** I'm sorry that when you tried to tell your parents you were in pain they didn't take you seriously. While the feelings you're having may be caused by "raging teenage hormones," they could also be a symptom of something more. That's why I'm suggesting you talk to another trusted adult about your feelings -- the parent of one of your close friends, a



DEAR ABBY

counselor at school or your pediatrician, if you have one. It never hurts to have a "reality check" every once in a while, and when you share what's going on in your head with someone who has more life experience, it can give you a better perspective.

**DEAR ABBY:** This time last year, I read a letter from a young woman whose live-in boyfriend doesn't get her anything for Valentine's Day.

I have been married to my husband for 28 years. When we were first married, I was often disappointed because he was never good at getting me gifts on holidays. Every year I would remind him ahead of time.

But gradually over the years, I began to realize that the gifts were not important. He has been the best husband I could ask for. He knows me better than anyone else. He adopted my two young girls and has

been a wonderful father to them.

Throughout the year we do almost everything together. He loves to shop with me, and I buy what I want for my birthday or whatever. When holidays come around, we acknowledge them to each other and do something together for the day if we can.

A few years ago he was very ill and almost died. I am so grateful for him every day. I couldn't ask for more. The material gifts are unimportant. — **MARY M. IN MINNESOTA**

**DEAR MARY:** Thank you for an upper of a letter. You are a woman who clearly has her priorities straight. I told the young woman who wrote that letter that she'd feel less "deprived" if she focused not on what she ISN'T getting out of the relationship, but more on what she IS. You reinforced this beautifully.

Readers, on this "day of love," I'd like you to know that you make writing this column a joy. I wish you all a very happy Valentine's Day.

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](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.

## su | do | ku

© Puzzles by Pappocom

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

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.

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

Previous Puzzle

## HOROSCOPES

### ARIES - Mar 21/Apr 20

Aries, expect to scramble at the last minute when you have to get something finished. It may elevate your blood pressure, but you'll feel good when the task is completed.

### TAURUS - Apr 21/May 21

You have to take a stand on a highly contested matter, Taurus. There's no way to avoid the situation, so it's best if you just meet it head on. Others will appreciate your direct approach.

### GEMINI - May 22/June 21

Gemini, say goodbye to a bad situation, as a better one is on the horizon. It is about time you make things work in your favor and enjoy some R&R.

### CANCER - June 22/July 22

Cancer, you have grown in many ways and people are trying to get used to your new persona. They see you as a new person, and that will require an adjustment period.

### LEO - July 23/Aug 23

Leo, paying off a large debt may empty out your bank account, but you have to look at the benefits of the situation. No more interest payments mean more savings.

### VIRGO - Aug 24/Sept 22

Virgo, expect to be caught off guard this week. Allow everything to run its course, and things will be back to normal before you know it.

### LIBRA - Sept 23/Oct 23

Libra, be resourceful and economical this week. Frivolous spending will only leave you with a hole in your pocket and not much to show for it.

### SCORPIO - Oct 24/Nov 22

This could be a time of profound changes in an important relationship, Scorpio. If you keep an open mind, there is no limit to the benefits that await.

### SAGITTARIUS - Nov 23/Dec 21

Sagittarius, after a few bumpy spells, you may be on the road to a financial recovery. Monitor your spending and continue to maintain your financial discipline.

### CAPRICORN - Dec 22/Jan 20

Real estate values have been rebounding, Capricorn. If you are in the market to sell your home, now may be your chance to do so, but make sure you accept a good offer.

### AQUARIUS - Jan 21/Feb 18

Your responsibilities are at an all-time high, Aquarius. If you speak up, plenty of people will be willing to lend a hand. You just have to accept their offers to help.

### PISCES - Feb 19/Mar 20

Pisces, start visualizing positive outcomes and you can produce winning results. A negative attitude will only prevent success.

### FAMOUS BIRTHDAYS

**FEBRUARY 15**  
Amber Riley, Actress (29)

**FEBRUARY 16**  
Valentino Rossi, Race Car Driver (36)

**FEBRUARY 17**  
Ed Sheeran, Singer (24)

**FEBRUARY 18**  
Molly Ringwald, Actress (47)

**FEBRUARY 19**  
Jeff Daniels, Actor (60)

**FEBRUARY 20**  
Cindy Crawford, Model (49)

**FEBRUARY 21**  
Charlotte Church, Singer (29)

## CROSSWORD

By THOMAS JOSEPH

### ACROSS

- 1 King or czar  
6 Yard worker  
11 Muse of love poems  
12 Hirsch of "Into the Wild"  
13 Rebound  
14 Cap feature  
15 Open, in a way  
17 Spring site  
18 2016 Olympics host  
19 Ensigns, e.g.  
22 Japanese honorific  
23 Began to cry  
24 Occupies  
25 Compass creation  
27 Wine choice  
30 Skilled worker  
31 Eden name  
32 Shell game need  
33 Trample  
35 Jimmy Smits series  
38 They're adored

### 39

- New York city  
40 Chutzpah  
41 Bus units  
42 Door sign

### DOWN

- 1 Happens a second time  
2 Astronomical Muse  
3 "The Far Side" cartoonist  
4 School on the Thames  
5 Lovers of love  
6 Gun  
7 Paris pal  
8 Words on a candy heart  
9 Ran off to wed  
10 Showed over  
16 Spanish dishes  
20 Sweet-heart  
21 Cal. spans  
24 Work wk.'s end  
25 Invent  
26 Roma's nation  
27 School paper  
28 Unfold  
29 Not as bright  
30 Top grade  
34 Unspoiled spot  
36 Do something  
37 Lived

THOMAS CROSSWORD BOOKS 1 AND 2! Send \$4.75 (check/m.o.) for each book to 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										
32						33		34		
35				36	37		38			
39							40			
41							42			

2-14

## CROSSWORD

By THOMAS JOSEPH

### ACROSS

- 1 Gem side  
6 Tex-Mex treats  
11 Have — to grind  
12 44th commander in chief  
13 10th commander in chief  
14 Nation on the Red Sea  
15 Beach crawler  
17 Finish  
18 Internal affairs target  
22 Heaps  
23 39th commander in chief  
27 Become prevalent  
29 I love you: Sp.  
30 31st commander in chief  
32 Whirl  
33 Snobs  
35 Wager  
38 Tater  
39 State that produces taters  
41 Simon and Diamond  
45 37th commander in chief  
46 Comic strip worker  
47 Farm pens

### 48

- Hearty dishes

### DOWN

- 1 Diet no-no  
2 One or more  
3 Coolidge nickname  
4 Commander in chief's branch  
5 — Haute  
6 Tongue-twisting plaything  
7 Lincoln nickname  
8 Arrived  
9 Portent  
10 Dune makeup  
16 U. of Md.'s league  
18 Foolhardy  
19 Bread spread  
20 Attend  
21 Commander in chief  
24 Lights-out tune  
25 Put out  
26 Howard and Silver  
28 Wrestling holds  
31 Tear  
34 North African capital  
35 Storage spots  
36 Fix text  
37 City car  
40 Garden tool  
42 DDE nickname  
43 Actor Ayres  
44 Fourth-yr. students

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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						46				
47						48				

2-16

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.

2-14 CRYPTOQUOTE

D U , M C M S I A S D P U D D J A H B Y

P H R R S U A A W M B A , R D K A ,

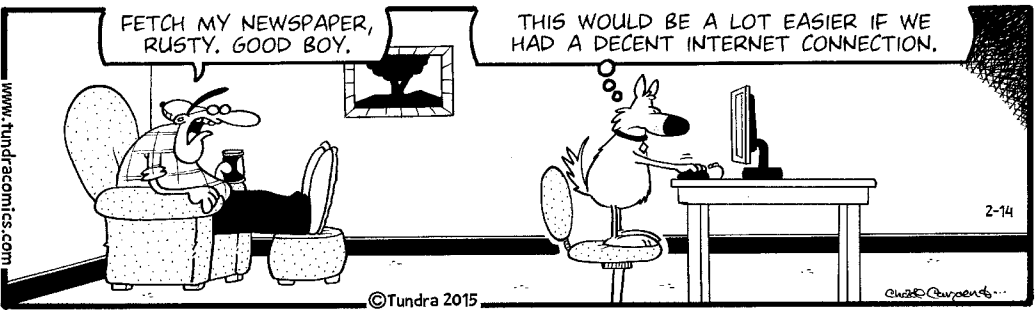
S U D E H F S A K A F O Y H O W O

K H R A B S M B A ! — S U D W H J U D D Y

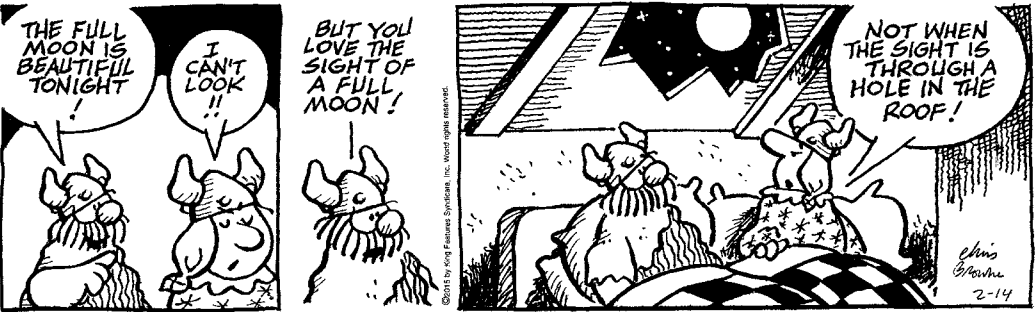
Previous Cryptoquote: LOVE UNLOCKS DOORS AND OPENS WINDOWS THAT WEREN'T EVEN THERE BEFORE. — Mignon McLaughlin

## COMICS

### Tundra



### Hagar the Horrible



### Peanuts



### Dilbert

