

ASK AMY

Serviceman is not ready for marriage

**DEAR AMY:** I recently joined the service and soon will be leaving for basic training. I have a girlfriend, and I care about her very much, but recently I have been very concerned about what will happen in our future. She is banking on me being based near her, and I've told her countless times I can't guarantee that will happen. We've been together for almost a year, and it's starting to get scary. She is mentioning marriage just so we can live together wherever I am stationed. I am 24 years old and about



Amy Dickinson

to embark on a life-changing endeavor, and marriage was not included in my plans. How should I handle this? — **Scared Serviceman**  
**DEAR SCARED:** Loving relationships ideally bring comfort rather than anxiety, but you can assume that you and your girlfriend are both anxious and maybe even panicking a little as you face an uncertain future. You have to be honest about your own goals and straight-forward about your concerns. Tell your girlfriend absolutely everything you're thinking about, and take marriage off the table for now. **DEAR AMY:** Our son and daughter-in-law are divorcing, and our teenage grandchildren have taken sides; our granddaughter is siding with her mother and our grandson with his dad.

This divorce was initiated by our son because of his wife's alcoholism, financial irresponsibility and infidelity that has resulted in bankruptcy and losing the house. Our granddaughter has come to believe that this disaster is her dad's fault. We have been getting together with the kids and sometimes included our son, but as the divorce process has moved forward and the reality has hit the kids, feelings have intensified. We are devastated by our family's breakup and want to get back at least some of what we once had with our son and his children. What can we do to be with the three of them together, or do we just accept that they have a toxic relationship and hope that time will heal it? — **Sad in Seattle**

**DEAR SAD:** You should continue to spend time with these children, with and without their dad. You will want to continue to offer your grandchildren the benefit of your strong relationship while giving them a safe place to be themselves and a respite from the anxiety of their parents' troubles. Your granddaughter needs to learn that it is permissible and possible to love both of her parents and that it's not necessary to take sides. Allow them to express themselves, with reasonable and respectful limits. You can hope that the passage of time will help them heal, and you can do the rest by filling in some of the emotional void in their lives. Ask Amy, Chicago Tribune, TT500, 435 N. Michigan Ave., Chicago, IL 60611. e-mail: askamy@tribune.com

ASK THE DOCTOR By Paul G. Donohue M.D.

Many treatments are available for IBS

**DEAR DR. DONOHUE:** I'm a 46-year-old woman who has suffered from digestive problems for many years. I have had X-rays, scans and scope exams, and nothing has been found to explain my stomach pain and elimination difficulties. Finally, the doctor has declared that I have irritable bowel syndrome. He has left me hanging. I have no idea of the diet I should follow, and I have been given no medications. What works? — J.S.  
**ANSWER:** Irritable bowel syndrome is seen daily in all doctor's offices. One striking sign is a three-month alteration in bowel movements — constipation, diarrhea, or constipation alternating with diarrhea. Abdominal pain is another sign. Often, the pain gets better after a bowel movement. Rectal passage of mucus is a frequent manifestation. Bloating and gaseousness are common problems. No blood test, no X-ray, no scan and no scope exam show anything is

wrong. That doesn't mean nothing is wrong. It might be that the coordinated contractions of the digestive tract muscles are in disarray, or it might be that the digestive tract is supersensitive to normal digestive muscle contractions. IBS patients have to determine their own diet. Foods that are often found to be troublemakers include onions, celery, carrots, raisins, bananas, apricots, prunes, Brussels sprouts, pretzels and bagels. Eliminating these foods, one or two at a time, will allow you to see if they are upsetting your tract. Another worthwhile trial is steering clear of dairy products. Your digestive tract might not have enough of the lactase enzyme, the enzyme needed to digest milk sugar. Some home remedies can curtail IBS signs and symptoms. Peppermint oil is one of them. Many IBS patients find it soothes their digestive tracts. So can the fiber psyllium. Two psyllium

brand names are Metamucil and Fiberall. Some find that introducing good bacteria into the digestive tract is beneficial. Align, a product produced by Procter and Gamble, contains the bacterium Bifidobacterium infantis and might work for you. Lastly, Xifaxan, an antibiotic that's not absorbed, might ease your symptoms. **DEAR DR. DONOHUE:** It's impossible for me to lose any weight unless I go on a starvation diet. It's been this way all my life. I have to completely stop eating to get any loss of weight. When I start to eat again, the weight creeps back. My friends tell me this is a dangerous way to keep weight down. Why? — B.L.  
**ANSWER:** With starvation, the body turns to protein for its energy. Stored protein is muscle. Much of the weight you lose through such stringent dieting is muscle weight — not a good thing. Yo-yo dieting — cyclical

weight loss and weight gain — often produces a lowering of HDL cholesterol, the good cholesterol and the kind that keeps arteries free of clogging buildup. **DEAR DR. DONOHUE:** I am afraid I have gotten into the laxative habit. For many years I have taken Metamucil. Has this done any permanent damage? I am regular with it, and I hate to give it up, but I don't want to damage my colon either. How do I get off it? — M.A.  
**ANSWER:** I don't consider Metamucil a laxative. It's fiber. Fiber keeps undigested food moist and eases its passage through the colon. You can stay on Metamucil for your entire life, if you desire and if it's keeping you regular. Write P.O. Box 536475, Orlando, FL 32853-6475. Readers may also order health newsletters from www.rbmamall.com.

SUDOKU

Make every row, column and 3x3 box contain every digit from 1 to 9. (The answer is at the bottom of the page.)

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

Difficulty Level ★ 6/08

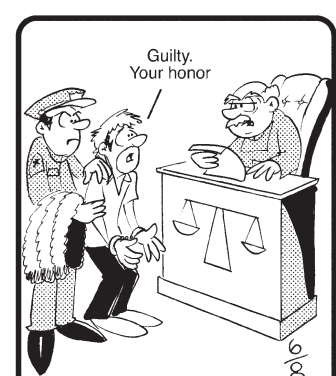
JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

GYKAW  
 AXORB  
 YORPOL  
 HATHEL

Answer:  THE   
 (Answers tomorrow)  
 Saturday's Jumbles: KNEEL THINK UNLOCK BIGAMY  
 Answer: Where medieval warriors relaxed — AT A "KNIGHT" CLUB

THAT SCRAMBLED WORD GAME



WHAT THE THIEF DID WHEN HE WAS CAUGHT ROBBING THE FUR STORE.

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

HOROSCOPE By Holiday Mathis

**TODAY'S BIRTHDAY (JUNE 8).** Your enthusiasm matches your persistence, which is why you make great strides. In July, hone traits of compassion and loyalty. Windfall months are September and March.  
**ARIES (March 21-April 19).** You're in the mood to frolic by the sea — so what is this work thing that everyone seems to be asking of you? Well, you'll get your bliss later in the week if you plan for it now.  
**TAURUS (April 20-May 20).** You may feel shy in public, but in your private world, you are assertive and in control. Both sides of you are equally powerful, though, and you're even more effective if you can somehow meld the two tones together.  
**GEMINI (May 21-June 21).** You deserve to feel good; however, for some reason, you haven't paid attention to your basic need for fun and entertainment. It's safe to lower your barriers to pleasure now.

**CANCER (June 22-July 22).** A relationship improves because you stop wanting the other person to behave the way you would. It's wonderful that you've shaken free of these expectations. It allows you to delight in your friends for who they are.  
**LEO (July 23-Aug. 22).** Quiet, conventional and meticulous — these are not words that you would usually choose to describe yourself. And yet today, you see the benefit to getting down to some silent and seriously detailed work.  
**VIRGO (Aug. 23-Sept. 22).** Misread signals lead to awkward social discourse. You'll likely see the humor in this, and also the lesson: Don't make assumptions about people based on how you would like them to be.  
**LIBRA (Sept. 23-Oct. 23).** You're willing to go to classes, read books and confront your so-called "issues"

all in the name of finding and keeping love. It all helps, as long as you're enjoying it. If not, take a break and let yourself develop naturally.  
**SCORPIO (Oct. 24-Nov. 21).** There are amorous possibilities worth investigating. Singles enjoy flirting with new options and couples do the same. Some couples will deepen their commitment to one another with a shared responsibility.  
**SAGITTARIUS (Nov. 22-Dec. 21).** It's a strange feeling to attain a certain success before you feel you have completed the requisite work. But the facts won't lie today. If you reach your goal, good for you. Take it!  
**CAPRICORN (Dec. 22-Jan. 19).** You have a lot to celebrate, and celebrate you must. You might be afraid that you won't be able to stop the fun and get back to work, but you're a lot more temperate than you give yourself credit for being.

**AQUARIUS (Jan. 20-Feb. 18).** Friendships are prone to getting stuck in a rut just like any other entity in life is. You can avoid this by taking action. Veer from familiar activities and topics of conversation.  
**PISCES (Feb. 19-March 20).** There is nothing wrong with you. If you feel like changing yourself, that's up to you, but you might be just as happy if you don't. What you need is a little luck, and that's just what happens over the next three days.

CELEBRITY CIPHER By Louis Campos

These cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.  
 Today's clue: P equals J

" U P J X L E Y N G V G U D W K E U N G , K D H U E Y N G T G Y T E G , K D H U A U D H X Y C G L Z U D W O Y D H G M A J E G N G M I H K I . " - V G K K M L Z J M

PREVIOUS SOLUTION: "I ... honor the valiant men who died; every man who set foot on Omaha Beach was a hero." - Lt. General Omar Bradley  
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NEWSDAY CROSSWORD BY STANLEY NEWMAN

- ACROSS**  
 1 Butter portions  
 5 Be durable  
 9 Indian corn  
 14 Touched down  
 15 \_\_\_ upon a time  
 16 Skylit lobbies  
 17 Wizard of Oz dog  
 18 \_\_\_ end (finished)  
 19 College officials  
 20 Burn slightly  
 21 Wedding-party tradition  
 23 Sneezer's accessory  
 25 Skirt border  
 26 Delivers with much effort  
 30 Liquor from Jamaica  
 33 Make fun of  
 37 Regulation  
 38 Rabbit relative  
 39 Wedding-ceremony ritual  
 42 Agile  
 43 Remove from office  
 44 Borders of tables  
 45 Tic-tac-\_\_\_  
 46 Cowboy hat  
 48 Office neckwear  
 49 Piano transporters  
 54 Wedding-dessert tradition  
 60 Neighborhood  
 61 Square shapes  
 62 Vocal  
 63 Bursts, as a balloon  
 64 Hard work, slangily

- DOWN**  
 1 Pants-knee repair  
 2 Luau greeting  
 3 Giant of industry  
 4 Supposed baby-bringing bird  
 5 Casual shoe  
 6 Prefix for freeze  
 7 Lasting mark  
 8 Change for a \$20 bill  
 9 Enrage  
 10 First-string squad  
 11 Tehran's country  
 12 Metal in pennies  
 13 Uncomplicate  
 22 One who steals  
 24 Notion  
 27 Engage in a dispute  
 28 Hotel patron  
 29 Vending-machine holes  
 30 Telephoned  
 31 Recommend strongly  
 32 Disorder  
 33 Midterm or final  
 34 Trade show, for short  
 35 Land measure

- 36** Timid  
**38** Kept out of sight  
**40** Made mention of  
**41** Nevada city  
**46** Nap in Mexico  
**47** Egg/cheese concoction  
**48** Pick up the check  
**50** Steam  
**51** Wear away  
**52** Force back  
**53** Smart-mouthed  
**54** Recipe amt.  
**55** Des Moines' state  
**56** Former spouses  
**57** Secret writing  
**58** Diva's solo  
**59** Topeka's state: Abbr.

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					49		
54	55	56						57	58	59			60
61								62					63
64								65					66
67								68					69

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DAILY BRIDGE CLUB by Frank Stewart

"It's something you never see," a reader writes: "a back-seat driver out of gas. My partner always knows how I should have played after the deal is over."  
 My fan was today's declarer, and West led three rounds of diamonds. East threw a spade. "I ruffed and drew trumps," my fan says, "and tried the spade finesse. It lost, and I also lost a club. Naturally, my partner said the contract was cold. Maybe so, but I wouldn't have made it with all four hands in view, much less with two."  
**LOSING CLUB**  
 South succeeds if he places West with the king of spades and guesses well. After South ruffs the third diamond, he takes five rounds of trumps, pitching a spade from dummy.

West dealer  
 N-S vulnerable

**NORTH**  
 ♠ 5 4  
 ♥ 9 5 4 2  
 ♦ 6 4 3 2  
 ♣ A 4 2

**WEST**  
 ♠ K 10 7 3  
 ♥ 8  
 ♦ A K Q 10 9  
 ♣ J 8 7

**EAST**  
 ♠ J 9 8 6 2  
 ♥ Q 7  
 ♦ 8 5  
 ♣ Q 10 9 6

**SOUTH**  
 ♠ A Q  
 ♥ A K J 10 6 3  
 ♦ J 7  
 ♣ K 5 3

West 1 ♠  
 2 ♠  
 All Pass

North Pass  
 East 1 ♠  
 Pass  
 South Dbl  
 4 ♠

Opening lead — ♦ K  
 West must save a diamond and the K-10 of spades, so only two clubs. South then takes the K-A of clubs and leads dummy's last diamond,

pitching his last club. West wins and must lead a spade to the A-Q.  
 North should have taken his foot off the gas pedal this time: If I made four hearts as South, I'd be pleased.  
**DAILY QUESTION**  
 You hold: S A Q H A K J 10 6 3 D J 7 C K 5 3. You open one heart, your partner responds one spade, you jump to three hearts and he rebids three spades. The opponents pass. What do you say?  
**ANSWER:** Your partner's second bid is constructive. If he had a poor hand, he'd have passed. He'd have little reason to retreat to three spades since your rebid of three hearts promised a strong suit. Since you have adequate spade support, raise to four spades.

TODAY'S SUDOKU

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

SATURDAY'S CROSSWORD

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

THOUGHT OF THE DAY

"I do believe one ought to face facts. If you don't they get behind you and may become terrors, nightmares, giants, horrors. As long as one faces them one is top dog."  
 Katherine Mansfield