

ASK AMY

Father's Day reminds reader of loss

DEAR AMY: Letters in your column about how painful Mother's Day can be have struck a chord with me, not for Mother's Day but for Father's Day.



Amy Dickinson

My youngest son's father is a deadbeat dad who never sees him. My oldest two sons' father committed suicide two years ago, when they were teens.

He was a very involved father. You can imagine the grief we feel. Our first Father's Day without him was three months after he died.

I was grocery shopping with my oldest son and the bagger very innocently asked him what his plans were for Father's Day.

We were shocked into silence, and I will never forget the twisted, terrible look of grief on my son's face.

We said nothing, of course. This is why I never wish anyone a happy Mother's Day or Father's Day unless I know his or her situation.

I wish Father's Day was never invented, but who am I to disregard the good fathers who haven't abandoned their families? My own father is one of them! — Grief Every Father's Day

DEAR GRIEF: This issue has caused a lot of traffic in my in-box; I can only hope that people pondering these special honor days realize, as you do, that you simply never

know what issues people are dealing with.

I also hope that people who are grieving and sad realize that these remarks and greetings are innocent in nature.

I can only hope that you and your sons will handle your feelings on this day openly and with grace. They have had a raw deal — but they have you, and in that regard they're lucky.

DEAR AMY: I am a 13-year-old girl who is an athletic swimmer. My mother loves my swimming, but for pool parties and visits to the water park she will not let me wear a bikini.

A friend of mine whose mother is very conservative will let her daughter wear a string bikini for swimming. My mother will let me wear an athletic two-piece, which means it will be very

form fitting and generally very ugly.

How can I persuade her to let me wear a decent bikini?

— Tired of Tank Suits
DEAR TIRED: Your mother's job is to help you choose appropriate clothing according to her sense of what is acceptable. She may think there is no such thing as a "decent bikini."

You can try to negotiate your way into a different suit, perhaps by pointing out that athletic two-pieces can be more revealing than bikinis because they're like a second skin. Otherwise, ask her to agree to what age you should be to wear a bikini, and look forward to that summer.

Ask Amy, Chicago Tribune, TT500, 435 N. Michigan Ave., Chicago, IL 60611. e-mail: askamy@tribune.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.)

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

Difficulty Level ★★★

6/10

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

Statin drugs reduce body inflammation

DEAR DR. DONOHUE: My doctor wants me to take a statin drug even though my total cholesterol is normal and my LDL cholesterol isn't very high. The only other abnormal test was the CRP test. He says that a statin for someone like me has been shown to prevent heart attacks. My father died of one at age 42. I don't relish taking pills. What are your thoughts? — L.F.

ANSWER: We are over-medicated, especially older people who see more than one doctor. That's true. But new information is proving to be a strong stimulus for prescribing statin medicine. Statin drugs — Crestor (rosuvastatin), Zocor (simvastatin), Lipitor (atorvastatin), Lescol (fluvastatin) and Pravachol (pravastatin) — are the most effective cholesterol-lowering drugs available. A recent study has demonstrated that these drugs also lessen body inflammation, a relatively new aspect in the search for a cause of heart attacks and strokes.

Body inflammation disrupts plaque, the buildup of cholesterol and other materials in and on the artery wall. When that happens, the ruptured plaque attracts platelets, which form a clot within the artery. The clot blocks blood flow and leads to either a heart attack or a stroke, depending on whether the involved artery is a heart or brain artery. This is the mechanism most often involved in these incidents.

It turns out that statin drugs not only take care of cholesterol, but they also reduce inflammation, so they are a doubly effective prevention of heart attacks and strokes. The study I refer to is the Jupiter Study, which showed that people taking a statin were 48 percent less likely to suffer a heart attack and 50 percent less likely to have a stroke. So, how are we supposed to react to this? People at high risk for either heart attack or stroke are already taking a statin. People at low risk don't need

one. But people in between — a sizable number — are the ones who can benefit from this double action of statins. These people have a high C-reactive protein, a blood test that demonstrates body inflammation. They are candidates for statin therapy even if their cholesterol numbers are not so bad.

Your doctor must feel you belong to the group of people who would be well-served by statins' dual action.

DEAR DR. DONOHUE: My husband and I became parents for the first time one month ago. I was discharged with my son the second day after his birth. On his fourth day of life, his skin turned yellow. We were so scared that we took the baby back to the hospital, and he was admitted for light treatment. He stayed only two days and has done fine ever since. Is this something that could cause him permanent damage? — M.A.

ANSWER: Your son had what 60 percent of newborn

babies have — an increased level of bilirubin. His level apparently was high enough to warrant treatment. Bilirubin is a pigment that comes from hemoglobin, the oxygen-carrying material inside all red blood cells. When red cells break down, they release their hemoglobin, which is turned into bilirubin. The liver processes bilirubin so that blood levels don't rise. If the liver isn't working well, blood bilirubin values increase. The skin and whites of the eyes turn yellow — jaundice. It takes infant livers a few days to mature enough to handle bilirubin. If the baby's levels are high, exposing the baby to light inactivates bilirubin.

Your baby suffered no permanent damage from this very common occurrence.

Write P.O. Box 536475, Orlando, FL 32853-6475. Readers may also order health newsletters from www.rbmamall.com.

JUMBLE

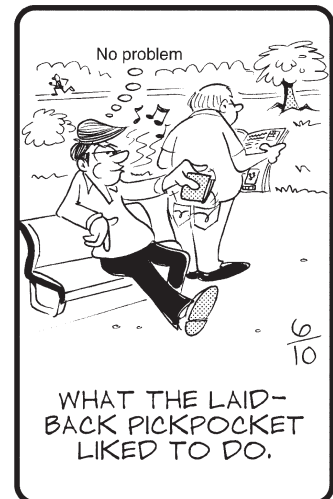
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

KEDAB
 HAABS
 YALAWY
 TRUBET

Answer: IT

THAT SCRAMBLED WORD GAME

by Mike Argirion and Jeff Kurek



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

Yesterday's Jumbles: EXPEL IGLOO MARKUP NOGGIN
 Answer: When the archaeologist bought a wrinkle-free wardrobe, she left — THE "IRON" AGE

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: G equals J

" P XDOU FD CU YUKUKCUYUV SI
 IDKUDAU LXD KSVU FXU USYFX S
 Z PFFZU KDUY CUSRFPHRZ."
 GRIFPTU LPZZPSK D. VDRWZSI

PREVIOUS SOLUTION: "Procrastination is like a credit card: It's a lot of fun until you get the bill." - English actor Christopher Parker

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HOROSCOPE By Holiday Mathis

TODAY'S BIRTHDAY (JUNE 10). This birthday represents a shift in your internal world as you realize that you are capable of greatness. Love signs are Cancer and Pisces.

ARIES (March 21-April 19). You've a growing sense of mischief. You'll have to strain to stay within the protocol, and still you might not be able to hold back a wisecrack. Everyone is relieved when the formalities are broken.

TAURUS (April 20-May 20). You'll meet someone with whom you identify strongly. Likely, this person represents a younger version of yourself, struggling in a way you once struggled. You'll be moved to contribute to the cause or act on this person's behalf.

GEMINI (May 21-June 21). It will be tempting, though not very helpful, to think in generalities. The stereotypes won't apply and furthermore, you might think less of yourself for

buying into them. So open your mind to the outsider point of view.

CANCER (June 22-July 22). Your definition of a good time doesn't match up to a friend's. Avoid getting dragged into someone else's idea of fun because for you, it will just be a lot of work. Seek your own kind of pleasure.

LEO (July 23-Aug. 22). Great forces come with an element of chaos. Turbulence, when harnessed, is energy. The unexpected ups and downs of this day will be a highly creative charge for tomorrow's creative work.

VIRGO (Aug. 23-Sept. 22). If you're going to fight, fight fair. But the very best fight has no raised voices, sarcastic mumbles or biting insults — no words at all, really. When you don't agree with a loved one, just get up and take a walk.

LIBRA (Sept. 23-Oct. 23). There will be some tension at the work-

place, though you're probably too busy finding a mentor, forging new contacts and cracking glass ceilings to notice.

SCORPIO (Oct. 24-Nov. 21). You made commitments that turned into something more than you bargained for. Luckily, nothing is etched in stone. Ask for leeway. Also, it's a wonderful day to request a more flexible work schedule.

SAGITTARIUS (Nov. 22-Dec. 21). The accepted rules of social interaction may not have been accepted by all you meet today. The one who stands too close, interrupts too often and talks too loudly needs your forgiveness and understanding.

CAPRICORN (Dec. 22-Jan. 19). In order to manage your busy life, you need everything to be user-friendly. There is no time to waste figuring out a gadget or being stuck in automated phone limbo. If it doesn't work the first time, forget about it.

AQUARIUS (Jan. 20-Feb. 18). You will be teaching others to treat you with care. Demanding or even requesting care won't do the trick, though. The best lessons come through your example.

PISCES (Feb. 19-March 20). Your head is filled with fabulous, fun ideas. Maybe there are not enough hours in the day to do everything you want to do, but you accomplish what you need to do and you can try again tomorrow.

NEWSDAY CROSSWORD BY STANLEY NEWMAN

- ACROSS
 1 Spiny houseplant
 5 Vain fellow
 8 More recent
 13 Peru's capital
 14 Where Tibet is
 16 Chew the scenery
 17 Currier's partner
 18 Statuesque
 19 Throw out
 20 Pricey buy
 23 State w. of Montana
 24 Meadow murmur
 25 Sporting blade
 26 Model maker's buy
 27 Pond-dwelling croaker
 28 Tiger Woods org.
 31 Flame fanciers
 34 Type of star
 36 Ambiance
 37 Chem-lab liquids
 39 Chowder bit
 40 Historic Nova Scotia town
 42 Party givers
 43 Tenet
 44 Times to remember
 45 Midmorning
 46 In the center of
 47 E-mail provider
 48 Use the microwave on
 51 Alaska's state fossil
 54 Separate
 56 Festive nights
 57 Black-and-white cookie
- DOWN
 1 Suspect's story
 2 Very angry
 3 Rolex rival
 4 Toward the Orient
 5 Moneybags
 6 Port near Kyoto
 7 Carpet feature
 8 Rainy-day fund
 9 Toastmaster
 10 Contemptible one
 11 Greek vowel
 12 Good name, for short
 15 Took up or let out
 21 White wader
 22 Walkman successors
 26 Genghis
 27 Popular side order
 28 Buddies
 29 Pesky bug
 30 Cash sources
 31 Nativity-scene figures
 32 What we share
 33 Disney World transportation
 35 Desktop symbol
 37 Spring month
 38 Held gently
 41 Took a stripe from
 42 Leadership position
 45 Nice and warm
 46 Blood line
 47 Microscopic swimmer
 48 Sword-handling hero
 49 Elite squad
 50 Ring up
 51 Decline
 52 Montand of the movies
 53 Rowdy crowds
 54 Interject
 55 excellence

DAILY BRIDGE CLUB by Frank Stewart

Two wrongs don't make a right, but three lefts do. And at bridge, two wrongs may combine to bring about the "par" result.

In today's deal, East captured dummy's king of spades and returned a spade. South then took two high trumps and next the A-K of clubs and A-K of diamonds. He led a trump to dummy, ruffed a diamond and took the jack of spades. West discarded, and South lost a spade to East's ten.

SHOULD FAIL. The slam should have failed, but not after the first two tricks. South can cash the top diamonds and clubs, take two high trumps and ruff a diamond. He next takes the jack of spades. Since East, with the missing

North dealer N-S vulnerable

NORTH
 ♠ K Q J
 ♥ A K Q
 ♦ J 9 7 5
 ♣ J 3 2

WEST
 ♠ 7 2
 ♥ 5 4
 ♦ Q 10 8 6 2
 ♣ Q 8 7 5

EAST
 ♠ A 10 4 3
 ♥ 6 3 2
 ♦ 4 3
 ♣ 10 9 6 4

SOUTH
 ♠ 9 8 6 5
 ♥ J 10 9 8 7
 ♦ A K
 ♣ A K

North 1 NT Pass 4
 East Pass 3
 South 2 Pass 6
 West Pass All Pass

Opening lead — ♠ 7 trump, must follow, South can ruff his last spade in dummy.

Two wrongs made a right: Both South and East erred. If East ducks the first spade,

South goes down. If South draws trumps (or takes two trumps, giving East a chance to lead a third trump), he loses a second spade. If instead South tries to ruff his fourth spade in dummy first, West gets a spade ruff.

DAILY QUESTION
 You hold: S 9 8 6 5 H J 10 9 8 7 D A K C A K. Your partner opens one diamond, the next player bids one spade, you try two hearts, the player at your left raises to two spades and your partner jumps to four hearts. What do you say?

ANSWER: Your partner's hand is short in spades, and his jump-raise shows a good hand with strong trumps — but he lacks the A-K of both minor suits! He can hardly have less than 2. A K Q 5, Q J 8 7 6, Q 9 6. Bid six hearts.

TODAY'S SUDOKU

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

YESTERDAY'S CROSSWORD

BOND	SCOTS	ISEE
OBIEY	HOSES	NCAA
LOAN	EMCEE	SHUT
DETAIL	MAN	TOO
MOLAR	PILOT	
LEMONS	FORELEG	
ERAS	CHILE	TAR
TRI	SPOILED	EPA
BIN	TORTE	PROP
ENCLOSE	WARMTH	
GLARE	RAISE	
ANY	CATCHFIRE	
SPUD	SAYOK	EDEN
EASE	PRONE	READ
AWED	ABNIER	SAPS

THOUGHT OF THE DAY

"I am firm. You are obstinate. He is a pig-headed fool."

Katharine Whitehorn