

ADVICE

After months of couples therapy, things haven't improved

DEAR ABBY: I have been married more than 20 years to my best friend. She's the love of my life. We have been through a lot together and have been in couples counseling for eight months. We almost divorced last year because of an emotional affair I had seven years ago. (She had a similar distraction last year.)

We are friends and do everything together. I try to do everything right. I'm there for her emotionally. I have stopped drinking every day and developed a positive, mindful and kind mindset. I got myself into shape physically. I earn a good living, help around the house, prepare dinner for all of us and help with kids' appointments and activities.

The problem? My wife has physically withdrawn from me. Anything beyond hugs and kisses is too much for her. Physical intimacy happens less than once a month. I feel alone in my own home because I thrive on touch and affection but receive none. I love my wife and don't want to be with anyone else. The counselor says things "may" turn the corner "in time." In the meantime, how do I function while feeling undesired and rejected on a daily



Dear Abby
Abigail Van Buren

basis?

-- **FORGOTTEN HUSBAND IN THE SOUTH**

DEAR HUSBAND: You have my sympathy. It is possible that as much as you and your wife like and love each other, you are better friends than spouses. Because after eight months of counseling with your wife nothing has changed, there are no gestures of affection and you feel alone in your own home, it's time you found a psychotherapist of your own. It's clear that joint counseling has not been helpful.

DEAR ABBY: How do I get my daughter-in-law, "Darlene," to clean up after herself? I live in the house, pay rent and help with the bills, but she constantly creates a mess in the kitchen and everywhere else. She fills the sink with dishes daily and never washes pots and pans, to the point I can't use the kitchen to cook. Darlene doesn't work

and has nothing to do all day but create a disaster and wait for me or my son (her husband) to clean up behind her.

My son and I each work full-time. He does all the laundry, cleaning and cooking. If I say anything, Darlene gets defensive and makes all kinds of excuses why she can't. (It's sheer laziness.) If I say anything to my son, he defends her because she whines and cries about how "tired" she is and claims to have all kinds of illnesses (her stomach hurts, she's on her period or just too tired). She stays up late every night and can't wake up to get my grandson to school, so my son does it every day.

I'm at my wits' end, but I don't want to create an environment where Darlene will ignore me and turn my son against me. Help!

-- **OUT OF BALANCE IN THE SOUTH**

DEAR OUT OF BALANCE: You cannot change the unhealthy dynamic in your son's household unless he and his wife agree to do so. From what you have written, that isn't likely to happen. Be glad that you are fully

HOUSEHOLD ADVICE

Those who can donate should



Hints from Heloise
Heloise

Dear Heloise: I have enjoyed your (and your mother's) column for decades and currently read it in the Colorado Springs Gazette. I was recently upset by the person who recommended not giving to charities because the money all went to administration costs. This is simply not true.

There are thousands of charities in the United States, and many depend on volunteers only.

However, there are scammers, and it is easy to check out a charity at CharityNavigator.org. They study each charity's work and their financial statements, and they rate them according to their impact and efficiency with contributions.

At this critical time in our country when so many people are finding themselves without paychecks or public assistance programs, it is especially important for those who can give to support others. I have met many people who at some time in their lives needed help to support themselves or their children, and with this help, they were able to become self-supporting contributors to our society.

It's not just the wise thing to do; it's the right thing to do.

-- *M. Arnold, via email*

QUICK MENU

Dear Heloise: Several years ago, my husband and I made a list of dinners that I normally prepare, such as spaghetti, pot roast, tacos, etc. Then whenever we are stuck on what we want for dinner, we look at the list and pick one that matches the ingredients we have on hand. We've added to this list as we think of something we forgot or if I find a new favorite meal. I read you in the San Gabriel Valley Tribune.

-- *Joan A., in West Covina, California*

CLEANING A COMFORTER

Dear Heloise: I have read both your mother's and your hints for many years and thank you for all of your wonderful hints. Many of these hints saved me time and money!

Now I have a hint to share: If you like to wash a comforter and duvet at home rather than taking it to a dry cleaners, you can place it in a dryer for 1 hour, then finish drying it by placing a clean sheet over a clothesline or fence and placing the comforter over the sheet.

This allows fresh air to circulate through the comforter, and it usually dries rather fluffy without a chemical scent to it. It works well for me, and perhaps it will work for some of your other readers.

-- *Connie S., in Clawson, Michigan*

SUDOKU

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle.

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

Level: Intermediate

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

CROSSWORD

NEA Crossword Puzzle

- ACROSS**
- 1 Be triumphant
 - 4 Emcee
 - 8 Ancient Greek coin
 - 12 Fuss
 - 13 Actress — Falco
 - 14 Strong desire
 - 15 "Say — to the Dress"
 - 16 Spare
 - 17 Poi source
 - 18 Unseen particle
 - 20 Make a little wet
 - 22 Honest —
 - 23 Abbr. on a road map
 - 24 Irregular spot
 - 28 Recipe direction
 - 31 Wise
 - 32 Trouble
 - 34 Pen point
 - 36 Student at Yale
 - 37 Golf peg
- DOWN**
- 1 Method
 - 2 Brainchild
 - 3 Longing for the past
 - 4 Protective headgear
 - 5 Poem
 - 6 Thailand, once
 - 7 Male voice

- Answer to Previous Puzzle**
- 38 Yegg's target
 - 39 "Begone!"
 - 42 Argument
 - 44 Confer knighthood
 - 46 Tablet
 - 47 Glasses for bibliophiles
 - 51 Saharan
 - 53 Seed cover
 - 54 Of wings
 - 56 Feather scarf
 - 58 Aspect
 - 59 Motorcade vehicles
 - 60 Destiny
 - 61 Noggin
 - 62 Bronte's "Jane —"
 - 63 Before

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

1	2	3	4	5	6	7	8	9	10	11
			13					14		
			16					17		
	18		19		20		21			
		22				23				
24	25			26	27		28	29	30	
				32		33		34		35
				37				38		
	39	40	41		42		43			
			44	45			46			
47	48	49			50		51		52	
				54		55		56		57
				59				60		
61				62				63		

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DUSTIN



BABY BLUES



RHYMES WITH ORANGE



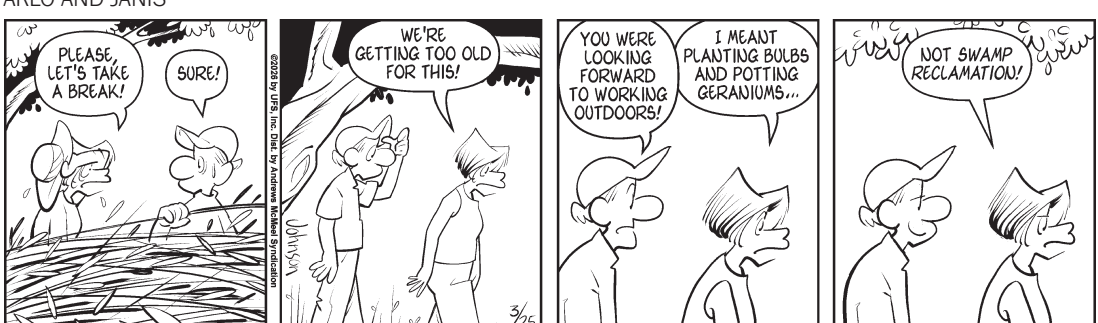
CRANKSHAFT



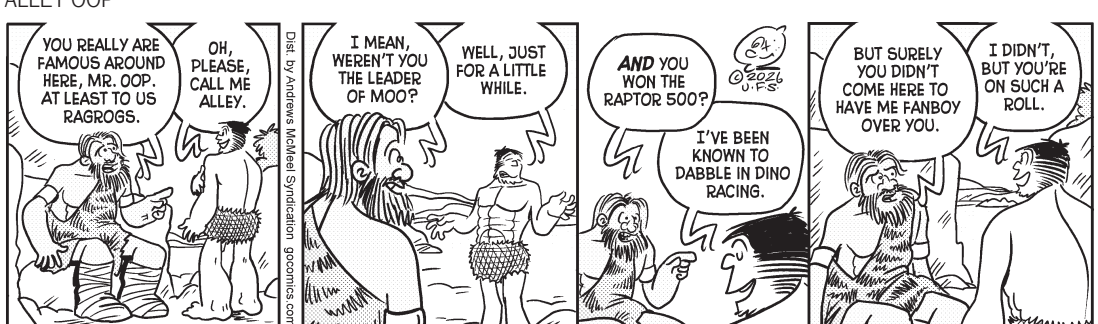
ZITS



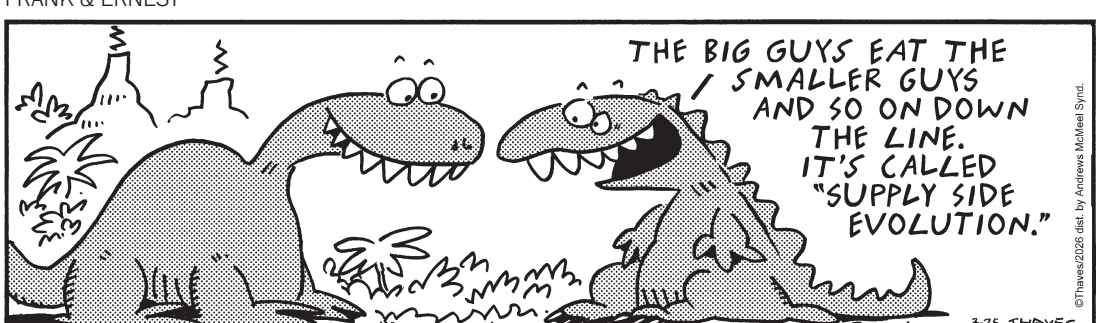
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