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» Perspective – every Sunday

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Taste »



MELISSA LYTTLE | Times

Polly Fiely, 22, takes part in one of the gelato tastings. The Italian ice cream's flavors mimic the elements of wine.

» GELATO continued from 3E

Unique pairings draw young crowd

Pieces gelato with syrah, but the others liked the chocolate and nuttiness with a spicy red.

For wines of St. Supery in Napa, double chocolate gelato was perfect for merlot. With top-dollar St. Supery Elu, a big cabernet blend, the folks at La Casa picked a stracciatella, an old Italian flavor like ricotta cheesecake with chocolate chips added. The cab added black cherries and a minty freshness.

Combinations were most striking in white wines. St. Supery's sauvignon blanc is bracing with the acidity of grapefruit, which melted next to the bright sweetness of pineapple gelato. Lemon sorbet set off the creaminess and floral natures of Virtu, a charmer of a white semillon blend.

St. Supery brags that its chardonnay is crisp and unoaked, but the crunchy shell of a cannoli

» IF YOU GO

Wine & gelato

The next tasting will be 7 to 10 p.m. Aug. 30 at La Casa Dolce, 406 S Howard Ave., Tampa; (813) 259-0002, lacasadolcecafe.com. Admission is \$10.

adds ample toastiness and cream.

There's a thought: Could wine have a place in ice cream cones?

Well, whodathunk a wine and gelato tasting would be a hit? Be glad these guys did. And, if you have fine ice cream in the freezer, don't be afraid to try this at home.

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How to help friends who cut themselves

Q: The thing that comes to mind when I look at my friends is, "How much did you cut today?" It hurts my heart to know they do it. A couple of them do it on their legs. They wear pants in the summer so no one can see the nasty gashes and scars. My other friends do it on their arms and wear long-sleeved shirts or sweat shirts in 80-degree weather.

I am only 14, and I am crying out for help. What can I say or do to make them stop? I feel that if I tell on them, they'll feel bad and cut more, and I really don't know what to do. I don't think they realize it hurts not just them, but me.

Frightened and Worried

A: You are right to be worried about your friends. They are in serious trouble. Strange as it may seem, people who cut themselves do it to distract themselves from their emotional pain. Cutting is usually a symptom of a serious emotional problem, and often cutters need professional intervention to stop their compulsion.

One would think that a child's parents would recognize that something was wrong when the young person habitually wears clothing that is inappropriate for the season — but apparently your friends' parents are too focused on something else to notice.

Your friends are sick, and they're not likely to listen to you. You must tell your parents, so they can tell the other adults that their children are in need of treatment — and the sooner the better.

Handling nosy people

Q: I went to college for two years after high school and did not find one bit of enjoyment in anything I was studying. Now, at 23, I work in a business owned by a friend and do a bit of acting on the side, which I love.

My problem is that I am judged by people I hardly know for my career choices. I get questions like, "Have you gone back to school yet?" and "When are you planning to go back to school?"

I was recently outraged when a family friend asked me what my fiance does for a living (construction), and if he had finished college (he did not). Abby, this woman actually asked me why I was going to marry him!

What most people don't know is, I do plan to return to school and study architecture. However, I do not feel I should have to explain my every move. Most of the time I give them a disgusted look and walk away, but I'm tired of feeling like I'm running away from them. What is a polite way of telling them that my decisions are none of their business?

Uneducated in Ontario

A: Having a college degree is an asset, but no guarantee of success — and people in the trades can earn a good living. (Just ask anyone who has tried to hire a plumber, electrician or contractor.)

You are under no obligation to share your career plans with anyone. Just smile and say, "I'm planning on winning the lottery."

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips. Find columns at www.dearabby.com.

Universal Press Syndicate



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