





## Direct Answers

By Wayne & Tamara

# At What Price?

I'll try to be brief. A marriage of 24 years, he finds a younger woman, leaves me seven months ago, and finds the grass isn't as green as he thought.

Recently he contacted me. I still love him. He still loves me! How do we get back on track? He is a wonderful man, but somewhere he got lost. I'm willing to try, though he hasn't asked to come home yet. I know forgiving him isn't a problem. It's him forgiving himself. I want things right again. With work it could be better than ever. Just where do we start?

**Terri**

Terri, you are forgiving him while he continues to commit the act he is being forgiven for. Hmm...let's think about that. Doesn't he need to stop first

It is a truism among experts in risk management that focusing on a single outcome leads to overestimating the likelihood it will occur. You are projecting into the world what is within you, and projection is one of the hardest things for people to stop doing.

You are in want mode. But what he did is not a lark. He turned your life upside down. If he were back in your house, a thousand thoughts will rear their heads.

When he complains to you about her, you'll wonder how much he complained to her about you. Your mind will go to, is this his first affair, or the first one I found out about?

His family knows, your family knows, all your friends know. Will the people around you try to pretend this didn't happen? Will you try to avoid friends who know too much? At the very least this will create spinach-in-the-teeth moments.

For the cheater it sets up the dynamic of being the lesser party. She's the saint and I am the sinner. The sinner quickly gets tired of playing the sinner role, and they seek to even the scales, even though they were in the wrong.

If the victim of cheating says, "I can't get over this," the unfaithful party says, "I don't want to talk about this anymore. It's in the past." But it's not over for you. You are going to be dealing with an overflow of emotions if he comes back.

That's what's missing from your letter. Where is your anger? He left you. He left your marriage. Where is the revulsion? He's talking to you while still with her. Those emotions are in your head and in your gut, but you are not letting them out. Technically, he is cheating on you with her and on her with you.

Then there's the darker future. His first concern is not you but himself. You think it's a choice between his mistress and his wife. But there is a third option. He chooses neither of you. Is he just using his conversation with you to get a better deal in a divorce?

Let us suggest a different path.

Ask, what would your life be like without him? Start planning and thinking about that. He thought his life would be better off without you, but without him, especially without him coming back after betrayal, what could your life be?

It is only prudent to consider all possible outcomes. Experts in risk management warn that focusing on a single outcome leads a person to overestimate the likelihood it will occur.

**Wayne & Tamara**

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# MONTHLY RECIPES



**Grandma's Fancy-Fixin's Cauliflower**

1 small head cauliflower or 3 cups frozen cauliflower  
 1 tablespoon olive or vegetable oil  
 1 stalk celery, thinly sliced  
 2 tablespoons cider vinegar  
 2 tablespoons lower-sodium chicken broth or water  
 1 tablespoon chopped drained canned pimientos  
 1 teaspoon sugar  
 1/4 teaspoon dried thyme leaves  
 1/8 teaspoon black pepper

1. Cut fresh cauliflower into flowerets. In a large saucepan, bring 1/2 inch of lightly salted water to a boil over high heat. Add the cauliflower. Lower the heat and simmer, covered, for 8 to 10 minutes or until crisp-tender. (Or, cook the frozen cauliflower according to package directions.) Drain; transfer cauliflower to a serving bowl.
2. Meanwhile, in a small saucepan, heat the oil over moderate heat. Add the celery and cook for 5 minutes or until tender. Stir in the vinegar, chicken broth, pimientos, sugar, thyme, and pepper. Drizzle over the cauliflower and toss until mixed.

**Grandma's Rice Cakes with Mushroom-Walnut Sauce**

1/2 cup uncooked long-grain white rice  
 1/4 cup finely chopped yellow onion  
 1/4 cup finely chopped sweet green, red, or yellow pepper  
 1/4 cup seasoned fine dry bread crumbs  
 1 large egg, lightly beaten  
 1/8 teaspoon ground red pepper (cayenne)  
 2 tablespoons vegetable oil

**Sauce**

1 tablespoon butter or margarine  
 1 cup sliced fresh mushrooms  
 1/4 cup finely sliced green onions with tops  
 2 tablespoons all-purpose flour  
 1/4 teaspoon salt  
 1/8 teaspoon black pepper  
 1 cup lower-sodium beef broth  
 1/4 cup chopped walnuts, toasted

1. To prepare the rice cakes, in a medium-size saucepan, cook the rice according to the package directions, omitting the butter. While the rice is still warm, stir in the onion, green pepper, bread crumbs, egg, and ground red pepper. Using about 1/2 cup for each patty, shape mixture into 4 patties, each about 3/4 inch thick. Cover; refrigerate 1 hour.
2. In a 12-inch nonstick skillet, heat oil over moderate heat. Cook patties in hot oil for 3 minutes. Using a wide spatula, carefully turn patties. Cook for 3 minutes more or until patties are golden. Transfer patties to a serving platter and keep warm.
3. Meanwhile, to prepare the sauce, in a medium-size saucepan, melt the butter over moderate heat. Add mushrooms and green onions; cook for 3 minutes. Stir in flour, salt, and black pepper. Cook for 1 minute. Stir in the beef broth. Cook, stirring constantly, for 5 minutes or until thickened. Stir in walnuts. Serve sauce over patties. Makes 4 side-dish or 2 main-dish servings.

**Grandma's Over-Stuffed Onions**

4 medium-size yellow onions  
 1 tablespoon olive or vegetable oil  
 1 cup shredded carrot  
 3/4 cup toasted fresh bread crumbs (1 1/2 slices)  
 2 tablespoons grated Parmesan cheese  
 1 tablespoon minced parsley  
 1/2 teaspoon dried thyme leaves  
 1/8 teaspoon salt  
 Dash black pepper  
 1 to 2 tablespoons water

1. Preheat the oven to 350°F. Hollow out each onion (tip, right); reserve the onion pulp. In a large saucepan, bring 1/2 inch of water to a boil over high heat. Add the onion shells and cook for 5 minutes. Drain, inverting the onions on paper towels. Chop the reserved onion pulp; measure 1/2 cup.
2. In the same saucepan, heat the oil over moderate heat. Add the 1/2 cup onion pulp and the carrot and cook for 5 minutes or until vegetables are tender. Remove from heat. Stir in the bread crumbs, Parmesan cheese, parsley, thyme, salt, and pepper. Drizzle with enough of the water to moisten, tossing lightly.
3. Spoon the bread crumb mixture into the onion shells. Place in an 8? x 8? x 2? baking dish. Bake, covered loosely with foil, for 20 to 25 minutes or until the onions are tender and the bread crumb mixture is heated through.

**Hint:** Prepare as for Over-Stuffed Onions, substituting 2 small sweet, red, yellow, and/or green peppers, halved lengthwise, for the onions, and chopped sweet pepper for the onion pulp.






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