

Teen wants more phone time

Dear Annie: I am a 12-year-old who just got my cellphone. My parents are extremely controlling about the limits of my using it. For instance, once I go to bed, I'm not allowed to charge my phone in my room. They said it would make the battery worse and I should charge it for short periods of time throughout the day. I tried a compromise and said I'd charge it when I woke up in the morning and after school, but they assumed that meant I'd use the phone in the morning. But I wouldn't, and when I said so, they didn't answer.

They also have a limit on how much time I can use my phone — two hours a day. They think that whenever I'm in my room, I'm using the phone, which I don't always do.

My parents never listen to me when I try to suggest a compromise. What should I do? — *Want My Phone*

Dear Phone: Try to understand that your phone is not an entitlement. It is a luxury that your parents are allowing you to have. They get to set the rules. They wonder why you care where the phone is at night if you don't plan to use it. Things like that

Annie's Mailbox

Creators Syndicate Inc.

Kathy Mitchell and Marcy Sugar



make them suspicious of your motives.

Extra time on your phone and having it in your room are privileges that must be earned incrementally. What you promise isn't as important as what you do. Your parents will trust you when they know that you will accept and follow their rules. If you show that you are responsible for several months and your parents still won't grant you additional time, then it is time to ask another adult to help you reach a compromise. Perhaps a grandparent, aunt, uncle or trusted family friend would be able to intervene on your behalf.

Dear Annie: Over the years, I've been called to the emergency room for family members hurt in an accident or asked to rush to the bedside of a dying friend.

Sometimes, it has been necessary to spend the night.

I started keeping an old duffel bag in the garage alongside my car to serve as an emergency bag. Any time I had to go to the hospital, I'd grab it. It has been helpful in many instances, and I would recommend that everyone keep such a bag for future needs.

Some things that come in handy are: comfortable slippers and socks, sweatpants and a T-shirt to sleep in, a blanket, a neck cushion, a paperback book, a flashlight and a packet of baby wipes. Tucked into the side pockets are two bottles of water, two protein drinks, two protein bars and a bag of trail mix, along with a few dollars for the vending machines. (Sometimes these things also come in handy for the patient.) I go through the bag once a year and replace items such as water and other food as needed.

— *Trying to be Prepared in Connecticut*

Dear Connecticut: Thank you for an excellent suggestion. While most people don't make frequent trips to the emergency room, the point of such a bag is to have it handy for those rare instances when you need it.

Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). Small children become the person they want to be through imitation and assimilation. You'll do the same in a more subtle fashion, adopting mannerisms and habits similar to the one you aspire to be like.

TAURUS (April 20-May 20). Beware: The real aims may be terribly different from the declared aims. If you know which is which you will be ahead of the game. Indeed, you may win it all in the end.

GEMINI (May 21-June 21). Exercise will get your vitality up for the tasks of the day, though you should know that strength alone won't prepare you for what's ahead. You'll need mental suppleness and flexibility for these challenges.

CANCER (June 22-July 22). If you think that you can do it alone, try. A short stint will be all it takes for you to realize that this is unwise, if it's even possible. For better or worse, grand plans will be pulled off by committee today.

LEO (July 23-Aug. 22). There's more pressure than you would like, but mostly you put it on yourself. To make this pressure go away, all you have to do is make a far less demanding agreement.

VIRGO (Aug. 23-Sept. 22). There's a simple reason you'll get what you're after today, and that reason is that you feel like you deserve it. You're worthy. Whether directly or indirectly, you've put in the work, and this is your due.

LIBRA (Sept. 23-Oct. 23). The world doesn't seem to be considering your feelings, but as long as you're considering them, you'll be fine. Honor your emotions and accept them, even when it's not how

you think you should feel.

SCORPIO (Oct. 24-Nov. 21). Remember when you felt shy around a certain person? Now you're so free you'll do just about whatever comes to mind. This is the reason you'll laugh so much together.

SAGITTARIUS (Nov. 22-Dec. 21). To better your fortunes, seek opponents and allies that help you to be your best. If you're having trouble playing nice it might be a sign that you are playing with the wrong mates.

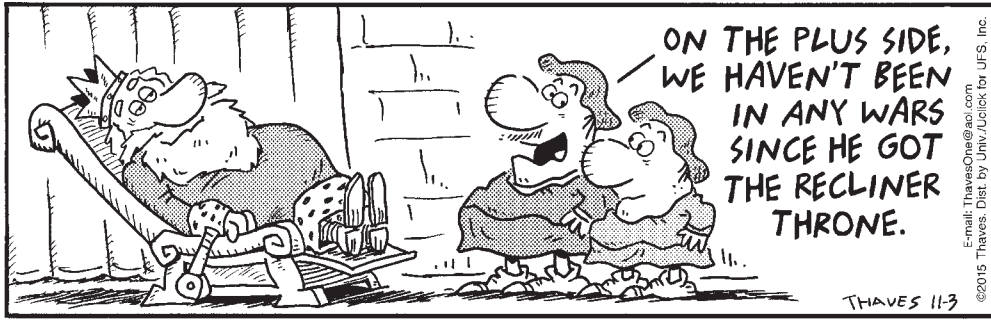
CAPRICORN (Dec. 22-Jan. 19). There is no easy route today. The break only comes after much toil and sweat, which is not the hard part. Putting up with others without rolling your eyes is the hard part.

AQUARIUS (Jan. 20-Feb. 18). You'll assess your current chances of making something happen. Sure, there are things you could change that would better your odds. Still, don't be too critical of yourself.

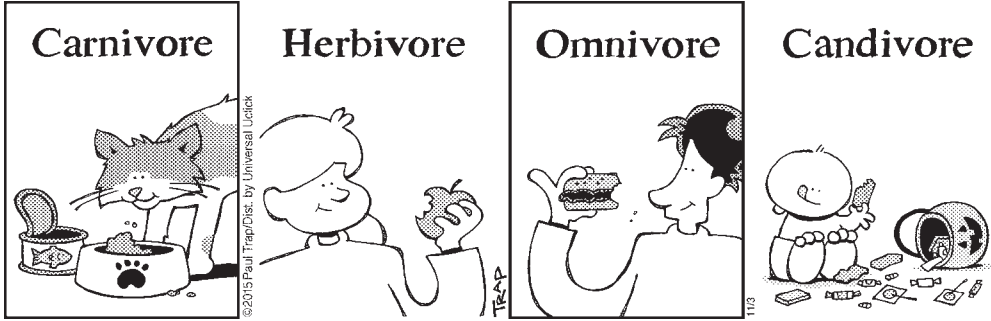
PISCES (Feb. 19-March 20). Everyone needs a cheerleader, a kindred soul to root for you regardless of the odds, to cheer for you whether or not you are winning. Cherish the one who keeps you from losing heart.

WEDNESDAY'S BIRTHDAY (Nov. 4). In the same way that a full cup must be carried steadily, your full life must be handled with delicate balance over the next six weeks. Year-end brings a wonderful break. Responsibilities change. Your creative process applied to relationships and the most mundane aspects of life will lead to pure gold. Capricorn and Pisces adore you. Your lucky numbers are: 3, 2, 22, 11 and 16.

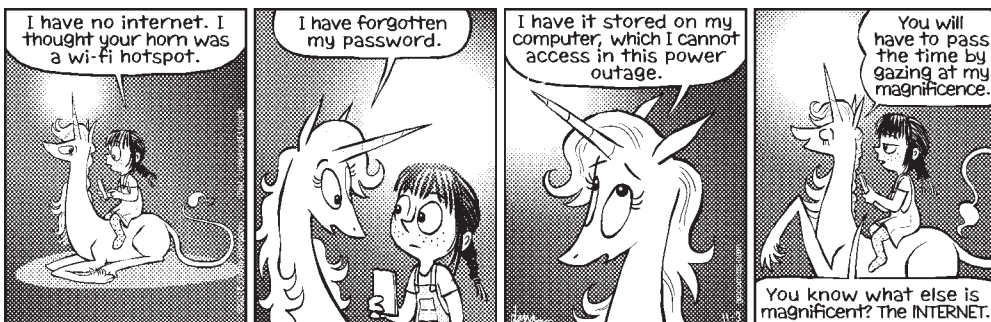
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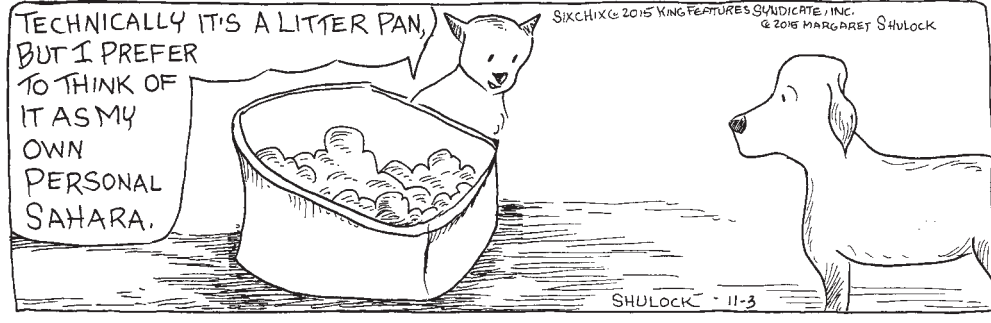
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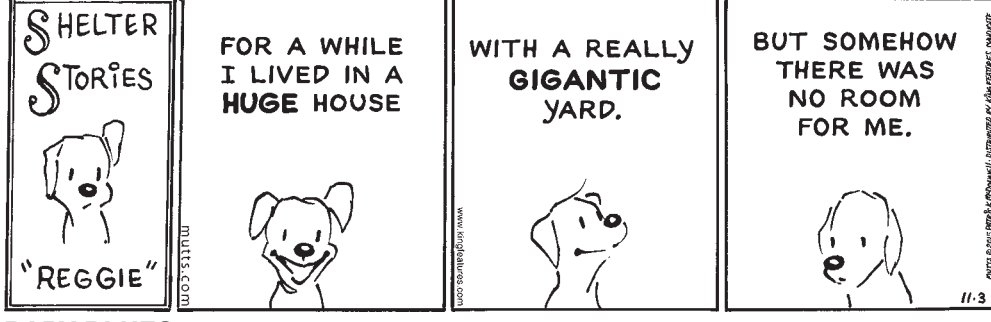
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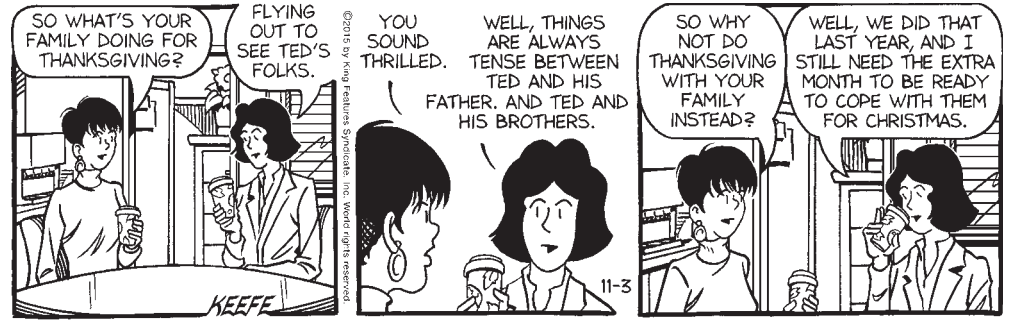
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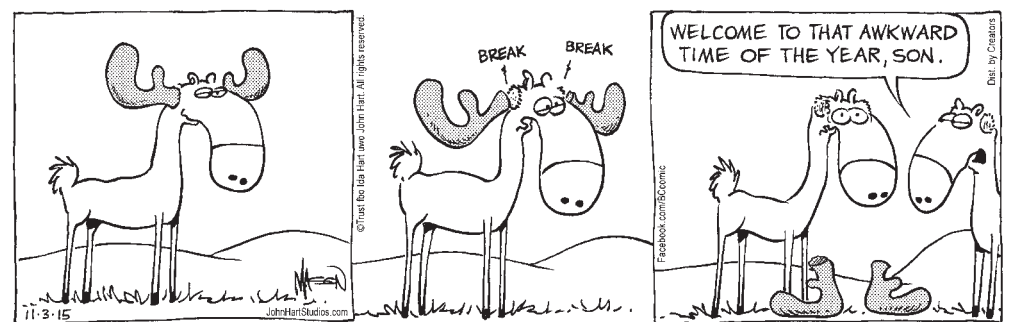
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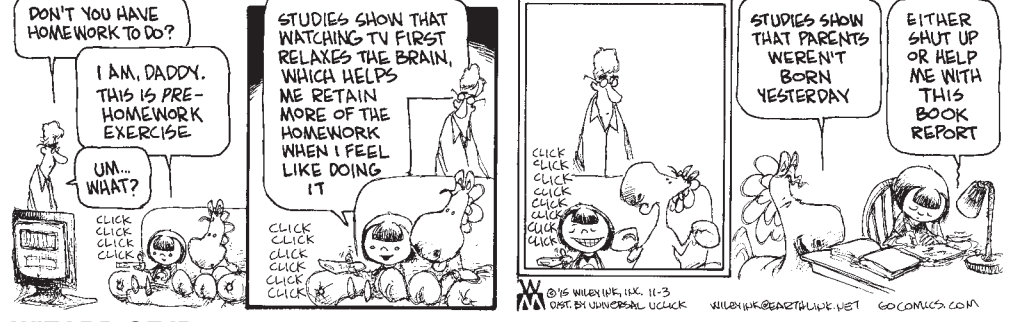
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