

Friend worried, but supportive

Dear Annie: A friend of mine has Type 2 diabetes and an eating disorder. Recently, she visited the doctor and her blood pressure and blood sugar levels were extremely high. The doctor spoke to her about the consequences of her diet, and after the visit, she spoke to his nurse. She was told that if she keeps her blood sugar under 200, she doesn't need to worry and the doctor won't be mad at her.

She came away from the visit with a determination to do a better job with her diet. But within a week, she went back to eating the "banned" food items. She tests herself and thinks that levels in the 190s are OK.

I have been trying to work with her on her diet. I have introduced her to better food choices. I listen to her and give advice when the opportunity comes up. I have made the decision to keep the lines of communication open by not criticizing her choices. Is there anything I ought to be doing? — *The Listener*

Dear Listener: Not really. You are being supportive without enabling. You might ask her

Annie's Mailbox

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to join you in an exercise class or a morning walk. Physical activity can help enormously. And you can suggest that she contact a dietician for help with her nutrition, and the American Diabetes Association (diabetes.org) for information, resources and support. The rest is up to her.

Dear Annie: My wife and I have been married for 46 years and have been happy for most of it.

We recently traveled to North Carolina to celebrate the holidays with family and friends. It was also my 71st birthday, so it was especially lovely, and I received some nice gifts. My wife gave me a \$50 debit card, which I greatly appreciated.

However, when we were

driving home after the turkey dinners, golf, shopping, visiting, etc., it was time to fill up the car. My wife insisted that I pay for the \$29 in gas with my birthday debit card.

Do you think that was a reasonable thing for her to do? My wife earns twice what I do. I always buy her beautiful and expensive gifts for her special occasions. — *Still in Love*

Dear Still: Your wife made the unilateral decision that the gift card was for both of you and should be spent on joint needs. This makes it less of a gift than you anticipated, and we agree that it was unfair. It has nothing to do with who earns more money. Had you paid for the gas without using the debit card, you would have been out the same \$29, but that is beside the point. Spending it on gas should have been your choice, not hers.

Does your wife do this sort of thing often? Speak up and let her know it bothered you. Tell her that it is not a gift if someone else determines when it is spent and for what. Thank her again for being so generous and ask her to please not do this again.

Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). Does it feel like you're living to get a message, phone call, email or word at all from a certain person? Well, that's no way to live. Take back your power by not caring.

TAURUS (April 20-May 20). You are no longer a passive observer in your group. Your opinion matters too much. Your observations are invaluable. Your involvement is immeasurable. From this point on, you are involved, big-time.

GEMINI (May 21-June 21). The light conversation and casual questions you ask might satisfy more than just your curiosity; your interest is likely the attention another person has been quietly craving.

CANCER (June 22-July 22). There are many ways to be powerful. Stay aware of the more insidious ones. Limit your exposure to anyone who would try to use your fear or weakness against you as a psychological weapon.

LEO (July 23-Aug. 22). You'll find satisfaction in hearsay or be captivated in unexpected ways by a story — fun, but don't trust it or act on what might turn out to be false. Small-town intrigue will likely amount to nothing more than trivial gossip.

VIRGO (Aug. 23-Sept. 22). The theme carries over (and will for the next few days). Hopefully, you can find a way to delight in the slight insufficiency you are experiencing, because others certainly will. You'll go straight to their hearts!

LIBRA (Sept. 23-Oct. 23). You'll delight in contemplation. You can turn an idea over in your mind so many different ways that you are certain to find a way of looking at it that no one has ever thought of before. Share your talent. Your point of view is needed.

SCORPIO (Oct. 24-Nov. 21). You do not often give your unqualified approval, but there is something you'll experience today that unfolds in such a spot-on, perfect way that you cannot find a single thing to judge negatively about it.

SAGITTARIUS (Nov. 22-Dec. 21). Your imagination is strong now. Steer it well. You can fantasize your way out of a harsh, emotional desert and into an oasis lush with love, beauty and excitement. Or you can dwell on your fear and be miserable.

CAPRICORN (Dec. 22-Jan. 19). To commiserate with someone doesn't always automatically gladden them, but today it works just fine. Your manner of connecting with others could even inspire a miraculous healing. You have the touch today, so use it!

AQUARIUS (Jan. 20-Feb. 18). There's something you'll do strictly for money. It doesn't conflict with your values, necessarily; it's just that you really wouldn't bother if money weren't involved. You have bills, after all. Get in there and get it done.

PISCES (Feb. 19-March 20). People do strange things when they feel cornered. Sometimes they issue a preemptive strike. Avoid all that by giving everyone a graceful out, keeping things easy breezy and letting go of certain expectations.

TUESDAY'S BIRTHDAY (Jan. 26). Sometimes it feels like the gap between who you want to be and who you are is very wide. Not this year. You're closing in on it daily, which makes this a very exciting time. You'll learn a new skill in February. You need a mentor, and the right one comes in April. June and September are the most passionate. Scorpio and Aries adore you. Your lucky numbers are: 9, 50, 33, 28 and 14.

FRANK AND ERNEST



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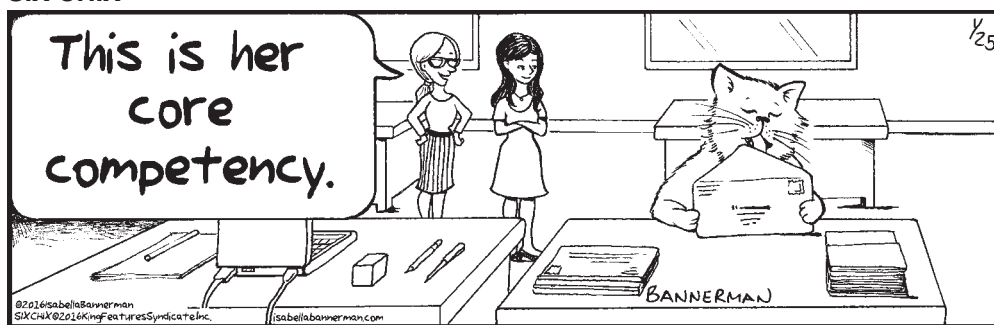
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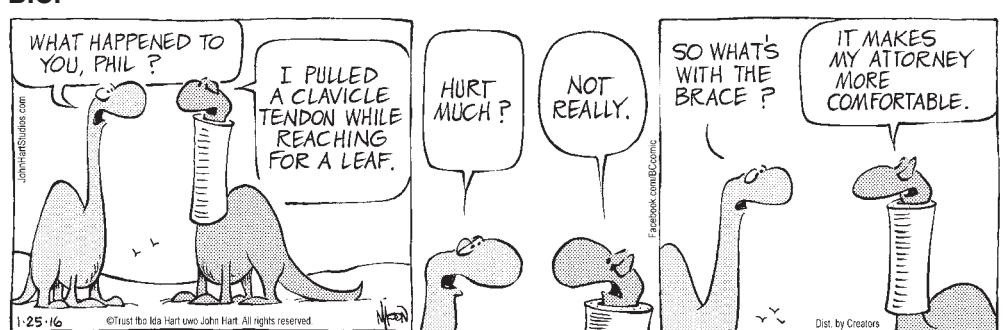
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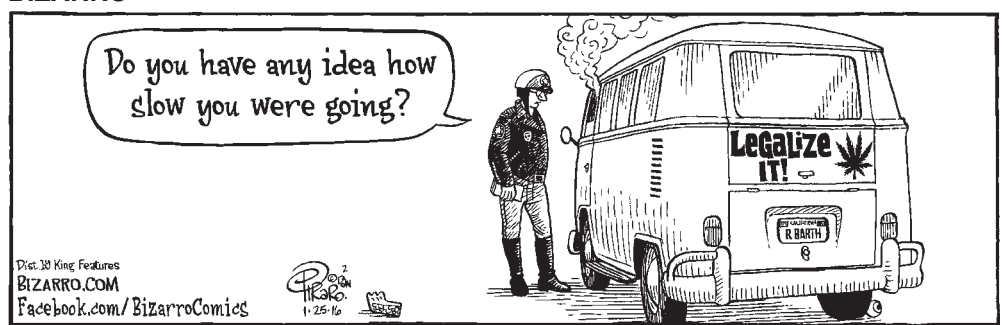
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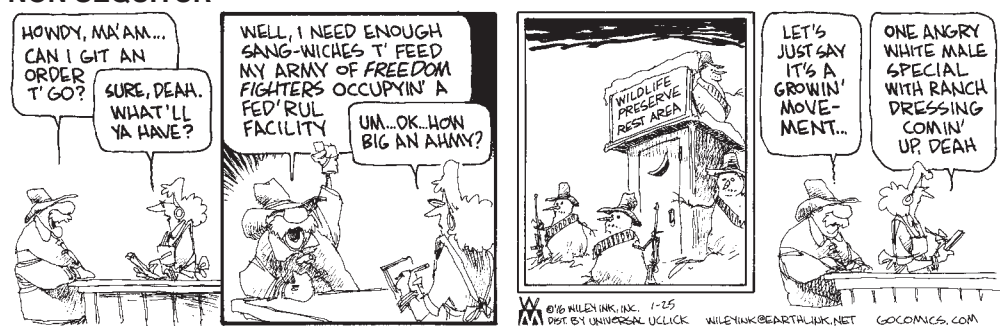
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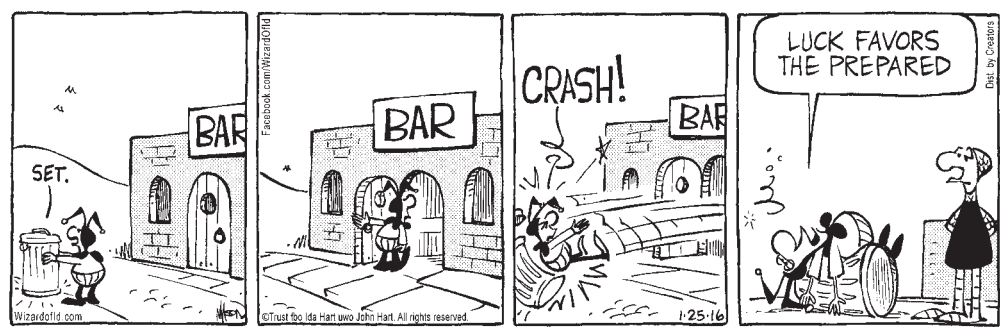
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