

Comments about weight

Dear Annie: The holidays are coming, and I'm feeling anxious already. Most of the events with my family will include buffets — which will also include criticism about what I eat, how much I eat and how much I weigh. I am 5 feet 3 inches tall, and I weigh 115 pounds. My husband's family members, with the exception of him, are, by medical definition, morbidly obese.

I am careful about what I eat. I exercise and take care of myself. So do my husband and our children. I have never and would never comment on what his family members eat or their weight. Why is it acceptable for them to comment on me? I'll hear, "You don't eat enough." "Is that all you're taking?" "You're too skinny." All comments are said loud enough for all to hear and with a snide tone.

Do I continue to smile and be silent? Is there something I should say in return? This has been going on for 29 years. — *Sad About the Holidays*

Dear Sad: If one of your in-laws had a genuine worry about your weight and health, there would be a time and a place to talk to you about it, and it definitely

Dear Annie



By **Annie Lane**

Creators Syndicate Inc.

Dear Annie: I totally recognized my daughter's experience after she gave birth to my grandson in your recent column about postpartum depression. It was heartbreaking. Your identification of it and your recommendations were spot on, but it concerns me that you did not include medication as an option, as well. Perhaps you quite correctly assumed the therapist would prescribe an appropriate medication, but you missed an opportunity to inform the public that additional help in the form of medication is out there for many.

In my daughter's case, the proper medication was what finally enabled her to break free and begin the path to regaining her old self and enjoying her son. It took her eight months to realize medication was what she needed. She looks back now and wishes she did not wait so long.

Thank you for bringing attention to the all-too-common issue of postpartum depression. Too many people write it off as baby blues and don't seek out help. I'm happy to say my daughter is back to her old self, while still on medication, and my grandson is now 8 years old, the joy of our lives.

wouldn't be at the family holiday buffet, after a few glasses of wine, in front of every cousin, niece and nephew. It sounds as if they're speaking more from a place of insecurity than concern.

That said, I doubt they have any idea that their comments are rude. Because thinness is idealized in our society, many people mistakenly think it's OK to pick on a person for being skinny, even if they would never pick on someone for being heavy.

Talk to your husband about how these comments bother you. Perhaps he can persuade them to cut it out. And if they continue with their remarks anyway, try not to let it eat at you. What matters is that you're healthy, and that's something only you and your doctor can determine.

Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). When to speak and when the unspoken says more; when to open and when to close the door; when rhyming's good and when to make the words not sound alike at all: You'll sense these things and more today.

TAURUS (April 20-May 20). It's the same with the peacocks and the toads and the pufferfish, this instinct to make yourself bigger to discourage those who threaten you and encourage those you desire. It doesn't work every day, but today it will.

GEMINI (May 21-June 21). You've told this story before, and you didn't like how it played. Don't blame yourself. It's not the story. It's yours, and it's good. It just needs some tweaking. Answer this: What do you want them to feel at the end?

CANCER (June 22-July 22). When you really give it thought, you despise the idea that so many are rallying behind. You can't take on every injustice, but this accepted part of the backdrop is now bothering you too much for you to remain passive.

LEO (July 23-Aug. 22). You're optimistic. You don't want to hear sad stories — i.e., any story you can't do anything about. However, avoid trying to turn the story around. Don't twist it into taffy or spin it into cotton candy. Leave it be.

VIRGO (Aug. 23-Sept. 22). Destruction is a positive force for you today. You'll tear down the fixture that is causing you stress and build in its place something functional, lovely and reflective of the real you.

LIBRA (Sept. 23-Oct. 23). Everyone is promoting an agenda. Most are doing so unconsciously. Here's where you'll have an edge today. Promote consciously, no apolo-

gies. You can feel good about going for what you want.

SCORPIO (Oct. 24-Nov. 21). There's a clown in every class. You're it today — the one who makes people laugh and smile with a much-needed disruption. Of course, half the grace of clowning is knowing when to get off the joke.

SAGITTARIUS (Nov. 22-Dec. 21). Love takes on many forms. Sometimes love looks like people debating, competing or ignoring one another, as offering comment, opposition or space can be an extremely loving act.

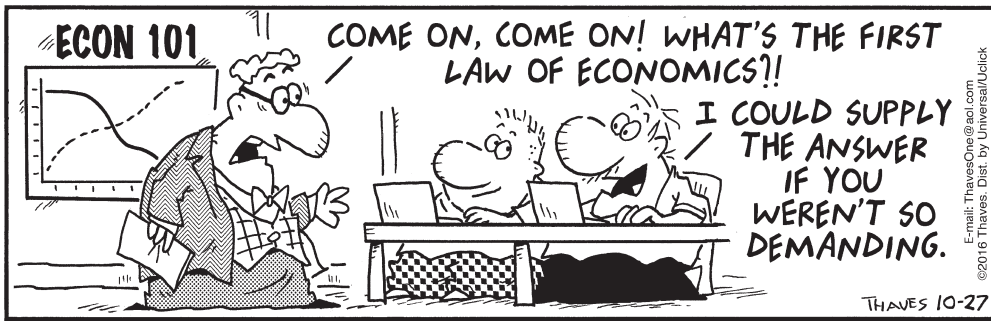
CAPRICORN (Dec. 22-Jan. 19). You're still forming a habit and it's still hard, but don't worry. It will be hard tomorrow and the next day, too. One day you'll wake up and it won't be hard anymore. It will just be who you are.

AQUARIUS (Jan. 20-Feb. 18). Your enthusiasm for life will attract different responses from different people. Some may go mild, or laugh, or walk away. Others may finance your dreams.

PISCES (Feb. 19-March 20). You should be the one to organize the gathering. Along with your common-sense approach to socializing, you have an added psychic sense that makes your invite list a perfect mix.

FRIDAY'S BIRTHDAY (Oct. 28). The thing you wanted to make your own will finally be yours. Happiness! But wait — working out the maintenance plan is key through the next 10 weeks. There's a don't-miss investment opportunity in November. A family victory will happen because of you in January. Lifestyle upgrades happen in August. Sagittarius and Aquarius adore you. Your lucky numbers are: 7, 20, 3, 14 and 9.

FRANK AND ERNEST



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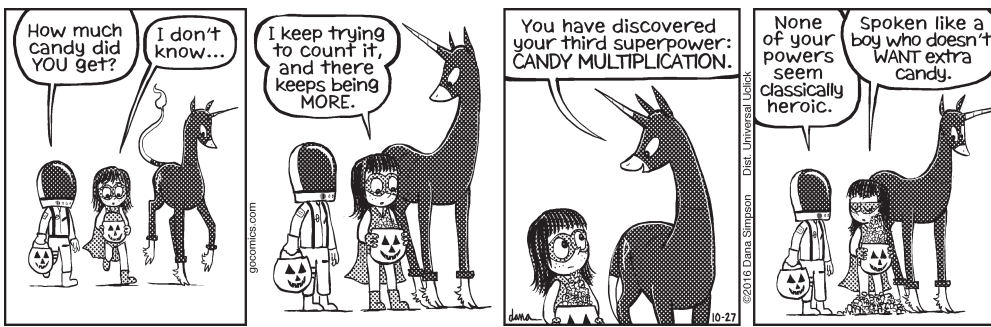
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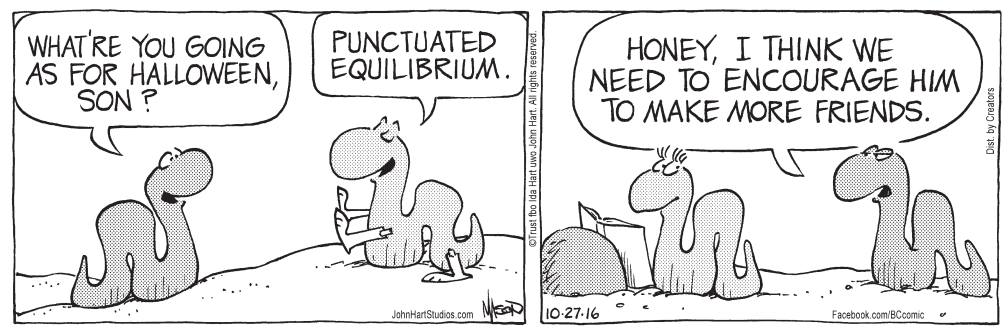
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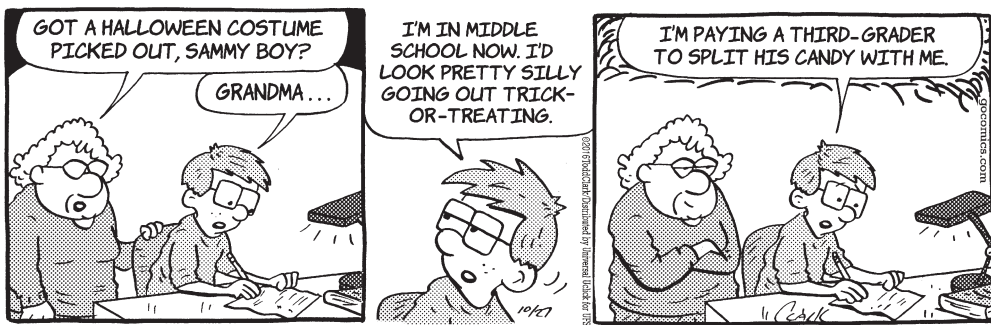
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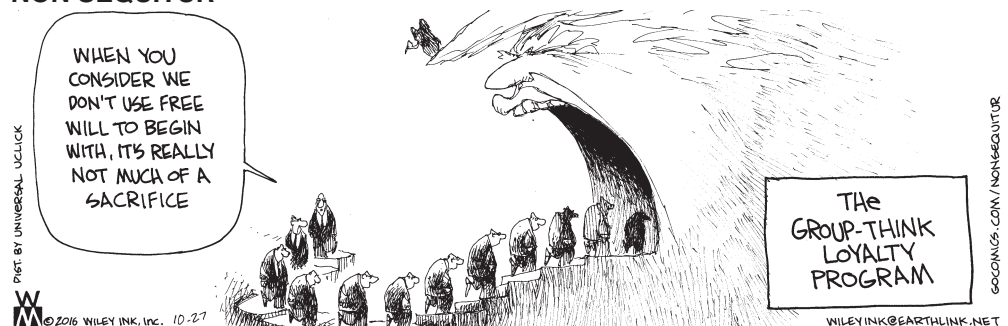
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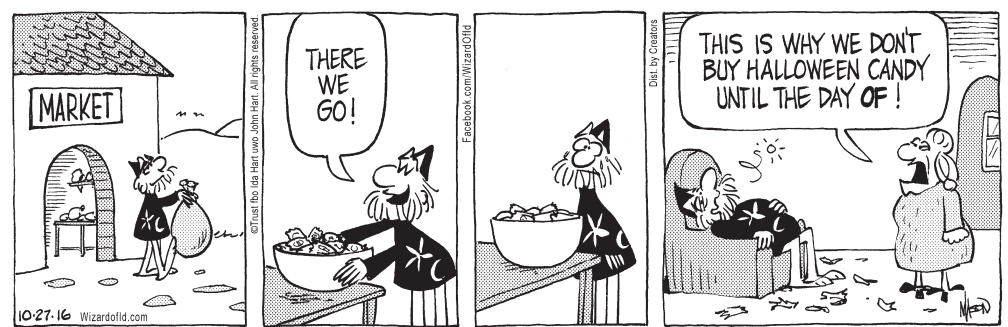
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BABY BLUES



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ROSE IS ROSE

