

Crunchtime at the workplace

Dear Annie: I am a 25-year-old woman working at a small company with an open floor plan in a nice, spacious office.

I sit near "Sarah," who seems irritable about a lot of things, including the sound of eating or drinking. Because of my fast metabolism and active lifestyle, I need to snack every hour or two.

At first, Sarah would put on her headphones, start blasting music and sigh loudly when I started eating — even if it was something quiet, such as a banana. She does the same when another co-worker drinks soda. When it became an obvious pattern, I privately asked a few co-workers (without mentioning Sarah) whether my frequent eating bothers them. They all told me it doesn't bother them. After all, we all snack at our desks, including Sarah.

Today Sarah got closer to being openly hostile, giving me a death stare every time I bit a carrot stick. I didn't react, but I'm starting to get uncomfortable. I would eat only on break and lunch if that were enough time, but it isn't.

Should I just ignore Sarah's hostile attitude toward me? Should I carefully ask her about what's bothering her or go through

Dear Annie



By Annie Lane

Creators Syndicate Inc.

a supervisor? We don't have human resources. — *Girl Who's Gotta Eat*

Dear Girl: The more time I spend writing about this sort of topic and hearing from readers the more I realize there are two types of people in the world: those who can usually tune out background noise and those whose blood pressure starts rising the minute they hear someone opening a bag of chips. I'm guessing Sarah is in the latter camp.

The next time you start snacking and Sarah starts glaring, be direct. Ask her whether your eating is bothering her. Then explain what you told me — that you have a high metabolism and need to eat snacks throughout the day — and say you'd like to compromise and figure out a way for you to work

near each other in harmony.

It's always better to clear the air — especially when you consider how much carbon dioxide Sarah's letting out with all those exaggerated sighs.

Dear Annie: This is in response to the couple who have been married for one year and have the "too hot/too cold" problem when sleeping.

My husband and I have been married for 32 years. We had the problem that he likes it hot and I like it cold. Many years ago, I bought a mattress pad that has dual heating elements. My husband sleeps with it on high every night. When we had a king-size mattress, I could feel some of the heat. About 10 years ago, we needed a new mattress. We were living in a two-story condo, and they couldn't get a king-size up the stairs because there was a turn in the stairway. So we got two twin beds and pushed them together. The only difference I have noticed is that I no longer can feel the heat from his side of the bed. Hurrah! We have a heavier comforter, and if I feel warm, I just throw it off me. My husband sleeps with it almost covering his head. — *Sleeping Like Babies*

Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). Your elastic heart will go to the far reaches and then snap back home. Because as much as you are capable of loving those far away and very different from you, the ones close to you need you more.

TAURUS (April 20-May 20). Take the pressure off. Save the hard goals for another day. When you go in with the intention of having fun, you're more likely to hit a few of your other intentions along the way.

GEMINI (May 21-June 21). You're a giver. You would never shoo the breadbasket away without asking everyone else at the table if they wanted some. As for those who don't share your good manners, well — today you should take that as a red flag.

CANCER (June 22-July 22). Love can sneak up and startle or it can sidle up like it's always been there. Love is sure to change tones over and over for anyone who stays in long enough. Does it really matter who says "I love you" first?

LEO (July 23-Aug. 22). Maybe they won't like you when you're mad, but when you get mad the very last thing you care about is whether or not they like you. In this regard, and in many others, it all works out today.

VIRGO (Aug. 23-Sept. 22). The best thing to strive for today (maybe the only thing worth striving for all week) is personal improvement. The worst thing to strive for is perfection, with approval coming in at a close second in the category.

LIBRA (Sept. 23-Oct. 23). Very impatient people are the very definition of uncool. You'll help yourself stay out of the category by planning ahead to avoid the obvious frustrations such as traffic and long lines.

SCORPIO (Oct. 24-Nov. 21). Of course it's rude not to call people back, but it's maybe worse to engage in the inevitable conversation that would happen were you to confront instead of avoid the person.

SAGITTARIUS (Nov. 22-Dec. 21). Generally speaking, people don't learn by talking. There's great potential to soak up exactly what you've been wanting to know, but you'll have to listen more carefully than the others to get it.

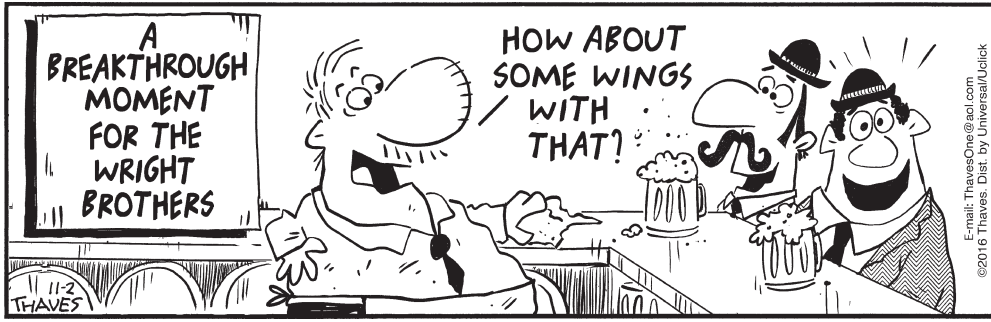
CAPRICORN (Dec. 22-Jan. 19). It's funny about realizations. Sometimes they aren't so "real" after all, especially if they come when tired or stressed or intoxicated. Write them down anyway, and see what they look like in the light of a different day.

AQUARIUS (Jan. 20-Feb. 18). You can't believe all you hear, or, in today's case, all you experience firsthand. As for the commotion that topples uncontrollably over this day, history will balance the tale, reveal its layered interest and also its usefulness.

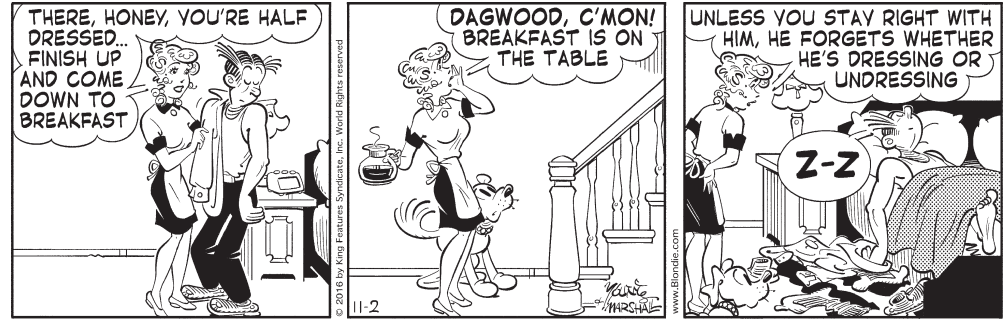
PISCES (Feb. 19-March 20). You'll be drawn to the winding, shady path. First of all, it's cooler. Secondly, there's more mystery when you don't know what or whom you'll find around each bend.

THURSDAY'S BIRTHDAY (Nov. 3). You know what you want, but you're also open to better ideas. Because of this, the year will play out like a magic tapestry with beautiful patterns interrupted by startlingly gorgeous surprises. The next 10 weeks show you pitching a big idea and winning. Improved fitness and success in relationships will mark 2017. Virgo and Gemini adore you. Your lucky numbers are: 9, 40, 12, 22 and 18.

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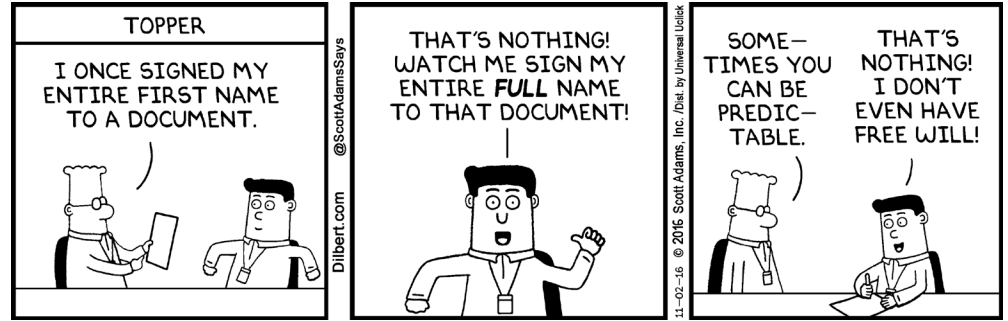
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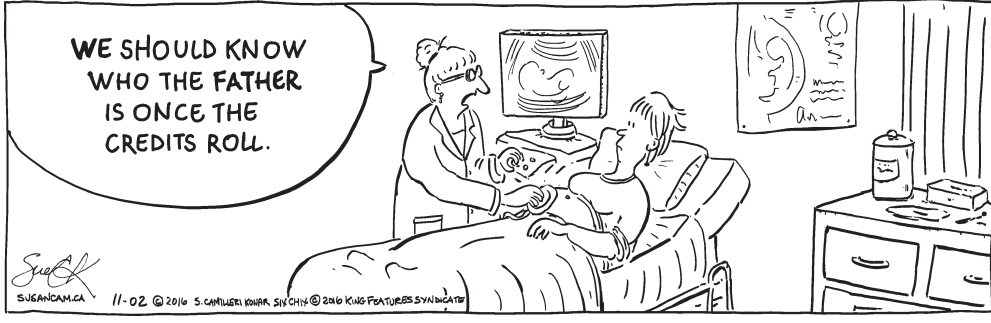
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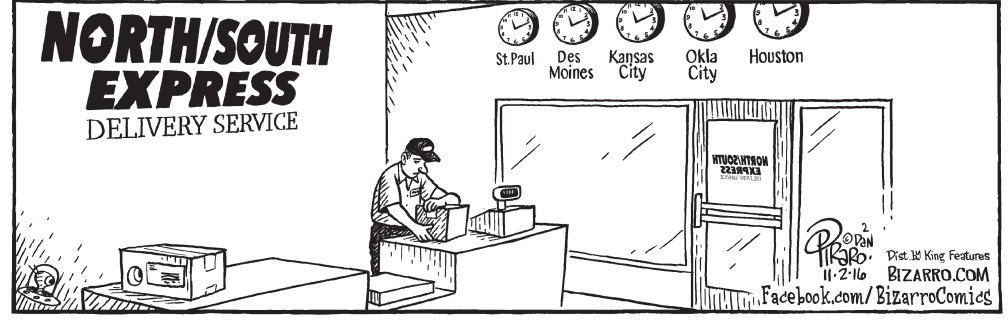
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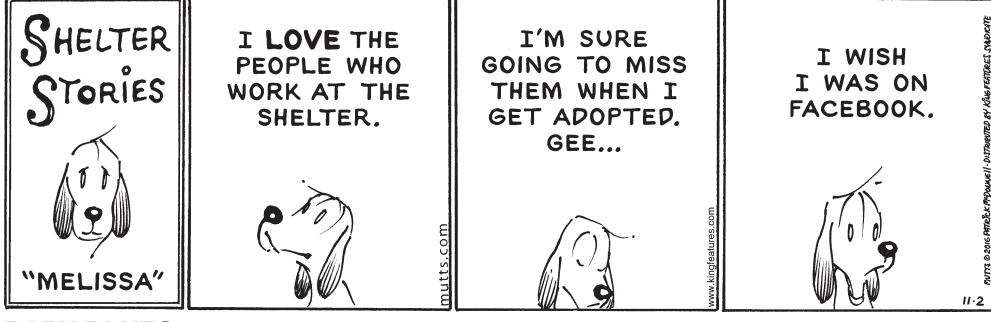
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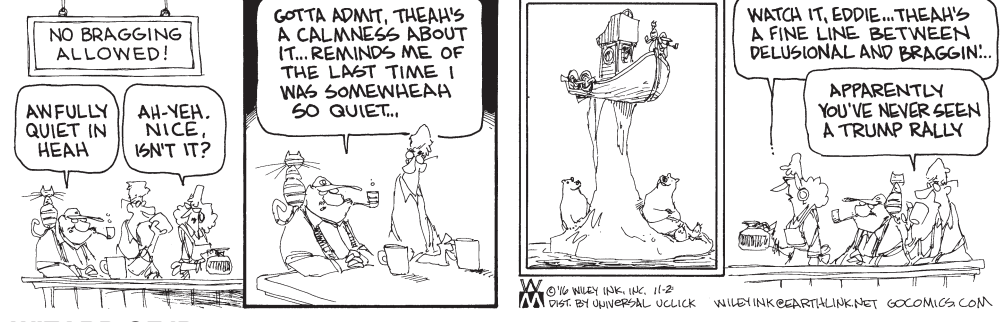
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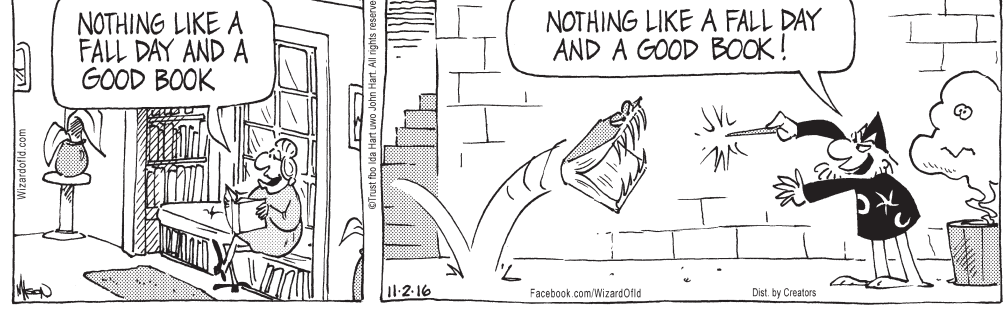
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