

# Overcoming vices with love

**Dear Annie:** When my husband and I got married a little over three years ago, we both had our vices. Mine was that I was smoking a pack a day of cigarettes, and his was that he was 20 pounds overweight and did not watch what he ate. We vowed to really try to overcome our unhealthy habits. I quit smoking within six months of being married, and he started eating better and running five times a week. Within the year, he had lost his 20 pounds. We were both feeling great. I have not had a cigarette in three years, and he had kept off the weight until recently.

About a year ago, he was laid off from his job, and he's not been able to find a new one. He has been trying really hard but with no luck. Needless to say, he has been very discouraged and is not feeling great about himself — which has caused him to start back with some of his old unhealthy eating habits. He has stopped running and is eating a pint of ice cream almost every night.

I don't want to say anything to him about our pact because I know that this is a stressful time for him and I want to be supportive, but it hurts me to see him going down a self-destructive path. Should I say anything to him about our pact, or

## Dear Annie



By Annie Lane

Creators Syndicate Inc.

And congrats to you on quitting smoking. That is no small feat.

**Dear Annie:** One of your readers asked what the benefit is of putting yourself out there to heal wounds between kin. I can tell her.

My siblings and I got into a long-lasting argument. Finally, when my husband became ill, each began to talk to me. They were not, however, talking to each other.

When my husband passed away and my brother got ill, I moved back home to take care of him in July. Still, I only saw one at a time until, at Christmastime, I had a party and invited both of them. I told each the other would be coming, and I expected both to be there and act decently toward each other.

Imagine my delight when my sister came in, went directly to my brother and gave him a huge hug, which he returned!

Since that time, we have all been close to one another, helping whenever it's needed, enjoying fun times and realizing how much we missed with the previous quarrels. The quarrels were not about minor things, but the coming together as brother and sisters was larger.

It's worth the effort, because family is the one thing we need around us. — *Happy to Referee*

should I wait to see whether he gets a job and starts to feel good again? — *Made a Pact*

**Dear Pact:** When is the ideal time to improve my physical fitness? The answer is always the same: Now.

Your husband doesn't need to wait to get a job to start getting back in shape. In fact, if he starts eating better and exercising more, he will probably have a better chance of finding a job, because he'll feel better about himself and exude more confidence. Gently remind him about the pact, and help him put down the pint of rocky road for some healthful bedtime snacks.

Make clear that you're coming from a place of love, not judgment. Keep an open line of communication and check in on his emotional well-being.

# Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

**ARIES (March 21-April 19).** They are acting as though the situation calls for restraint. Not really. It's just that no one is taking initiative. Get in there and make things memorable.

**TAURUS (April 20-May 20).** Many wonderful ideas started out as dreams. You're familiar with this phenomenon; you've experienced it yourself, and you will again meet a prophecy, solution or generally actionable idea in dream-land.

**GEMINI (May 21-June 21).** You can't stand the idea of "phoning it in." If you don't feel fully committed to the performance, you'll take it as a sign you need to reach deeper and try harder. You expect the same efforts from others.

**CANCER (June 22-July 22).** Before you go into battle, ask yourself if it's necessary or if you've merely gotten so used to struggling that you've made it your default. Stop fighting for your freedom and start behaving as a person who is already free.

**LEO (July 23-Aug. 22).** Sometimes your high expectations stop you from fully enjoying what is. Not today! As long as you remain open-minded, your projection of what might occur will only serve to make things more magical.

**VIRGO (Aug. 23-Sept. 22).** This started last night. The ideas you went to sleep with threw a caucus in your head, and their decisions will make you a different person today than you were yesterday, as evidenced by an unusual choice you make.

**LIBRA (Sept. 23-Oct. 23).** You know what it's like to be your own worst enemy. There was a time when, inexplicably, you acted against your best interests, but now you seek victory over that part of yourself and your better angels will win out.

**SCORPIO (Oct. 24-Nov. 21).** Boredom isn't just for spoiled kids and over-privileged inhabitants of First World countries. It's actually a genuinely soul-sucking danger that you should take rather seriously and preemptively defend against.

**SAGITTARIUS (Nov. 22-Dec. 21).** As for the ones who act as though the rest of the world was born to serve them — no one benefits from this dynamic. Be bold. Burst that bubble. Draw the boundaries, and restore the balance.

**CAPRICORN (Dec. 22-Jan. 19).** Those who were born into unconventional home situations often long for what they believe is normalcy, while the so-called "normals" seek a life that defies tradition. Whichever category you're in, you'll stretch into the other.

**AQUARIUS (Jan. 20-Feb. 18).** Your relationship with time will be a focus. There's this pull to do something different with your minutes, as you'd prefer them to feel like they are flowing one to the next instead of merely separating events.

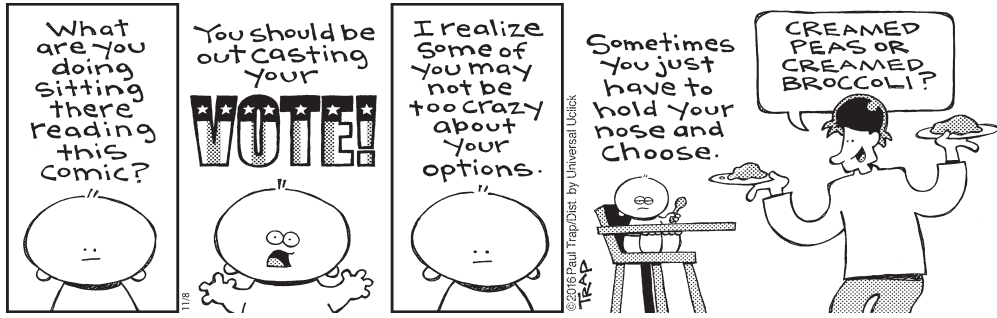
**PISCES (Feb. 19-March 20).** The one you love will love you back, though perhaps not in the manner you would prefer. This is partly about selfishness and partly about misinformation. Don't hint. Just tell the other person what to do.

**TOMORROW'S BIRTHDAY (Nov. 9).** You know who needs you, and you know why. Being there for others brings you a profound sense of satisfaction, never mind the fact that efforts and energy will boomerang back in triplicate. You'll be a mentor in January and a student in March. An investment will pay off handsomely in May. Cancer and Sagittarius adore you. Your lucky numbers are: 6, 30, 15, 4 and 34.

## FRANK AND ERNEST



## THATABABY



## PHOEBE AND HER UNICORN



## LOLA



## SIX CHIX



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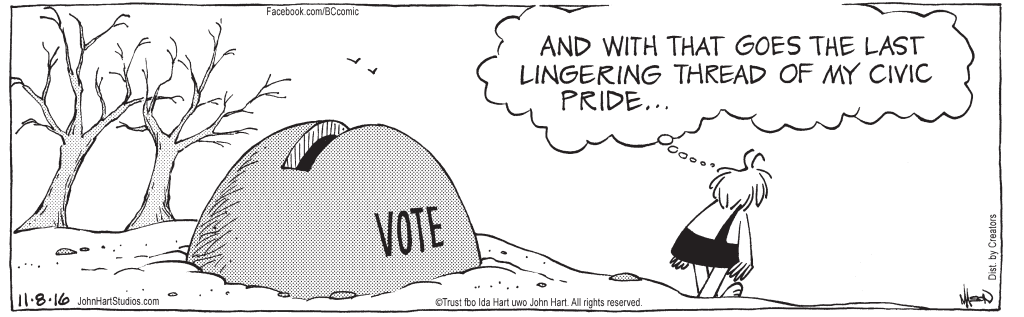
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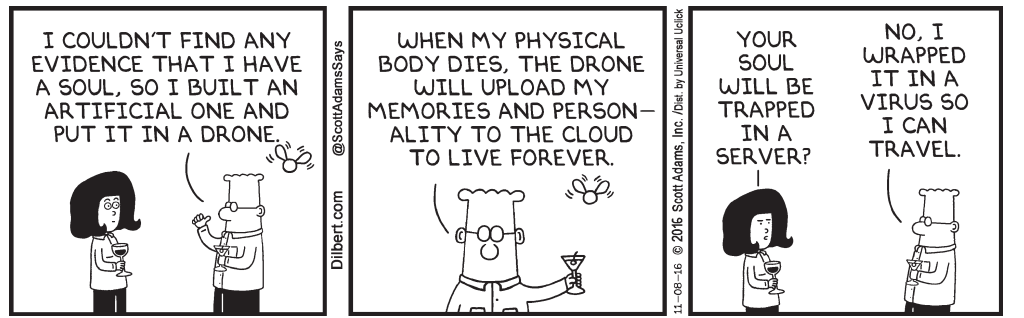
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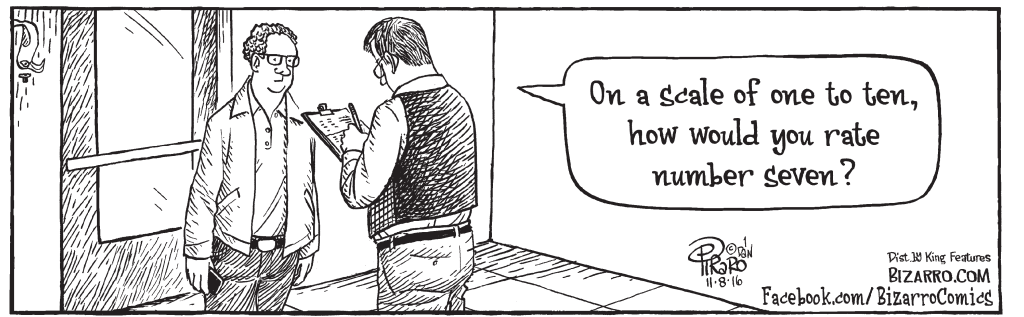
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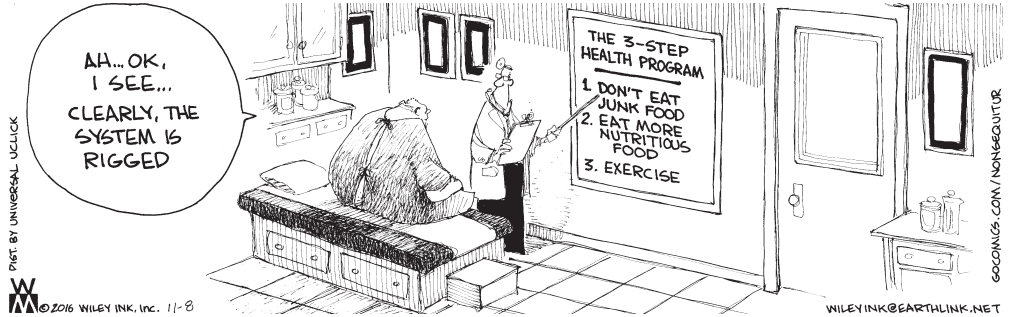
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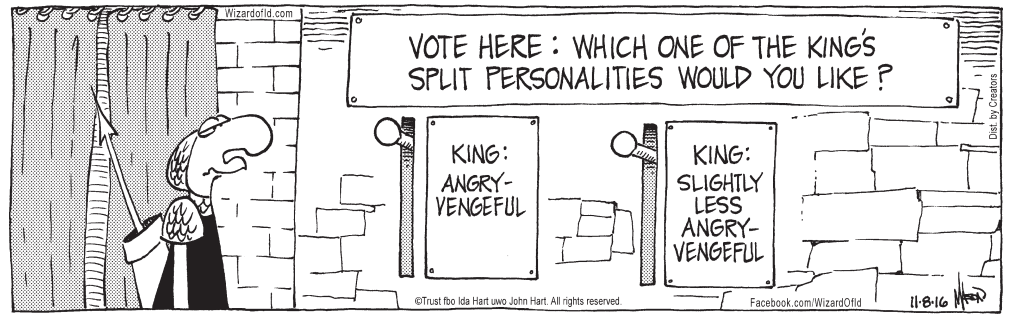
## BIZARRO



## NON SEQUITUR



## WIZARD OF ID



## ROSE IS ROSE

