

Gluten-free diets aren't just a fad

Dear Annie: I'm a woman in my early 50s. Eight years ago, I began having messy bathroom-related accidents in my car after eating in restaurants. Doctors confirmed I had an allergy to gluten — which made sense, seeing as one of my parents has it and I had usually just eaten wheat before having an attack.

Many restaurants and supermarkets are very accommodating. The hardest part is dealing with regular snide comments about my gluten-free diet — people saying I'm just being trendy and I'll get over it.

I'm sure a lot of people are avoiding wheat by choice, but some of us have to do it out of necessity. Please tell your readers to be more discerning. — *Frustrated in Framingham*

Dear Frustrated: It sounds as if the people making these remarks have some intolerance issues of their own. Gluten-related disorders, such as celiac disease, are very real. Just because some fad dieters have gravitated toward a gluten-free trend doesn't make it OK to dismiss the issue. Your diet is between you and your doctor. If anyone else wants to judge you, he or she should first walk a mile with your stomach issues.

Dear Annie: I recently retired.

Dear Annie



By **Annie Lane**

Creators Syndicate Inc.

My husband is still working. In the past few years, he has started playing a computer game. This is not one of the ones that involve other players; it involves only him. At first, he did it for only an hour or two. Now he starts when he gets home from work and plays until bedtime. On weekends, except for mowing the lawn and a few other tasks, he plays from morning until bed.

He has no interest in doing any of the things we used to do, and I am worried about the future when he retires. He used to be good company; we used to go places and do things together. I have many interests and activities, but I miss the man I married. I am not looking forward to a future of this. He refuses to consider counseling, saying that I am the one with a problem. — *Lonely*

Dear Lonely: Your husband is

playing a losing game with addiction. Seeing as he's defensive and insistent that he doesn't have a problem, you might try shifting the focus to your marriage and the way his behavior is impacting you. Then suggest marriage counseling.

I would also recommend contacting On-Line Gamers Anonymous. It offers help for people in your position. One of the first things it emphasizes is to stop enabling the gamer's problematic behavior. "This means refraining from doing anything that makes their life comfortable while they game, such as bringing them meals at the computer," the group says. Visit <http://www.olganon.org>.

Dear Annie: There was no response to "Knight's" letter from you, so I am sending one.

How chivalrous he is — and self-centered. Many men who "pay" expect something in return that a woman might not care to offer. Quid pro quo. This is not about commitment. It is about power, control, intimidation and manipulation. Treating someone should not be about you; it should be about the other person. If your date chooses to not accept your offer, it doesn't say anything about you; it says something about the comfort level of your date. — *Not a Fan*

Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). When people offer things to you in passing to seem generous, but then don't give you the specifics about how you would take them up on their offer, call the bluff. Get into this!

TAURUS (April 20-May 20). You'll be asking for things you and the people you represent really need and want. Learn your customer first. You'll be successful when you let their habits dictate your timing.

GEMINI (May 21-June 21). This will be a day of constant reinvestment. You'll keep putting your riches into things and getting your riches plus more in return. The more you invest, the more prosperous you'll be.

CANCER (June 22-July 22). The amount of freedom you exercise in your life will be equal to the amount of freedom you exercise in your head. It will really help to think your way through the restrictions today.

LEO (July 23-Aug. 22). If you want to know what's really hurting you, it's the fence. Get off the fence! Make a commitment. Either side will do, really; it doesn't matter. Either one will be better than sitting in the middle.

VIRGO (Aug. 23-Sept. 22). Your understanding will broaden. As this happens, suddenly you may question certain things you took for granted — like your freedom. How free are you really? Could you be freer?

LIBRA (Sept. 23-Oct. 23). It's said that god helps those who help themselves. Maybe that's a bleak view of things. Shouldn't the help go to those who need it? If not, at least the unlucky have you — more compassionate than deities are rumored to be.

SCORPIO (Oct. 24-Nov. 21). That person who is blustering around and putting on a good show is hiding something. He's not hiding something big, but he's hiding an emptiness he'd rather you not know about.

SAGITTARIUS (Nov. 22-Dec. 21). The best thing for your mood will be to let off steam a little bit at a time. This way you won't build up in a blast and burn someone. Be the teakettle. Move yourself off the burner once you hear the whistle.

CAPRICORN (Dec. 22-Jan. 19). What was fun and cute once is no longer. You have real needs that are not being met, and these distractions aren't helping you get them met. You'll get serious and truthful on the matter today.

AQUARIUS (Jan. 20-Feb. 18). Go on and state your terms. Negotiations are a dance, but you need to get onto the same dance floor as the other person in order to realize that you're actually dancing together.

PISCES (Feb. 19-March 20). The less you worry, the better. One way is not to think about it. Another way is to think better of it. A third way is to go on a long walk. And if that doesn't work, there are at least a dozen other ways that will.

TOMORROW'S BIRTHDAY (Nov. 17). You'll enjoy how your loved ones celebrate you, and this is a sign of your healthy, vivacious relationships. To have this kind of support in your life is truly wonderful. The best you've given will blossom in 2017! Your financial life gets better in March. Love will lead you to new places in July. Capricorn and Scorpio adore you. Your lucky numbers are: 7, 30, 22, 48 and 19.

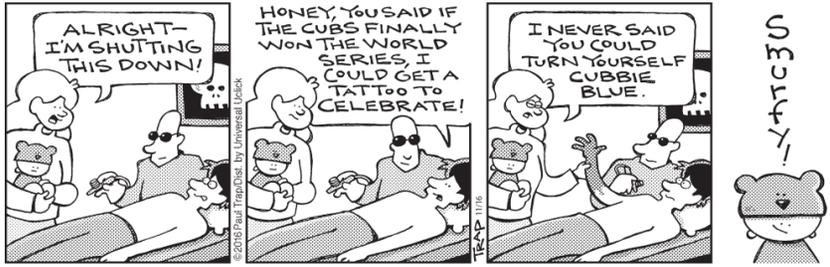
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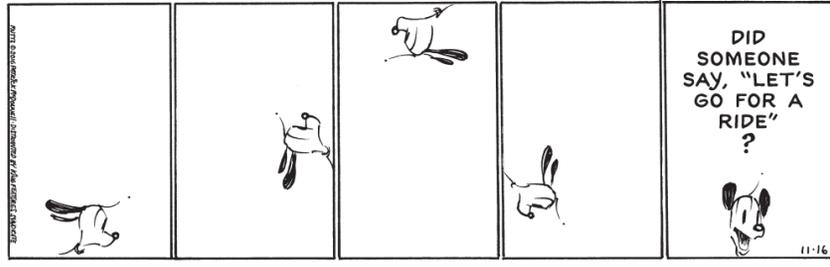
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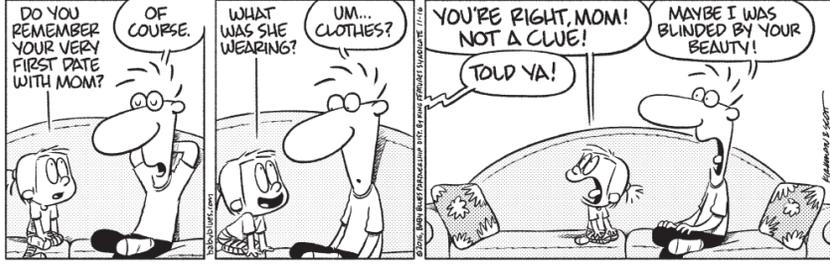
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