

# Can't eat just one chocolate

**Dear Annie:** I love chocolates, especially when they are in a box from a candy store or pharmacy. The problem is that once I start eating them, I can't stop!

Most people seem to be able to eat one or two and then stop. Very often, if a box of chocolates is brought out in the coffee room where I work, I have to walk right past them because I know that if I start, I'll eat the whole box.

I like caramels, ones with marshmallow inside, soft creams and ones with toffee and nuts. In fact, I like all of them and haven't figured out how to take one or two and then back off.

Do you have any suggestions to help me with this? I doubt that I am the only person with this problem. — *Afraid to Start*

**Dear Afraid to Start:** Too much of one good thing can lead to a slew of bad things — in this case, belly-aches, cavities and extra pounds.

When you're full, it's easier to pass up junk food. So try to fill up on healthful snacks throughout the day — such as celery, cucumbers, carrots and apple slices — and drink lots of water. When you do decide to indulge in chocolates, challenge

yourself. Take two pieces out of the box. Put the box away. Savor each bite of your two pieces. And then ... brush your teeth! Your dentist will appreciate it, and the clean, minty taste in your mouth will make it easier to stop. Remind yourself that you will feel better the next day, and then look forward to having another two pieces tomorrow guilt-free.

**Dear Annie:** Not long ago, a relative died and left me a set of rental properties. In one of the houses, there was a family, "the Andersons," who had been renting that house for over 30 years. My relative's will specified that three members of the Anderson family — the parents and one of the children — were to each receive \$1,000 when the estate was settled.

Because Mr. Anderson was dying of kidney cancer, two days after my relative's funeral I paid this family out of my own funds. I knew that it would take a while for the estate to settle, and I thought I should give him the chance to enjoy the money while he still could.

Because of various reasons — including drug trafficking on the premises — I have to sell the prop-

erties. But now the Andersons are accusing me of throwing them out of their home, which they regard as theirs; after all, they have been paying rent for over 30 years. Whenever I visit the properties to check on them, the Andersons call the police on me. They will no longer pay rent, and they are discussing filing a lawsuit against me for attempting to steal their family home.

I'm not sure why I'm the bad guy in all of this. The will clearly stipulates that the property is mine. As for the money, all I wanted was for a dying man to have a few moments of pleasure. What did I do that is so bad? — *"Slumlord" From Succotash*

**Dear "Slumlord":** Every story has two sides, and when it comes to legal matters, there are surely multiple narratives than could be spun for various reasons. I know that your heart was in the right place when you paid Mr. Anderson out of your own pocket. Unfortunately, what feels good to do may not be formally congruent with the laws of your state. To avoid unnecessary headaches and heartache, it might be wisest to do things via the court through probate administration and any relevant housing court assistance.

## DEAR ANNIE



Annie Lane  
Creators  
Syndicate Inc.

## TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

**ARIES (March 21-April 19).** Your winning edge is that you're quite the opposite of edgy. Kindness is the best way to get the doors of opportunity swinging open. It's easy when you think of each person you meet as though he or she were your dearest one.

**TAURUS (April 20-May 20).** Don't let your attentive vigilance lead you to early burnout. Not everything requires such a high level of attention. Go easy and slow, extracting as much joy out of it as you can along the way.

**GEMINI (May 21-June 21).** Have faith, but leave room for other beliefs, too. It's not heresy; it's sophistication. If you believe too firmly, you'll miss something crucial that comes with doubt. "Absolute faith corrupts as absolutely as absolute power." — Eric Hoffer

**CANCER (June 22-July 22).** You feel indebted to someone, but are you really? Don't discount what you bring to the situation. In general, you're usually better off when you don't worry too much about measuring the score.

**LEO (July 23-Aug. 22).** There is no better way now for attracting what you really do need and want than ridding your life of what you don't. Clean and clear. Be ruthless. Let go.

**VIRGO (Aug. 23-Sept. 22).** Today you'll be as brilliant as you are brief. You'll be selling something — an idea, a product or yourself. Use very few words for your pitch, and choose them well.

**LIBRA (Sept. 23-Oct. 23).** You're too busy looking for a way to make your plans come to life to find excuses for why they didn't. The ability to make things happen needs to be exercised in big and small ways. It's like a

muscle to be exercised. Keep it strong.

**SCORPIO (Oct. 24-Nov. 21).** Just as a charming child who doesn't get his way can turn quickly into a pest, when your requests fall on deaf ears your attitude may take a swift turn south. Luck will favor the slow to anger. Be strategic and controlled.

**SAGITTARIUS (Nov. 22-Dec. 21).** Each time you find yourself complaining, redirect your attention to something you're grateful for. You'll move from frustration to action, sorrow to hope.

**CAPRICORN (Dec. 22-Jan. 19).** There are plenty of complications inherent in your regular daily activities, but you're getting better and better at this. To make things look simple and graceful often takes years of experience and practice.

**AQUARIUS (Jan. 20-Feb. 18).** The body has powers beyond what you can do by thinking your way through it. The best way to learn is to get in there and do it. The mental will be led by the physical.

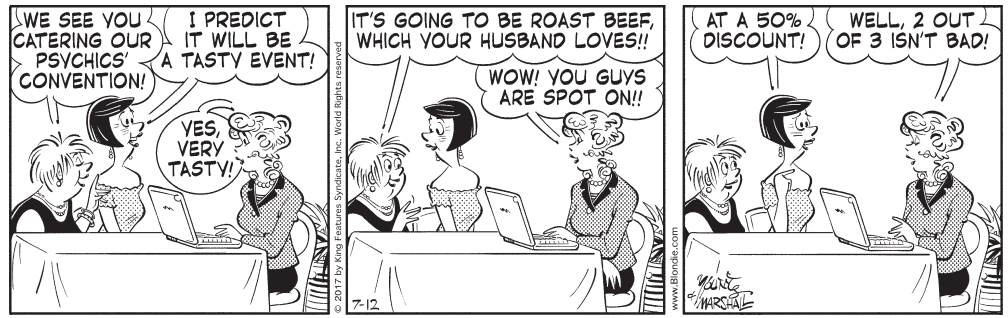
**PISCES (Feb. 19-March 20).** To be passionately curious is a talent. Curiosity will do the job of courage today: It will be so strong that it overides fear. You will follow your interests to places of delight, love and felicity.

**TOMORROW'S BIRTHDAY (July 13).** You're razor sharp and only get sharper this year, as you home in on the areas of study you most enjoy. You'll meet exactly the right people to launch a project in August. November brings the melding of two groups for the benefit of all. You'll excel in the early 2018 competition. All good luck will spring from excellent self-care. Leo and Pisces adore you. Your lucky numbers are: 9, 30, 25, 4 and 14.

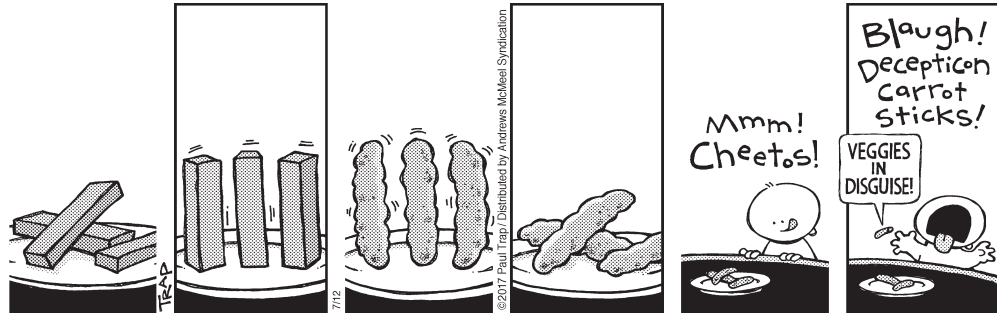
## FRANK AND ERNEST



## BLONDIE



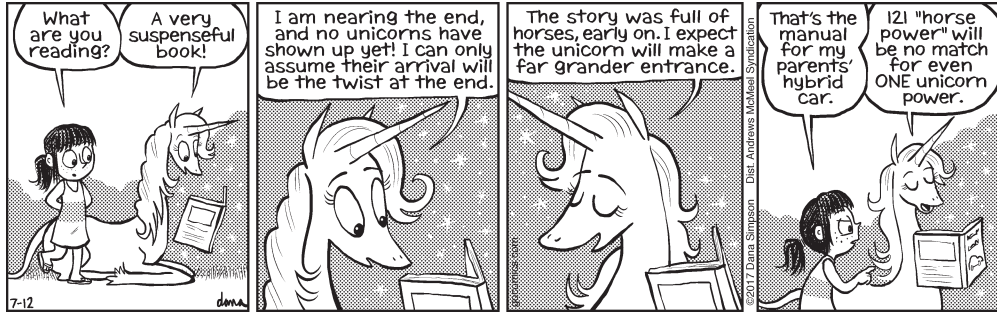
## THATABABY



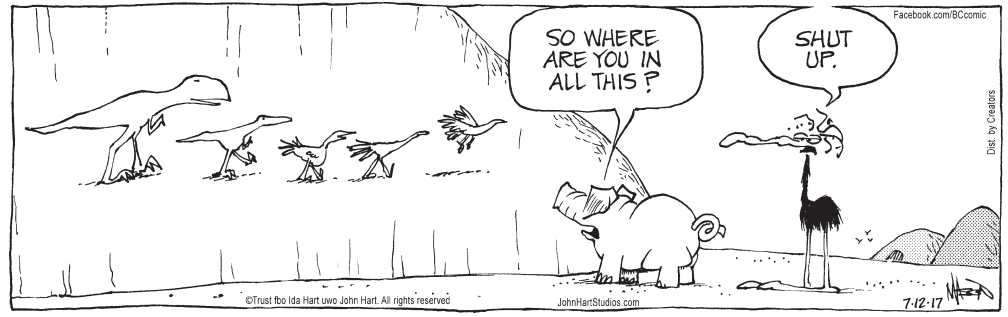
## SALLY FORTH



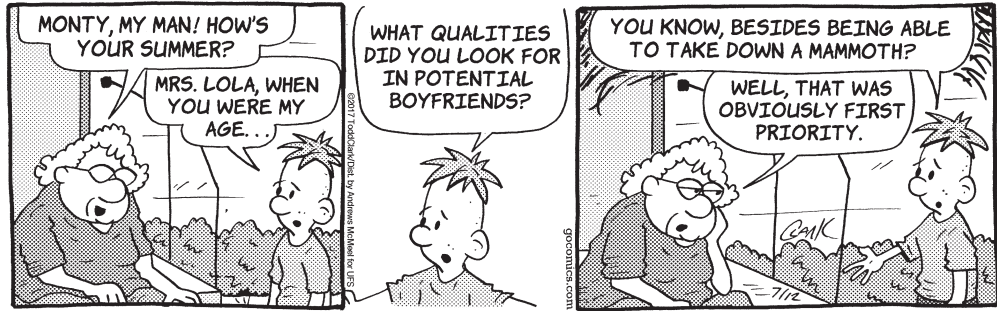
## PHOEBE AND HER UNICORN



## B.C.



## LOLA



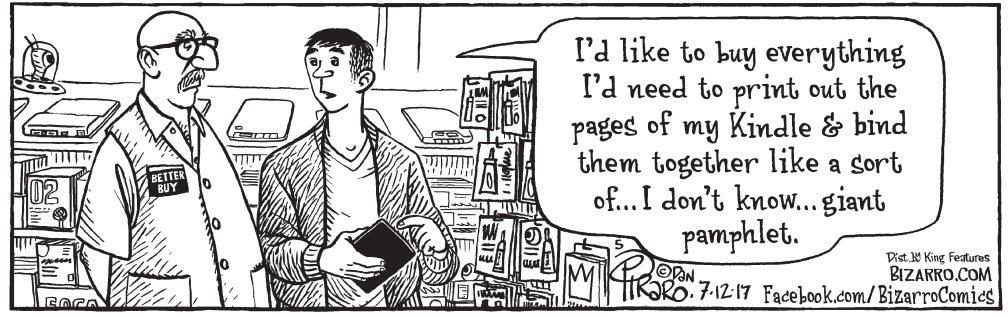
## DILBERT



## SIX CHIX



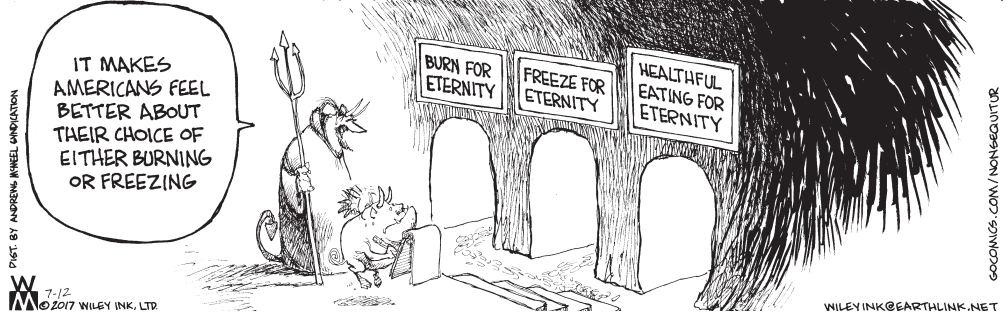
## BIZARRO



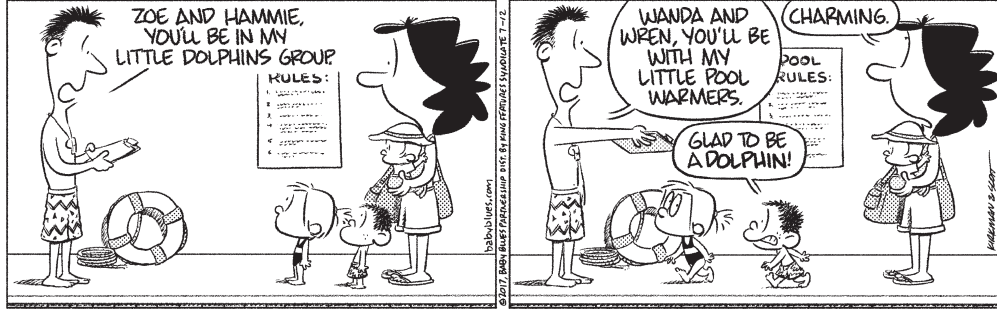
## MUTTS



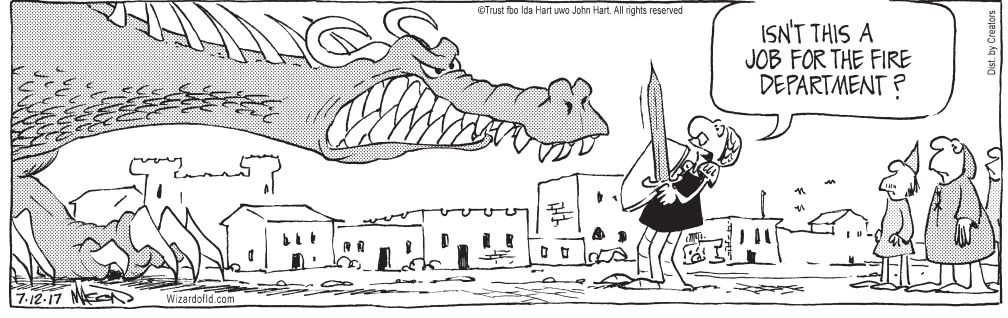
## NON SEQUITUR



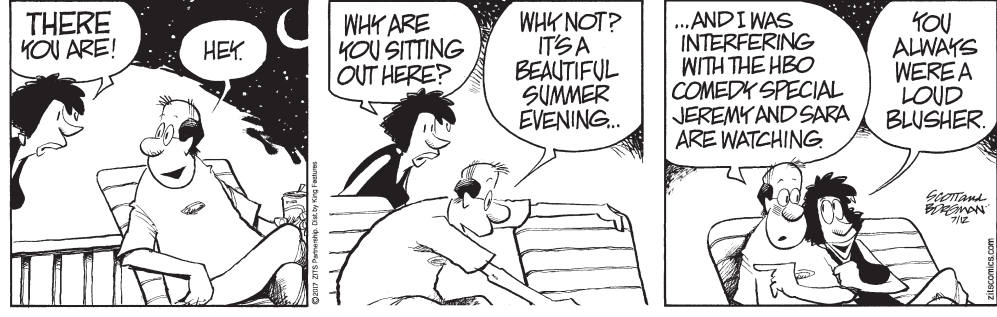
## BABY BLUES



## WIZARD OF ID



## ZITS



## ROSE IS ROSE

