

Political zealots ruin dinner

Dear Annie: We have all been told to avoid discussions of politics and religion when dining out with friends, and for many years I found this easy to practice. But lately, it seems that many of my friends insist on talking about politics. Some are in favor of our current president, and some are opposed. The one thing they both have in common is that they are adamant that they are right and the other side is wrong!

DEAR ANNIE



Annie Lane
Creators
Syndicate Inc.

Whenever I suggest we talk about something else, they want to know where I stand and insist that I agree with them. Frankly, I don't have strong political opinions and just want to change the subject. But when I have said that, they always jump on me, saying that the issues are so important today and I must express agreement with their side. It is almost as if our friendship is at stake. Do you have any suggestions for how I should handle these political zealots from both sides of the political spectrum? — *Peacemaker in Pittsburgh*

Dear Peacemaker: Your intuition is so good — that taking sides in a political argument during dinner is fraught with danger. In his

classic book "How to Win Friends and Influence People," Dale Carnegie pointed out that arguing during dinner is a lose-lose proposition. If you lose the argument, you lose; and if you win the argument, your guest feels inferior and you lose again.

There is a reason that we have been advised for many years — long before the current political controversies — to avoid discussions of politics and religion at dinner with friends.

Dear Annie: Several years ago, I suffered from severe back pain. I had sciatica that went from my lower back to my foot. I remember trying a hundred different treatments, including shots, and any relief was only temporary. Then a friend told me about Dr. John Sarno, a pain treatment specialist at New York University. I read his book "Healing Back Pain: The Mind-Body Connection," and it changed my life!

After reading that book, I found more books by Dr. Sarno, as well as some lectures on DVD. I was never his patient; I never even met the man, but gradually — as I followed his treatment advice — my sciatica disappeared, and I have

not had back pain since.

I am writing this letter now because I read that Sarno died June 22 at the age of 93, and I hope you will print my letter as a message for any of your readers who are suffering from chronic pain. That includes headaches, back pain, sciatica, fibromyalgia and gastrointestinal problems.

The radio "shock jock" Howard Stern had terrible back pain until he saw Dr. Sarno. After Sarno's death was announced, Stern said, "I suffered horribly from back pain for many years ... and he really saved my life."

Plenty of other celebrities — including Anne Bancroft, Larry David and John Stossel — have said similar things about this great man. I am writing this to alert any of your readers who are in chronic pain to check out the works of Dr. John Sarno. His advice could change your life, too. — *Grateful in Green Bay*

Dear Grateful: Thank you for your inspiring letter. Dr. Sarno has many devoted fans like you, yet his treatment is still considered controversial by some in the medical establishment. He died one day before his 94th birthday and the release of a new documentary about him, called "All the Rage (Saved by Sarno)."

TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). You are fighting a nagging feeling that you should be doing something more important with your time. That feeling is not a lie. If you accept it instead of fight it, you'll get onto something more worthwhile.

TAURUS (April 20-May 20). Much will be said and not meant. More will be heard and not said. If you're not feeling your way through the relationship, you'll get lost pretty quickly. Close your eyes. Cover your ears. Listen with your heart.

GEMINI (May 21-June 21). Whether or not you're really in control of your situation could be debated from here to eternity, but that would rob you of the chance to experience (maybe even enjoy) what's going on regardless of your level of control over it.

CANCER (June 22-July 22). Distraction is the death of meaning. Don't fill the hours with amusement, because it will only rob you of the chance to find your real purpose in the situation. Dig deeper.

LEO (July 23-Aug. 22). Most days you follow the rules, but sometimes you feel bigger than society — like you can do your thing without getting boxed in by other people's expectations. For the rest of this week you may swing from one extreme to another.

VIRGO (Aug. 23-Sept. 22). The passive approach would work if you were on a raft floating down a river with its own agenda. But you're not. You're standing on the path that splits into many possible directions, and you have to decide which way to walk.

LIBRA (Sept. 23-Oct. 23). People tend to admire the different talents of those who excel in fields foreign to them and tend to have grudges against those who excel in their own fields,

regarding them as competitors. Don't waste time on jealousy. Learn the tricks.

SCORPIO (Oct. 24-Nov. 21). Why is your stomach so wise? It is unencumbered by thought. It just knows. Your stomach processes life in terms of "use" and "waste." Turn your difficult questions to your stomach, and accept its simple yes-or-no answer.

SAGITTARIUS (Nov. 22-Dec. 21). The believer is usually happier than the doubter, proving that wisdom and happiness often have very little to do with one another. But there's a peace that comes with wisdom, and that should count for something today.

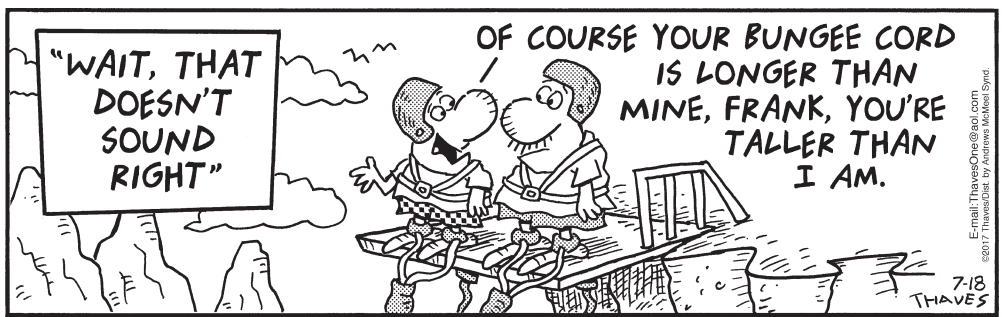
CAPRICORN (Dec. 22-Jan. 19). Beware of the life equivalent of soda pop and candy. You need real sustenance. Seek nutritive experiences. Avoid things that are filled to the brim and yet still unfulfilling.

AQUARIUS (Jan. 20-Feb. 18). Who might you be now if you'd taken that turn you missed back there? Well, the option is coming up again. Take it, and you'll know a different version of yourself soon enough.

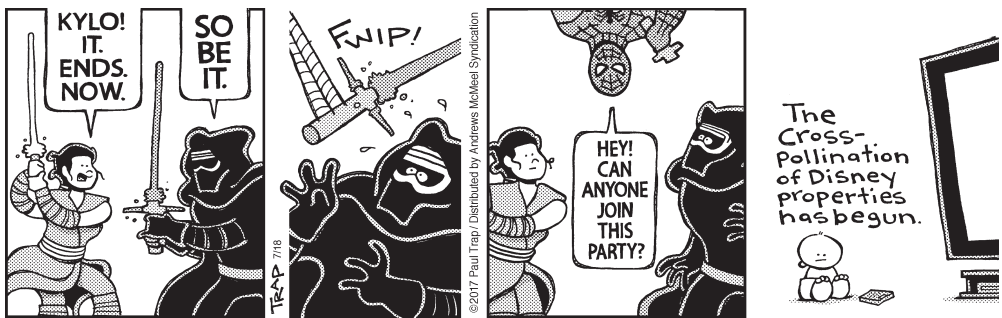
PISCES (Feb. 19-March 20). As for this real life story you're living, there's a lot of exposition to get through today. One boring chapter doesn't discount the value of the whole adventure.

TOMORROW'S BIRTHDAY (July 19). The thing you find out about in a backward sort of way is something totally fantastic to go forward with. Your horizons will broaden as you dedicate yourself to a repetitive process in September. After much work, November brings the financial spike you've been waiting for. Exchange promises in December. There Scorpio and Libra adore you. Your lucky numbers are: 7, 20, 2, 28 and 19.

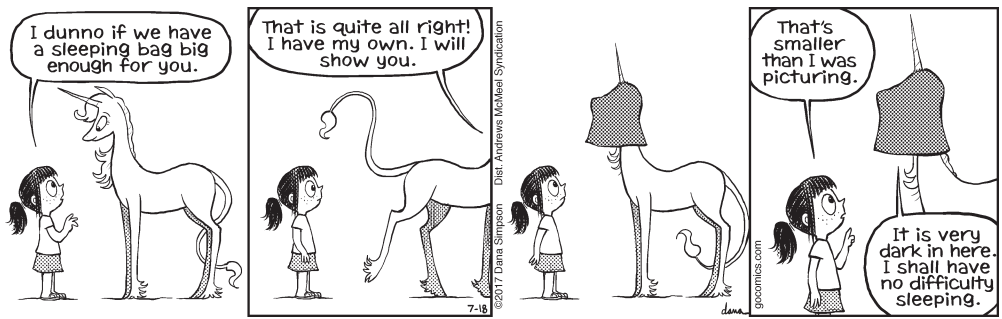
FRANK AND ERNEST



THATABABY



PHOEBE AND HER UNICORN



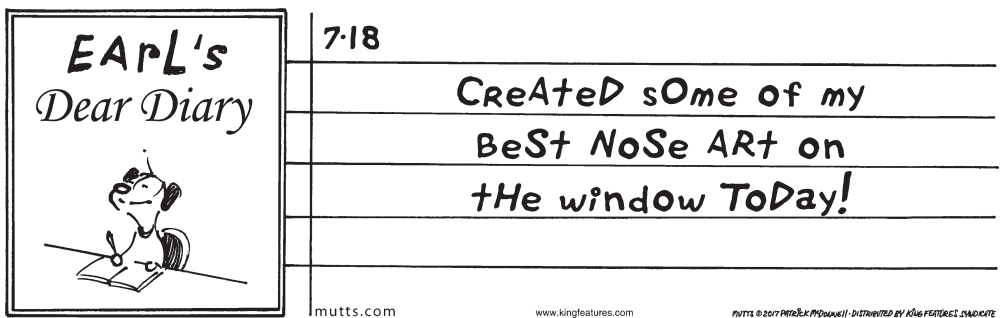
LOLA



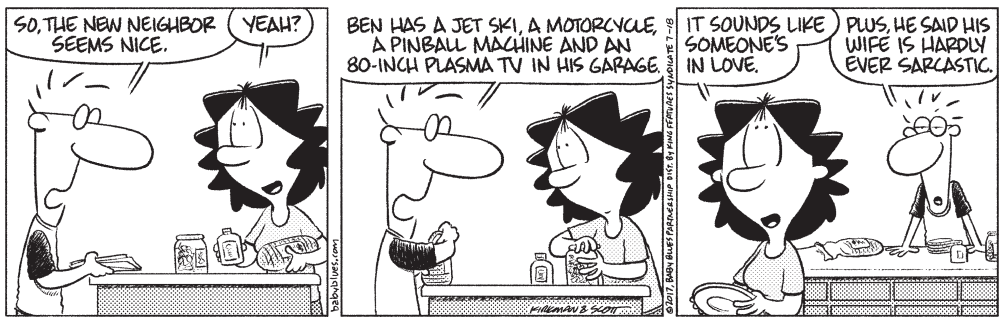
SIX CHIX



MUTTS



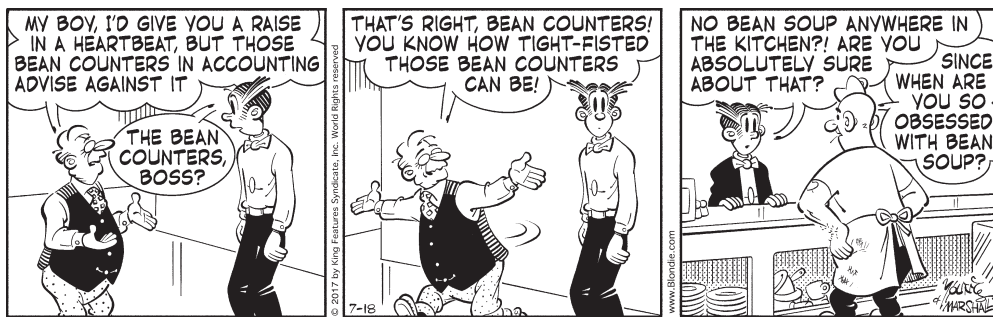
BABY BLUES



ZITS



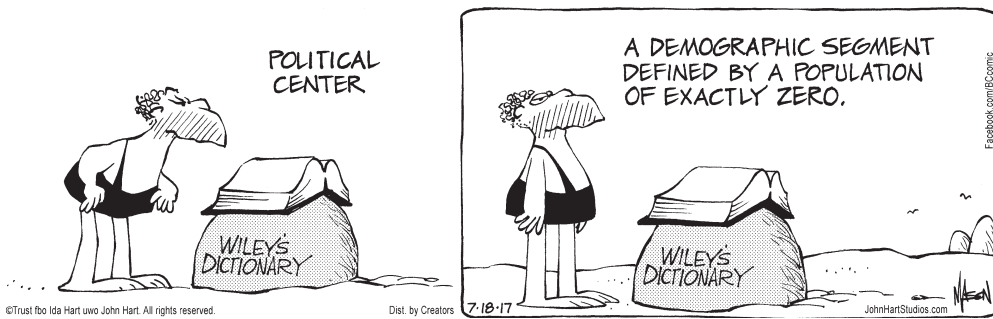
BLONDIE



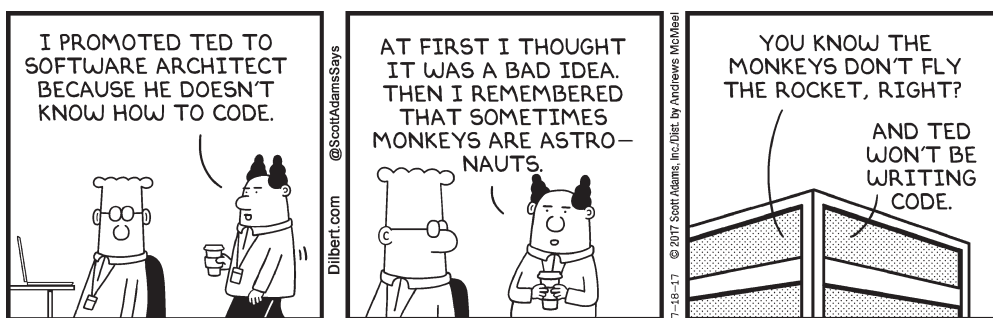
SALLY FORTH



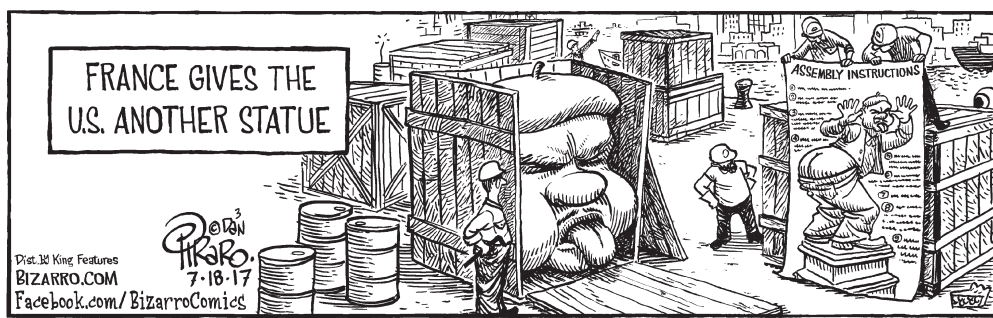
B.C.



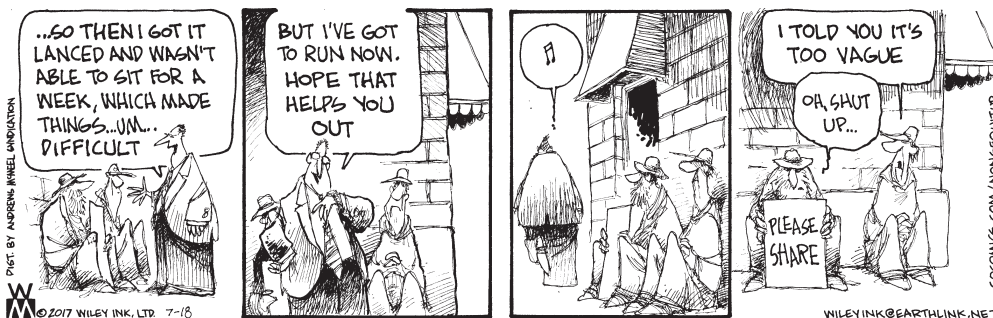
DILBERT



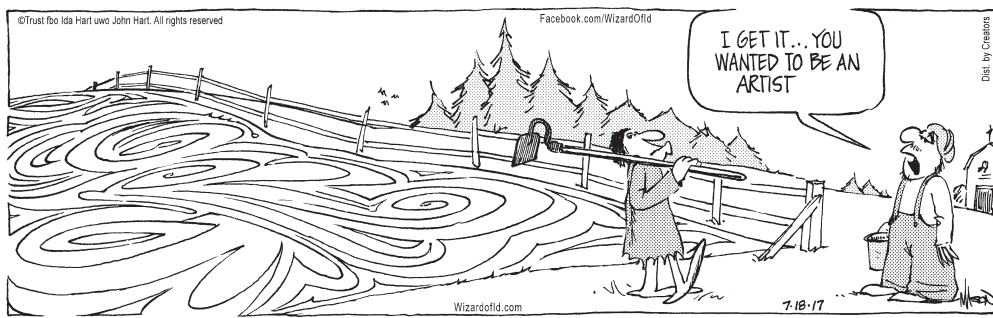
BIZARRO



NON SEQUITUR



WIZARD OF ID



ROSE IS ROSE

