

Theft of a social circle

Dear Annie: My little sister moved to the town where I live a few months ago. My husband and I regularly invite her to hang out with our group of friends, and we have some family here, too, whom we see. She and I have a lot in common, with very similar taste in books and movies and a penchant for talking too much. She's single and more proactive about finding things to do, and she's started cutting us out of social gatherings she plans — with friends she met through us and with our family members — because she says I "overshadow" her. I haven't resorted to singing that "Beaches" song to her yet, but I'm pretty burnt on her trying to leave me out of my own social circle. What should I do? — *The Cooler Sister*

DEAR ANNIE



Annie Lane
Creators
Syndicate Inc.

and probably wants to establish an identity outside of just being your younger sister. That doesn't mean she doesn't love you or want to spend time with you. In fact, I'm sure you're a big part of why she moved there in the first place. Just give her time.

Dear Annie: My heart goes out to the obese stepbrother who was the subject of a recent letter. He has probably been given lots of unhelpful advice and plenty of scorn. Your suggestion to check for an underactive thyroid was not bad, but there is more he can do.

Many morbidly obese individuals have had amazing success with a ketogenic diet, which allows them to lose weight without experiencing the hunger that typically accompanies low-calorie diets. The old advice to "move more and eat less" sounds sensible, but it rarely works for more than a short time because it requires

immense willpower, leaves a person feeling hungry all the time and ruins his or her metabolism.

On the other hand, a well-formulated ketogenic diet, after a few days of adaptation, causes a person to feel quite satisfied and energized. It often normalizes blood sugar, blood pressure and lipid profiles, allowing people to reduce or eliminate medications while losing weight. Because it is high in natural fats, many doctors still advise against it, but that is beginning to change as research and clinical experience show the safety and efficacy of the diet in both the short term and the long term. You would be doing this man, his sister and many others a huge favor if you would mention "keto" (otherwise known as low-carb/high-fat) to your readers.

— *A Keto Fan*

Dear Keto Fan: Thank you for the tip. I was not aware of the keto diet. I encourage curious readers to do their research and talk to their doctors to decide whether it might be a good fit for them.

TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). To feel that everything is a necessity is a warning sign that you may be avoiding an uncomfortable reality. The truth is that your necessities are covered, for the most part. So what is this trumped-up sense of urgency really about?

TAURUS (April 20-May 20). Eye contact is your most effective accessory. Of course, it's impossible to wear well while using your phone. It's like hiding a Cartier watch in your pants pocket.

GEMINI (May 21-June 21). An obsession with the perfect moments of the past can be a lovely distraction every bit as fanciful as fictional storytelling. Tap into your own artistry. Play around with this. History is more art than science.

CANCER (June 22-July 22). No place is inherently superior. Each place is just a better or worse fit for the organism trying to inhabit it. Though there may be no point to building a metaphorical boat to get to the next place, build it anyway. You were meant to sail.

LEO (July 23-Aug. 22). When you act intentionally, your action automatically has a purpose. When you act unintentionally, the purpose is lost. Get aware. If you don't know your own motivations, figure them out or make them up.

VIRGO (Aug. 23-Sept. 22). The scene will change, and you will need to change, too. That which dissolves you allows you the opportunity to build yourself up anew (and to custom specs, too).

LIBRA (Sept. 23-Oct. 23). The story of meeting a person is likely to reflect the story of the entire relationship. No pressure! But it does make you think twice about your social game — and introductions specifically.

SCORPIO (Oct. 24-Nov. 21). You have already learned what you need to do. Now the question is whether you are at liberty to do so. This is one of those times when it will be better to seek forgiveness than permission.

SAGITTARIUS (Nov. 22-Dec. 21). Your contributions are quality and should be honored as such. Particularly precious is your attention. Loved ones need to value this, or you will not be very inclined to give it so well again.

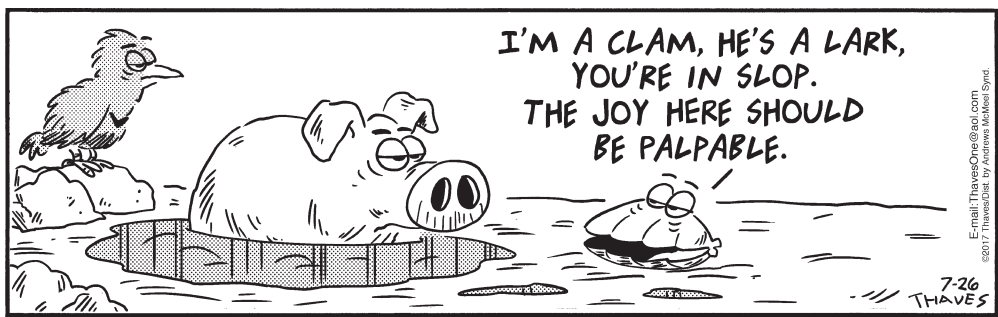
CAPRICORN (Dec. 22-Jan. 19). Lao Tzu said, "Being deeply loved by someone gives you strength, while loving someone deeply gives you courage." In the next 24 hours, you'll get the opportunity to benefit from both sides of this statement.

AQUARIUS (Jan. 20-Feb. 18). People may behave in pitiful ways, but do not give them your pity. No one knows what to do with pity. You can't eat it or wear it. Give help, support or something more concrete instead.

PISCES (Feb. 19-March 20). You need many more muscles to frown than you do to smile. Both are more interesting than a blank, slack stare (creepy!), which takes no effort at all. Emotional engagement is your preferred work of the day.

TOMORROW'S BIRTHDAY (July 27). This solar return sees you opening your heart to new people and places, adding excitement and spice to your world. Your commitment to a cause will bring multiple rewards in 2018. You already know enough; you'll learn more on the job than you will in school, so sign up and get earning. Bonus bucks come in November. Libra and Pisces adore you. Your lucky numbers are: 4, 45, 38, 31 and 49.

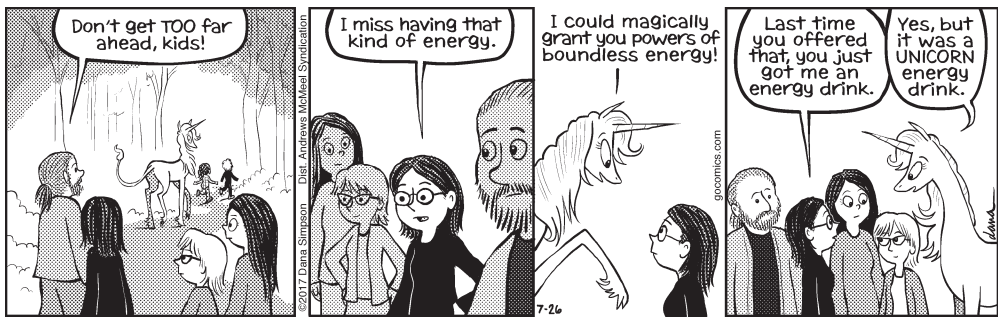
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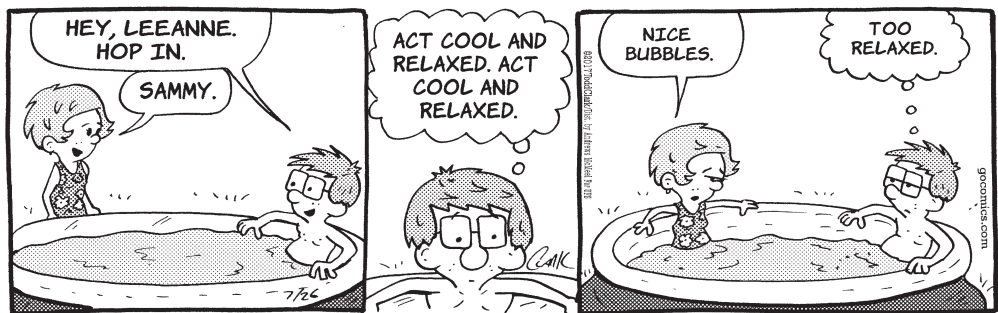
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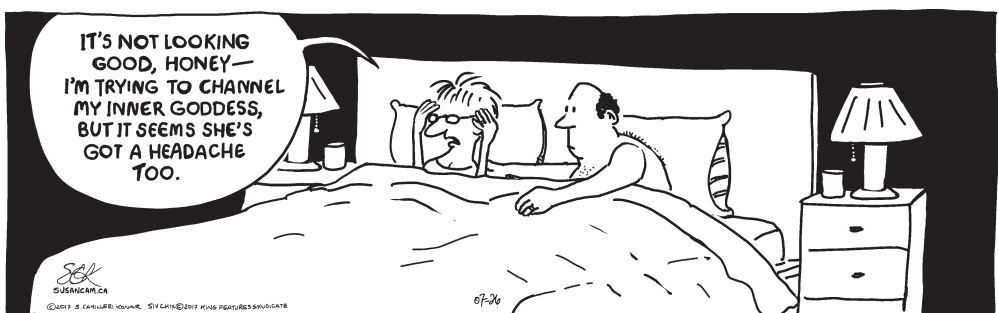
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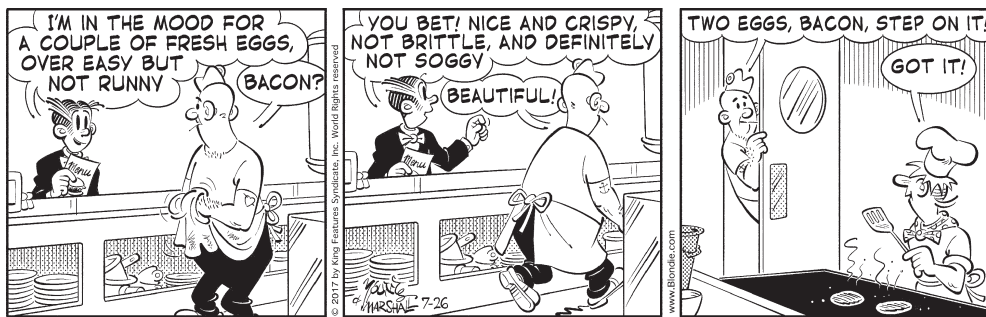
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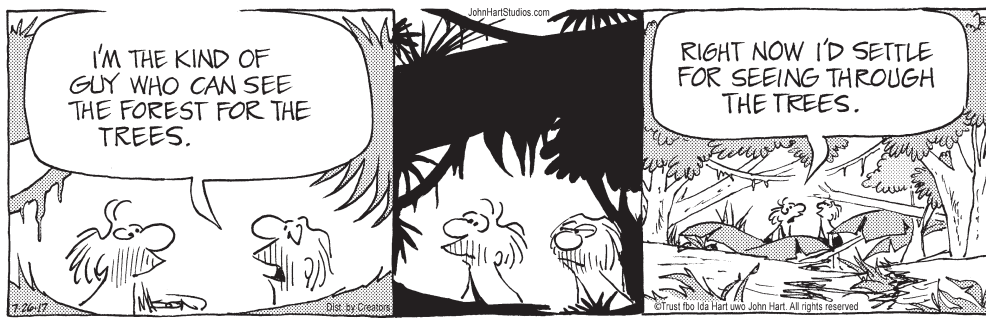
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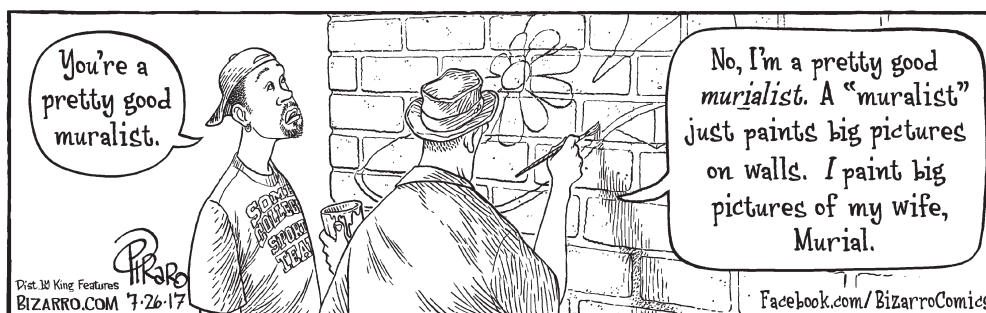
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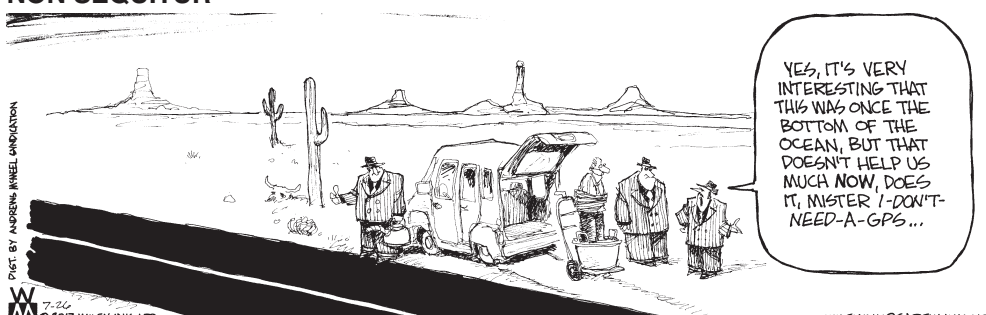
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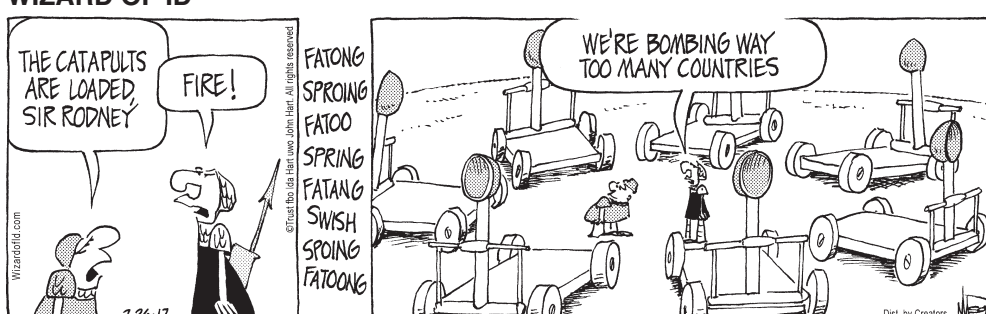
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