

# Comments about thinness

**Dear Annie:** Why do people think it is OK to say rude things to very thin people? Acquaintances and friends say such things to me all the time: "You are so skinny! You need to gain weight." Would they tell a heavy person that she needs to lose weight because she is so fat? I don't think so!

I have always had a problem keeping weight on, except for a few years in my middle age. Now I have a heart condition and Type 2 diabetes, and I really have to watch what I eat. It is a real struggle trying to keep from being painfully thin. I'm getting the same comments all over again. They are cruel, hurtful and very discouraging. Why is it OK to insult thin people but not fat people? — *Discouraged in KY*

**Dear Discouraged:** Societal bias in favor of thinness leads many to think it's fine to tell people that they're too thin. But it really isn't. The next time someone makes such a comment, feel free to

reply, "That's between me and my doctor." Leave it at that. Also, try your best not to take it too personally. In my experience, anyone who makes flip-pant comments about another person's body is most likely unhappy with his or her own.

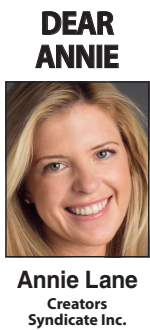
**Dear Annie:** I have been married for 30 years. The problem is my husband and his porn. He somewhat admits he has a problem with it but will not stop and refuses to go to counseling. I have done a little research and found that he probably won't stop without counseling. I have to either ignore it or get a divorce, which I don't want.

Now all I do is stress over the fact that all he wants to do is look at these women who are half my age. How can he want me when all he does is look at these girls with the "perfect" body?

Recently, he let slip that he has been looking at dating sites that have personal ads. He states that he only reads them

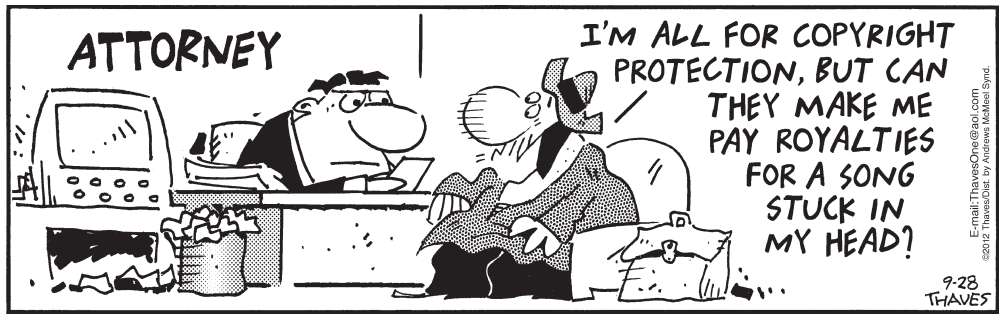
for fun. I think this is such a red flag. Seeing as how he lies about the porn, how do I trust him not to lie about everything else? Now I stress out every time he's on his phone, wondering what he's looking at. He's on it as soon as I leave the room. It is all just a big turnoff for me. What can I do? — *Just Stressed Out*

**Dear Stressed Out:** Your husband's addiction to pornography is about him, not you. So don't take it as a reflection of any inadequacy on your part. You can't control his use of porn any more than someone can control the drinking of a spouse who has alcoholism. But you can, and should, express how you're feeling — hurt, neglected and concerned for him and your marriage. You can also ask him why he's so resistant to counseling, and see whether you can't help him work past those blocks. At the end of the day, though, he is the one who must decide he wants help. Until that point, I suggest you see a counselor on your own to help you cope with the stress you're experiencing.



Annie Lane  
Creators  
Syndicate Inc.

## FRANK AND ERNEST



## THATABABY



## PHOEBE AND HER UNICORN



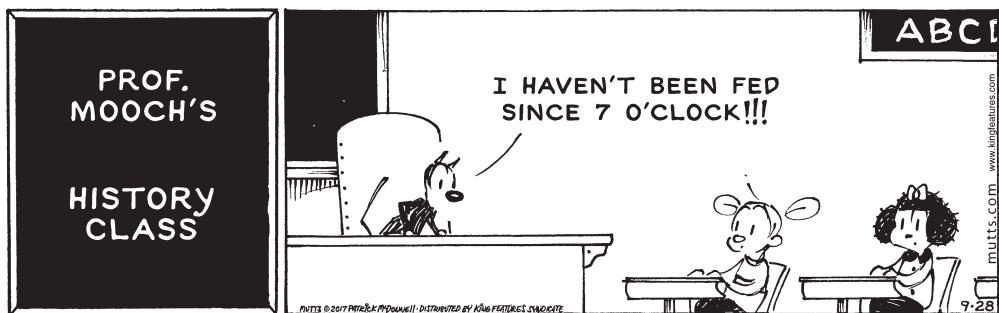
## LOLA



## SIX CHIX



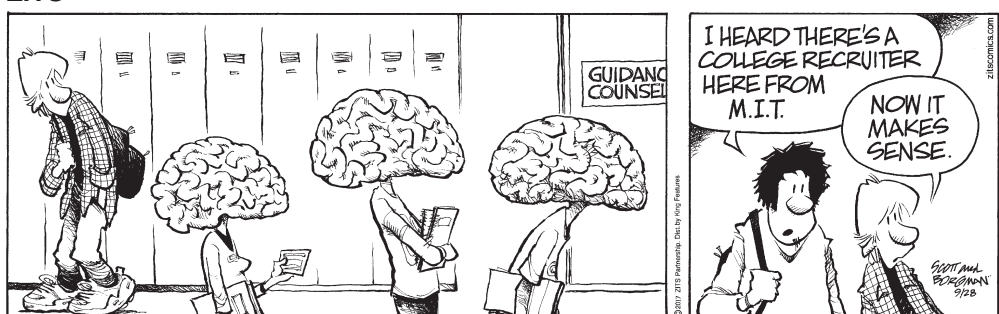
## MUTTS



## BABY BLUES



## ZITS



## TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

**ARIES (March 21-April 19).** There are things you would throw away if only you were sure that no one else would pick them up and use them. Hold on there. You're not finished with this work, just taking a break. Look at your tools and resources differently.

**TAURUS (April 20-May 20).** Looking fantastic isn't always feeling fantastic. You're aware of those who put on a smile even though they are in pain, because you've been there too. Your compassion will make all of the difference to someone today.

**GEMINI (May 21-June 21).** The characters in the story feel something, and so do you when you participate in the story in any way ... even as an innocent bystander (which will be your recommended role in today's drama).

**CANCER (June 22-July 22).** You'll move forward with a venture that has captured your curiosity. Keep your options open as you go, though, because this isn't what it seems. There's a slippery slope ahead. Hold tight to the handrail.

**LEO (July 23-Aug. 22).** People who are direct and clear communicators will get most of your attention and business now. Do you sense you should be taking notes? Absorbing the ways of masterful communicators will increase your good fortune later.

**VIRGO (Aug. 23-Sept. 22).** Be willing to put down your phone and talk to real people in real time. You'll get into interesting (if seemingly pointless) conversations that will later be something you can draw from for energy and inspiration.

**LIBRA (Sept. 23-Oct. 23).** If you live somewhere that has a library, a public gym, a hiking trail, a field, a church or another feature that's

public and free then it's something to take advantage of today. People need you, and you need people.

**SCORPIO (Oct. 24-Nov. 21).** The history of a place matters. Whether it's a happy story or a shameful one, it's good to know how it was so that when you change it (and you will) you can appreciate the significance of the change.

**SAGITTARIUS (Nov. 22-Dec. 21).** Your willingness to listen deeply to someone's (perhaps delusional) side of the story will help you find peace. This isn't about forgiveness but about facilitating your own healing and passage to better times.

**CAPRICORN (Dec. 22-Jan. 19).** When you lose your cell connection it's safe to blame outside interference. Other personal connections are the same today. Don't take anything personally or assume any motive. Just call again.

**AQUARIUS (Jan. 20-Feb. 18).** You sense tension and can head off conflict before it happens. Distraction is your best tool. You're excellent at creating diversions that give people something useful to do.

**PISCES (Feb. 19-March 20).** When people are happy they bring their best selves to the party. This is what you bring out in people as you encourage and acknowledge their better qualities.

**TOMORROW'S BIRTHDAY (Sept. 29).** Things ramp up slowly, and then good fortune rains on your life. Yours is the lofty ambition, the unreasonable expectation and the outrageous dream that somehow comes true. Go on and be daring, but also know that it's the grounded people around you who will help you work your practical magic. Taurus and Capricorn adore you. Your lucky numbers are: 5, 45, 11, 19 and 37.

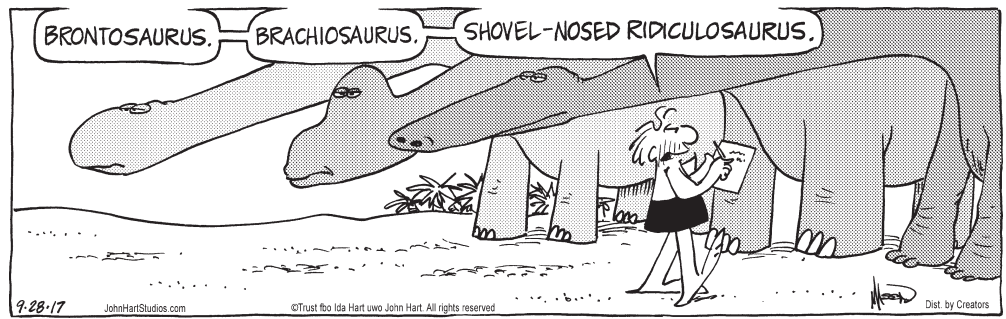
## BLONDIE



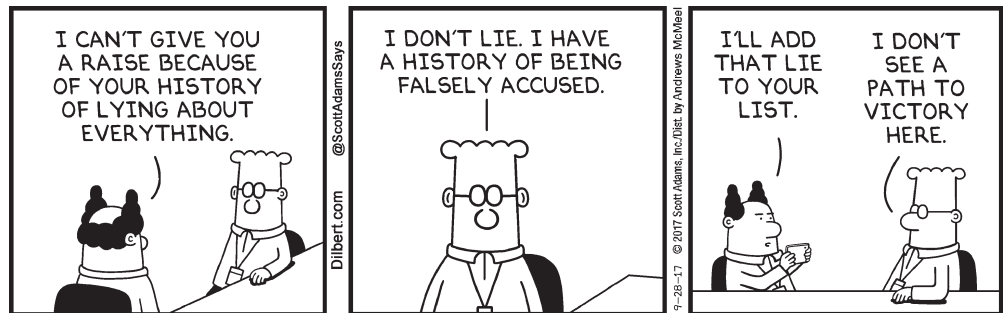
## SALLY FORTH



## B.C.



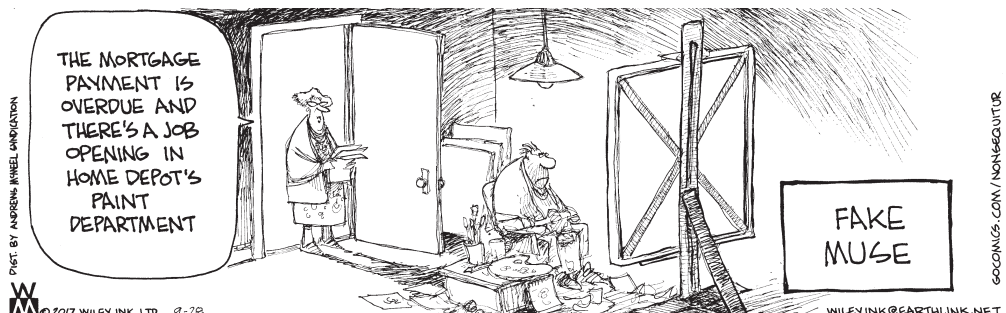
## DILBERT



## BIZARRO



## NON SEQUITUR



## WIZARD OF ID



## ROSE IS ROSE

