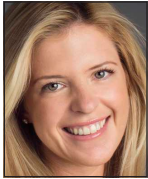


# Is diet or exercise better?

Dear Annie: I have three childhood friends who also still live in the area where we grew up, and we get together for lunch or dinner every month or two. The most recent time we got together, one of my friends talked about being on a low-carb diet and losing a lot of weight. I personally started exercising at a young age and have been working out my whole life. I mix it up and at times have been a runner, weightlifter, swimmer and even yoga student. The point is that I love to exercise and can see that it makes me feel and look younger than most people my age. I am not skinny and have a little padding on my body, but I am not what you'd call fat.

## DEAR ANNIE



Annie Lane  
Creators  
Syndicate Inc.

80 percent." One of our other friends asked me whether I agree, and I said I don't know. "I really enjoy exercise and have never really had to focus on weight loss," I said. But they all seemed to agree that diet is much more important than exercise. It doesn't feel right to me, so I'm curious to hear what the truth is. — *Loving My Workouts*

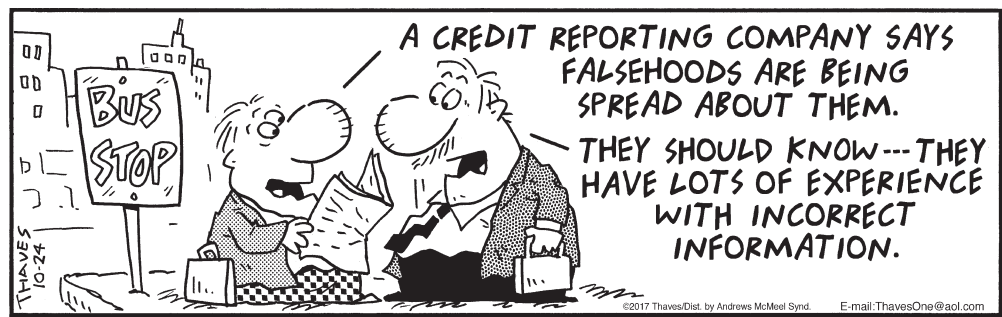
Dear **Loving Workouts:** Weight loss and fitness are not necessarily the same thing. The odds are good that your friend will regain some of that lost weight once he or she starts eating carbohydrates again, whereas it is likely that you will stay youthful and energetic with all your exercise. I would rather be a little chubby but fit from exercise than be thin from dieting but out of shape inside. It's true that burning enough calories to lose weight requires much more exercise than the average person is willing to do,

so in that sense, diet could be 80 percent of weight loss and exercise 20 percent. But if good health and overall fitness are your goals, a balance of the two makes sense. New studies also show that getting at least eight hours of sleep a night is equally important for weight loss and good health.

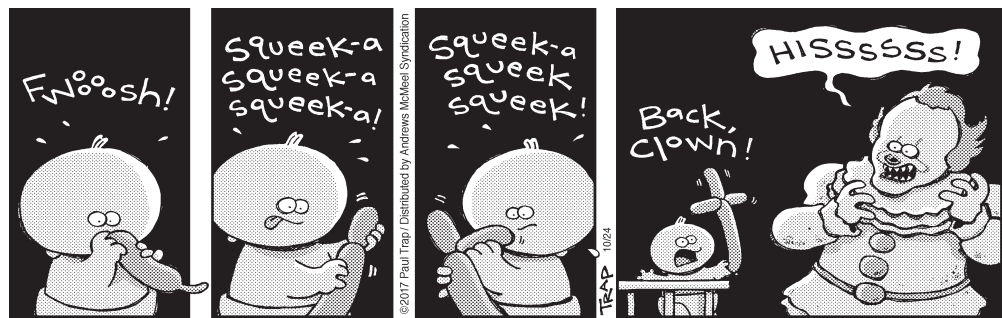
Dear **Annie:** My husband and I moved in to a new apartment complex several months ago, and our downstairs neighbors are crazy. The adults yell and scream, and the kid down there cries. This goes on almost every day. We called public safety, and when that didn't result in any changes, we called Child Protective Services. Still nothing. They still scream and yell; the kid still constantly cries. It's to the point where we want to move, but we're financially unable to. We don't know what to do. — *Fed Up in the Upper Peninsula*

Dear **Fed Up:** Call 911 instead. This will ensure that officers come out to the house and can assess the child's home situation.

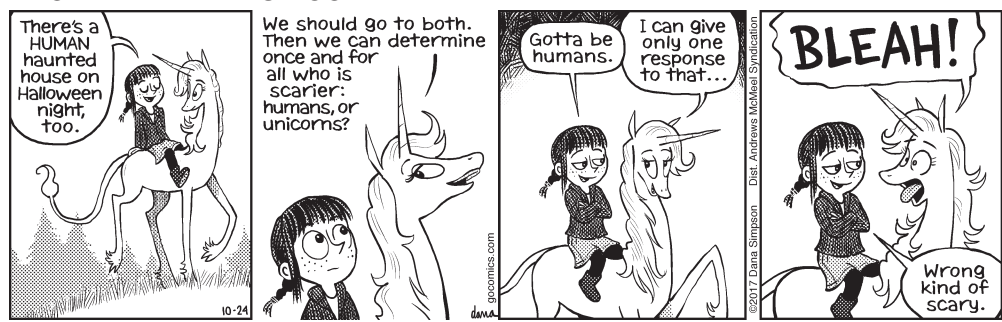
## FRANK AND ERNEST



## THATABABY



## PHOEBE AND HER UNICORN



## LOLA



## SIX CHIX



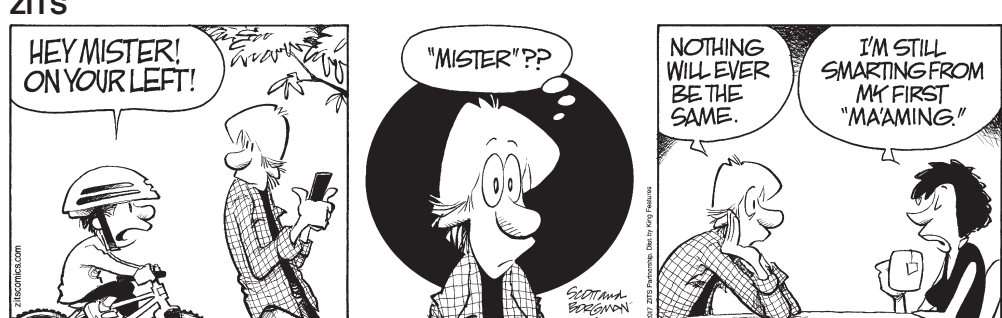
## MUTTS



## BABY BLUES



## ZITS



## TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

**ARIES (March 21-April 19).** That thing that's not working is really and truly done. You can jiggle it and unplug it until the end of days, and it's still not going to work. So accept it, toss it, and go looking for something new.

**TAURUS (April 20-May 20).** You had certain rules for yourself, and it turns out that they don't all apply anymore. You need new ones, but not yet. This is a time of questioning, poking around at the system and experimenting with what might work.

**GEMINI (May 21-June 21).** Blood is thicker than water, which is why you have to be nice to the person who seems intent on driving you crazy. Making concessions for family is just part of being in one.

**CANCER (June 22-July 22).** When you pay for a mistake, try to pay only once. Be like the animals. They pay one time per mistake. They don't dwell in guilt and shame and bad memories. Take the lesson; put it in your pocket; and keep moving along.

**LEO (July 23-Aug. 22).** You don't have to be good at it the first time or ever. But you'll be better for giving it a whirl. Believe this, and take it to every cell and atom of your being: The only ones who truly fail are the ones who never try.

**VIRGO (Aug. 23-Sept. 22).** You can give the same performance to your bathroom mirror, a stadium of people or millions on television and social media. The numbers don't change your part of it. So work on your part of it today, and forget the numbers.

**LIBRA (Sept. 23-Oct. 23).** Your words have creative power. Their meaning and the way you give them will make things happen very quickly today: good things, bad things — it all depends on what comes out of your mouth, and luckily

you've a lot of control over it.

**SCORPIO (Oct. 24-Nov. 21).** You don't want to brag, but it also wouldn't hurt to talk about what you've been up to. Otherwise, you'll miss out on future opportunities. Don't worry: You can be modest and still express the truth about what you do.

**SAGITTARIUS (Nov. 22-Dec. 21).** Most likely, the ideal circumstance will go masquerading as something far, far less than. Consider that the ideal circumstance may be ideal precisely because rising above it is what's required.

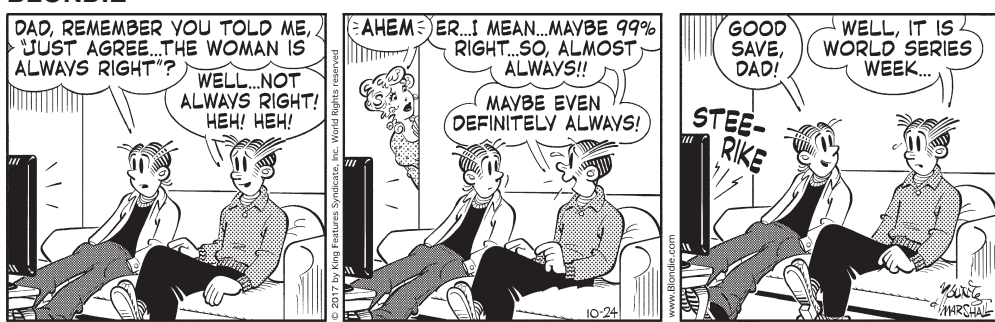
**CAPRICORN (Dec. 22-Jan. 19).** If it makes you feel good at the end of the day, do it. If not, don't justify an action by trying to convince yourself that there are important reasons you must. The proof of an action will be in the results.

**AQUARIUS (Jan. 20-Feb. 18).** People forget about kindness quite a lot lately, overlooking the gentle spirit of compassion to choose something with more of a charge to it — such as self-righteousness or arrogance. Meanwhile, kind is usually the best thing to be.

**PISCES (Feb. 19-March 20).** The magic of lowered expectations will play a part in today's mood. When you're not expecting much you can take each interaction and experience at face value, which, it turns out, will be a pretty high value indeed.

**TOMORROW'S BIRTHDAY (Oct. 25).** This solar return favors your wilder dreams, and they have as much of a chance of coming true as the ones that seem right in your wheelhouse. So if you've ever wanted to live in another country, own an exotic pet, scale a mountain or the like, begin and you'll see progress immediately. Capricorn and Aquarius adore you. Your lucky numbers are: 39, 3, 22, 26 and 45.

## BLONDIE



## SALLY FORTH



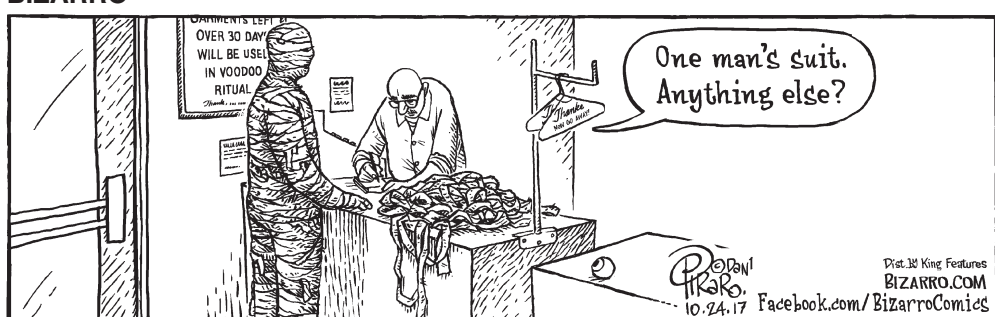
## B.C.



## DILBERT



## BIZARRO



## NON SEQUITUR



## WIZARD OF ID



## ROSE IS ROSE

