

A twist on daughter's sleepovers

Dear Annie: I have a situation at my home that I really don't know how to deal with. We have a blended family, with an 18-year-old daughter and two boys.

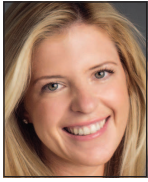
My stepdaughter is a senior in high school and just let her mother know she likes girls, even though she has a boyfriend.

We would never let any boys spend the night at our house, but she has had her girlfriends over four or five nights a week at times.

With this new knowledge, what do we do?

We certainly wouldn't condone sex with either gender, and we have made that clear to her. Certainly, it comes down to trust, but what about the overnight situations now with her girlfriends? — *Unsure Parents*

DEAR ANNIE



Annie Lane
Creators
Syndicate Inc.

Seeing as your stepdaughter is 18, she is mature enough to listen to you. Make clear that she is still allowed to have occasional sleepovers — as in once or twice a month, not four or five nights a week — but there is to be nothing sexual happening under your

roof between her and her boyfriend or anyone else. As with any privilege that you give to your children, it's all about trust.

Dear Annie: I read with interest the letter from "Weird, Stupid or Selfish?" — whose husband eats all the decorative candy she puts out. His inability to resist sugar resonated with me, as I have sugar sensitivity and have engaged in exactly the same behaviors. I simply could not resist sugar.

After years of struggling and dieting and sitting in work meetings obsessing about the doughnuts instead of the topic at hand, I discovered the book "Potatoes Not Prozac," by Kathleen DesMaisons. Her theory is that people who are sugar-sensitive have brains that respond differently to sugar, alcohol and refined carbs and that what they eat and when they eat it have a huge effect on them. She shows how to rebalance blood sugar levels, serotonin and beta-endorphins through small lifestyle changes and offers the latest research, free online support

and seven steps to change your life. It is not about willpower; it's about biochemistry, which her program can slowly improve, just one tiny step at a time, with amazing results.

I have been sugar-free for six years now, lost 25 pounds and never gained any of it back. I can go to dinner with family and don't even think twice when someone orders dessert. I don't have cravings, and sugar is no longer on my radar. I am more focused and more tolerant, and the daily mood swings are gone. The woman who wrote to you could suggest to her husband that he check out <https://radiantrecovery.com> to see whether he does have sugar sensitivity. At the very least, she would be better informed about this condition. — *Happy Without Sugar*

Dear Happy Without Sugar: I hadn't considered that health issues might explain her husband's behavior. In fact, I hadn't even heard of sugar sensitivity. Thanks for opening my eyes to the condition. I'd like to encourage all readers to talk to their doctors if they find themselves compulsively eating sugary snacks.

TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). Watch out for laziness in others, and be vigilant against the tendency yourself. As the ancient wisdom suggests, "He who is lazy in his work is brother to him that destroys."

TAURUS (April 20-May 20). It's time to travel light, both metaphorically and literally. Why carry more than is necessary? Leave past pain and future worries out of the satchel. Carry only what you'll need in this hour.

GEMINI (May 21-June 21). Did you know that over half of college graduates don't wind up in the field of their major? Relatedly, today you will not apply what you've learned in a direct and logical fashion. You're still better for having learned it, though!

CANCER (June 22-July 22). To handle the current problem, you will need more data about it. You'll also need a few different tools and resources. Gather information, and look for people who have already solved this or something similar.

LEO (July 23-Aug. 22). It's not too late. It's never too late. If you knew with every fiber of your being that this was the truth, what would you do now? That's the best way to spend your day.

VIRGO (Aug. 23-Sept. 22). Getting out of yourself will be the biggest challenge. One way to settle in more comfortably (which is the first step) will be to turn your focus to the environment and become curious about the people in it and all that's going on there.

LIBRA (Sept. 23-Oct. 23). Seductive and glamorous propositions abound. Before you head further into this, find out more from trusted sources. Ignorance, like darkness, is a lack of illumination that can cause some pretty serious stumbles.

SCORPIO (Oct. 24-Nov. 21). What if you knew that trying to make something better was as absurd as trying to perfect the sea or improve upon the sunlight? What then? Maybe this isn't about changing so much as it's about learning the magnificence of a thing.

SAGITTARIUS (Nov. 22-Dec. 21). Some use the term "free spirit" as a put-down akin to "flaky." It's a stance rooted in the fear that, given the entire range of choices, we'd go all wrong. Loosen the reigns on yourself today and you'll see how untrue this is.

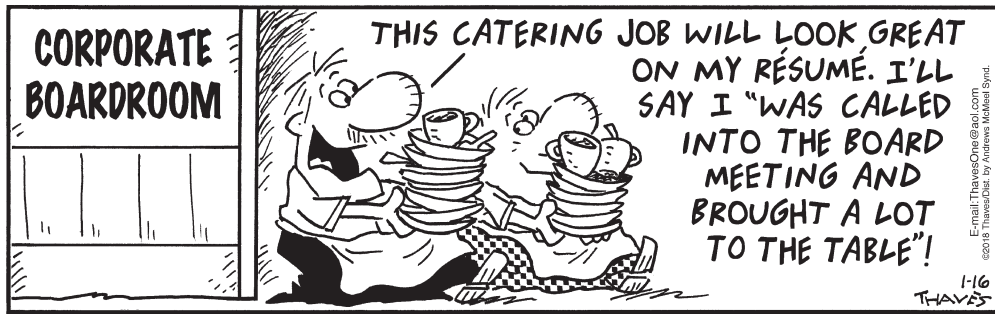
CAPRICORN (Dec. 22-Jan. 19). Love will be like talking to the moon. The light inside you will be quietly, constantly reflected. You'll feel at once big enough to hold the vastness of space in your palm and small enough to be enveloped in it.

AQUARIUS (Jan. 20-Feb. 18). Any harm that is done in the name of believing the wrong thing can be undone in the name of believing the right thing. Go back and examine the beliefs that led to the discontent. One or more of them is faulty. Root it out.

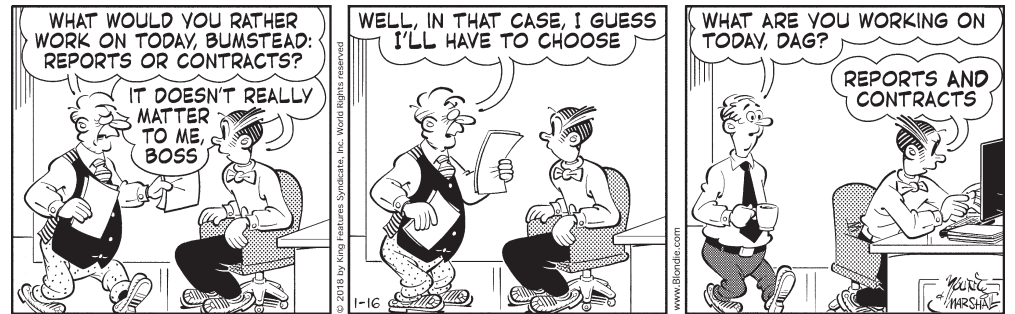
PISCES (Feb. 19-March 20). The message can be the most eloquent, reasonable and perfectly crafted expression in the world, but if it is pitched to a non-receptive person it's still a communication fail.

TOMORROW'S BIRTHDAY (Jan. 17). If there's one thing that will make this solar return a sweet dream for you, it's good timing. Don't rush! Life only happens one moment at a time and trying to cram in too much will rob you of the delicious experience. Stick to your top wish. Prioritize and hold it sacred and you will succeed beyond your wildest imaginings. Leo and Gemini adore you. Your lucky numbers are: 9, 22, 23, 14 and 38.

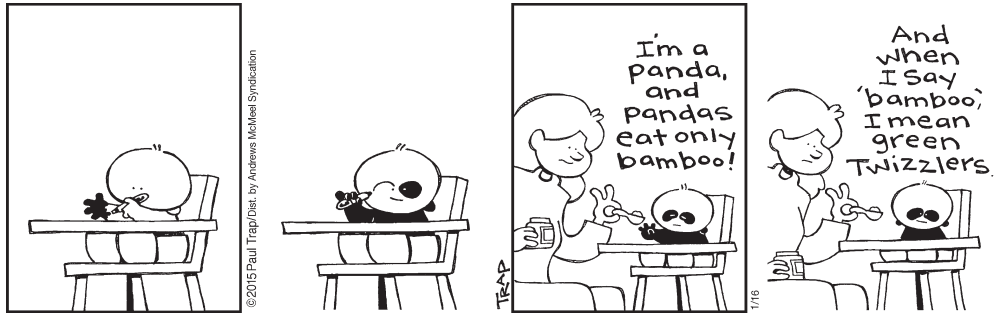
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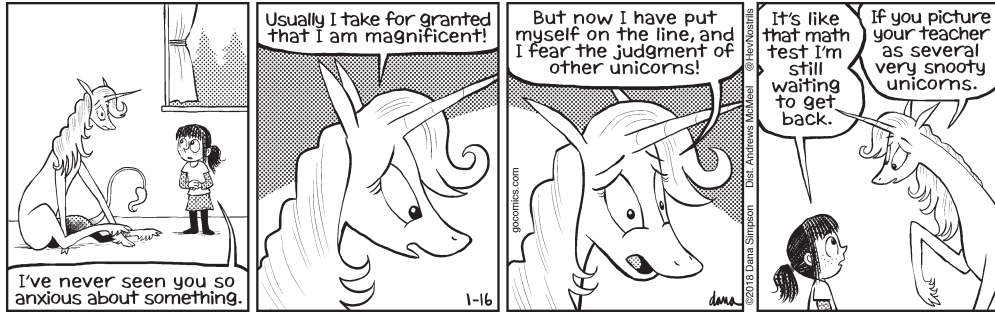
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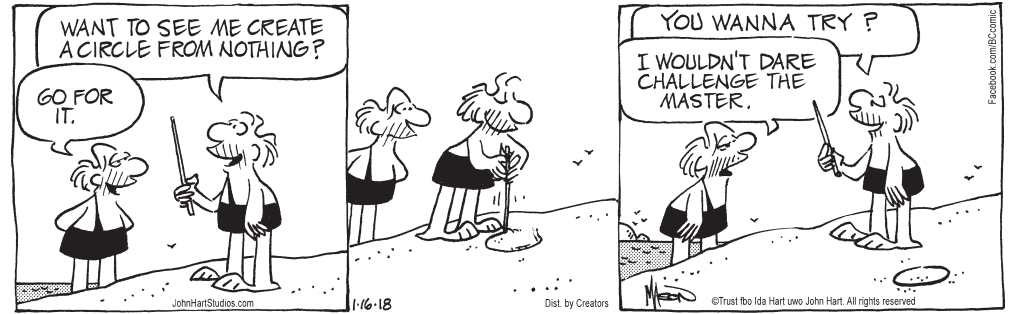
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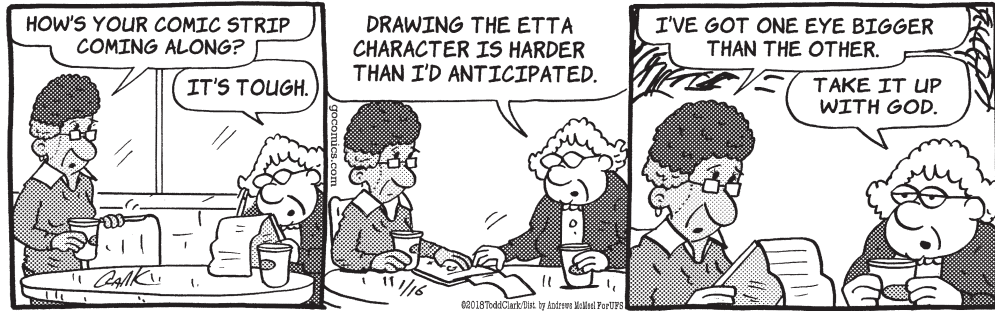
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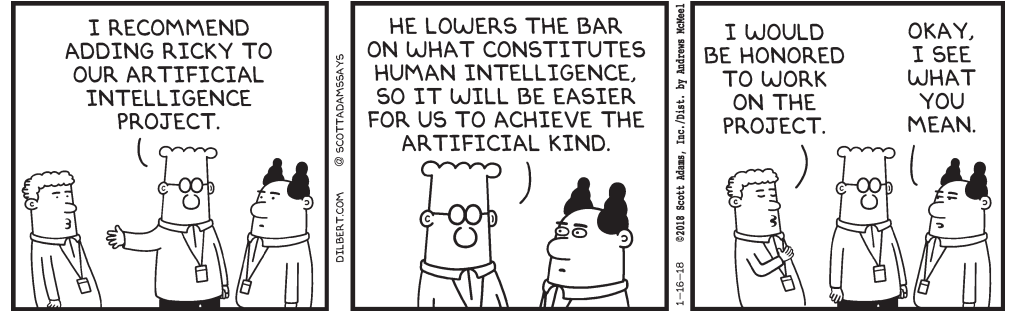
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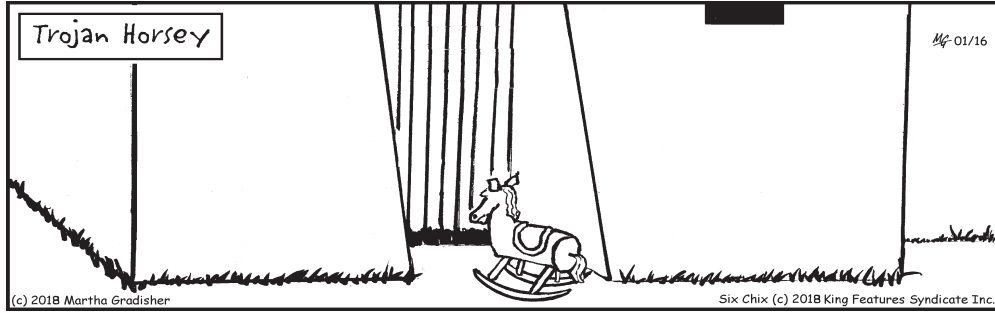
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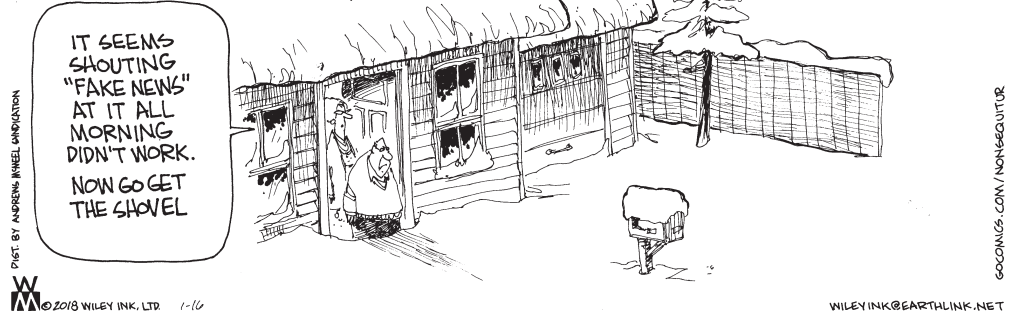
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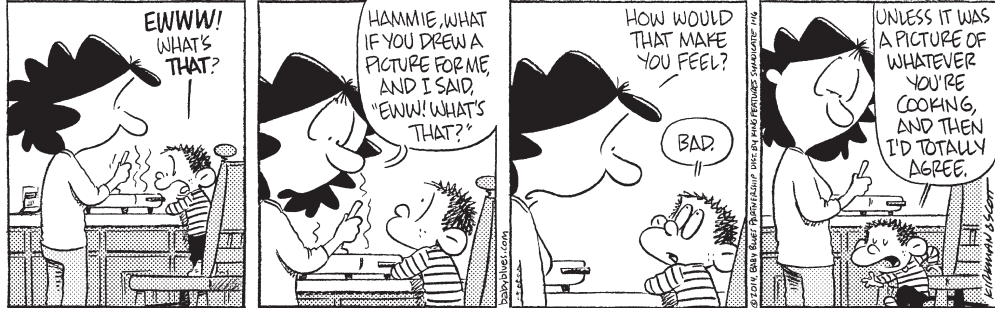
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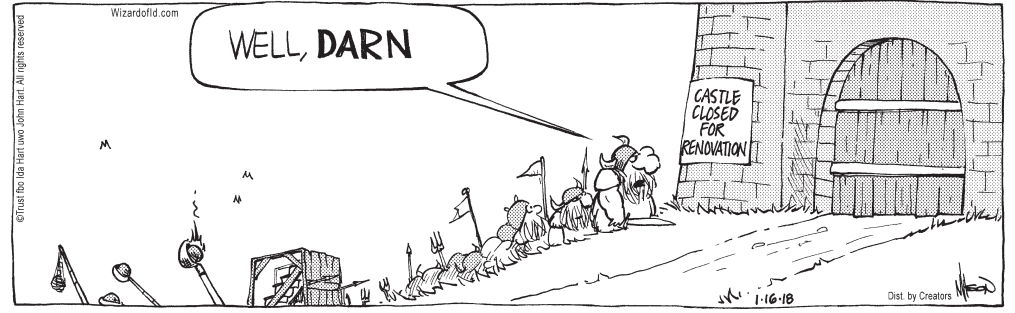
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