# Workout friend feels snubbed

**Dear Annie:** I have a friend in her early 60s who has been my workout partner for about 10 years. We usually meet up three times during the week for a 5:30 a.m. workout because we are both employed. I also belong to another facility, which I attend two to three times per week for group training classes.

In the summer, I enjoy being outdoors and do a lot of walking; therefore, my 5:30 a.m. workouts are not so frequent. My so-called friend knows my routine, and I reminded her that I would not be showing up regularly before summer began. Last week, I made it to the gym two days, and both days she was very cold to me. On the second day, I approached her and asked whether everything was all right, and she put her finger up and said I should know what was wrong. When I said I didn't, she said I embarrassed her at this gym by leaving her "alone" to work out for the past month. I told her she could join me and another friend for a walk at night, but she flat out said no.

About a month ago, she asked to meet another one of my recent friends, and I thought that was very weird. I have never asked to meet any of her friends, and why would she want to see whom I associate with?

I believe she is jealous, and I can't make myself apologize for doing nothing wrong. There are plenty of other members who go at 5:30 a.m., and being a member there for 10-plus years, she should be able to make conversation with others. I'm the type of person who is very friendly, and my objective is to get my session done and leave, not socialize. — *Gym Member in Connecticut*

DEAR ANNIE

Annie Lane
Creators Syndicate Inc.

**Dear Gym Member:** Your friend is acting childishly. You were very upfront and mature with her about your upcoming summer schedule. She is acting more like 6 than 60. Try not to say that you feel she is jealous. There could be a whole host of reasons that she is being cold toward you. Trying to figure out which emotion is the cause of her coldness won't do you or her any good. Instead, have a conversation with her about how you feel, all the while sticking to your schedule. You could always look at it as a huge form of flattery. She misses working out with you! And you should be commended for being so diligent about your workouts, whether you do them alone or with this friend or with another friend.

**Dear Annie:** I'd like to add to the letter from "Exhausted in Montreal," who is tired of loud music at restaurants and in stores. The thing that bothers me the most is that so often when I am watching a movie on television, I cannot hear the dialogue over the music score. I've turned off many movies lately because of this. I wish cable companies could install separate volume controls for the dialogue and music score. — *Charlie in Louisville*

**Dear Charlie:** I know exactly what you're talking about, and I've been frustrated by that myself. Most TVs now come with different sound modes. Hit the "menu" button on your remote and see whether yours does. It might also allow you to adjust the equalizer. Turning the bass down and treble up might help you hear speech more clearly. I should also mention that struggling to distinguish speech from background noise can be an early symptom of hearing loss, so it's always worth asking your doctor about that.

## TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

**ARIES (March 21-April 19).** There's a job that needs doing and you'll be assigning duty. Keep in mind that not all confident people are capable and some of the most capable people are severely unconfident.

**TAURUS (April 20-May 20).** The usual self-help advice says you can either react emotionally to events or use them as lessons. Why then, in the moment, does it seem like you don't have a choice? Maybe because you're not a robot. And that advice is overly reductive.

**GEMINI (May 21-June 21).** When opportunity knocks, it's your chance to show initiative, charm, brightness and the intention to understand and help. These are the qualities that will encourage opportunity to come around more often.

**CANCER (June 22-July 22).** It's one thing to help people who don't help you back, and it's quite another to help people because they can't help you back. In that helper lives the heartbeat of kindness.

**LEO (July 23-Aug. 22).** Don't get caught up in measuring yourself to anyone, not even your former self. You are, after all, not that person either. All you can be is the best possible version of your current self.

**VIRGO (Aug. 23-Sept. 22).** Social circles, much like solar circles, run on principles of attraction and repulsion. Your conscious awareness of what some people are attracted to will play into this and you'll make a choice about what to present.

**LIBRA (Sept. 23-Oct. 23).** To lay your heart on the line would normally require courage, though today it just may be a matter of math. The potential gains from confessing your feelings are greater than the risk.

**SCORPIO (Oct. 24-Nov. 21).** Make the right choice, learn, make the wrong choice, learn ... and it will keep going back and forth ping-pong-style today. You're awake and so you can't help but come out of the game smarter.

**SAGITTARIUS (Nov. 22-Dec. 21).** People's tests for one another are not often conscious. They run one another through obstacles and observe the results in order to figure out who is worthy of attention, how much and what kind.

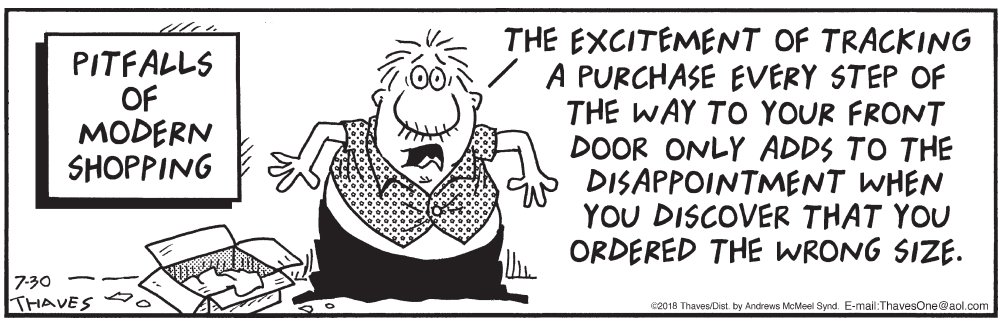
**CAPRICORN (Dec. 22-Jan. 19).** If all you do today is understand a little more than you did yesterday, it's a good day. And if you somehow diminished the suffering of others, too, you can count the day as great.

**AQUARIUS (Jan. 20-Feb. 18).** In life and art, the value of framing cannot be underestimated. The obvious focal point is for amateurs. Also, consider the scale of things. What if you went bigger? What if you zoomed in?

**PISCES (Feb. 19-March 20).** You lost something back there. At the time you thought it was everything, and now you're perfectly content (if not better off) without it. In that light, maybe today's stress needn't affect you much.

**TOMORROW'S BIRTHDAY (July 31).** This year is like traveling on a gigantic cruise ship. You'll make yourself at home, live it up, have your needs taken care of while barely noticing that you're also on your way to an adventurous destination unlike the last. The opportunity to start a new business or change jobs happens in October. Romance and fun in 2019. Capricorn and Virgo adore you. Your lucky numbers are: 4, 44, 38, 1 and 9.

### FRANK AND ERNEST

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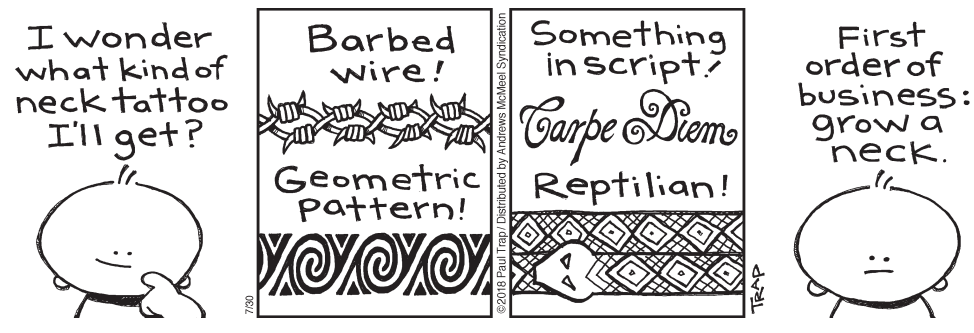
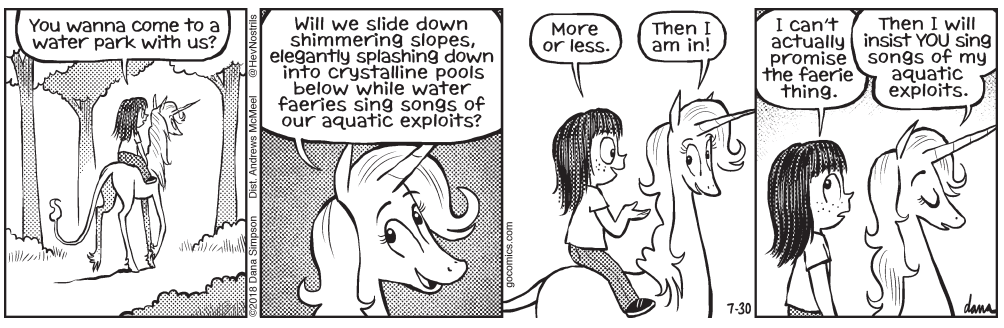



### SALLY FORTH

### PHOEBE AND HER UNICORN

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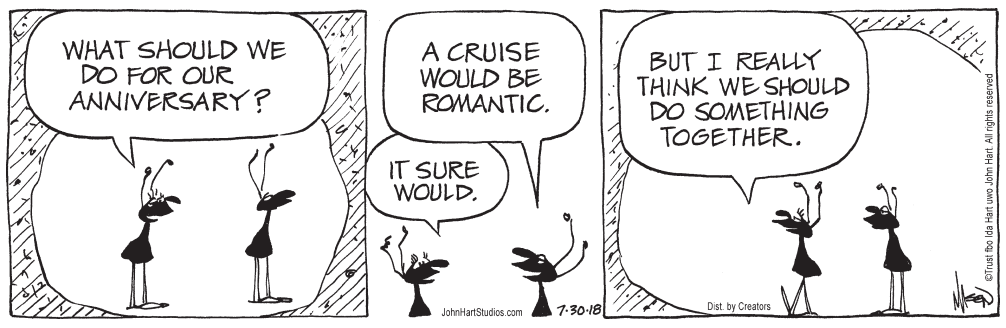


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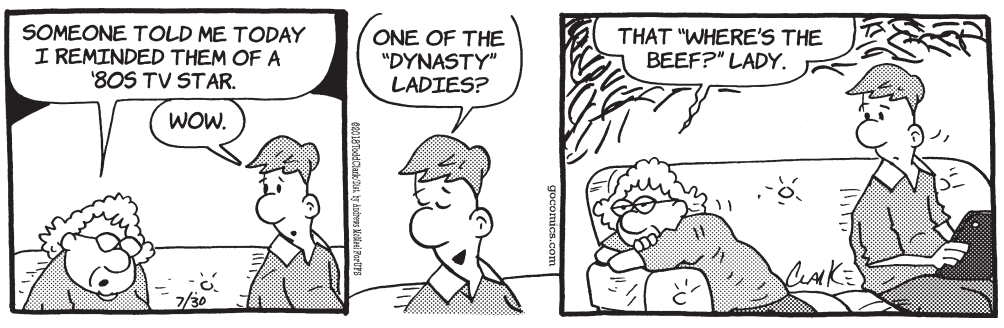


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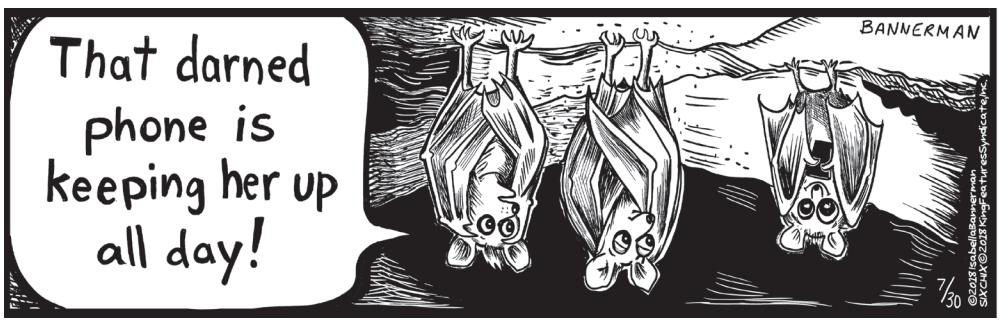


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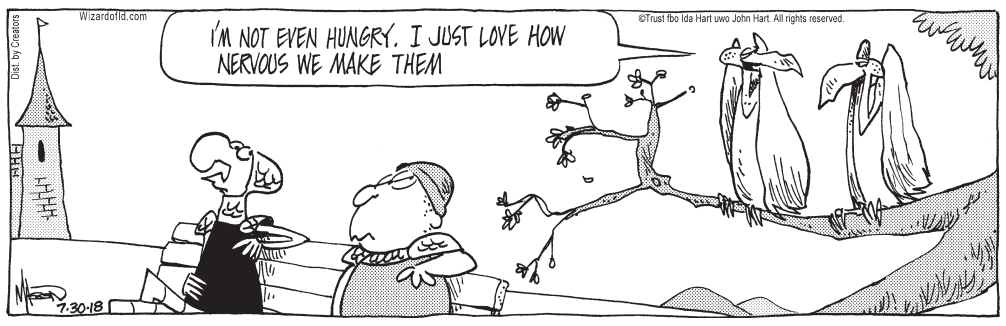


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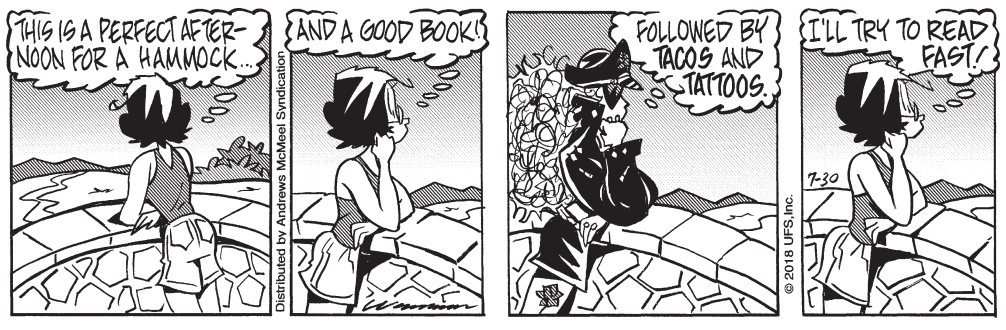
### ROSE IS ROSE