

Weight loss means new wardrobe

Dear Annie: I have been overweight my entire life. Because of a diabetes scare a couple of years ago, I lost 50 pounds, primarily through running and modifying my diet. My self-esteem has greatly improved because I now have more energy to keep up with my kids and can go for longer walks with my husband and just overall have more energy for life. My doctor says that my cholesterol is down and my blood pressure is great. I have kept the weight off for over a year now, so I feel pretty confident that by taking the pounds off slowly, I will keep them off.

Annie, I have always loved fashion. Even at my heaviest, I took great pride in my wardrobe and always bought a few expensive staple pieces that I hoped to keep forever. The problem now is that none of my expensive clothes fit. It was really over a 10-year period that I built up a beautiful wardrobe. Now it feels as if I'm starting from scratch, and it is costing a fortune. I'm afraid

that if I were to hold off on buying new clothes, I would use it as an excuse to gain weight, but if I went ahead and replaced my 10-year-old wardrobe overnight, my bank account wouldn't be too thrilled. In fact, my husband has complained in the past that I spend too much money on clothes, and this could cause a major rift, which I want to avoid because we really are a close family. Also, he has been supportive and helpful in my weight loss, and I want to keep the peace. Do you have any suggestions? — *From a Size 12 to a 4*

Dear 12 to 4: Congratulations on your weight loss and improved health! Look at the wardrobe issue in the same way you approached your weight loss — as an exciting challenge. Take a good look at your closet, going through all of your old clothes to find the very special pieces that you most want to keep. Take those pieces to a tailor and have them taken in. As for the others — the clothes

you're not too attached to — you could try selling them on sites such as Poshmark and The RealReal.

Remember that Rome wasn't built in a day. Within reason, treat yourself to a few splurges every now and then as a reward for your success. Who knows? It might motivate you even more to keep the weight off. Remember that it's a lot easier for a tailor to take clothes in than to let them out.

Dear Annie: This is in response to "No More Calls for Me," who's frustrated that people she calls on the phone seem distracted and sometimes talk to other people in the room. When I wish to speak to our grown and busy sons, I usually text them first and ask whether it's a good time to talk. I am happy to say they are straight with me, so a "yes" means I get their undivided attention. And when I honor a "no," we all feel respected. — *JRB in Salem, Oregon*

Dear JRB: This is a wise idea. A little planning and proactive communication can go a long way toward smooth relations.

DEAR ANNIE

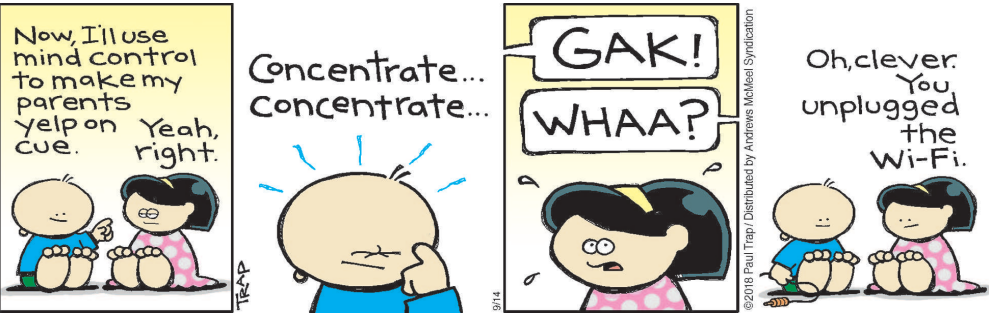


Annie Lane
Creators
Syndicate Inc.

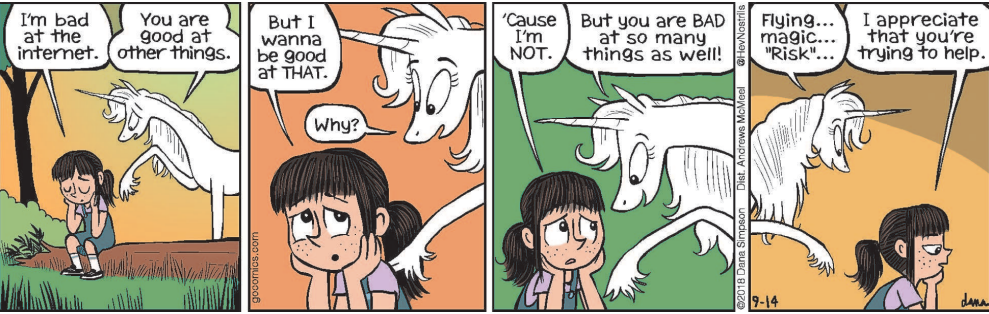
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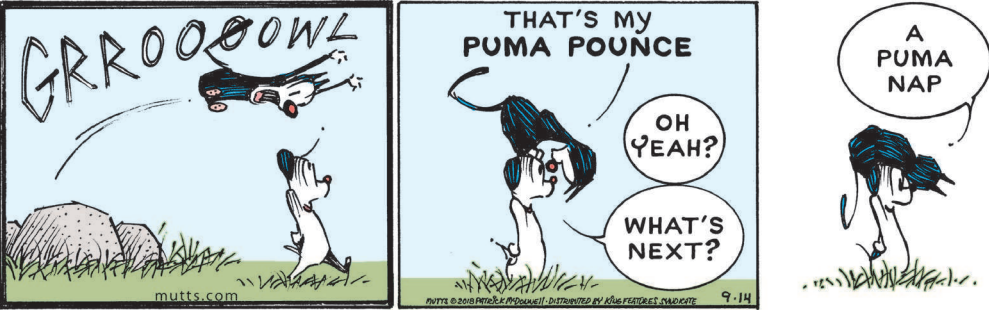
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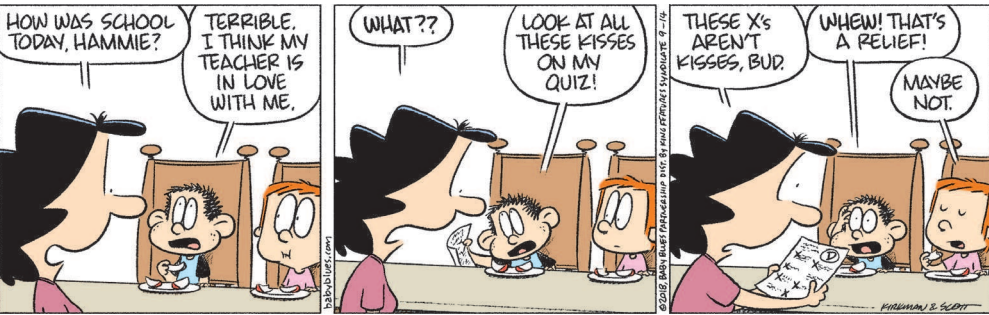
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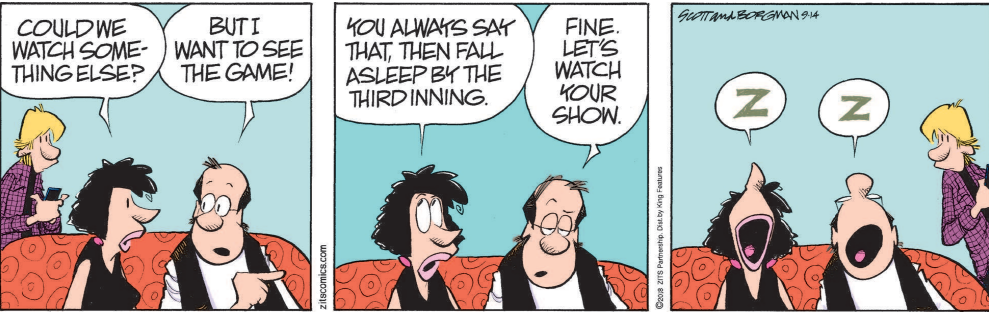
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TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). Each group has its own culture. You could fit in very well with this new one. How far should you extend yourself? Go slow, but be a giver. Not giving costs more than giving.

TAURUS (April 20-May 20). It doesn't usually work like this, but in certain moments you'll be able to take hold of your mind and essentially tell it who's in charge and how you need it to think. Oh happy day!

GEMINI (May 21-June 21). You may find that other people's opinions and even their expectations mean next to nothing to you today. It's your own ideas about what you should be that matter. Still, when the applause is for you, take your bow.

CANCER (June 22-July 22). The light within you is shining bright, something that is extra convenient in situations that tend toward the shady. In fact, you might save someone today, just by being you.

LEO (July 23-Aug. 22). When you're in an authority position, it's rather easy to get people to work for you. Getting them to work with you is different. They'll do this not because of your position but because of the character of your leadership.

VIRGO (Aug. 23-Sept. 22). Your loved ones may be curious about your limits, or perhaps they are just having a mindless moment that causes them to cross you. Either way, now at least they'll know where your boundaries lie.

LIBRA (Sept. 23-Oct. 23). New friendships are coming into your life and they could evolve into love, business or both. The window of possibility is wide open for your social life these days.

SCORPIO (Oct. 24-Nov. 21). People say that love takes work, but it's usually the kind of work that you don't mind doing because it comes so naturally to you. Anyway, it won't feel like an effort at all today.

SAGITTARIUS (Nov. 22-Dec. 21). You're not always readily available to your loved ones, and this is how it should be. Otherwise, you won't know what it's like to have your own undivided and uninterrupted attention. Keep boundaries clear.

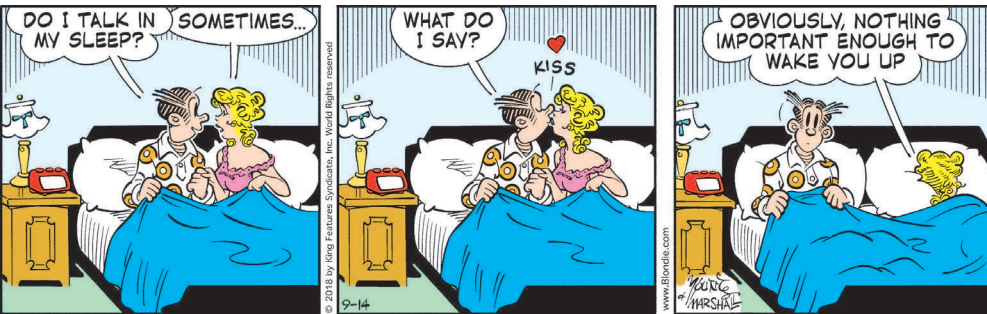
CAPRICORN (Dec. 22-Jan. 19). Good teachers cause their own obsolescence. Not only is it noble to take your students to the point of getting along without you, but if you don't, you'll be forever doing the work that should go to others.

AQUARIUS (Jan. 20-Feb. 18). You don't automatically believe hearsay, but something will feel very true about what's going on today. It's worth staying alert to, but don't act on anything unproven.

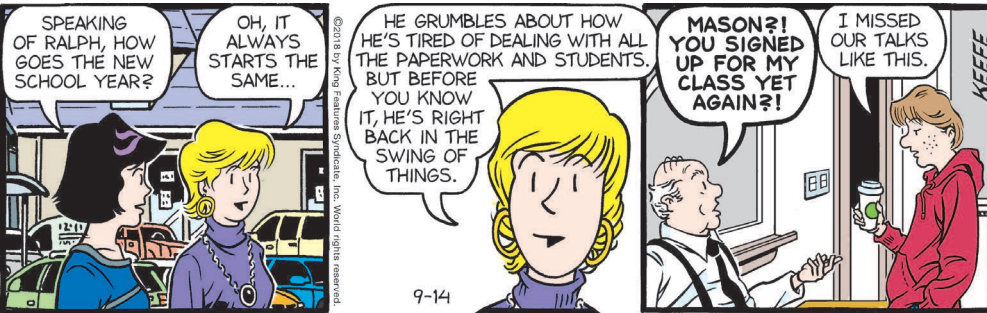
PISCES (Feb. 19-March 20). Your attitude is more important than what actually occurs today. It will have more bearing on the results than the facts. A stellar attitude can turn problems into opportunities.

TOMORROW'S BIRTHDAY (Sept. 15). Not only will you feel a great sense of belonging at home, you'll also feel it where you didn't expect to — with friends, in the community and even in places you've never been before. What you do to express admiration will begin an adventure. Don't invest until you feel it in your bones. October is luckiest. Pisces and Scorpio adore you. Your lucky numbers are: 10, 7, 33, 38 and 16.

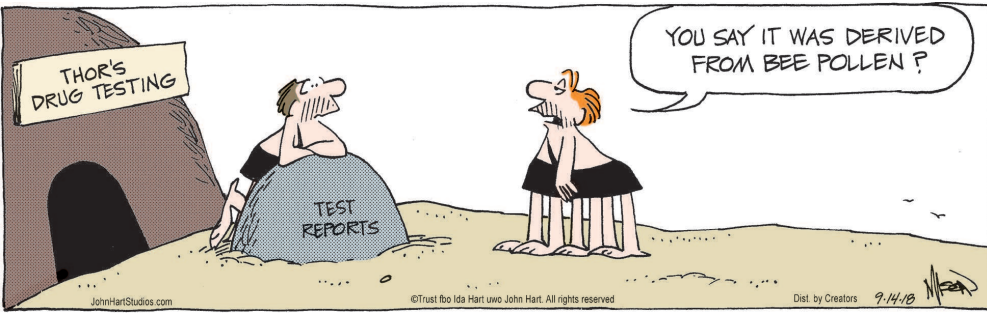
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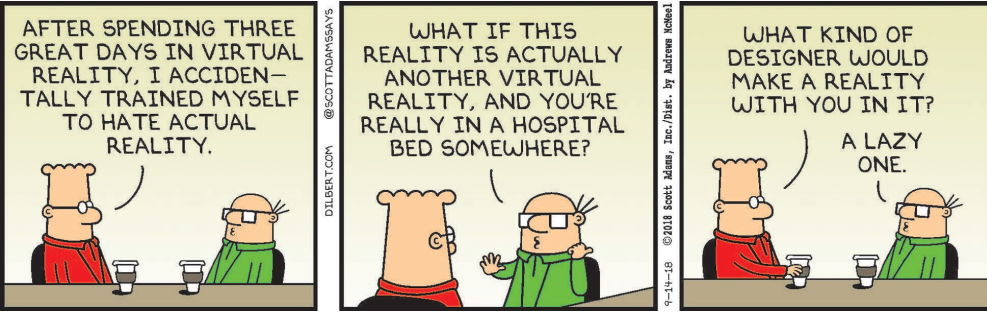
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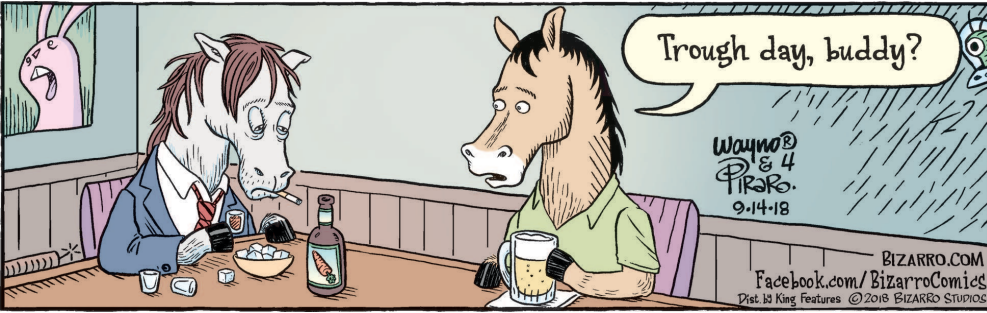
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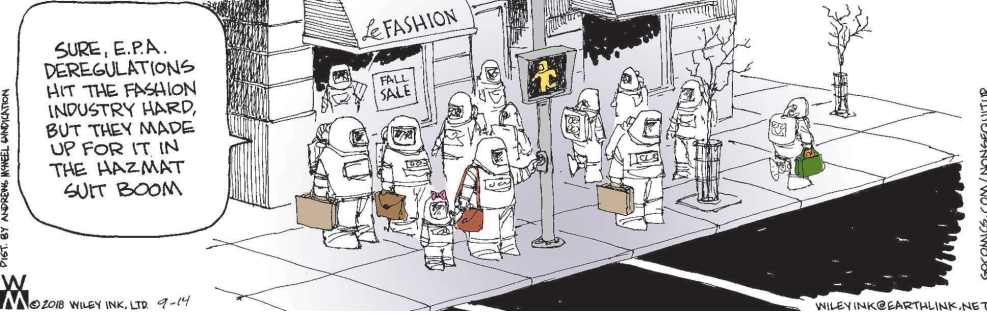
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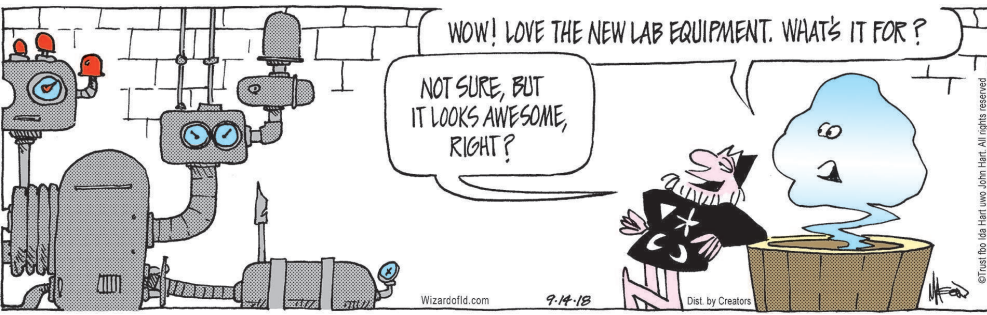
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