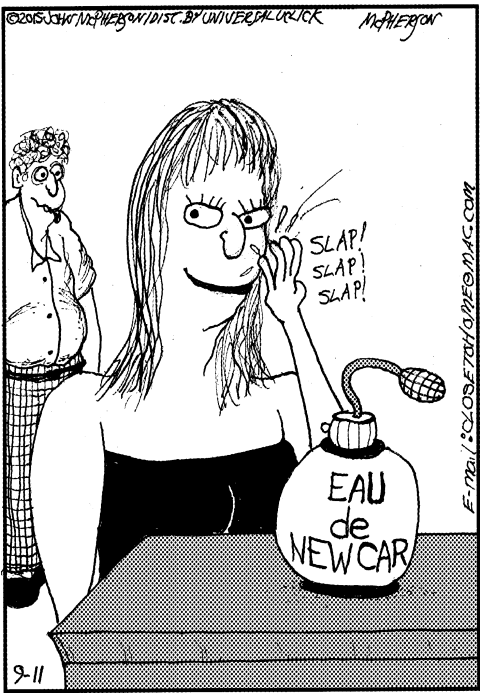


CLOSE TO HOME by John McPherson



Estee Lauder debuts its most alluring perfume ever.

Busy teen ignores dangers of diabetes

**Dear Abby:** Last year, during her required physical for college, my 19-year-old daughter, "Lacey," was diagnosed with Type 2 diabetes. She is in denial and hasn't seen a doctor since. She doesn't take her medications and refuses to change her diet or exercise. She is also obese.

When I try to discuss this with her, she gets angry and storms away. Her school is three hours away and I'm worried something terrible will have to happen to make her get serious. She's in that "invincible/know-it-all/I don't care" teenage phase of her life.

There are already signs that her diabetes is out of control — headaches, vision changes, foot sores, numbness in her hands and irritability. Any advice before it's too late? — *Worried Sick in Virginia*



JEANNE PHILLIPS  
DEAR ABBY

**Dear Worried Sick:** Yes. There may be many reasons Lacey doesn't want to deal with her diagnosis right now. With starting college, meeting new friends and navigating the tran-

sition to adulthood, she has a lot she'd rather focus on, and issues that seem more immediately relevant. It may also be scary to think about her health, the possible consequences of diabetes and all that managing her condition entails.

People Lacey's age don't like to be told what to do or be nagged. So approach the issue as a CONVERSATION and demonstrate an interest in HER perspective and goals. This can happen in bits and pieces over an extended period of time, as she comes to see you as a supportive resource.

You might start by saying, "What did you think of what 'Dr. Jones' said about Type 2 diabetes?" Then LISTEN. Resist the urge to tell her to do something. Instead, reflect back on what she says — even if it's something you'd rather not hear, such as, "I have too many other things to worry about right now." Your goal is to get her talking and thinking, and let her know you're willing to listen and let her make her own decisions.

Once you get her talking, listen carefully for any signs that she's considering changes (eating more healthfully, joining a gym, trying medication suggested by her doctor) and

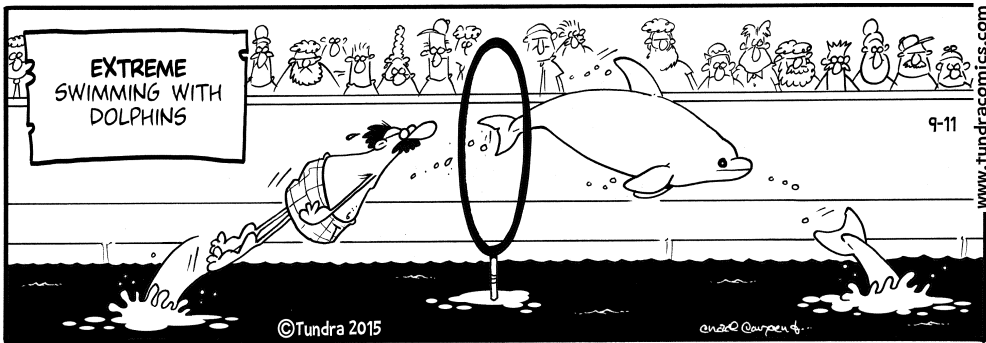
show an interest in her thoughts, such as, "So you're thinking about eating healthier? What have you been doing?" Offer concrete support such as offering to help cover the cost of the gym, looking up diabetes-friendly recipes or helping her connect with a doctor close to her school. Tell her you'll support her any way you can.

In the meantime, engage in behaviors that Lacey needs to adopt, i.e., learning about diabetes and maintaining healthy eating and regular exercise habits. When she's home, set a good example. Tell her what you're doing and ask if she'd like to join you. Some resources you might find helpful are [www.diabetes.org](http://www.diabetes.org) and [www.mayoclinic.org/disease-conditions/type-2-diabetes/basics/definitions/con-20031902](http://www.mayoclinic.org/disease-conditions/type-2-diabetes/basics/definitions/con-20031902).

Change isn't easy. Progress often isn't a direct path. Remember, diabetes is just one part of her life. Let Lacey know she's valued as a person and capable of taking care of herself. But ultimately, the decision to do that must be hers.

**Write Dear Abby** at [www.DearAbby.com](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.

TUNDRA by Chad Carpenter



PEARLS BEFORE SWINE by Stephan Pastis



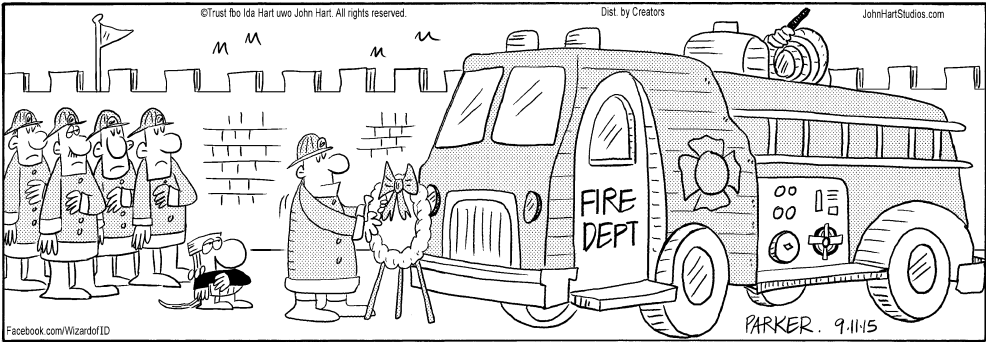
GARFIELD by Jim Davis



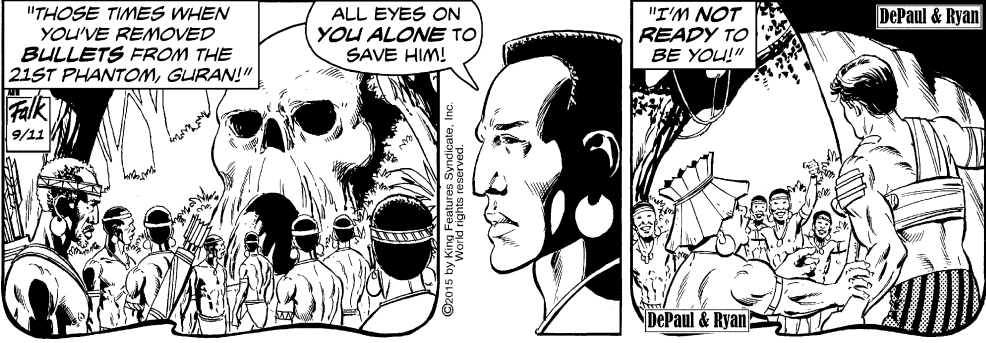
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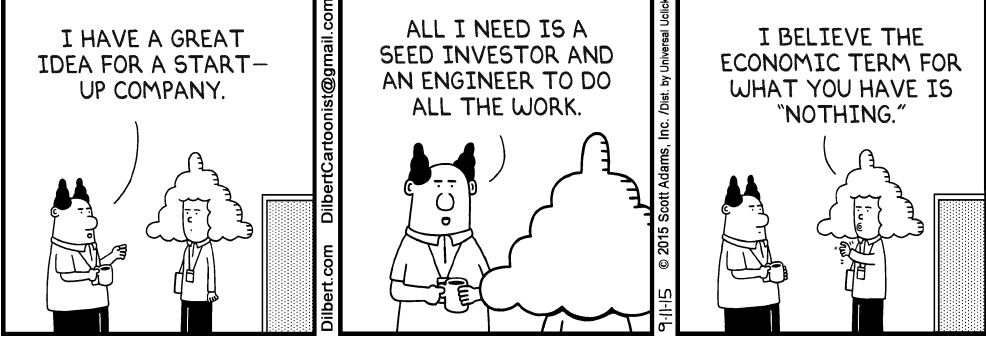
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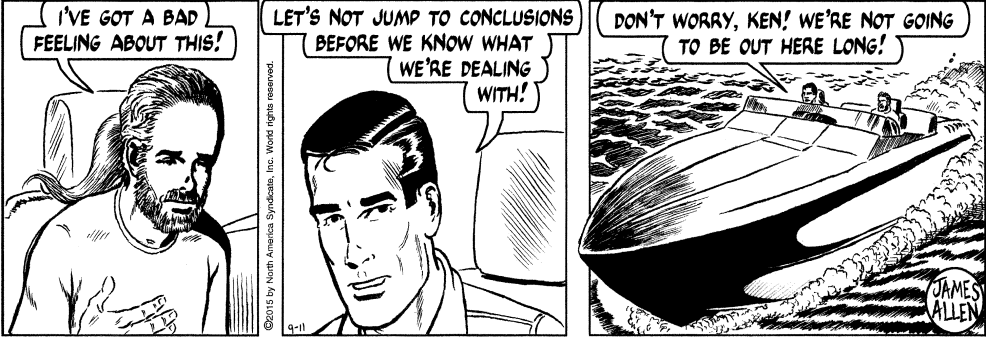
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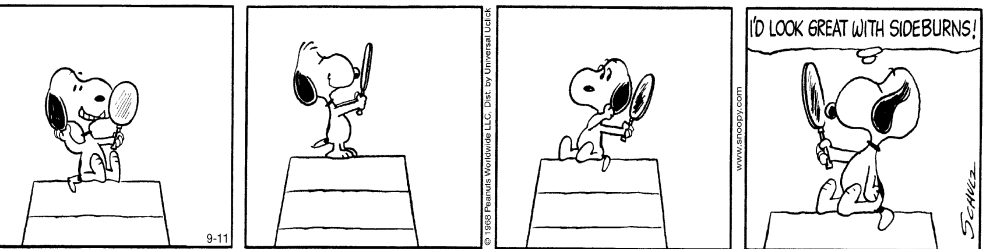
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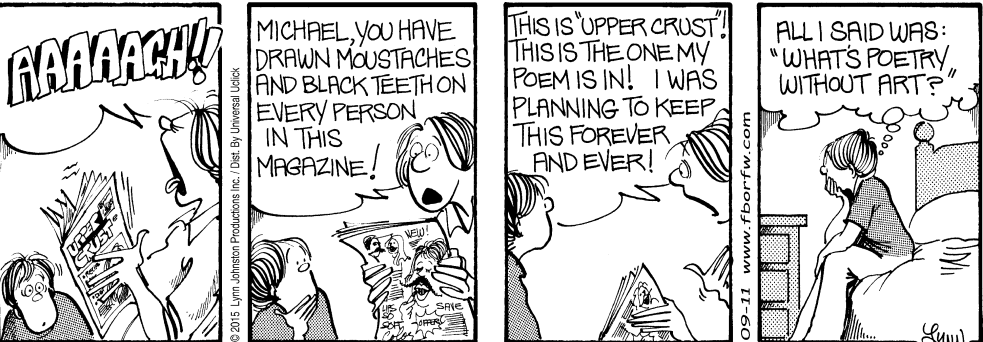
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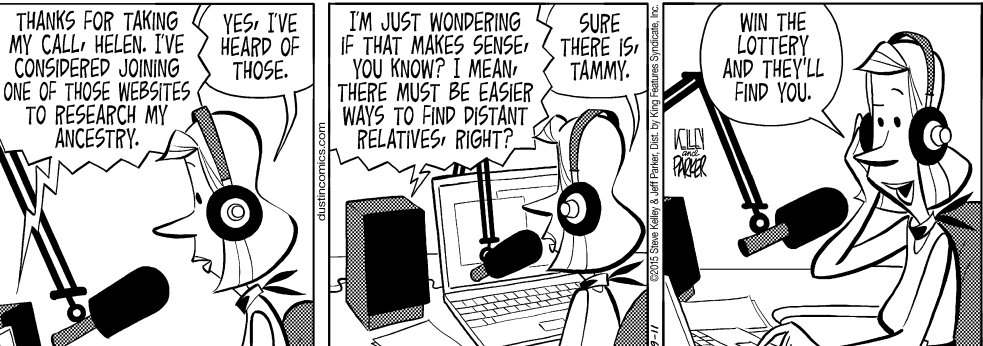
BABY BLUES by Jerry Scott & Rick Kirkman



ZITS by Jerry Scott & Jim Borgman



DUSTIN by Steve Kelley and Jeff Parker



Daily Horoscope

**ARIES (March 21-April 19).** Your neighborly attitude might lead you to learn more than you wanted to know. However awkward you may feel about the information, you will be better for having been armed with this knowledge.

**Taurus (April 20-May 20).** Unreal expectations will produce, at best, disappointment — at worst, cruelty. There is absolutely no reason for you to expect yourself to automatically know how to behave in every situation.

**GEMINI (May 21-June 21).** Take charge of the situation by making a proposal. It doesn't matter whether this is rejected or accepted. The point is that you'll have changed the dynamic by asserting yourself.

**CANCER (June 22-July 22).** You'll be asked to repeatedly perform a specific function. Sound nutrition and good hydration will help you to do more repetitions than you otherwise could have done.

**LEO (July 23-Aug. 22).** Creating a vision is important. Communicating it is more important. The clearer you get about your vision the easier it will be to convey it. Explain it to yourself, and you'll find where the holes are.

**VIRGO (Aug. 23-Sept. 22).** Is the new stuff really going to be better than the status quo? That's the question of the day, and you're

going to want to see examples and hard data before you'll be willing to make any kind of a change.

**LIBRA (Sept. 23-Oct. 23).** Some around you are driven by the fear of losing autonomy and respect. It therefore will be more important than ever to give them their due. Your awareness of each gesture will improve the relationship.

**SCORPIO (Oct. 24-Nov. 21).** Don't expect it to be easy. Your idea could cause a multitude of reactions. Your response will be akin to taking a pulse. You'll find out what the current level of support is, and you'll go from there.

**SAGITTARIUS (Nov. 22-Dec. 21).** In the deepest parts of your insides, you want more recognition than you're getting. A title would give you the validation and respect from the outside world that you seek.

**CAPRICORN (Dec. 22-Jan. 19).** Think proactively. Take initiative. Waiting for problems and then solving them is not the way. What might you do to make it better before a problem arises?

**AQUARIUS (Jan. 20-Feb. 18).** Are the opportunities more complicated than you'd like? Your communication skills are on fire these days, and so the answer is quite simple: State the conditions under which you could say yes.

**PISCES (Feb. 19-March 20).** Even if a person has been a part of your life for many years, you can always discover some fresh brilliance in that person. Today will prove the point.



HOLIDAY MATHIS