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Wife's Retirement Jitters **Need Adjustment Therapy**

DEAR ABBY

DEAR ABBY: I'm writing about the letter you printed from "Excited in Maryland" (Aug. 16), whose wife makes snide comments about his impending retirement. That milestone is the biggest, scariest life change people make – a time marker like no other.

Press&Dakotan

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With many people, our identity is tied to our careers. In my case, I enjoyed a

long, successful career as a social worker, counselor, teacher and mother. I wasn't the primary breadwinner and was able to work less than full time. When I retired seven years ago, my day was my own, with little accountability to my husband. I had quiet when I wanted it, music of my own choosing, ate when and what I wanted – and complete privacy all day, every day.

Jeanne Phillips My husband, one of the nicest men Í've ever known, retired two years ago, and I still haven't come to terms with the fact that he's home all the time. He doesn't ask me to do anything differently, but he's HERE, which means my definition of privacy has changed. I realize how lucky I am to have him, our long marriage, our health, our kids and financial stability. I just need a predictable block of time I can depend on to have the house all to myself.

That letter writer's wife may be worried about the huge change that is coming. My husband has enough interests, hobbies and projects that he's always busy, but we are different people. He can get lost in his project while I'm "on alert" for any interruption, real or imagined.

A couple of my friends have decided to postpone retirement because they don't want to be home all day with their husbands. They are both mental health therapists, but they can't talk with their husbands about it. If THEY can't, then who can? This seems to be the most major life challenge yet, but I can't find anyone who's willing to discuss it. Is there anyone out there to honestly help us negotiate this phase? - LIZ IN IOWA

DEAR LIZ: Because of the complicated

JACQUELINE BIGAR'S STARS

EDITOR'S NOTE: Bigar's Stars is based on the degree of your sun at birth. The sign name is simply a label astrologers put on a set of degrees for convenience. For best results, readers should refer to the dates following each sign

A baby born today has a Sun in Sagittarius and a Moon in Aquarius.

HAPPY BIRTHDAY FOR TUESDAY, DEC. 15, 2015:

This year you will gain through communication. A neighbor or relative could play a significant role in your year. You will experience moments of sudden insight revolving around a loved one. You will broaden your immediate circle of friends, and this expansion will serve you well. If you are single, you most likely will meet someone through work or through a friend. This relationship will be very special. If you are attached, you'll need to keep your significant other in the loop, or else he or she will feel left out. Your romantic life will be unpredictable but exciting. You tend to have lengthy conversations with AQUARIUS.

The Stars Show the Kind of Day You'll Have: 5-Dynamic; 4-Positive; 3-Average; 2-So-so; 1-Dif-

ARIES (MARCH 21-APRIL 19)

★ ★ ★ ★ Enjoy those around you. You could be a bit taken aback by what goes on in your immedi

nature of their work, many therapists have therapists of their own. That is what I would have recommended, if either of the couples you mentioned in your letter had asked, to improve their level of communication.

As for the rest of us "regular" folks, a licensed family therapist would be qualified

to help. I agree that retirement requires an adjustment on the part of both spouses. You should look for a counselor who is older and who can empathize with what you and your husband are experiencing.

DEAR ABBY: My father-in-law picks his nose. I had a birthday dinner for my wife with 15 people around the restaurant table, when her father inserted his forefinger into his nostril and started digging. Sometimes he digs for up to 10 minutes. My wife says, "Don't

look." What would Abby do? - JOHN IN FORT WORTH, TEXAS

DEAR JOHN: Abby would use the first chance she got to speak to the man alone and tell him that picking his nose in public grosses people out. Then she'd suggest the next time he feels the urge, he should leave the table, head for a restroom and take care of it in private.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Good advice for everyone - teens to seniors - is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

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you deal with them. When you are able to detach, you will be surprised by how you view the big pic-ture. You could have too much energy for your own good. Try to be as productive as possible. Tonight: Go along with a friend's ideas.

VIRGO (AUG. 23-SEPT. 22)

 $\star \star \star \star$ You understand a lot more than you might want others to know. Focus on what an associate or loved one is doing. Be direct in how you handle a money issue. You will need to rein in any impulsive desires you have right now. Tonight: Take a break from your routine.

LIBRA (SEPT. 23-OCT. 22)

 $\star \star \star \star$ You might be a lot more forceful than you realize. You could push someone to his or her limit, or vice versa. Deal with anger before you say something you might regret. Usually you are quite dynamic, but not necessarily right now. Tonight: Wrap up some holiday errands.

SCORPIO (OCT. 23-NOV. 21)

★ ★ ★ You might not be aware that you're sitting on some anger. Be more in touch with your feelings, and try to address them sooner. The unexpected occurs around a personal or domestic matter. Don't worry so much about a certain situation. Tonight: Order in. Make it easy

SAGITTARIUS (NOV. 22-DEC. 21)

★★★★ Don't hold back as much as you have

Tuesday, 12.15.15 ON THE WEB: www.yankton.net NEWSROOM: news@yankton.net

HAGAR THE HORRIBLE | CHRIS BROWNE



BEETLE BAILEY | MORT WALKER



HI AND LOIS | BRIAN AND GREG WALKER



FOR BETTER OR FOR WORSE | LYNN JOHNSTON



GARFIELD | JIM DAVIS







HEY!

HURT!

VE JUST CALLED EVER

STORE IN TOWN-[HERE ISN'T A SPACE

ABE LEFT IN THE

MI.

NTARIO

ate circle. People seem to be unpredictable but full of fun. If you can take part of the day off, you will happily finish up your holiday shopping. Tonight: Out till the wee hours.

TAURUS (APRIL 20-MAY 20)

 $\star \star \star$ You are on top of your game. You are likely to see a personal matter in a different light because of a situation happening around you. Through someone else's experience, you'll gain a new insight. Take the lead in an important project. Tonight: Some late-night shopping.

GEMINI (MAY 21-JUNE 20)

 $\star \star \star \star \star$ Reach out to someone at a distance. How you feel and the way in which you receive this person's news could be rather important. Detach before making any snap judgments. Your ingenuity is likely to prove to be a solution-finder. Tonight: Expect to be greeted warmly.

CANCER (JUNE 21-JULY 22)

*** One-on-one relating will prove to be quite effective. You might hear so much news all at once that you are likely to feel overwhelmed. Your creativity bubbles up when dealing with a child, love interest or a creative project. Tonight: Throw yourself into the moment.

LEO (JULY 23-AUG. 22)

 $\star \star \star \star$ Defer to others, and be direct in how

BABY BLUES | RICK KIRKMAN AND JERRY SCOTT



BLONDIE | YOUNG & DRAKE



MOTHER GOOSE AND GRIMM | MIKE PETERS



been. Enjoy your immediate circle of friends. A loved one might give you an earful once you start to chat. Maintain an unbiased perspective, and don't take any comments personally. Tonight: Meet a friend and buy a new item or two.

CAPRICORN (DEC. 22-JAN. 19)

★ ★ ★ Tap into your financial knowledge. Your intuition will tell you what way to go if you are questioning which direction to head in. A boss or someone you look up to seems to be in a bad mood. Maintain a positive outlook, even if he or she cannot. Tonight: Treat yourself now.

AQUARIUS (JAN. 20-FEB. 18)

★★★★ Your energy soars, especially after someone you care about compliments you. You might feel as if you are on top of what you must do. A surprising event or invitation could be quite fun to be involved with. You like unpredictability. Tonight: As you like it.

PISCES (FEB. 19-MARCH 20)

 $\star \star \star$ Know that you need to say less and be a good listener. Use caution with your finances, as you easily could make an error. Someone you look up to will offer you so many options that you might not be sure which way to turn. Stay in touch with your feelings. Tonight: Not to be found.

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