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#### **BIZARRO** | DAN PIRARO

## **Husband's Anxiety Threatens To Push Wife Over The Edge** DEAR ABBY: I have been married to my best friend, "Blake," for two years. A year

DEAR ABBY

Jeanne Phillips

Phillips, and was

Dear Abby at

geles, CA 90069.

Dear Abby is written

by Abigail Van Buren,

also known as Jeanne

founded by her mother,

Pauline Phillips. Write

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ago he started having panic attacks, so I made an appointment for him with his doctor. After checking him for everything, including heart failure, the doctor diagnosed him with anxiety.

Since his diagnosis, Blake is scared to leave the house. I have been working two jobs to make ends meet because he says he "can't work." This has taken a toll on our marriage. We have three kids and a lot of bills.

Blake is on medication and has tried many different ones, but they aren't working. All he talks about is his anxiety and every little ache or pain. He thinks he's going to have a heart attack.

I am fed up with it, while he says I just "don't understand anxiety." Sometimes I think he's making his anxiety worse. I don't know what to believe or what to do. Any suggestions? -STRESŠED ĬŇ VIRGINIA

DEAR STRESSED: Yes, I do have one. Your husband should be seen by a licensed mental health professional (psycholo-

gist) who works with a psychiatrist. He may need more than medication to help him conquer his anxiety disorder. He might do better with a combination of talk therapy in addition to his meds.

Please urge your husband to do this be-cause the aches, pains and anxiety he's experiencing may seem like they're all in his head to you, but they're real to him. It could save your marriage.

DEAR ABBY: My husband and daughters and I enjoy a beach trip every year. With our busy lives, it's the one time in the year we are able to be together and relax. Although we have invited friends and family over the years to join us, I have never invited my sister. She keeps bringing it up and portrays me as the snobby sister.

#### 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 Libra and a Moon in Virgo if born before 7:50 p.m. (PDT). Afterward, the Moon will be in Libra.

#### HAPPY BIRTHDAY FOR THURSDAY, OCT. 3, 2013:

This year you discover that the unexpected is a major theme. The upside to this will be how exciting your life becomes. You also will learn to flex more. You might wonder why so many surprises keep heading your way. Could the reason be a close friend or associate? If you are single, take your time choosing Mr. or Ms. Right. Test out a relationship for a year before you make a commitment. If you are attached, the two of you enjoy each other, even though your sweetie might be transforming right in front of your eyes. A fellow LIBRA might be difficult to make and keep plans with

I JUST

BULLET

The truth is she has two undisciplined children whom I can't stand to be around. I suspect she just wants to join us so she can pawn her kids off on me while she and her husband relax.

My mother is now telling me I'm selfish and not being a good sister. Must I sacrifice

my one week a year at the beach to make my sister feel better? Please advise. - IT'S MY VACA-TION

DEAR MY VACATION: Considering that you have invited friends and family to join you, but not your sister, I can see how she might feel snubbed. Has no one told her your reason for not inviting her and her family to join you? If not, someone should, because it might motivate her to assert more control over her children. If she takes offense, however, you will be off the hook because SHE will no longer want to socialize with YOU.

DEAR ABBY: We have a housecleaner once a month. Last month, I offered her some grapefruit from our tree and she took six. This month, she helped herself to all of the fruit that was left

on the tree! She didn't ask permission, and she didn't tell me she had done it. I happened to see her put it into her car.

I consider this to be stealing, but my husband does not. Because she took the fruit without permission and without telling me, do you consider it stealing? — "ANITA" IN FLORIDA

DEAR "ANITA": The woman may have assumed you wouldn't mind if she took the fruit because you had offered it to her the month before. (Did you say she could take only six?) Rather than call this stealing, I would call it a misunderstanding. Clear it up by telling your housecleaner that you want nothing removed from your premises unless you have SPECIFICALLY told her she may have it.

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to stay on top of work and other various matters. Return calls, especially to a new friend. Some excitement could surround these conversations, which you might be more involved in than you realize. Tonight: Catch up on a friend's news.

#### VIRGO (AUG. 23-SEPT. 22)

 $\star \star \star \star$  Allow your efficiency to mix with some unexpected news. Somehow, this situation will work out to your advantage. You might not want to have an emotional conversation, but you will have little choice. Take a deep breath before you start. Tonight: Beam in more of what you want.

#### LIBRA (SEPT. 23-0CT. 22)

 $\star$  You could be quite jolted by news that comes in from out of left field. Listen to the wise words of an older person, and you will gain a sense of direction as a result. Investigate the possibilities more openly; you might be surprised by what happens. Tonight: Go find some fun.

SCORPIO (OCT. 23-NOV. 21)



#### **GARFIELD** | JIM DAVIS



#### **BEETLE BAILEY** | MORT WALKER



#### HI AND LOIS | BRIAN AND GREG WALKER



#### THE BORN LOSER | ART SANSOM



#### **MOTHER GOOSE AND GRIMM** | MIKE PETERS



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

#### **ARIES (MARCH 21-APRIL 19)**

★★★★ You could witness some radical, unexpected changes that have the potential to throw you into a chaotic frenzy. You probably will come out of the fog quickly, though, as you instinctively make the right choices. Tonight: Invite a special friend or loved one to join you.

#### TAURUS (APRIL 20-MAY 20)

★★★★★ A great idea will come up in conversation. You might be wondering what you can do in order to make a situation work. Listen to others. brainstorm with someone who has unusual suggestions and be willing to break patterns. Tonight: Get some rest -- the weekend is coming!

#### **GEMINI (MAY 21-JUNE 20)**

 $\star \star \star \star \star$  You might feel as if a situation has gotten out of control. Note that a tendency toward excess surrounds you, and it can affect you. Know when to back down and say "no." You could be surprised by a comment from a friend in a meeting. Tonight: Think "weekend."

#### **CANCER (JUNE 21-JULY 22)**

★★★★ Test out an idea, but allow only a limited number of questions in return. The questions will point to whom you'll want to work with. Many people look to you as their leader. The reason lies in the fact that you know much more than they do. Tonight: Paint the town red.

#### LEO (JULY 23-AUG. 22)

★★★★ Balance your checkbook, and be sure

#### **BABY BLUES** | RICK KIRKMAN AND JERRY SCOTT

★★★★ You might want to express more of what you need from a situation. Your ability to get down to basics helps many people, especially in a meeting. Clearly, there are no easy answers. Understand what is expected from you before you proceed. Tonight: Go for a good night's sleep.

#### SAGITTARIUS (NOV. 22-DEC. 21)

 $\star \star \star \star \star$  Be thankful for your supporters because, even when a situation is unstable, they come through and offer you good information and workable solutions. You could be taken aback by the suddenness of a change. Look at how revitalized you feel. Tonight: Ever playful.

#### CAPRICORN (DEC. 22-JAN. 19)

★★★★ You could see a situation far differently given some space and time. Look past the obvious and take note of what is not being said. To be effective, you need to detach more often. You'll see and understand much more. Tonight: Take action, but only if you're sure of yourself.

#### AQUARIUS (JAN. 20-FEB. 18)

 $\star \star \star \star$  You could be taken aback by certain events that are going on around you. You might see a personal matter differently from how the other party sees it. Think before you take action, as you'll want to understand where this person is coming from. Tonight: A must appearance.

#### PISCES (FEB. 19-MARCH 20)

 $\star \star \star \star$  Defer to others, and understand that you might be coming from a different position in a situation. You could find it interesting to see what is going on from a new perspective. Your sense of humor will help you gain insight. Use care with your money. Tonight: Your treat.

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#### FOR BETTER OR FOR WORSE | LYNN JOHNSTON





