"Softer, Mommy, that's too tight. I can't keep my eyes open.'

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# **Smothering Mom Looks For Way To Break Free From Her Habit**

**DEAR ABBY** 

■ Dear Abby is written by

known as Jeanne Phillips,

Abigail Van Buren, also

and was founded by her

mother. Pauline Phillips.

www.DearAbby.com or

P.O. Box 69440, Los An-

Write Dear Abby at

geles, CA 90069.

Jeanne Phillips

DEAR ABBY: I am a 62-year-old lady who has been a dedicated mother, helpful grandma and a good wife. I don't mean to imply that I'm perfect, but my heart has always been in the right place.

I'm writing now because I have a problem. I have been so used to being a mother that now I don't know how to break the habit. My children think I do too much for them, and it hurts me when they call me "annoying" and "impossible to deal with."

I wish I could act differently, but I don't know how. I've been told I need to do something with my life other than help my kids when they don't seem to need it — and even when they do. I know I deserve to be happy, but I don't know how to start. Can you tell me what to do, Abby? — MELANCHOLY MAMA, WENATCHEE, WASH.

DEAR MELANCHOLY: You are a successful wife and mother, having raised independent children. Now it's YOUR

Think back to before you were married and had children — what were your interests? Was there a class or subject you wanted to take at a community college? Did you want to act in a play, paint a picture, photograph a landscape, read Shakespeare, join a hiking club, travel the U.S., learn to dance?

Learn to speak French, plant a garden, raise rabbits, write a novel or the story of your life, study architecture, learn more about the stock market, raise funds for your favorite charity, or (you fill in the blank)?

If you still can't get the urge to "mother" out of your system, consider becoming a foster parent or volunteer at a school, children's hospital or as a literacy tutor at your local library. The possibilities are endless and the need is great.

Please let me know what you decide to do from the hundreds of options available. You have a lot to offer.

DEAR ABBY: "Jamie" and I have been close friends for almost 50 years. She has always been there for me when I needed her and vice versa. However, I can't get past her continual bragging about herself every time we meet for lunch or talk on the phone.

Jamie always manages to bring up how some person told her how young she looks, or another told her she's a wonderful manager at work, etc. Yesterday at lunch I mentioned how much I love doing crossword puzzles. I said I love learning new words and if I don't know the meaning, I look it up in my dictionary. Jamie replied she doesn't need a dictionary because she knows the meaning of ALL words!

Jamie is a good friend, but lately I've been wondering why she feels the need to spin tales. She is always out to impress everyone with how smart, young, savvy and sophisticated she is. She even told me some of her co-workers compare her to Jackie Kennedy, which is nowhere near the truth. Why do you think she has to act like this? — PER-PLEXED IN PHILLY

DEAR PERPLEXED: Jamie's behavior is a sign of extreme insecurity. People who are comfortable with themselves do not feel the need to constantly self-pro-

mote as she does. When your friend announced that she doesn't need a dictionary because she knows the meaning of all words, you were kind not to contradict her, because it's obvious she doesn't appear to be familiar with the definition of "humility."

Abby shares more than 100 of her favorite recipes in two booklets: "Abby's Favorite Recipes" and "More Favorite Recipes by Dear Abby." Send your name and mailing address, plus check or money order for \$14 (U.S. funds) to: Dear Abby, Cookbooklet Set, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

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#### ACQUELINE 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 Virgo and a Moon in Cancer if born before 8:01 p.m. (PDT). Afterward, the Moon will be in Leo.

#### HAPPY BIRTHDAY FOR TUESDAY, SEPT. 11, 2012:

This year you open doors and allow greater give-andtake. Your ability to move forward is extraordinary, though you might need to bypass a resistance that really stems from you. You can be your own worst enemy at times. Give that up, and you might be surprised by what could occur. If you are single, be careful and check out the people you are drawn to. You easily could attract an emotionally unavailable person. If you are attached, the two of you gain by spending more private time together. Rely on each other. LEO makes a great healer for you.

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)**

★★★ Tension builds around a domestic or personal issue. You are bright-eyed and ready to live life, but this particular situation keeps tripping you up. Take a walk or focus on an engaging project. You know what works, so do it. Tonight: A little laughter and teasing go a long way.

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

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★★★ Breeze your way through the day. Some communication might be heavy or nonexistent if the other party is depressed. For the most part, others are highly responsive. In fact, you hear some interesting news that you might choose not to share. Tonight: Nap, then decide.

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

★★★ Be sensible about what is happening around you. You might want to rethink an issue, but the only way you're going to come up with an idea today is by brainstorming with others. Tonight: Return calls and, if need be, place a call to a special person in your life.

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

\* \* \* \* \* You are full of fun and ingenuity. What you are able to do could surprise many people. A family member could drag you down. Let go of your insecurities, and simply go for what you want. Others seem to be passive when your name becomes the topic of conversation. Tonight: Treat time

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

★★★ You open up to other people and their needs,

but only after you do some solid thinking on your own. Some of the information and judgments you have made clearly are off. You might want to rethink a situation. Tonight: A force to be dealt with.

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

★★★ Zero in on your priorities. An important meeting with someone is at the top of your list of things to do. Be aware that this encounter could be significant. Listen to a friend. This person might be opinionated, but his or her opinions are worth hearing. Tonight: Only what you want.

#### LIBRA (SEPT. 23-OCT. 22)

★★★★ You could feel as though your decisions make a big difference. How you handle a personal matter could change radically. Think before you move forward on a project. If you feel negatively about it, honor that negativity. Tonight: Join a friend.

#### SCORPIO (OCT. 23-NOV. 21) ★★★★ You might seem far too happy for your own

good. You feel much better than you have in a long time. Your mind drifts to certain people and times. Sometimes, breaking your pattern can be healthy and revitalizing. Honor that. Tonight: Be noticed.

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

★★★★ You are adventuresome, but today you might decide to focus on practical details. Working through an issue could be more important than you realize. If you are eyeing a potential trip or an unusual venture, plan it later. Tonight: Return calls and emails, then decide on your

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

★★★★ You are in a deferential mood, and let others have their way. You might not like how a certain person is handling a situation, but nevertheless, you will hold back. It might be difficult to say nothing, but you must follow that course. Tonight: With a favorite person.

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

\* ★ ★ ★ Plunge into your work, knowing full well what you must do. You easily could be distracted by a situation later today. What appears to be negative might not actually be. Open up to new possibilities and remain optimistic. Tonight: Talk with a special person over dinner.

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

★★★★ Romance could infiltrate your day. Try to stay level-minded. You might want to share more and get feedback. You could be surprised by what you hear or by a suggestion that is made. You seem to find the answer when you need it. Tonight: Play it easy and relaxed.

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









### FOR BETTER OR FOR WORSE | LYNN JOHNSTON



NOW!







**MOTHER GOOSE AND GRIMM** | MIKE PETERS

