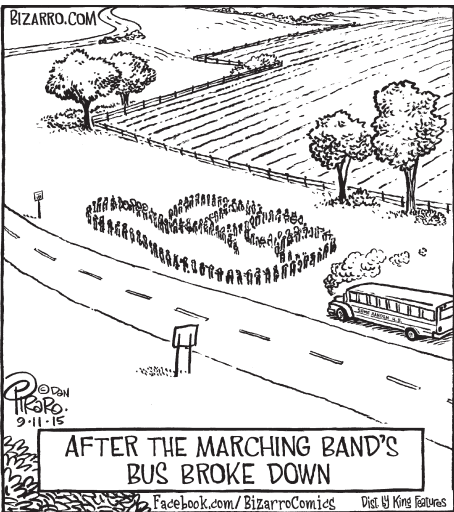


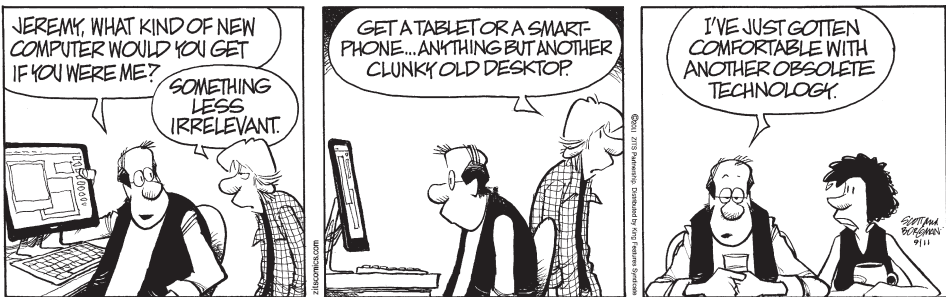
FAMILY CIRCUS | BILL KEANE



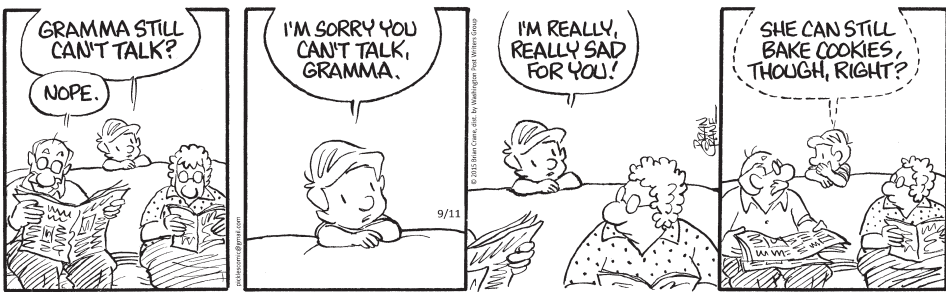
BIZARRO | DAN PIRARO



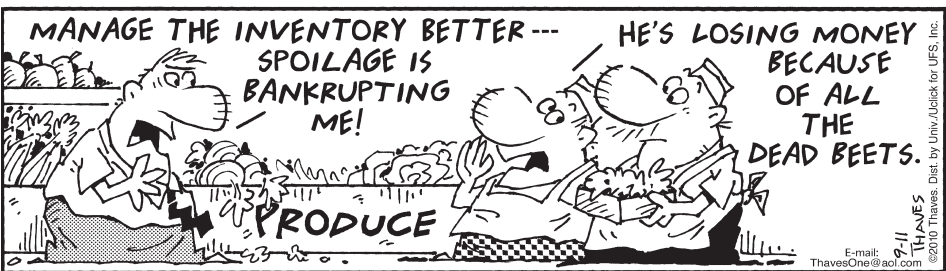
ZITS | JERRY SCOTT AND JIM BORGMAN



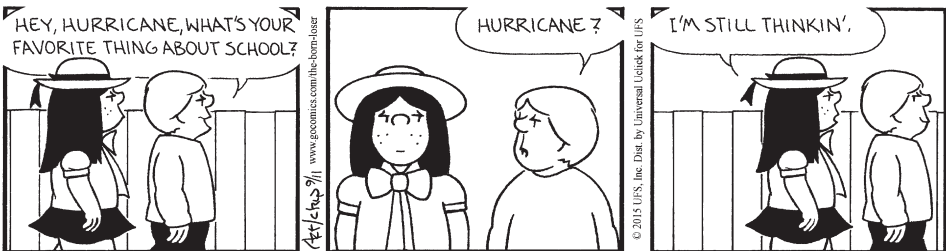
PICKLES | BRIAN CRANE



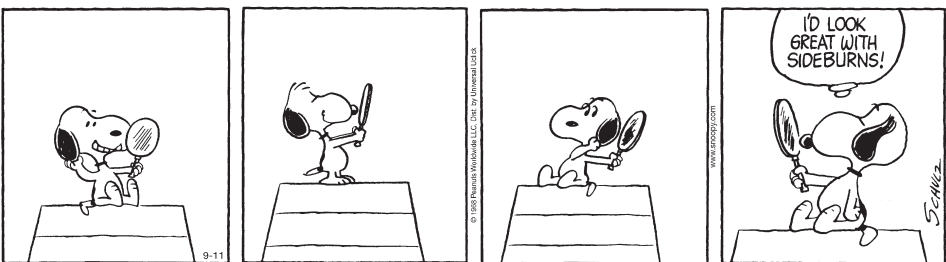
FRANK AND ERNEST | BOB THAVES



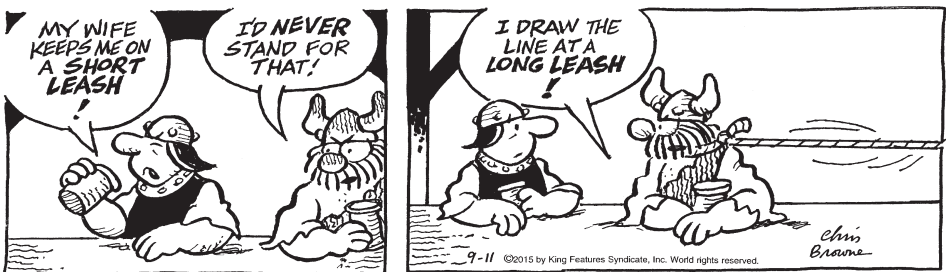
BORN LOSER | ART SAMSON



PEANUTS | CHARLES M. SCHULZ



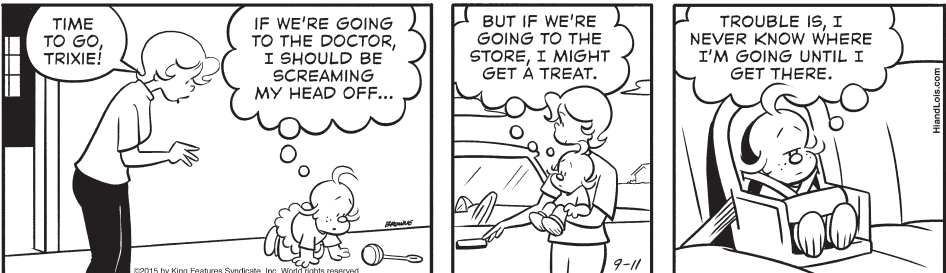
HAGAR THE HORRIBLE | CHRIS BROWNE



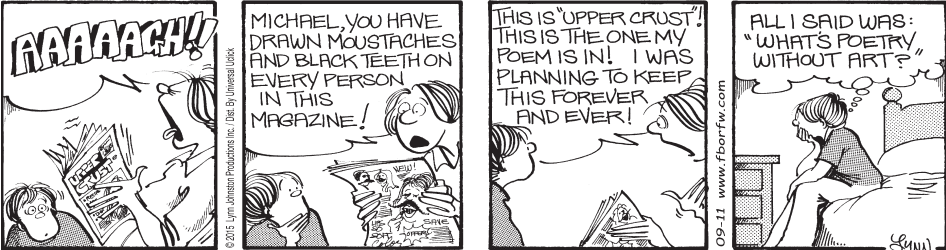
BETLE BAILEY | MORT WALKER



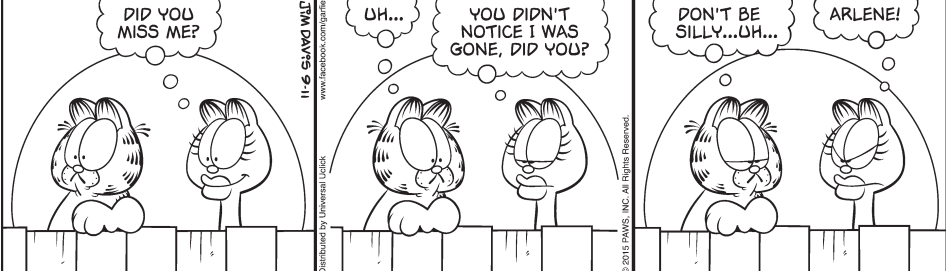
HI AND LOIS | BRIAN AND GREG WALKER



FOR BETTER OR FOR WORSE | LYNN JOHNSTON



GARFIELD | JIM DAVIS



Teen Too Busy With College 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

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 transition 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.



DEAR ABBY
Jeanne Phillips

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 and 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.

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.

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.)

© 2015, Universal Press Syndicate

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 Virgo and a Moon in Leo if born before 9:56 a.m. (PDT). Afterward, the Moon will be in Virgo.

HAPPY BIRTHDAY FOR FRIDAY, SEPT. 11, 2015:

This year Jupiter, the planet of luck, will be in your sign. You can have what you want, but be sure that you want it. What frequently happens with this transition is that once a goal is achieved, the person who wanted it discovers that it no longer appeals to him or her! It is important to review your wish list. If you are single, what would you like to have happen? Keep that thought in mind as you meet many wannabe sweeties. If you are attached, you love the extra attention you get from your significant other. You are likely to decide on a change that will affect both of you. A fellow VIRGO might be very picky and demanding.

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 be surprised by the difference one day can make. Whatever you are doing, you'll do it 100 percent. Opportunities will stem from this type of diligence in the near future. Confirm a meeting time and location; otherwise, a misunderstanding could happen. Tonight: Slow down.

TAURUS (APRIL 20-MAY 20)

★★★★ Seek out a loved one. Some of you might be eyeing a new friendship that has the potential to become more. Others will express enthusiasm when you contact them. You might feel as if a certain interaction is too easy. Tonight: Tap into your creativity.

GEMINI (MAY 21-JUNE 20)

★★★★ Spend some time at home. You might consider taking off today and making it a long weekend. Others will reach out to you to see what you are up to. At some point, your front door could seem like a revolving door. Tonight: Do not fight the inevitable.

CANCER (JUNE 21-JULY 22)

★★★★ You could be in a position where you need to give directions and organize others. You might be overwhelmed by everything you have to do. You'll realize that you can get your to-do list done faster than you had anticipated. Tonight: Favorite people, favorite spot.

LEO (JULY 23-AUG. 22)

★★★★ You tend to have a moderate

amount of self-control, but when you go overboard, you do it with great finesse. Today's temptation to indulge emerges stronger than usual. You will dive right in with a devil-may-care attitude. Tonight: Make the most of every moment.

VIRGO (AUG. 23-SEPT. 22)

★★★★ You have emerged from a period where you have been away from the daily grind. You will be enthusiastic, no matter what happens or which way you turn. You appear to be a supreme optimist. See the results that a positive attitude brings. Tonight: Go for togetherness.

LIBRA (SEPT. 23-OCT. 22)

★★★★ You might want to handle a personal matter differently from how you have in the recent past. At this point, your mind is working overtime in order to see and evaluate the various approaches you can take. Don't do anything just yet! Tonight: Not to be found.

SCORPIO (OCT. 23-NOV. 21)

★★★★ Wherever you go, people are drawn to you. You might wonder what is going on. Don't. Simply enjoy yourself and the present moment. People will be instrumental to your decisions and ability to build support for a project. Tonight: A force to be dealt with.

SAGITTARIUS (NOV. 22-DEC. 21)

★★★★ Pressure builds around your professional life. You might not be happy about everything you have to do. You'll wonder when your time will come to go out and be fancy-free. In any case, your time to transform into a social butterfly will occur soon. Tonight: Take the lead.

CAPRICORN (DEC. 22-JAN. 19)

★★★★ A call might bring with it an unexpected journey or some form of good news. You could decide not to share your news, but understand that your face will give you away. Your happiness simply can't be contained. Tonight: Be direct, and don't confuse a situation.

AQUARIUS (JAN. 20-FEB. 18)

★★★★ You often wonder what is going on inside a loved one's mind. What you find out might not satisfy your curiosity. Instead of asking questions, give this person space to reveal him- or herself. You will be quite pleased with the results. Tonight: Add fun to the moment.

PISCES (FEB. 19-MARCH 20)

★★★★ The socialite within you will be delighted, as a lot of people seem to be seeking you out. You could get so busy that you can't make time for an important person in your life. Don't sing the blues; just make what you want happen. Tonight: A little weary.

© 2015, King Feature Syndicate

BABY BLUES | RICK KIRKMAN AND JERRY SCOTT



BLONDIE | YOUNG & DRAKE



MOTHER GOOSE AND GRIMM | MIKE PETERS

