

# Talk is cheap about not eating at meals

DEAR ABBY: Please tell me how to respond to people who sit at a table with me (in my home, theirs or out) and make comments about being full, eating just “because it’s there,” or “for the flavor” — and continue to eat? All of my family members are overweight. I am the smallest by far at a size 8. They engage in this often, and it distresses me.

I don’t want to jump up from the table, clear away the dishes and tell them to stop eating, but I also don’t enjoy hearing them talk about how much they shouldn’t be eating while they continue to do so.

Most of them have been advised more than once by physicians to lose weight for the sake of their health. Other than bringing food to share that’s low in sugar and fat, is there a way to politely deal with this bizarre behavior?

— FED UP IN HOUSTON  
**DEAR FED UP:** No, there isn’t. But you can save your sanity by recognizing idle chatter for what it is and tuning it out. In your own home, you can simply serve less food — or clear away the tempting leftovers and relocate your guests away from the table. However, in a restaurant or in their homes that wouldn’t work. So accept that your relatives won’t address their weight problems until they are ready to do so, and try to be less judgmental.

DEAR ABBY: I have been dating



**Abigail Van Buren**

- Dear Abby

“Zack” for a year and a half. We had discussed taking a trip to visit his friends in a couple of months. I’m a very independent person, but recently have had some financial difficulties that I anticipate will be temporary. I explained to Zack that I wouldn’t be able to afford the trip. It would have meant paying for my plane ticket, half the cost of the car we’d have to rent and half the hotel bill.

Zack has a steady job that pays very well. I thought he would speak up and offer to pay for at least some part of my expense for the trip, but he didn’t. Was I expecting too much, or is he just plain cheap?

— DISAPPOINTED IN NEW JERSEY  
**DEAR DISAPPOINTED:** It would have been a generous offer, but it appears your boyfriend isn’t the generous type. In a sense, however, he may have given you a priceless gift: a glimpse of what life would be like with him in the future if the chips were down. Please act accordingly.

DEAR ABBY: I’m a 13-year-old girl. I love my mom, but she doesn’t trust me. Sometimes I would like to

talk to her but she never listens. It’s like she wants me to mess up so she can punish me.

I once tried to talk to her about sex. She thought I was pregnant! Am I wrong for just wanting to know? Sometimes I don’t do anything wrong and I still get in trouble.

I have thought about running away, but this is where my heart is. Is it me? Why won’t she trust me? I make good grades.

— BAFFLED IN BIRMINGHAM  
**DEAR BAFFLED:** Your letter made me sad. By now, your mother should have made it clear that you could bring any question to her and she would answer it — or help you find the answer you need.

Your mother may be uncomfortable talking about sex, or she could be under stress about something else in her life. Please ask an adult friend or close relative to speak to her on your behalf. Your mother may be hard on you because she doesn’t want you to mess up. Children don’t come with a list of instructions, and she may be going overboard trying to protect you.

DEAR ABBY: I am a 34-year-old single mother of three. After several bad relationships, I decided that one day the right guy would come along and I would just “know,” and until then, I’d focus on making my children as happy as I could by myself.

A few months ago, I met “Mr. Right.” The feeling I have for him is one that I haven’t felt before, and he feels the same way about me.

The problem: Mr. Right is my baby sitter “April’s” boyfriend. They have been together on and off about a year. April is very controlling. She starts arguments with him and then doesn’t come around for a while. Mr. Right is tired of it. It happened again last night, and he told her to just stay home. He wants some stability in his life and someone to love and grow old with. So do I.

The hard part of this is I really like

my baby sitter. Many people don’t, but April has never done anything to hurt me. I know the right thing to do would be to tell her how I feel, but people tell me April holds grudges, and I’m afraid she’ll hate me. If I must choose between April and Mr. Right, I want to choose Mr. Right. If you have any suggestions that will make this easier, I’m all ears.

— TORN IN ILLINOIS  
**DEAR TORN:** I sure do. The first is, SLOW DOWN. If you want stability in your life and someone to love and grow old with, recognize that getting to

know someone takes time.

Mr. Right appears to have quite a bit of unfinished business before he will be free to start a relationship with you.

First on his list - not yours - should be to officially end his romance with your baby sitter. That way, if there are any hard feelings, they will be directed at him, not you.

And unless he’s mature enough, and sure enough about his feelings for you to do it, then I have some sad news for you. He’s not “Mr. Right”; he’s “Mr. Wrong” again.

## • Reference Guide •

*Be sure to check out the special section in today’s Free Press! It’s a keeper!!!*

### Thomas County Town Hall Forum

#### Our Purpose:

To create an opportunity to “showcase” programs, projects, and agencies, that provide solutions to youth and families in Thomas County.

*An opportunity to interact with your Community Solution Providers!!*

*Sponsored by: Thomas County Interagency Coalition*

This reference guide was funded through a Drug Free Communities Support Program (DFCSP) grant (2003-ND-FX-0013) which is funded by the Substance Abuse and Mental Health Services Administration’s Center for Substance Abuse Prevention (SAMHSA/CSAP) through the White House Office of National Drug Control Policy. FDCSP is a collaborative initiative to reduce substance abuse among youth; help community coalitions strengthen collaboration; enhance intergovernmental collaboration, cooperation and coordination; enable communities to conduct data-driven, research-based prevention planning, and provide communities with technical assistance, guidance, and financial support. This federal grant provides financial support for prevention project of the Thomas County Interagency Coalition. For more information contact: Diane Stithem, Program Director, Drug Free Communities Grant, at 785-460-8177.

# Fall programs start

Children’s programs start again this Tuesday at 10:15am! Preschool Sessions will take place at 10:15am and 1:15pm on Tuesdays and 10:15am on Thursdays. Toddler time will take place at 10:15am on Wednesdays. Family night has been switched from Thursday nights to Tuesday nights. Family night will begin at 7:00pm. All programs are free and open to the public. Sign-up is encouraged but not required. Hope to see you there!

Last week you read about the highly regarded authors Thomas Frank and Jim Wallis who will be here for the Max Pickerill lecture series in the upcoming months. Don’t forget that Ray Dowell, curator for the Negro Leagues Baseball Museum, will be here as part of the lecture series this Tuesday at 7:30 p.m.

Now at the library is the book Negro League Baseball: The Rise and Ruin of a Black Institution by Neil Lanctot. Lanctot traces the history of the Negro Baseball League from its infancy in the early 1900’s to its eventual demise in the late 1950’s. Much of the focus of this book is on the economics of the Negro Leagues. For example, players did not have binding contracts with a team. Players were therefore apt to move to whichever team paid the best; as was the case with legendary pitcher Satchel Paige. Satchel at one point, lured by a tempting offer of \$2500, jumped ship from his team in the Negro League to play for a team in the Dominican Republic League. (eventually he rejoined the Negro League) In 1947 however, the fate of the Negro League was sealed when Jackie Robinson was drafted by Branch Rickey and the Brooklyn Dodgers. From that point on, the Negro League began a gradual decline. Lanctot offers an insightful and historical look into some of the factors that determined the rise and fall of Negro League Baseball.

A number of other hot books are now on the shelves of the library and waiting to be read. Included in these are First Families: The Impact of the White House on Their Lives by Bonnie Angelo. Every new Presidential family brings new character to the White House. There are those who enjoyed public life such as Mary Todd Lincoln and the jolly sons of Teddy Roosevelt, those who didn’t enjoy public life such as Jacqueline Kennedy and Bess Truman, and those that actively took part in life such as Hilary Clinton and Eleanor Roosevelt. The White House is a place that represents diversity from one family to the next and with it the burdens and pleasures that very few ever experience. Angelo has covered the White House with an inside perspective for many years.

Pioneer Memorial Library is located at 375 West 4th and open seven days a week. Winter hours will be as follows: Monday through Thursday, 9 a.m. - 8 p.m.; Friday, 9 a.m. - 5 p.m.; Saturday, 9 a.m. - 4 p.m.; and Sunday, 1 p.m. - 4 p.m. For more information contact the Library at 460-4470. As always, we are here to serve you.

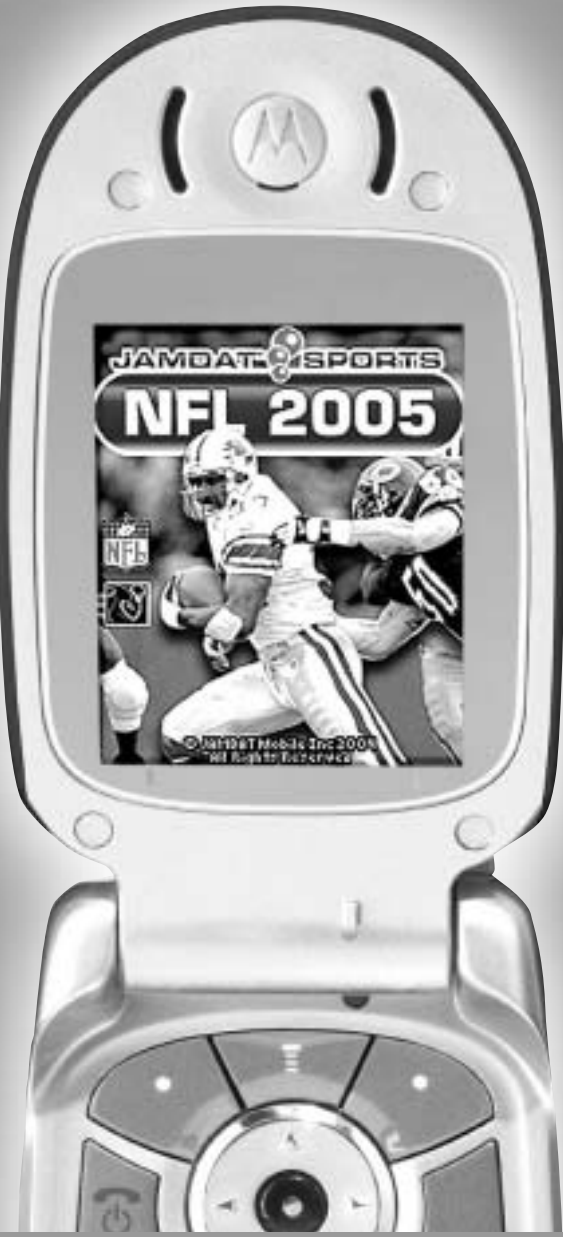


**Jeff Friesen**

- Library Link

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