

# LOOK

## Absent husband to one woman is absent boyfriend to another

**Dear Abby:** I have been with my boyfriend for eight years. When I first met him he was married, but his wife lived in another state. Although he said he loved her, he would visit her only for a week every other month or so. While he was there, instead of concentrating on her, he would spend most of his time visiting his friends.



**ABIGAIL VAN BUREN**

thing more than you are already getting from him, which is very little. This isn't a losing battle you are fighting; the battle

is over. He has made clear where his priorities lie, and they don't include you. If you really want a companion, find someone who is willing to share his life with you to the extent that you are willing to share yours with him. This man isn't the one for you.

He never intended to leave her for me, but she found out about us a year ago and told him that she wanted a divorce. It became final a few months ago. He tells me he loves me every day, but he still spends a lot of time hanging out with his friends. We used to be together two or three days a week; we are down to one night most weeks, and occasionally two nights.

I don't think he looks forward to our time together the way I do. I'm afraid if I have a heart-to-heart conversation with him about this, he will walk away from our relationship. I am terrified of being alone, so I settle for waiting for my turn.

During the COVID quarantine, we kept to social distancing for several weeks, until I felt we had been isolated long enough that we could be together again. Tonight, he joined some friends for a social gathering, knowing it would compromise what I had worked so hard for so we could be together. Abby, it feels like he cares less for me than for his friends. Am I fighting a losing battle to stay with someone who seems so cavalier about our relationship? — **Left Out in Washington**

**Dear Left Out:** Do you not recognize that you have created the very situation you fear the most? You ARE alone! This man isn't going to give you any-

**Dear Abby:** For the past week, my son-in-law has been texting me daily. I don't mind his texting about normal things, but he's either seeking a very close friendship or he is attracted to me. He and my daughter are 22 and very religious. I don't think asking me via text how he looks shirtless now compared to a year ago (he has texted me twice with no shirt on) is appropriate.

There have been other red flags on his side of the conversation, and I have never misled him in any way. Should I confront him via text? Should I tell my daughter? I love her and do not want her to be mad at me. I did nothing wrong. — **Only His Mother-In-Law**

**Dear M.I.L.:** I believe you. If your son-in-law's texts are suggestive or make you uncomfortable, speak up and tell HIM — not your daughter. If he persists in that vein, discuss it with her then. As to his request for a comment on his physique, ask him why he's asking his mother-in-law and not his wife. And follow it up by telling him frankly that you think the question and the photos are inappropriate.

## HOROSCOPE

**BY EUGENIA LAST**  
United Feature Syndicate

Trust your instincts. Don't hesitate to make a move. Put your needs first, express your thoughts and feelings, and make changes that help you reach your goals. Be ready to take advantage when opportunity knocks, and use your insight and creativity to separate you from the crowd.

**CAPRICORN** (Dec. 22-Jan. 19) — Step up and make a difference. The changes you implement will help you head into next year with optimism. Say what's on your mind and pursue what excites you. Forward thinking will pay off.

**AQUARIUS** (Jan. 20-Feb. 19) — Once you speak your mind, you cannot take it back. Problems will develop if you judge others too quickly. Focus on personal goals and improvements, not on trying to change someone.

**PISCES** (Feb. 20-March 20) — Listen, learn and verify. The information you gather will help you make better decisions. Don't spend money unnecessarily or neglect to take care of matters you should address before the end of the year.

**ARIES** (March 21-April 19) — Be careful. Don't let your emotions steer you in the wrong direction. Honesty is the best policy when it comes to financial and contractual differences. Keep a tight rein on your spending habits.

**TAURUS** (April 20-May 20) — Change will excite you. Dig in and see what life has to offer. Explore something that interests you and consider if it's a viable or lucrative option. A partnership looks promising.

**GEMINI** (May 21-June 20)

— A laid-back attitude and approach will help you dodge a mistake. Spend more time on personal improvement and less on trying to change someone. You can be amicable without being gullible.

**CANCER** (June 21-July 22) — Plan to do something you enjoy with a loved one. A change will lift your spirits and give you something new to explore. If you discuss your plans and intentions, you will receive valuable feedback.

**LEO** (July 23-Aug. 22) — An emotional moment can limit progress if you aren't prepared to compromise. Look at every angle, and you'll find a way to appease others and satisfy your needs at the same time.

**VIRGO** (Aug. 23-Sept. 22) — Share your intentions and make plans with a loved one. Make a change at home conducive to improving your life. Information you gather will provide insight. Romance is featured.

**LIBRA** (Sept. 23-Oct. 23) — Slow down and distance yourself from turmoil and chaotic people. Self-discipline, personal growth and exercise will encourage you to spend more time perfecting who you are.

**SCORPIO** (Oct. 24-Nov. 22) — Emotions will lead to fluctuating circumstances. Be a good listener, think about what's going on around you and how others think and feel, and take a reserved approach. Keep life simple.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Use your energy wisely. Too much of anything will be your downfall. Focus on getting things done on time and moving on to self-improving activities. Close the year on a high note!

## Set manageable goals for the New Year

*COVID tip: Eating a nutritious and well-balanced diet can help support your immune system in the fight against COVID-19. The World Health Organization recommends that you consume 2 cups (four servings) of fruit everyday, and 2.5 cups (five servings) of vegetables per day.*



**KATHY KOLASA**

we learned that setting small, attainable goals could help you reach your overarching, primary health goal. Research

indicates that setting different checks and balances along with your resolutions may help you achieve your goals at a more successful rate than self-set goals.

These checks and balances are motivators named superordinate and subordinate goals. Superordinate are more abstract and nonspecific while subordinate are concrete and specific to your overall goal. These goals are especially effective for health-related motivations such as your New Year's resolution to eat better.

For example, if the primary resolution you have this year is "I want to eat healthier this year, then you can set complementary goals to help you achieve this primary resolution. A superordinate goal for eating healthier is consuming foods higher in nutritional value. This is not super specific but will steer you in the right direction. A subordinate goal for this primary resolution is saying "I will not eat fast food." This is super specif-

ic and there is no ambiguity left to question. I incorporate these goals into my own health-related resolutions to keep myself accountable. If I know that I meeting these smaller, yet still related, goals then I know that I must be on track with my main focus.

New Year's resolutions are typically health-related, but there are many ways to incorporate healthy eating into these resolutions to make your goals more food oriented. It is important to stay away from non-maintainable fad diets and focus on eating a more proportionate diet for your lifestyle. Tell yourself: "Improvement over perfection." This phrase can help keep things in perspective so you can maintain a feasible pace and stay on track. There are helpful tricks for you to test out this year to help achieve your resolutions.

Try not to think about constantly decreasing your intake of something bad or "unhealthy," but looking to increase your intake of something good and nutritious. Increasing fruit and vegetable intake is a great start. Doing something as small as increasing the plant-based meals you eat can improve your fruit and vegetable intake. Incorporate "Meatless Mondays" into your routine. Try some new recipes or types of foods.

If you struggle to enjoy cooking at home or think

restaurant food tastes better, change it up in the kitchen.

Cooking a new recipe or even a food you didn't grow up with will add variety and a change of flavor compared with the go-to recipes you are tired of. If you eat at home you have more control over the sugars and fats you eat. Start slow and be patient with yourself.

If you can establish and maintain healthy habits you will succeed. It might be daunting to try new recipes, eat more fruits and vegetables, or eat out less but with time you can meet the challenges. If you mess up, you can restart without feeling like you have failed. Give yourself some space and set complementary goals to arrive at your primary resolution.

The holidays may have been a difficult time to eat only the amount of food and drink you need. Guilt tends to lead people to set diet-related new year's resolutions that are extremely restrictive and not maintainable. Short term fad diets are not the answer. Resolutions do not have to be punishment. Take the time to re-center yourself and your food intake for the coming year.

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