

She's miserable and refusing help Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

Dear Annie: I am a healthy 50-year-old woman in the midst of menopause. I also have been diagnosed as mentally ill with depression. I refuse to seek treatment. I come from a culture where the shame of admitting a mental illness is a fate worse than death. So I sleep a lot.

I have a fine husband who wishes nothing more than to be in a happy, healthy relationship with me and our two young children. I hurt everyone in my family with my mercurial temper, frequent yelling over trivial matters and causing general upset. For a while now, I have refused any intimacy whatsoever with my husband, including sweet talk and touching. I am completely disinterested in sex. I know I am starving my husband, and he is suffering. I've told him to find someone else.

What should I do? Please don't tell me to get counseling. I have spoken to counselors in the past, and nothing has helped because I insist I am a victim and that all of my problems are someone else's fault. I cannot admit that I need mental health assistance. I am miserable, in every sense of the word. — *Frigid in New Hampshire*

Dear Frigid: You've admitted to us that you need mental health assistance, and we agree. You are being unfair to yourself, as well as your family. So do you want to continue being miserable, alienating your husband and children simply to avoid shame (of which there should be none), or do you genuinely want to

Annie's Mailbox

Creators Syndicate Inc.

Kathy Mitchell and Marcy Sugar



make your life better? Whatever underlying issues you may have are likely exacerbated by menopause. If you cannot admit that you need help for depression, perhaps you would seek help to alleviate some of your menopausal symptoms. Your gynecologist can recommend medication that can do both. Please try.

Dear Annie: How do you tell a couple they have a filthy house? Up until recently, they seemed to make an effort, but lately, we find it difficult to accept invitations to their home. They are nice people, but we are not so close that we can tell them about this.

Their two dogs have the run of the house. The cat is allowed to crawl on the kitchen counters and tables. There is a thick accumulation of pet hair that rolls across their floors like tumbleweed and sticks in the folds of their sofa. You could knit a sweater with what you'd sweep up in one room. When I leave their house, I feel like I need a bath. I know other fami-

lies with pets, and their homes are cleaner. I don't understand why they refuse to see it.

If I confront them, I risk the friendship. If I quit accepting invitations, I risk the friendship. Is there a kind way to tell them? — *Louisville, Ky.*

Dear Louisville: Maintaining a hair-free home when you have three pets requires frequent cleaning, which your friends apparently are no longer up to handling. Are they in good health? Perhaps they are not physically able to clean or supervise where the animals go. How is their vision? Maybe they cannot see the animal hair. If you can express your concern about their health, that could be a kind way to approach the subject. Otherwise, feel free to make excuses not to visit, but please invite them to your home so they don't feel you dislike them.

Dear Annie: I could relate to the letter from "Frustrated." When my husband lost interest in sex, I began to masturbate. I went to confession, and the priest explained that it is not a sin to accept the pleasure of two evils. He told me to allow my husband to pleasure me when he is willing. Otherwise, I should do what I need to avoid the worst alternatives, such as adultery.

It was so simple, and I am forever grateful to him. My wonderful husband and I still love each other, just not physically. — *Faithful and Satisfied*

ARIES (March 21-April 19) You're grateful to those who have mentored and cared for you in your life, and yet there are still areas in which you feel you have been completely unguided. Seek assistance now.

TAURUS (April 20-May 20) You get the feeling that a certain person is only nice to you when he or she wants something. Good observation. It's not your fault that some people only care about what's in it for them.

GEMINI (May 21-June 21) If you were to write a bucket list, it would include a few spectacular happenings, but mostly personal accomplishments and small, meaningful exchanges. That's what drives you to work hard and connect with others today.

CANCER (June 22-July 22) When your idols aren't doing anything that makes you want to worship them, it's time to get new influences. Branch out and ask friends and colleagues who they're paying attention to and what they're doing for enjoyment lately.

LEO (July 23-Aug. 22) New friends bring good fortune. You'll extend your network by attending a group, accepting an invite or (best of all) shaking hands and introducing yourself.

VIRGO (Aug. 23-Sept. 22) It's nice when the people closest to you seem to really know and understand you, but it's not necessary for your happiness. That's why you can let today's misunderstanding go and do something nice for yourself.

LIBRA (Sept. 23-Oct. 23) Sometimes you need a break from being awesome at life, and you can safely take one today. Sure, you still have responsibilities to attend to, but they can be handled with minimal effort. Just fly under the radar.

SCORPIO (Oct. 24-Nov. 21) Instead of fighting distraction, today it may benefit you more to make room for distraction and let yourself follow it, perhaps without calling it "distraction" at all. Isn't it really just curiosity?

SAGITTARIUS (Nov. 22-Dec. 21) It's strange when you sit down to think of action steps and positive differences you can make and what comes out of it seems more negative. That's because grievances must be aired before they'll go away.

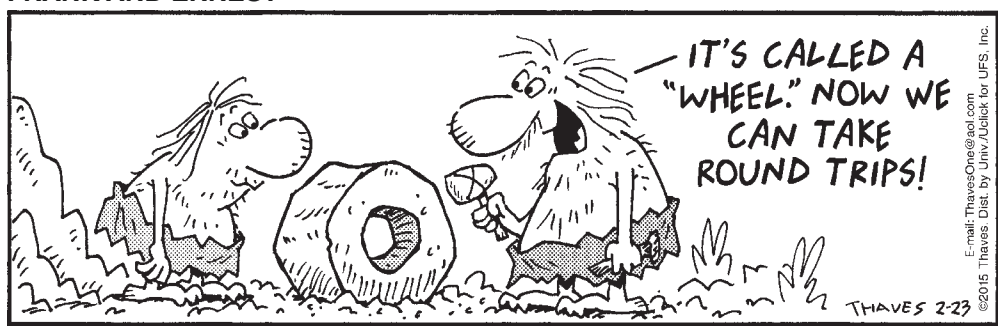
CAPRICORN (Dec. 22-Jan. 19) You like fun-loving people, but you are also skeptical of them when their love of fun seems much more serious than their love of doing the job at hand. Trust your instincts and get the right person for the job.

AQUARIUS (Jan. 20-Feb. 18) Yes, there were certain efforts you made that, by all appearances, were made completely in vain. But the deeper truth is that no effort is made completely in vain. You benefit others even when you don't realize it.

PISCES (Feb. 19-March 20) Get someone to help you with your workflow — nailing the right pattern will be key to your success. Even with help, it will take time to work out the kinks, but considerably less time than trying to figure it out on your own.

TUESDAY'S BIRTHDAY (Feb. 24) You have an image in your head about who you want to be. You'll put quite a lot of effort into your life choices over the next 10 weeks, and then living the way you prefer will seem far easier, nearly automatic. April brings a shiny, fancy present. May keeps the entertainment coming. You'll change roles at work in June. Aries and Taurus people adore you. Your lucky numbers are: 30, 1, 22, 31 and 17.

FRANK AND ERNEST



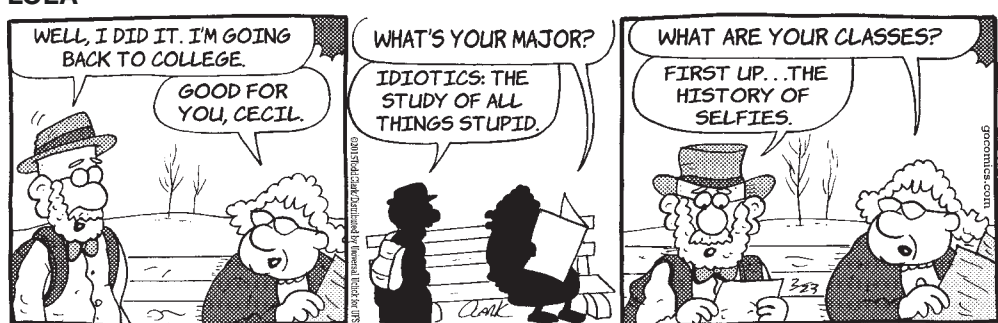
THATABABY



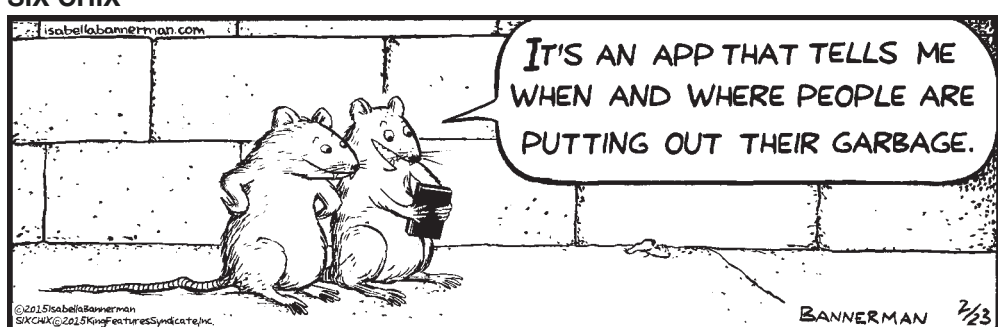
STONE SOUP



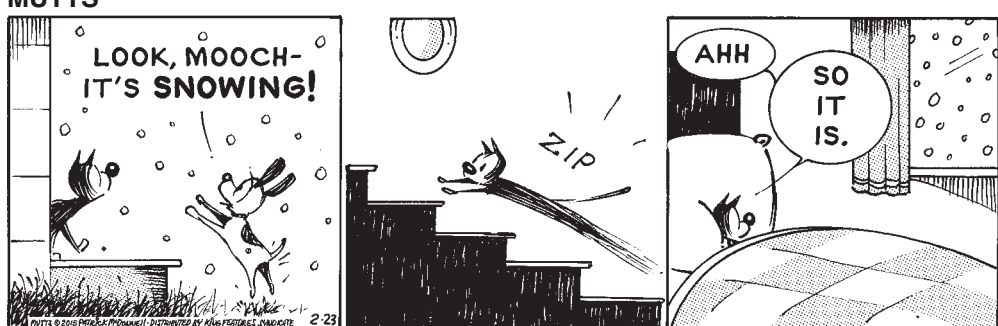
LOLA



SIX CHIX



MUTTS



BABY BLUES



ZITS



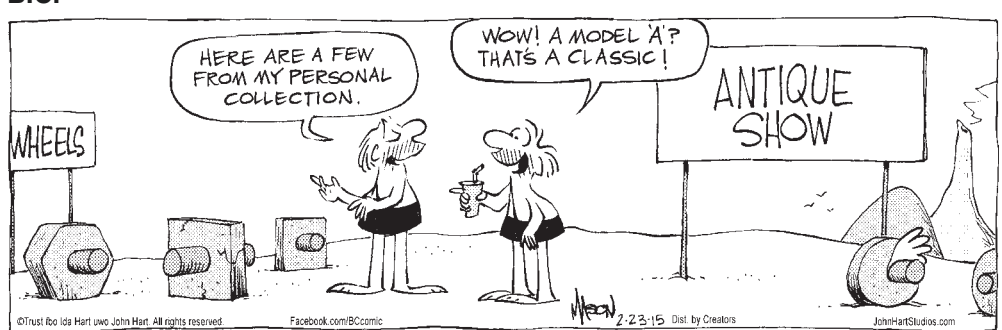
BLONDIE



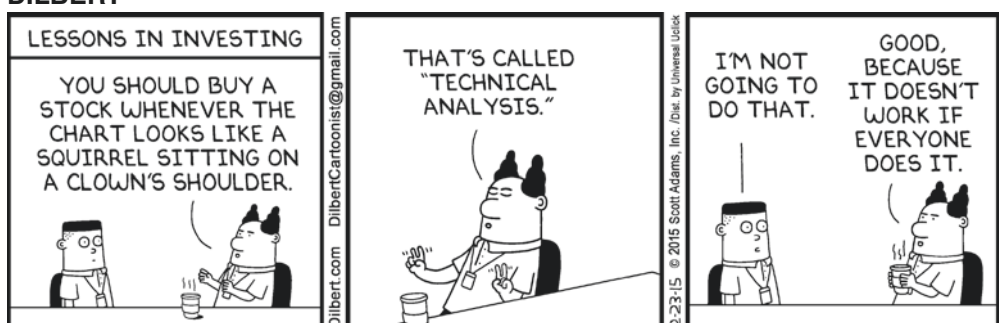
SALLY FORTH



B.C.



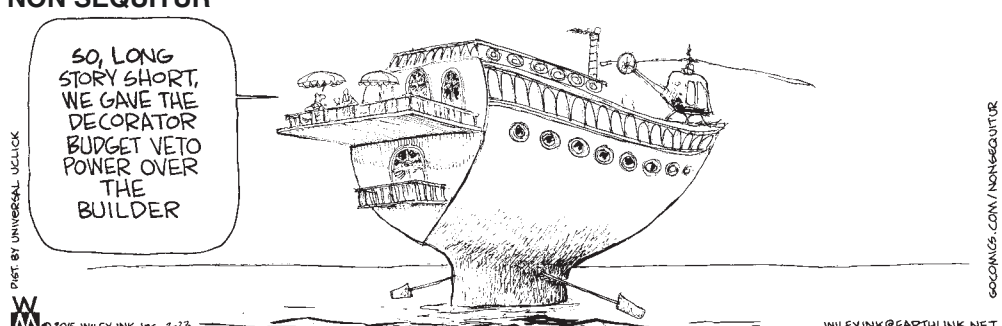
DILBERT



BIZARRO



NON SEQUITUR



WIZARD OF ID



ROSE IS ROSE

