

Is the smoke from marijuana bad? Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

Dear Annie: For many years, I have heard about the dangers of secondhand smoke. I am a non-smoker, but was married to a smoker for 13 years and have asthma.

Now that pot is being legalized in some states, including where I live, what are the dangers of secondhand pot smoke? I haven't heard a word about it. Are the states just looking for additional tax revenue and keeping it out of the news? — *Concerned Breather in Oregon*

Dear Breather: According to the American Lung Association, inhaling smoke is harmful whether it's from cigarettes, pot or burning wood. Marijuana smoke contains many of the same toxins, irritants and carcinogens as tobacco smoke, and pot smokers generally inhale it for a longer period of time. Secondhand marijuana smoke contains the same ingredients.

How dangerous is it to non-smokers? A 2014 study found that blood-vessel function in lab rats dropped by 70 percent after 30 minutes of exposure to secondhand marijuana smoke and hadn't returned to normal even after 40 minutes. And the rats suffered the same effects even if the pot contained no THC. So, you might not get a "con-

Annie's Mailbox

Creators Syndicate Inc.

Kathy Mitchell and Marcy Sugar



tact high," but with continued exposure, you could suffer impaired lung and blood-vessel function.

Marijuana is much stronger today than it was 40 years ago. More studies need to be done, obviously, but if you are regularly exposed to smoke of any kind, you are likely to develop a problem. Steer clear.

Dear Annie: I am responding to "B" about unsolicited phone calls. I recently fell victim to such a scam. I purchased a lifetime repair contract for my computer. A month later, I received a call saying they were going out of business and needed to return my money. I foolishly let them gain control of my computer, where they claim to have accidentally "deposited" an amount greater than what they owed me. They then said I needed to send a MoneyGram for the overpayment.

I had the person on my cellphone when I went to a MoneyGram location. The woman there told me to hang up and informed me that it was a scam. I then went to my bank and was able to protect my account. I also reported it to the police.

On my way to the bank, I received 17 calls from the scammer asking why I hadn't sent the money. The specialist at the bank told him to stop calling. It was too late to reverse the charges on my credit card for the original contract, but the bank canceled that card and issued a new one. Here is how I stopped these calls:

1. I blocked the numbers they were calling from on my cellphone and my home phone.

2. I set "call rejection" on my home phone so if anyone called from a "private" or "unknown" number, they would be required to unblock their number and call back.

I hope others learn from my experience. — *A Lesson Well Learned*

Dear Lesson: Thank you for sharing. We received a great many letters with examples of how these unscrupulous people work and will print more in future columns. Stay tuned.

ARIES (March 21-April 19). The ones who respect you will try to put you in a position to make decisions for them. Taking this on is optional. Be careful. Power is like dessert. Once you get a taste of it, you want more.

TAURUS (April 20-May 20). When opinions change, it can be a sign of intelligence and growth, or it can be a sign of weakness. Each scenario is unique and must be regarded as such.

GEMINI (May 21-June 21). The events of the afternoon are neither positive nor negative, but they must be handled. This will bring out the best in you. Working to bring it all back into order will make you strong.

CANCER (June 22-July 22). You're always learning, though on some wonderful occasions the learning is so enjoyable that you don't feel any growing pains. You will establish beneficial habits in the weeks to come.

LEO (July 23-Aug. 22). Things are quite naturally going your way. This is definitely not the time to ask questions. Ride the wave of happiness. Side note: It's better to be overdressed than underdressed.

VIRGO (Aug. 23-Sept. 22). The love you find today is totally unique. You will never have another experience quite like it. Consider carefully the person who keeps calling you back to his or her heart.

LIBRA (Sept. 23-Oct. 23). Perfection is not a practical aim. Doing your very best is doing enough. Tranquility around you will eventually create tranquility inside you. It may take a while. Give yourself time and space.

SCORPIO (Oct. 24-Nov. 21). You need more attention, but asking for it is not the best way. Give it to yourself first. By taking care of your own needs you put yourself in a better position to contribute gladly to those around you.

SAGITTARIUS (Nov. 22-Dec. 21). You'll get a lot of the same old questions, but you don't have to give the same tired answers. Change it up. An interesting answer to something as simple as "How are you?" will better your fortunes.

CAPRICORN (Dec. 22-Jan. 19). You'll tend to many responsibilities today, but fear not — there's a way to make them fun. When you involve people who share your sense of humor, you can't lose.

AQUARIUS (Jan. 20-Feb. 18). Pointing out the faults of others only reminds people that everyone has them. It's why you focus on what's going right and put your energy into making a good thing better.

PISCES (Feb. 19-March 20). If you believed every compliment paid you, it would cause you to lose your edge. But don't worry. You can trust that today's accolades are well earned and still stay sharp.

TUESDAY'S BIRTHDAY (April 21). The weeks to come will be filled with spontaneous notions and joyful emotions as you freely follow your heart. Even so, you will strive for a disciplined and uncluttered lifestyle. Living simply makes you feel better. You'll be passionately pursued in June. Your hard work will get you promoted in August. Love signs are Libra and Leo. Your lucky numbers are: 30, 46, 27, 22 and 19.

FRANK AND ERNEST



THATABABY



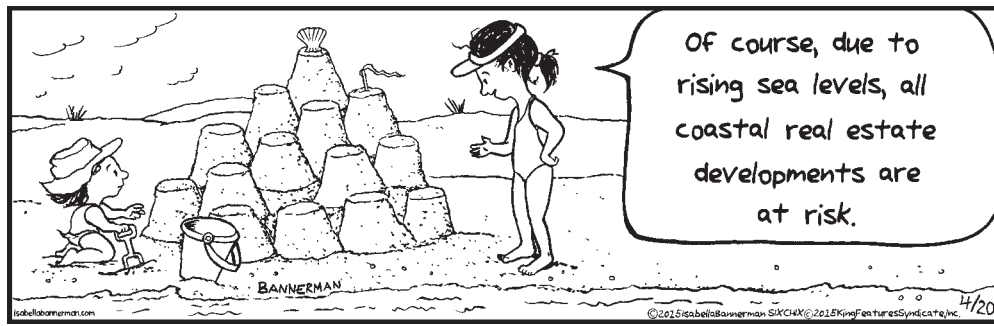
STONE SOUP



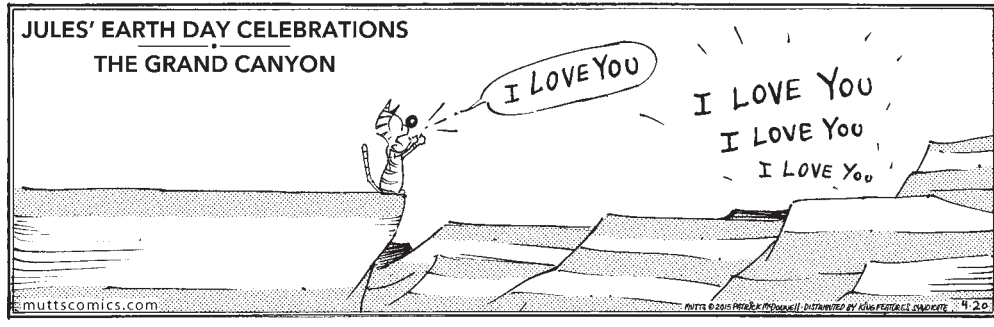
LOLA



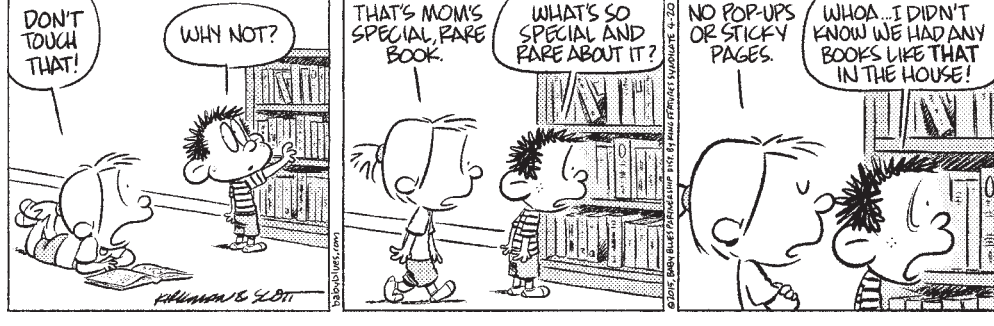
SIX CHIX



MUTTS



BABY BLUES



ZITS



BLONDIE



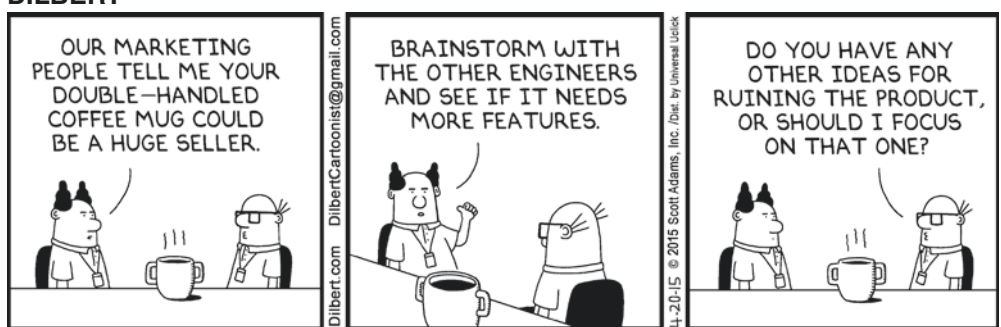
SALLY FORTH



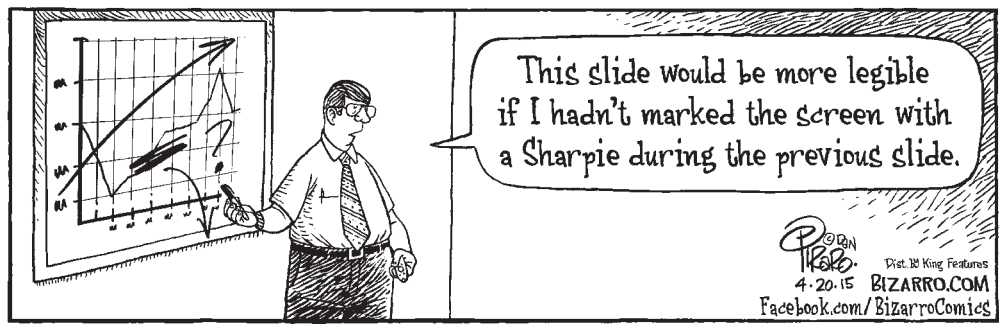
B.C.



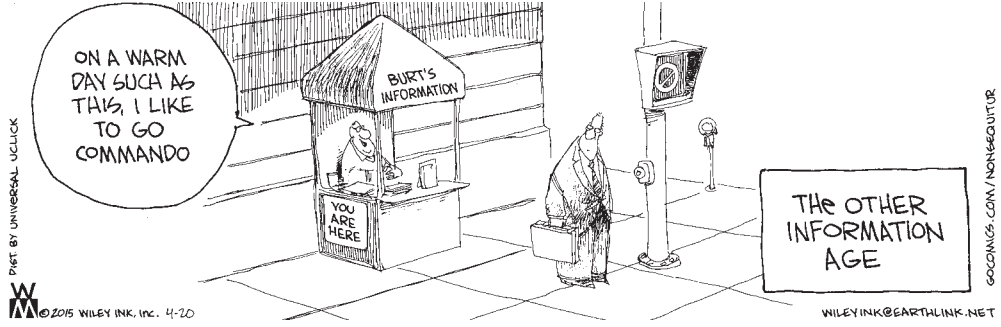
DILBERT



BIZARRO



NON SEQUITUR



WIZARD OF ID



ROSE IS ROSE

