

Unfriending mom on Facebook

Dear Annie: Yesterday, I had an argument with my 85-year-old mother. She said I must be a lesbian because of my recent Facebook posts in support of all my gay friends and the Supreme Court decision upholding gay marriage. Specifically, I changed my photo so it was colored in beautiful rainbow shades.

My mother was appalled that I was supporting “those people” and demanded that I change my picture. She said she was embarrassed and claimed that all of her friends were calling her to ask whether I was gay. This was a lie and she admitted it. Then she said she does not support gay people and I should support them in more private ways. I told her I am 50 years old, not 10, and these are my choices. If she doesn’t like it, she doesn’t have to look at my Facebook page.

I have never felt comfortable having my mother as a friend on Facebook. I want to un-friend her, but I’d feel guilty. She has always been this way, and frankly, I’m fed up. She has other friends and family on Facebook, so it’s not as though she’ll be out of the loop. What do you say? — New York

Dear New York: There are kinder ways to deal with this rath-

Annie’s Mailbox

Creators Syndicate Inc. Kathy Mitchell and Marcy Sugar



er than un-friending your 85-year-old mother. You can arrange your privacy settings on Facebook to limit what she sees and what she can post on your page. But truly, you are 50 years old and should know how to deal with your bigoted mother by now. Ignore her comments. Change the subject when she says things you find offensive and refuse to engage her in these pointless arguments where neither of you will influence the other. Don’t become angry. Smile, and then do what you want. It’s how children have dealt with difficult parents for centuries.

Dear Annie: I’d like to respond to “Not Buying Narcolepsy,” who complained that her husband sleeps constantly. Many people associate narcolepsy with the way it appears on TV sitcoms, where people fall asleep midsentence. But the most

common form of narcolepsy is excessive daytime sleepiness.

A year ago, I could not sit down without falling asleep. I woke up sleepy and probably could have slept 12 hours a day and still manage to fall asleep in my chair. Narcolepsy can be diagnosed by sleep studies and blood work. Since my diagnosis by a neurologist and finding the right medication, I have my life back.

Perhaps “Not Buying” should sit down with her husband and fill out the Epworth Sleepiness Scale as a way to begin a discussion of the medical reasons behind his need for such great amounts of sleep. It’s available through the Narcolepsy Network (narcolepsy-network.org). I hope this helps. — Wide Awake

Dear Wide Awake: Thank you for the excellent resource. Narcolepsy isn’t simply about insufficient sleep. It’s a neurological disorder affecting the way the body regulates sleep-wake cycles. Information on narcolepsy is also available through the National Sleep Foundation (sleepfoundation.org). Anyone who is having problems staying awake should also speak to his or her physician and, if necessary, ask for a referral to a sleep clinic.

Tomorrow’s horoscope

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). Having dealt with uncertainty before, you are now more able to deal with uncertainty in a different area of life. This is the ability that makes you a superhuman!

TAURUS (April 20-May 20). You’ve made indelible memories in the mind of another without trying at all. So why start trying now? Perhaps the work you do to make an impression would best be applied to your own enjoyment.

GEMINI (May 21-June 21). You’re so capable that lazy people may try to rely on you for everything they need. That’s why saying “no” is a sanity saver. Happiness is doing only what you really want to do.

CANCER (June 22-July 22). Rare and magical happenings will touch your personal life. Preserve the sacred nature of this by refusing to overanalyze or even talk very much about it.

LEO (July 23-Aug. 22). There are times when you grow so world-weary that you believe you’ve seen it all. That’s what makes days like today so special — the grandeur of the undiscovered unfolds before you.

VIRGO (Aug. 23-Sept. 22). Sometimes the game changes after you make a move, but today it changes before you make the move. So hang back, watch the other players, stay aware, and be ready to act on opportunity.

LIBRA (Sept. 23-Oct. 23). Another lovely thing about you is that when people aren’t treating you right, you tend to look at your own behavior first. Did you misstep? Is there something you could have done differently? This is the winner’s way.

SCORPIO (Oct. 24-Nov. 21). There’s nothing quite so inspiring as seeing others doing something similar to what you’d like to be doing (but not nearly as well as you could do it).

SAGITTARIUS (Nov. 22-Dec. 21). Seek not fame or fortune, as they bring only fleeting pride compared to the more lasting confidence that comes with building your character. Strive instead to become better, wiser and more loving.

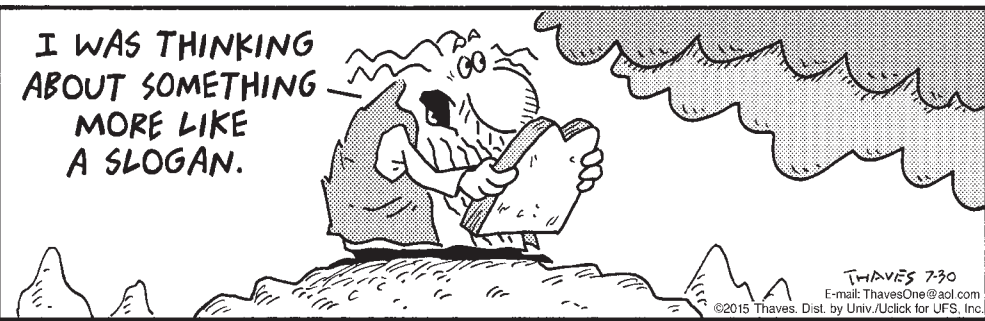
CAPRICORN (Dec. 22-Jan. 19). Once you put your mind to it, you’re unstoppable. So the question is: How do you put your mind to it? Visuals help. Inspiring role models help. High stakes help. Assign rewards and consequences.

AQUARIUS (Jan. 20-Feb. 18). Wealth flows to those who provide great value to others. It also flows to those who manipulate and enslave others, though, so keep your eyes open. Don’t empower evil by buying into it.

PISCES (Feb. 19-March 20). The luck that drops into your world is a magic key that will get you out of your current bind with a twist and a click. Accept the cosmic gift, say thank you, and move along!

FRIDAY’S BIRTHDAY (July 31). It will be a year marked by fascination. Prioritize the people, places and interests that spark your curiosity. In August, this spark will turn into a fire. You’ll expand your mind through film, books and conversation. Your earning power will be the next thing to expand. Cancer and Aquarius people adore you. December shows you holding hands while crossing a finish line. Your lucky numbers are: 6, 30, 2, 48 and 32.

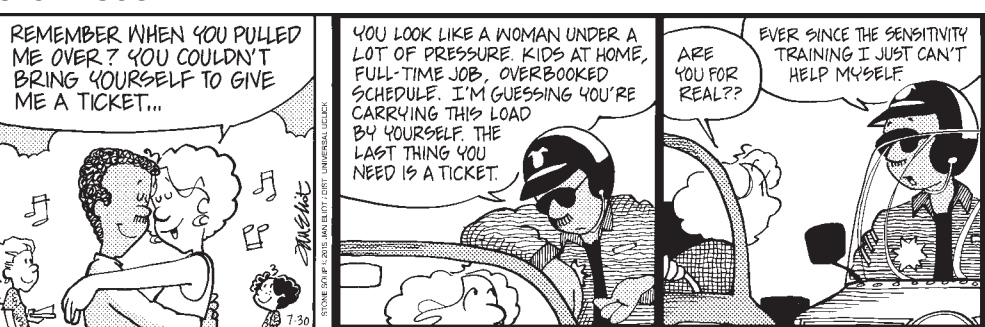
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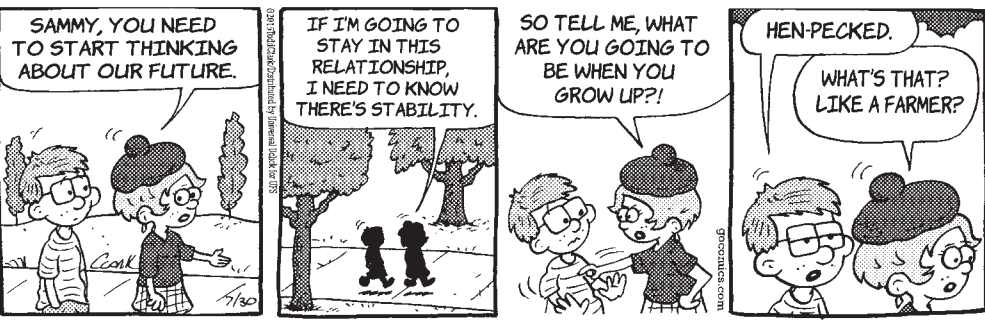
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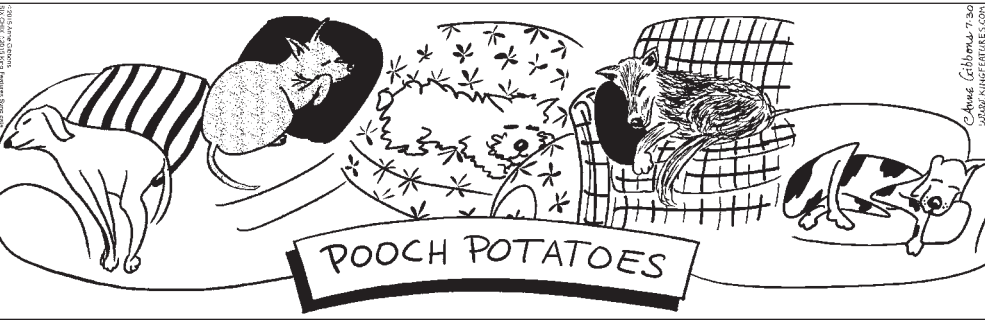
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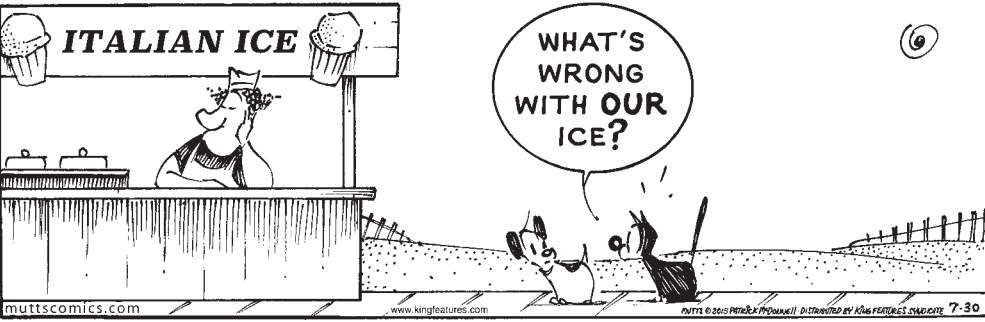
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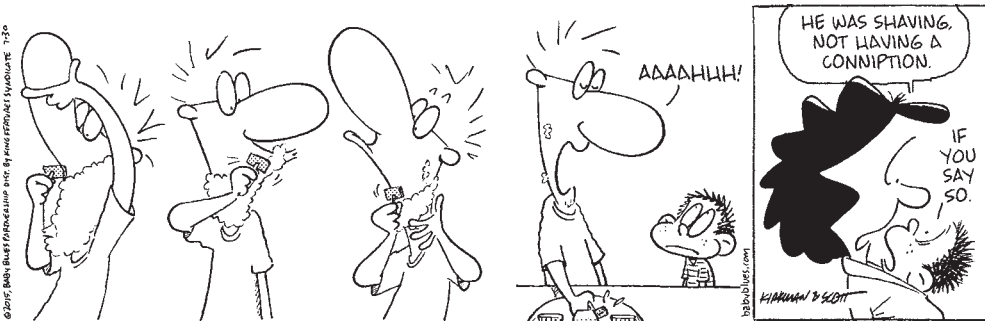
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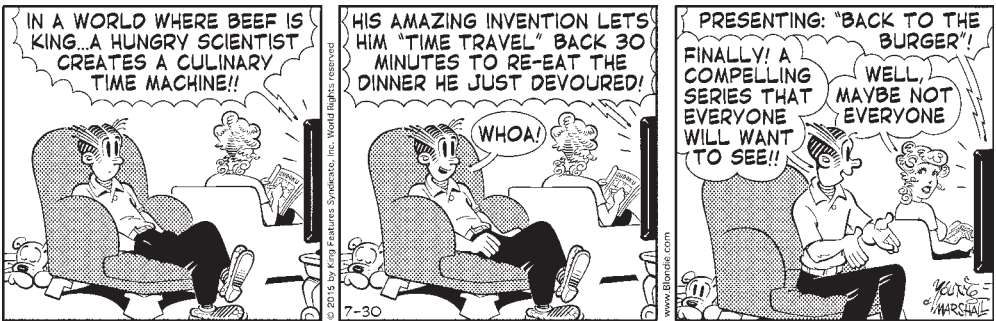
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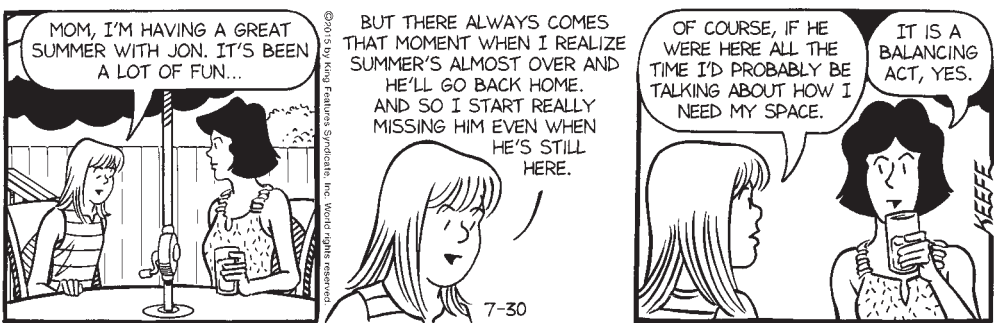
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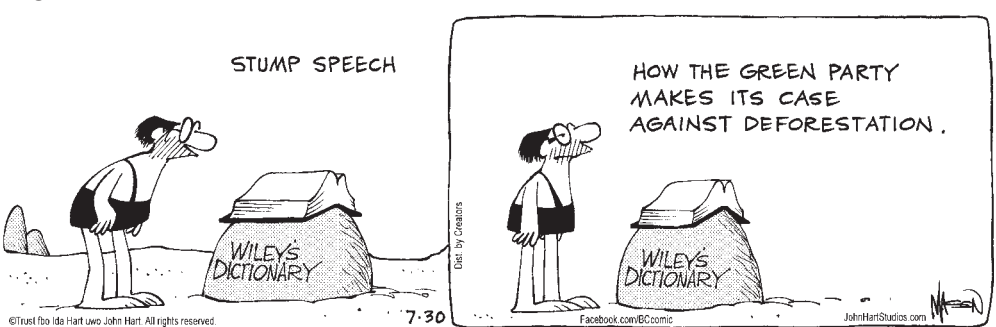
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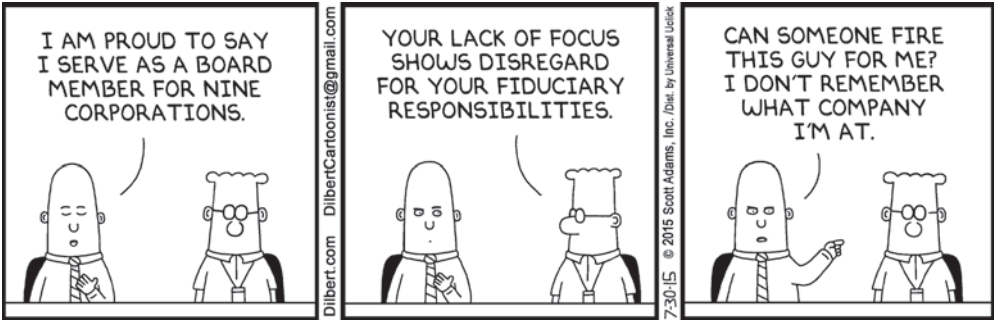
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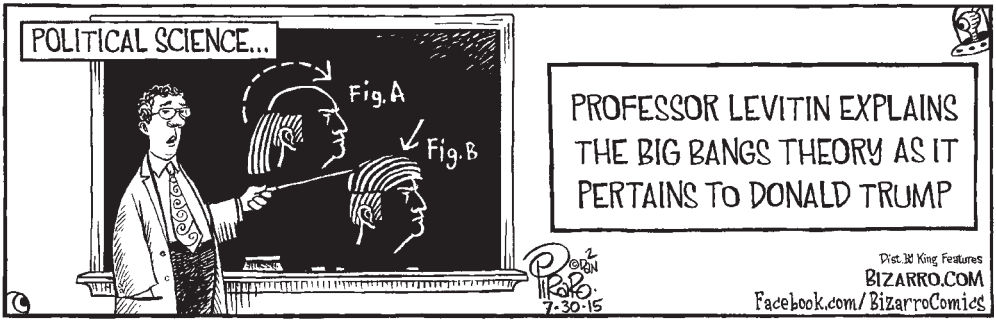
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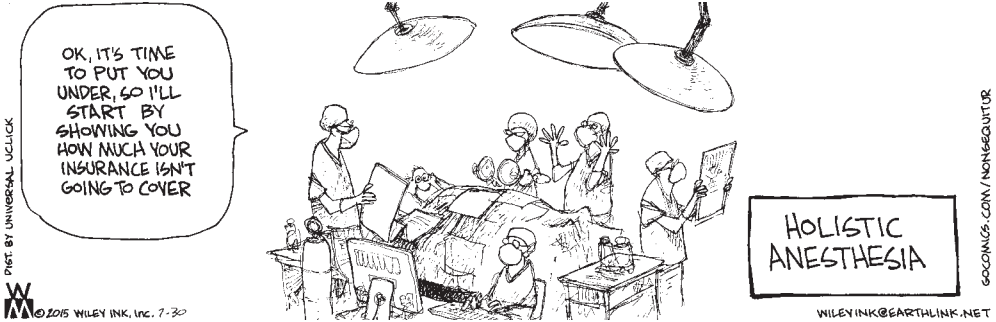
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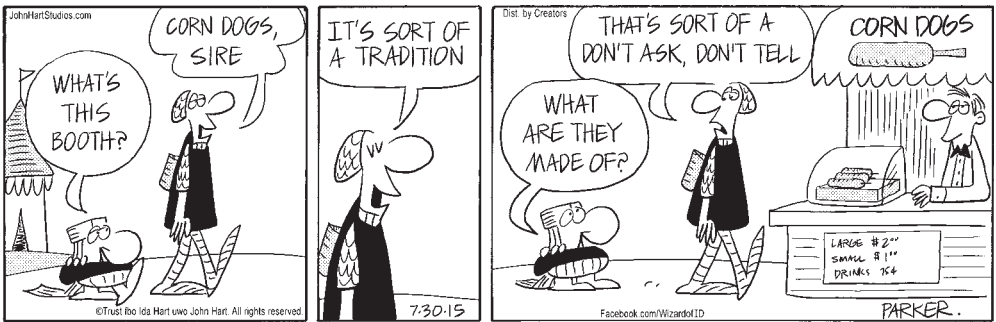
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