

Self-medication worries sister

Dear Annie: My sister lives with my father. She is supposed to be helping him, but she has a problem with depression and self-medicates with marijuana and alcohol.

Do you have any recommendations as to how to handle her? She is so difficult to work with, and will not admit that she needs help. — *Concerned Siblings*

Dear Siblings: We're not sure what you are looking to do. Is the drinking and pot use excessive? Does your sister neglect or abuse your father? Have you spoken to your father? Are you willing to take Dad into your home to better care for him? Can you afford to hire occasional help for Dad?

It's unlikely that you will convince your sister to treat her depression by talking to a doctor or a therapist. You have tried discussing it, to no avail. Unless you are willing to remove Dad from the home, you have little influence on her forms of relaxation. If she is abusive or neglectful, report the situation to Adult Protective Services. And whenever possible, please take over so that your sister can get a break. Being the primary caregiver is a tough job, no matter what shape you're in, and it may be more stress-

Annie's Mailbox

Creators
Syndicate Inc.

Kathy Mitchell and Marcy Sugar



ful for your sister than you realize.

Dear Annie: I have read with interest the many letters from both men and women of a certain age who are dealing with sexual and intimacy issues. Then I read the letter from "Three Sexy Broads in Vermont." First, I applaud them and count myself in the same league — over 70 and still sexy.

To the rest, I ask, "Didn't you need to go through a learning process to find mutual satisfaction in sex when you were younger?" The answer is yes, and now our bodies and our sexual needs are different. We need to learn new ways.

Annie, you publish all these letters, but never a source of information. There must be some resources out there to learn about geriatric sex. Please do us all a favor, and post some sources of advice. — *Fourth Sexy Broad*

Dear Fourth: You must have been absent from school on the day we said that AARP offers some wonderful information and help. Go to lifeimagined.aarp.org and click on "Relationships" in the menu. You also can find information through the Mayo Clinic, and at your local library or bookstore. And if you Google "senior sex," there are all kinds of websites that offer tips and advice that you can peruse as you see fit. Here's the last word:

Dear Annie: A lot of us would love to have great sex after menopause. The problem is not how our bodies look, but how things function. For thousands of women, sex is just too painful. Some, like me, have had breast cancer and gone through chemo and hormone treatment. There is no drug or cream available that will both alleviate our painful symptoms and is safe for us to take.

I'm glad these "Three Sexy Broads in Vermont" are having the time of their lives in the bedroom. Just don't expect this to be the case for all of us, and they shouldn't make us feel guilty for not enjoying a better sex life. I am thankful to have a loyal husband who understands the changes I've gone through and loves me anyway. I would do the same for him. — *Grateful to Be Alive*

Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). Alone you'll get stuck on a project, but with a partner you'll accomplish what you both can be proud of. Keep with the same partner you started with. Your loyalty will be rewarded.

TAURUS (April 20-May 20). Living the easy life gives you no joy today. There's something in you that needs to contribute in a way your heart deems worthwhile. If you can make someone else's life better, that's what will give you joy.

GEMINI (May 21-June 21). You're the only one holding you back. Today, the recognition of this may inspire complicated emotions that will fill the entirety of your emotional wheelhouse.

CANCER (June 22-July 22). You don't always wish to be spoiled by great waves of admiration and affection, and yet, once in a while, it's nice to feel the rush of power that comes with knowing that someone is absolutely crazy about you!

LEO (July 23-Aug. 22). Follow the bright lights and noise of the crowd. There's something in the mix that will speak to you. Valiant and creative, you defeat the odds and carry at least one other forward into victory.

VIRGO (Aug. 23-Sept. 22). Your best efforts will be richly rewarded. Unfortunately, some efforts that wouldn't even make your top-10 list will also be richly rewarded, so you'll be faced with the challenge of being extremely honest with yourself.

LIBRA (Sept. 23-Oct. 23). There is always an element of unconscious material at work in the situation. However, now it's bursting through your awareness in such a way that you can no longer ignore it, at least inwardly. It may still be inappropriate to talk about.

SCORPIO (Oct. 24-Nov. 21). While you are

won over by positive thinking, you are quite skeptical of those who seem to be operating from a state of chronic denial. While you don't want to burst anyone's bubble, neither do you want to co-habitate inside of it.

SAGITTARIUS (Nov. 22-Dec. 21). Not all attention is love. Those with a victim mentality get that wrong. They also tend to confuse love with what others can do for or give to them. You'll show real love by believing in a person's ability to help himself.

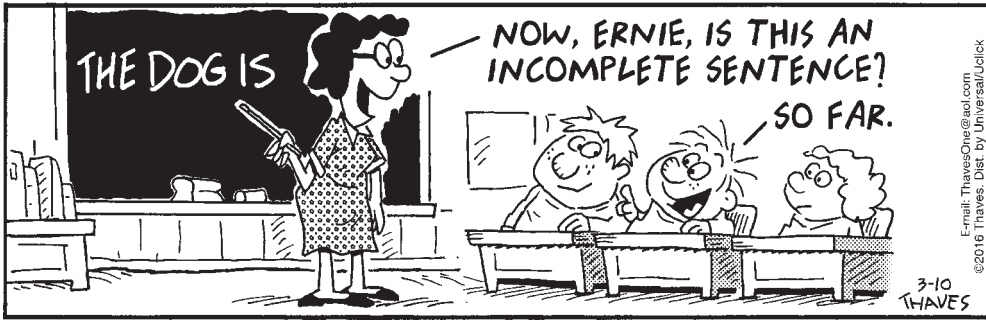
CAPRICORN (Dec. 22-Jan. 19). Your daydreams will be powerful, so this is the perfect time to imagine yourself as the healthy, successful, happy person you want to be, doing the vibrantly exciting things of which you know you're capable.

AQUARIUS (Jan. 20-Feb. 18). A system you put in place long ago is still up and running and helping you (and others!) get smoothly through life. Let it be an inspiration to you as you go forward in creating a new system this weekend.

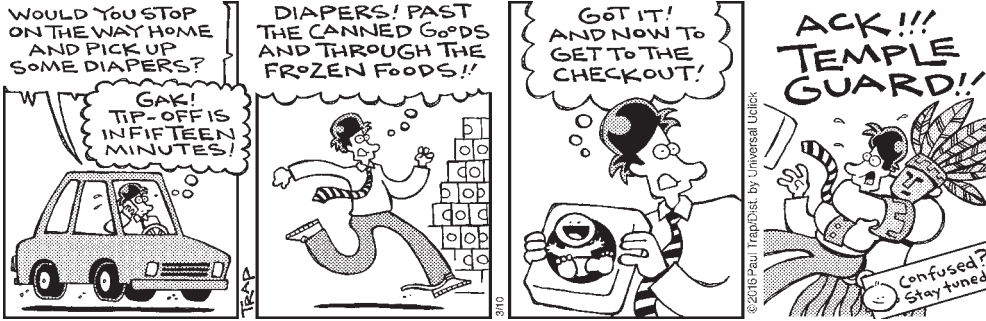
PISCES (Feb. 19-March 20). You want your loved ones to feel your love, so you demonstrate it in the way you think they would most like to receive it. It is worth mentioning that this may be very different from how you'd most like to give it.

FRIDAY'S BIRTHDAY (March 11). It's simple really — you meet people you would love to spend more time with, then you make that happen. Ambitions will be fired up over the next six weeks. Your commitment to a job will attract the heavy hitters who can help you excel beyond your expectations. July and November represent landmark agreements. Leo and Sagittarius adore you. Your lucky numbers are: 1, 3, 33, 38 and 41.

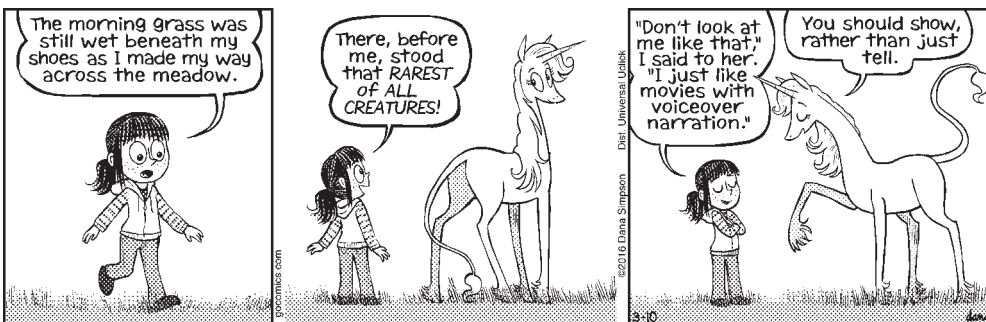
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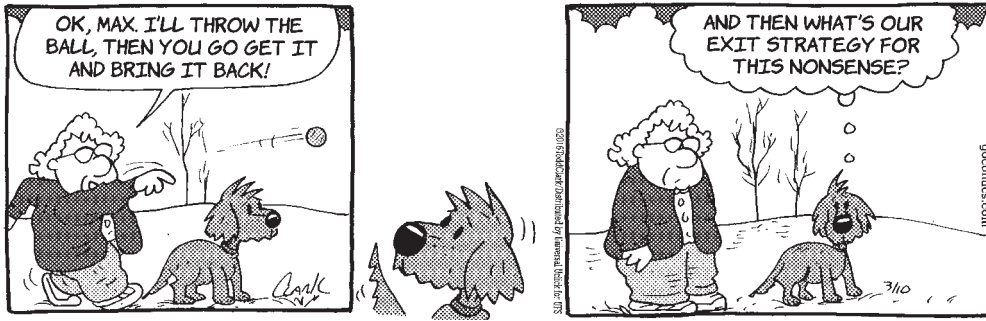
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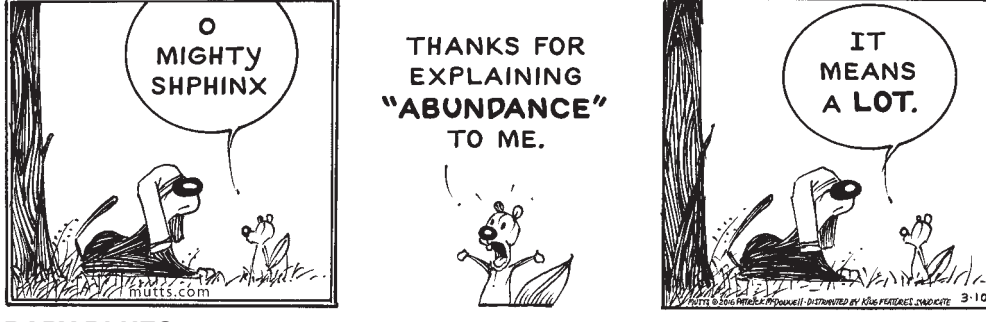
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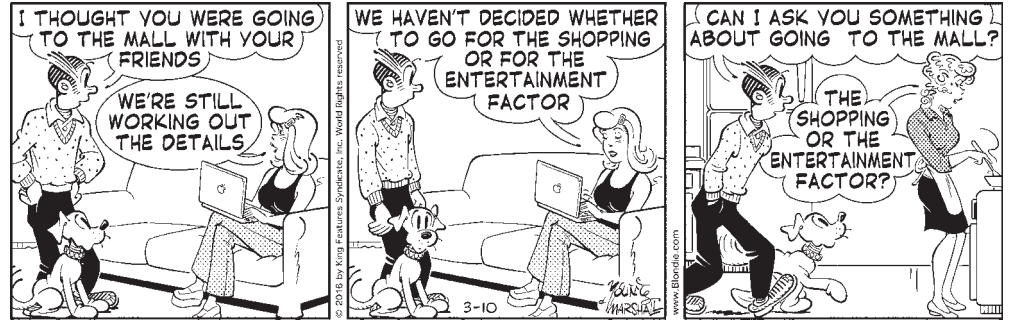
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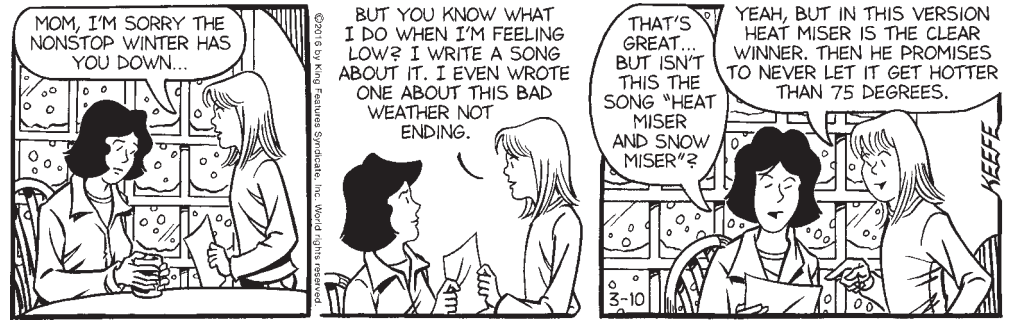
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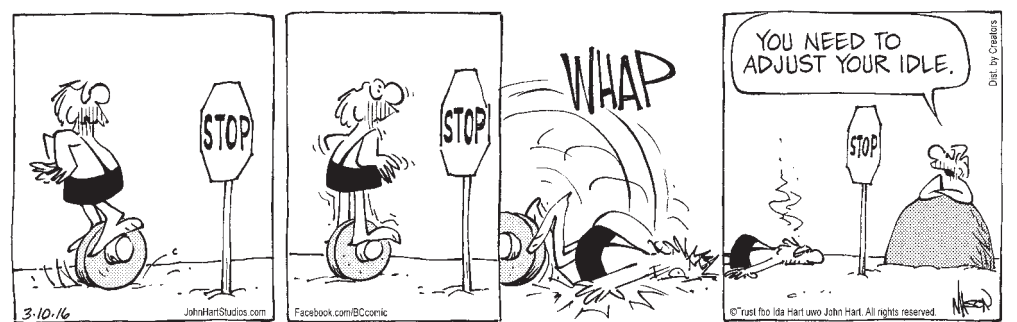
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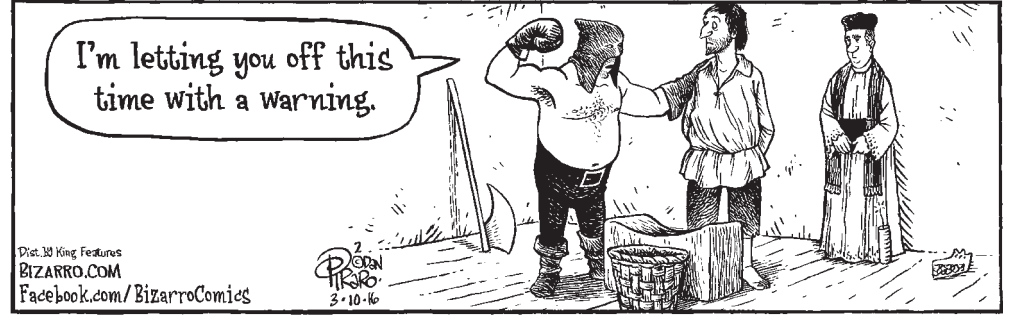
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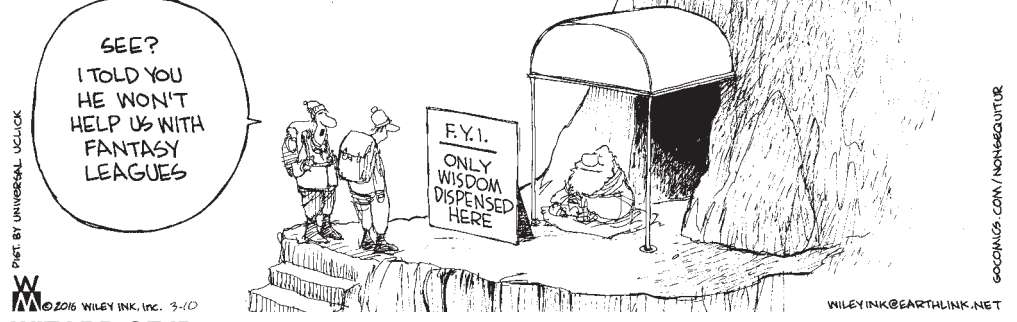
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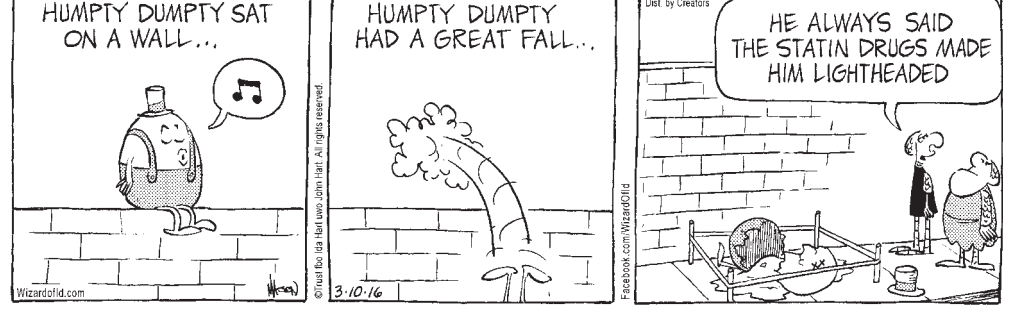
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