

Fight over ADD medication

Dear Annie: My 7-year-old son was diagnosed with attention deficit disorder last year. Before then, my husband and I thought for a while that he just had "a lot of energy" and had trouble grasping some things in school, like all kids at some point or another. But he started falling behind significantly, to the point where classmates were calling him stupid. (Don't even get me started on those kids.) My poor son's self-esteem just plummeted, and he began getting easily frustrated with his work. Since the diagnosis, we've tried putting him on a low dosage of medication. It's made a world of difference. He is not only following along in school but also able to hold an actual conversation with us and his peers and stay on task. Previously, when I would ask him to brush his teeth before bed, on his way to the bathroom, he'd find a new Lego to unpack and then go to the kitchen pantry to see about a snack.

our son to take the medication. He feels that our son is too "robotic," and he doesn't want to "drug him up." I don't blame him for his reservations; he spent a few years as a teenager trying different medications, and virtually every one produced difficult side effects. He has lived his life without medication. (Don't get me started on that, either.) I feel that staying on this track is the best for our son and that my husband is projecting his experience on our son. Do you see a compromise here? Or is this a no-brainer? — *Concerned Mom*

Dear Concerned: No way is this a no-brainer. Decisions involving children and medication are often complicated and always require careful consideration. Every case is different, and I can't say for sure what the best choice for your son is. I would recommend that you go to a licensed therapist whom you and your husband agree on and seek his or her professional opinion on the matter.

Dear Annie: Your advice to "Tired and Exhausted" — whose son is struggling with addiction — was good but incomplete. As a parent of two people who were addicts for a very long time (both are sober now), I'd like to recommend Learn to Cope. This is a wonderful support group started by Joanne Peterson in 2004, and it has over 7,000 members. Though it is based in Massachusetts, the organization holds meetings in several locations, and its website alone is a wealth of information. (Check it out at <http://www.learn2cope.org>.) Anyone who joins (it's free) can post questions and receive great peer support. "Tired and Exhausted" could also call 508-738-5148 to speak to a member of the Learn to Cope staff. — *Mom Who's Been There*

Dear Mom: Thank you for sharing. I had not heard of this organization, but I've made a note of it for future reference.

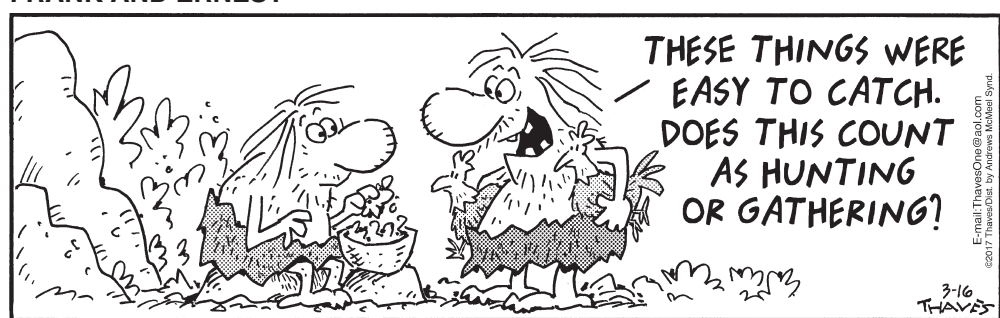
And in case Learn to Cope doesn't have a meeting in your area, I'd again like to mention Nar-Anon Family Groups. It is a terrific organization offering support for anyone who loves someone who suffers from addiction.

DEAR ANNIE

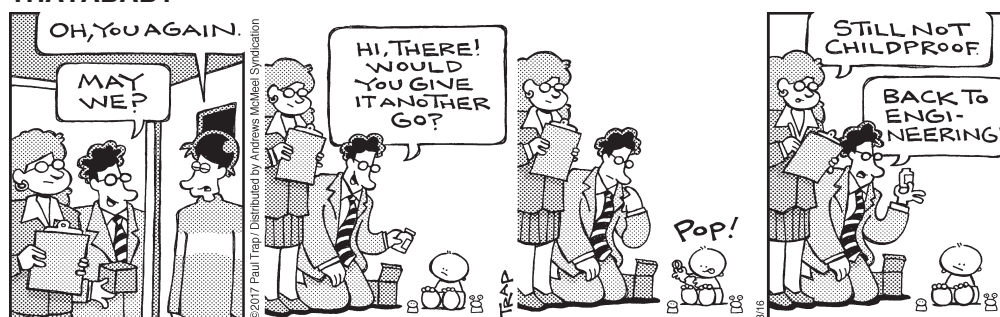


Annie Lane
Creators
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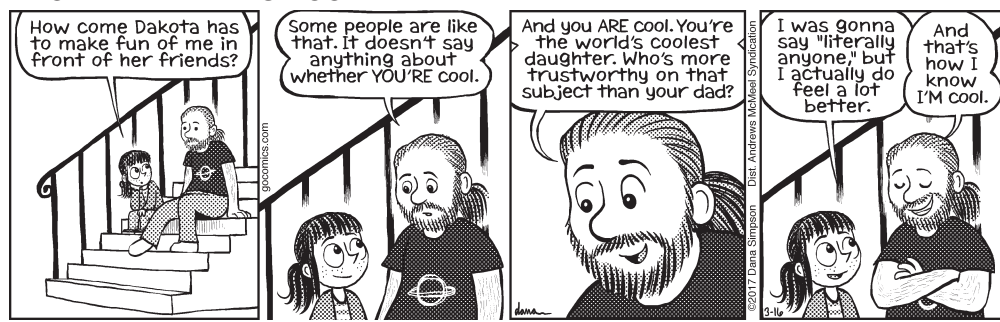
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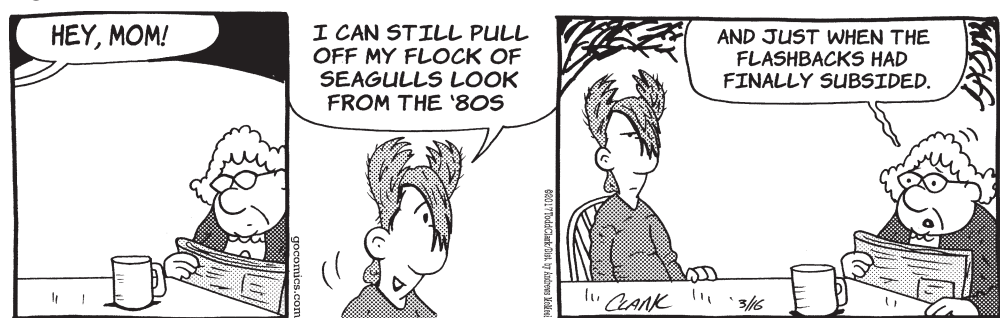
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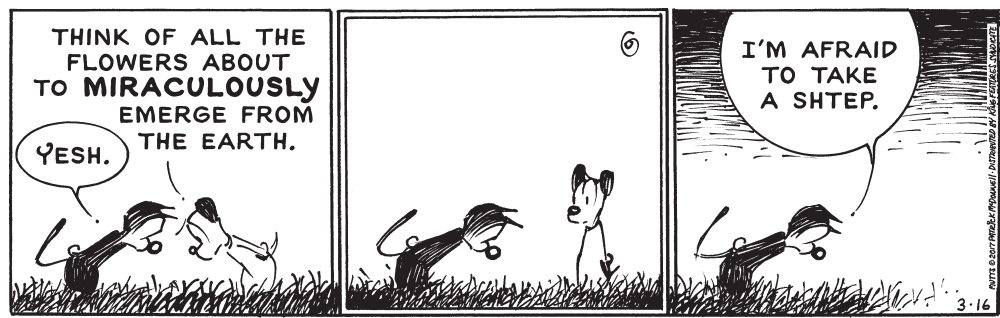
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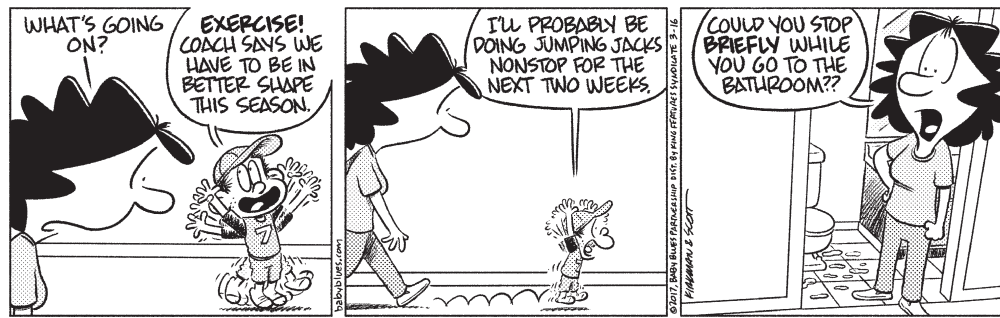
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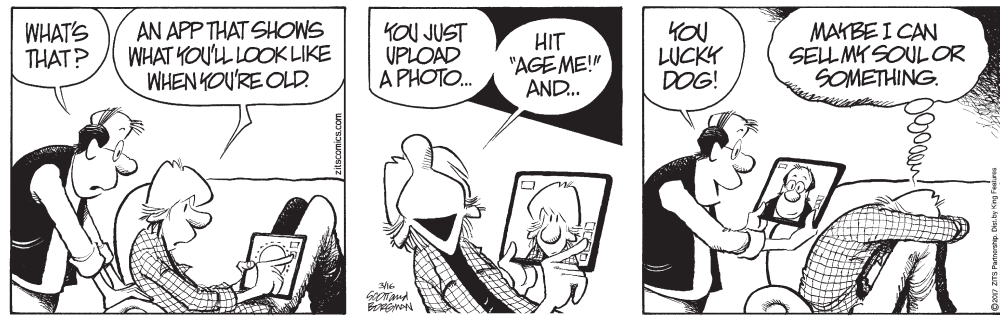
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BABY BLUES



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TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). There are so many reasons to spend time with the people who make you laugh. First of all, it's more fun. Secondly, you'll get the added benefit of sharpening your own sense of humor, which helps many areas of your life.

TAURUS (April 20-May 20). You've been given the raw goods but not much in the way of instruction. That's fine. It's actually better this way. You'll build it into something that's all yours and utterly different from what others expected.

GEMINI (May 21-June 21). Parents fully appreciate what it takes to get other (sometimes unwilling) people dressed, ready and where they need to be at the expected time. You'll have a similar responsibility today.

CANCER (June 22-July 22). Everyone gets lost. This is especially easy to do today regarding the seemingly minor matters of good taste. If you're attracted to something and you love it, it can't be all bad. And maybe it's very right. Start there.

LEO (July 23-Aug. 22). Life is complicated enough without any help from an overactive mind and imagination. When you feel yourself edging toward unnecessary "what if" scenarios, stop before you start.

VIRGO (Aug. 23-Sept. 22). It is very important to obey your thirst. The scientists suggest that by the time you realize you are thirsty and go searching for water you are already dehydrated. The same goes for your thirst for certain kinds of attention.

LIBRA (Sept. 23-Oct. 23). The others may believe that a mystical and elusive force is at your command, but the reality is that you have purposefully trained to increase your capacity to produce brilliant results.

SCORPIO (Oct. 24-Nov. 21). Solitude is not necessarily isolation. Just because you need to be alone doesn't mean you are alone. Your favorite people will be the ones who understand and honor your need for peace and quiet, which is intensified now.

SAGITTARIUS (Nov. 22-Dec. 21). In musical terms, when two unharmonious notes are played together and cause tension that goes unresolved, it's called "dissonance." Today it happens in nonmusical areas, too, intensifying a craving for resolution.

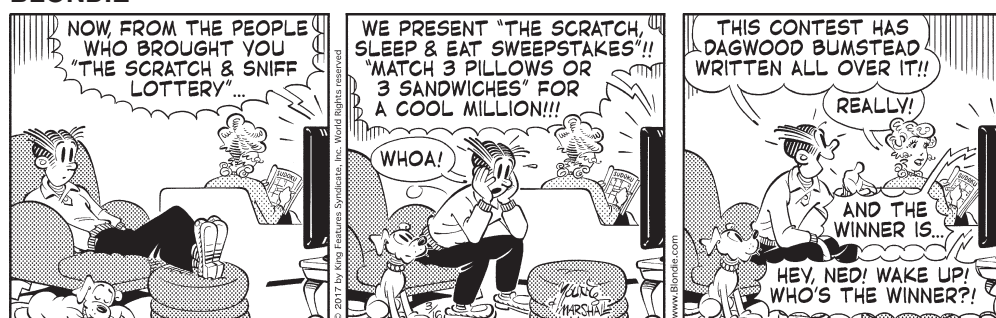
CAPRICORN (Dec. 22-Jan. 19). Don't take your senses for granted, as exploring the textures and processes of life will amplify your joy. And if there's a part of your everyday world that's an eyesore, this is the day to handle it.

AQUARIUS (Jan. 20-Feb. 18). In order to accomplish a lofty aim, you'll need to solve a problem not just once but perpetually. This will take stamina. There are a few habits and structures in your life that could be fine-tuned to accommodate the goal.

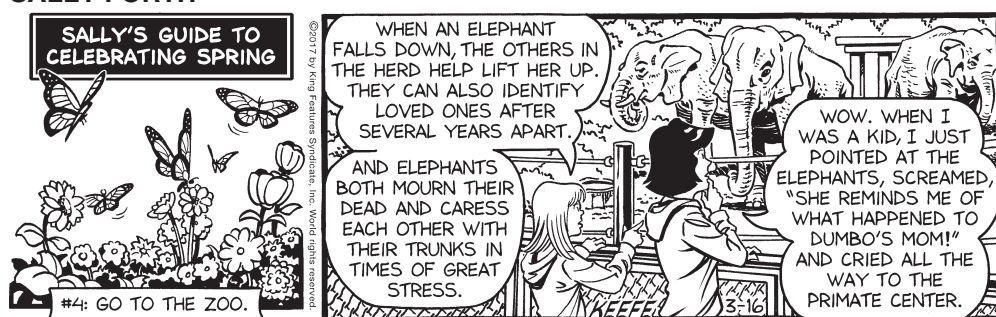
PISCES (Feb. 19-March 20). Matters of scale will affect the social swirl. What seems to you to be a small effort could be quite large in the mind of one who endeavored it. Measure not with rulers and scales but with social awareness.

TOMORROW'S BIRTHDAY (March 17). You'll be surprised and inspired. You'll make the first move often this year and the second one, too — then the universe answers with move No. 3 and soon all the world seems to be moving either for you or out of your way. The road forks in May. Money comes in lump sums in August and October. Aquarius and Libra adore you. Your lucky numbers are: 7, 20, 44, 19 and 38.

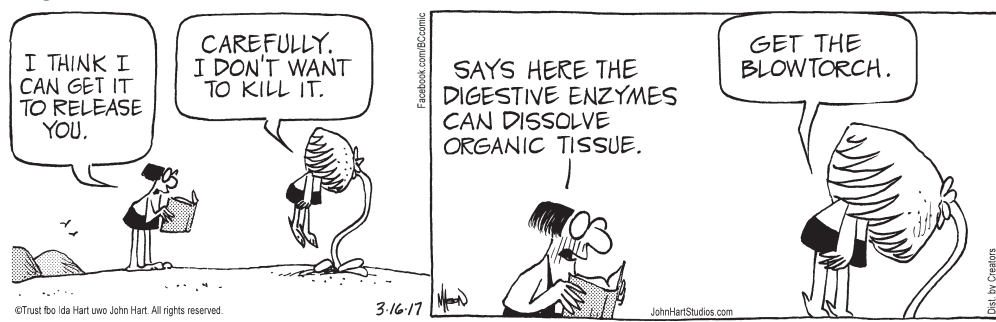
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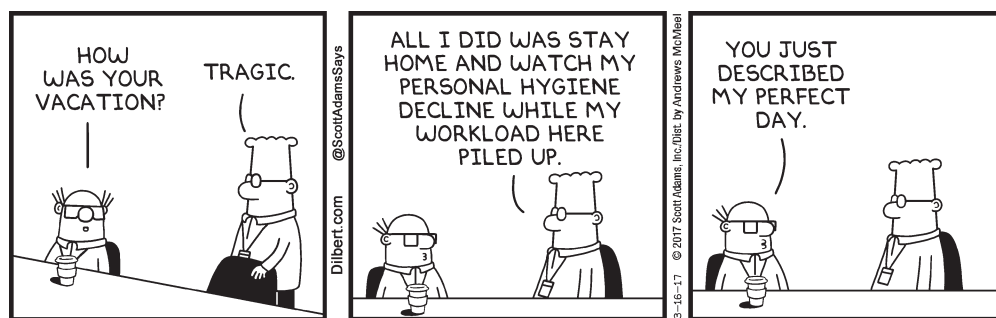
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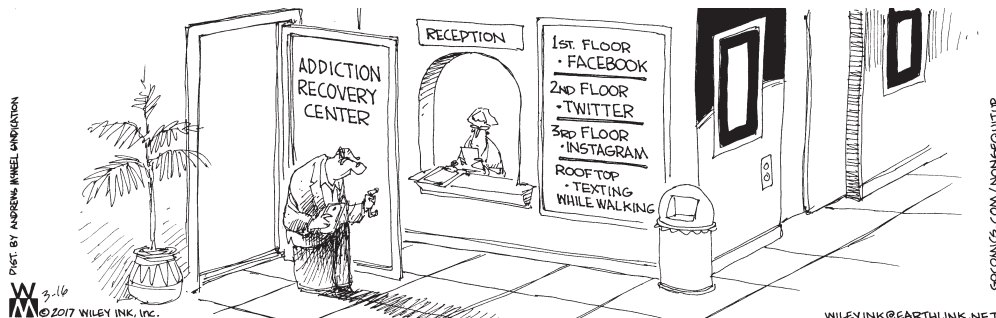
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