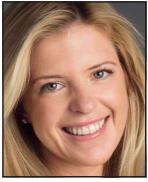


Discussing mental illness

Dear Annie: It's no secret that there is a stigma when it comes to mental health in today's society. I've struggled with anxiety and depression for several years now, and I'm fortunate to have it "under control," so to speak, thanks to therapy and medication. I like to think that I am in charge of my illness rather than the other way around, and I don't want to be shy about it, because it is part of who I am. However, I'm now not sure when it's appropriate to share this information with someone.

DEAR ANNIE



Annie Lane
Creators
Syndicate Inc.

subject to come up naturally. It is a hard thing to say out loud. The thought of telling him overwhelms me, but I am even more overwhelmed knowing that he doesn't know this huge thing about me. Should I just go ahead and bring it up to him out of the blue and get it over with, or should I wait? — *Smitten and Scared*

Dear Smitten and Scared: There is no set timeline for divulging mental health issues to a new partner. The right time is when it feels right for you. That means when you trust him, when you're sure the relationship is serious and when the fact that you haven't told him is really bugging you. If you're at that point, then you're ready to have the conversation. Decide ahead of time just how much you want to divulge. A short, simple explanation like the one you gave me would be perfectly acceptable, and you can

reveal more as your relationship progresses. He will not break up with you over this, and if he does, you're better off without him.

Dear Annie: In my local newspaper this past weekend, there was a wonderful column in which you provided information about Al-Anon (the support group for friends and family members troubled by someone else's drinking). I just wanted to thank you for putting the word out there. Many people don't know about Al-Anon. They say that for every alcoholic in a family, at least 10 others are affected by his/her behavior and are unaware of it. I know that Al-Anon has helped many people learn to live and even love their alcoholic family members. Thank you. — *Lori H.*

Dear Lori: Alcoholism truly is a family disease, and I believe it's as important for loved ones to seek help as it is for the problem drinkers to do so. For more information and to find a meeting near you, visit <http://al-anon.org> or call 888-425-2666.

TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). It's smart to store up what you will later need. It's wise to know what that will be; it's a trick question of sorts, too, as your basic needs will stay the same but what fulfills them will change considerably through time.

TAURUS (April 20-May 20). You're getting more and more specific in your desires. Not everyone will understand you, but the ones who do will feel an immediate bond and form a lasting kinship.

GEMINI (May 21-June 21). When you keep making the same goals but you don't seem to be getting any closer to them, that's a sign to give them a rest. Maybe having no goal is better than having one that keeps you stuck.

CANCER (June 22-July 22). The good things, such as winning the lottery, seem to happen to someone else. The bad things seem that way, too. But don't forget, you're "someone else" to someone else!

LEO (July 23-Aug. 22). Each state of mind and mood has its purpose, and most only last as long as we let them go on. Sadness is like entering a dark room. Happiness can be as simple as reaching your hand out to turn on the light.

VIRGO (Aug. 23-Sept. 22). The same people who bring out the best in you also bring out the stress in you. The grace of the day is that those two things won't happen at the same time. If you keep on the sunny side, so will those around you.

LIBRA (Sept. 23-Oct. 23). Those who are slow to anger will reap the best outcome from today's situation, which will require patience, a lack of ego and great flexibility of mind. The

gentle answer will bring the best results.

SCORPIO (Oct. 24-Nov. 21). Success isn't a number you reach; it's a ratio. Even if you have the means you desire, if you are not satisfied, you are not successful. If you are satisfied, even if you are not rich, you can consider yourself a success.

SAGITTARIUS (Nov. 22-Dec. 21). When time and distance don't seem to make you forget someone, it's a sign of true love, which is impervious to the effects of miles, clocks and calendars.

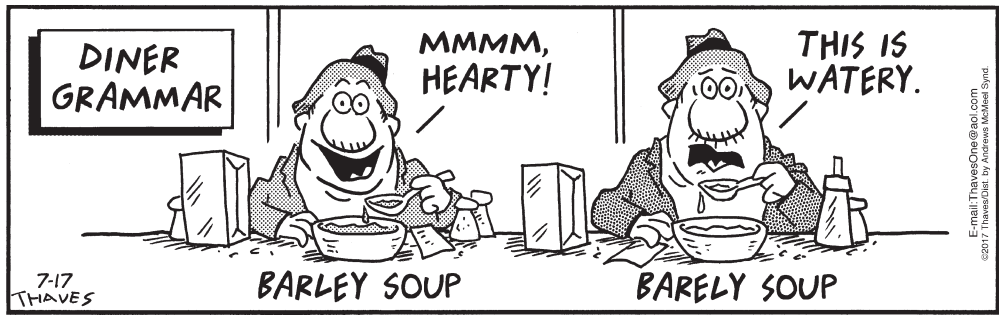
CAPRICORN (Dec. 22-Jan. 19). The fact that everyone is running around saying there's a problem doesn't necessarily mean there's a problem. Check it out for yourself. Avoid wasting your time with issues that aren't.

AQUARIUS (Jan. 20-Feb. 18). Stay away from the kind of people who have a problem for every solution. It's not funny, and it's not charming. What it is — a dark cloud obscuring the sunshine you need so much today.

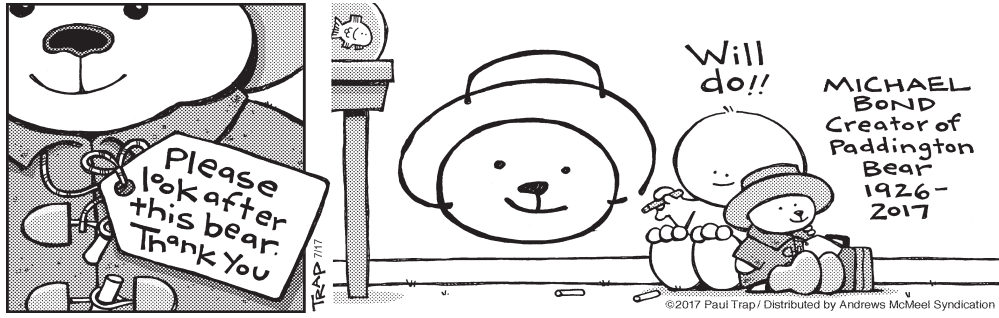
PISCES (Feb. 19-March 20). The true sign of intelligence is not in the accumulation of knowledge but in the ability to change. Exercise your right to alter things — your mind, your choices, yourself.

TOMORROW'S BIRTHDAY (July 16). This year, you'll develop a whole new list of things you want to try. The experts often make things look easy that have in fact taken long hours of hard work to perfect. This doesn't scare you. Your ambition will make your life interesting, and you'll be very attractive to the new friends coming into your world. Leo and Sagittarius adore you. Your lucky numbers are: 9, 20, 11, 32 and 17.

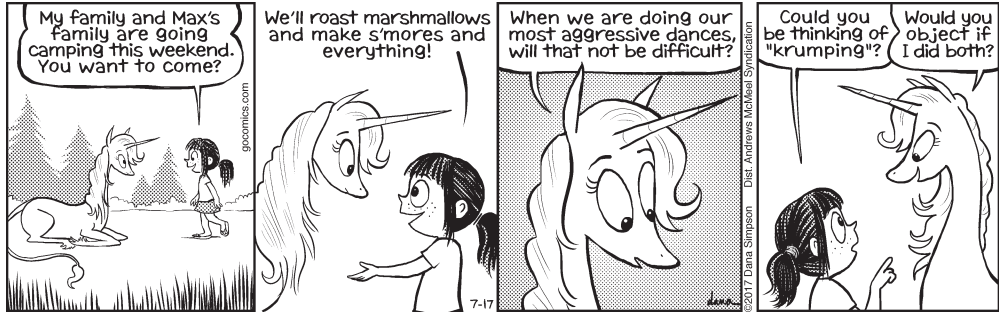
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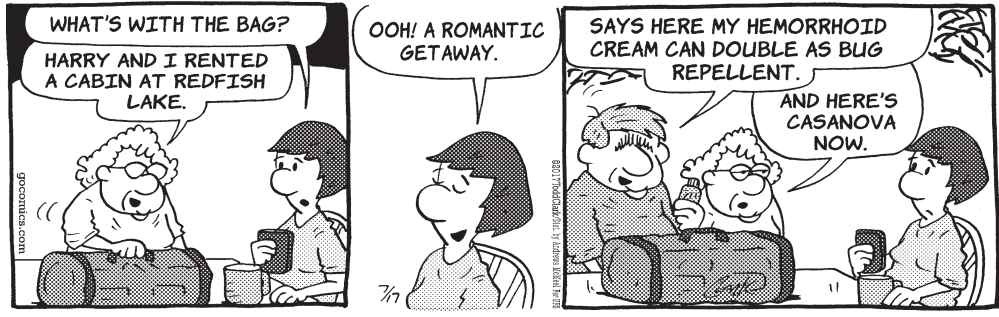
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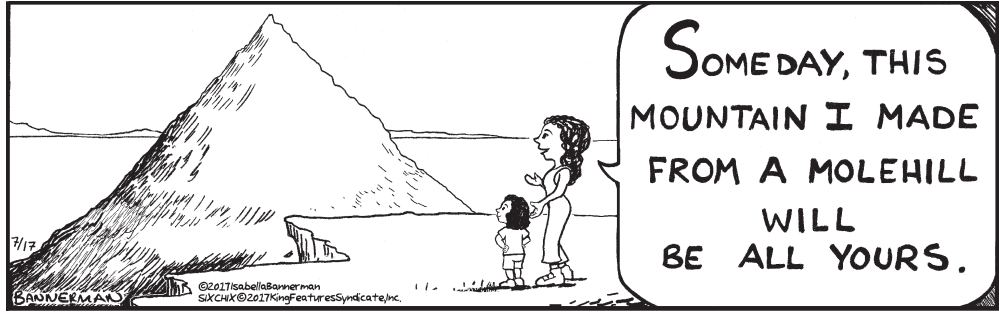
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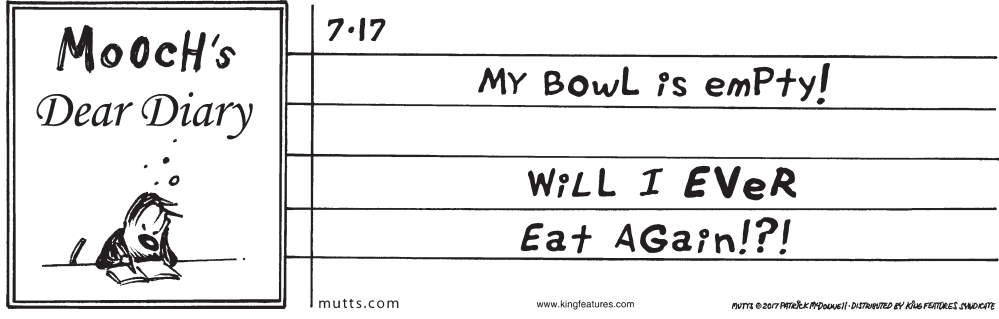
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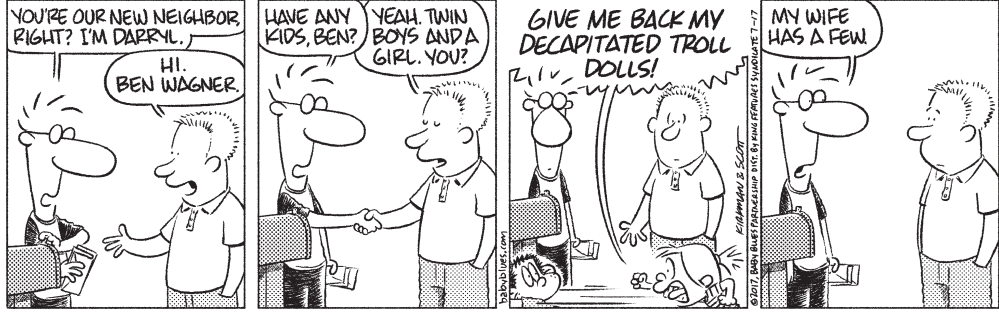
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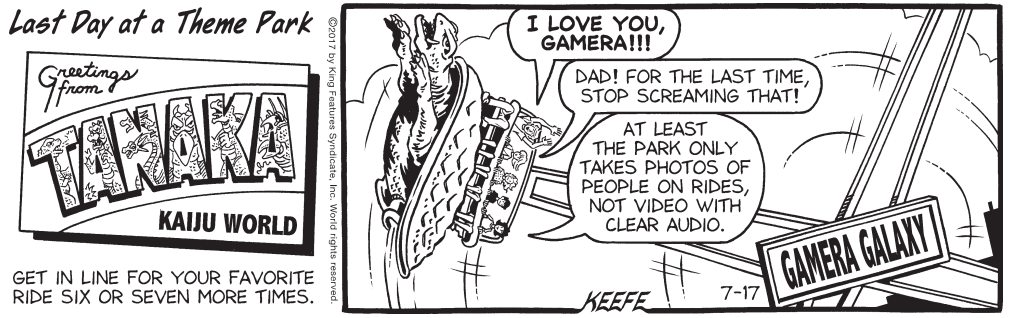
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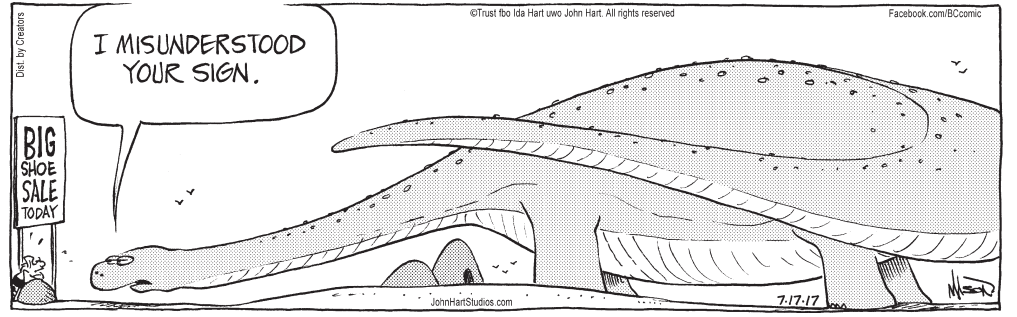
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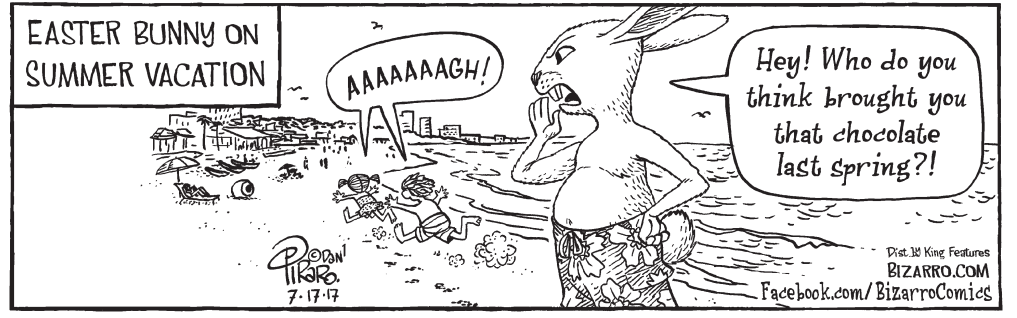
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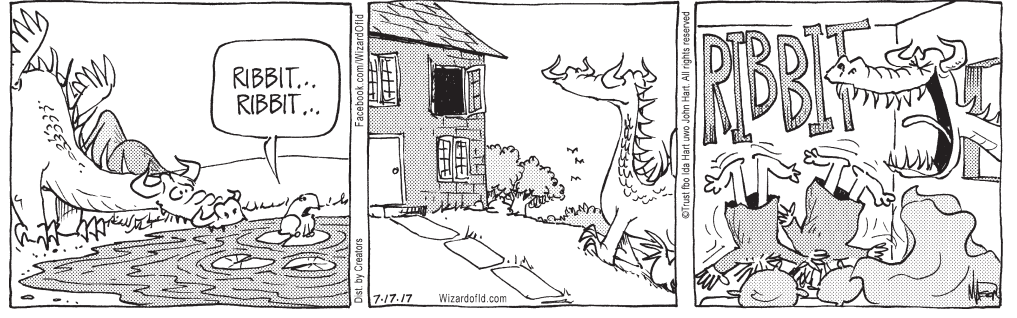
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