

# Sad about growing older

Dear Annie: I'm 81 years old. Of all the issues I read about regarding seniors, no one seems to acknowledge this one, and I just know I am not alone in this: the grief of trying to come to grips with the fact that I am old.

First let me say that I live with my husband of 60 years; I have friends and a good church community; I exercise five times a week; and I have fulfilling hobbies. But what do I do with the frustration I feel that we can no longer stand or walk the long distances for all the entertainment and activities we used to enjoy? What do I do with the memories that should bring me happiness but instead make me sad that they are no longer? How do I deal with seeing how traditions that my parents, grandparents and I have tried to keep going seem lost on the new generations? What do I do with seeing families having fun together while no one ever thinks to invite us older people along? What do I do with the cards and photos I send and calls I make that are

never acknowledged? What do I do with the guilt I feel for being angry with my precious husband when I want to do something but we just sit home and dissolve into meaningless TV because he can't physically do it anymore?

What do I do when I can't see or hear things and have to fake it?

Bottom line: How do I make myself accept the fact that I am old? — Louise A.

Dear Louise: Let your children or other younger family members know that you're struggling and what you need from them — support, acknowledgment, more quality time together or anything else.

Commiserate with friends your own age about your frustrations. Just being around people who "get it" can be incredibly healing.

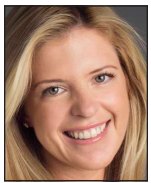
It is futile to try to stop yourself from feeling sad about old memories. It is sad. It is hard. Accept these feelings, and if they are too deep and hurtful, processing them with a therapist would be helpful.

Dear Annie: This is a response to "Obsessed and Tired," the young teen who is obsessed with Internet stars. She mentioned that she believes her Internet obsessions are based on her lack of friends, but when I was a teen who was obsessed with anime, I used that interest to make friends. I went to conventions, joined clubs and went to events — all places where I could meet people who liked and enjoyed the same things as I did — and I met (and still meet) lots of new friends while enjoying the things I like.

Luckily for "Obsessed," this is an age in which the seemingly "nerdy" groups of young people are becoming more social and outgoing and have more to access and share. So I would suggest to her that she research and look into various events, conventions or even fan group meet-ups (usually made through Facebook groups) to branch out her social network and make new friends while fully enjoying the things she likes. — A Fellow Nerd

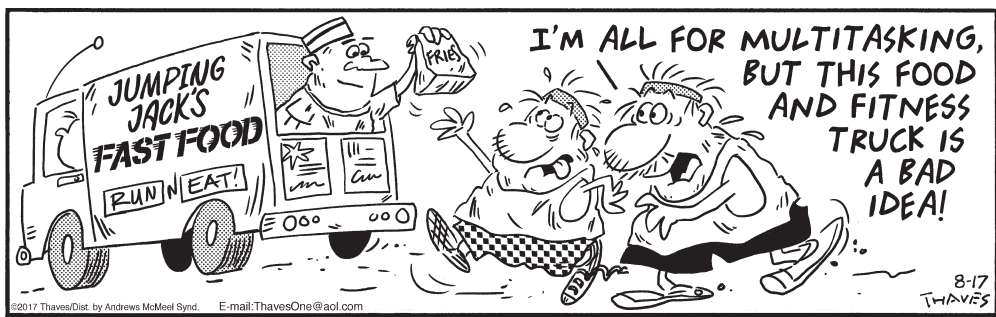
Dear Fellow Nerd: I love this idea. I've passed your message along to "Obsessed and Tired." Thank you for writing.

**DEAR ANNIE**

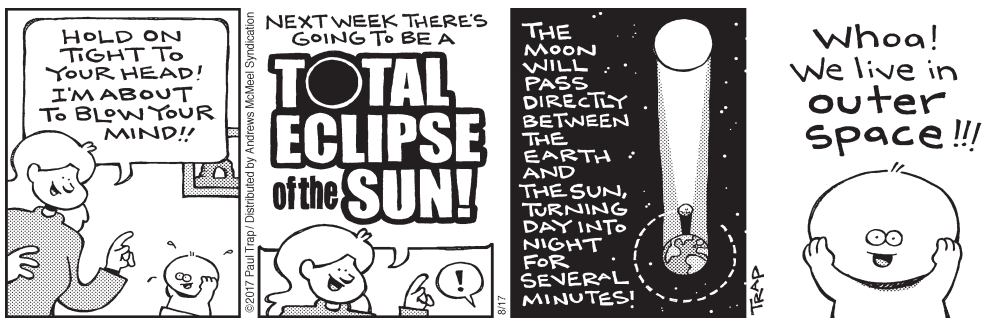


Annie Lane  
Creators  
Syndicate Inc.

**FRANK AND ERNEST**



**THATABABY**



**PHOEBE AND HER UNICORN**



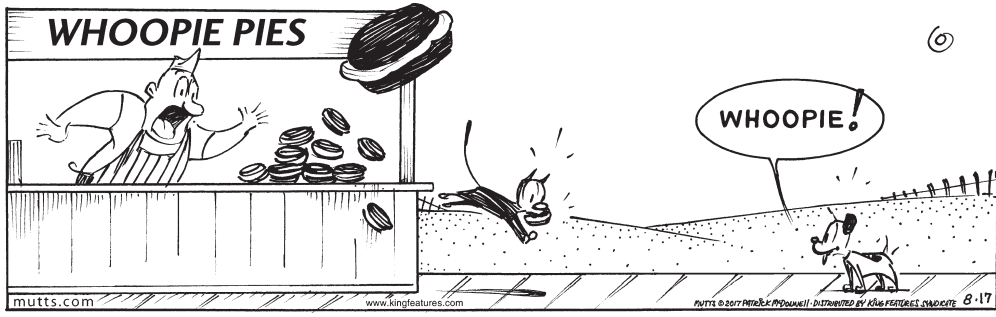
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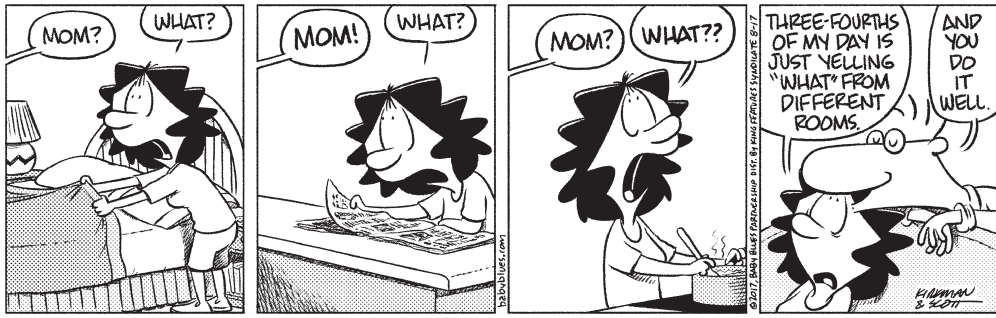
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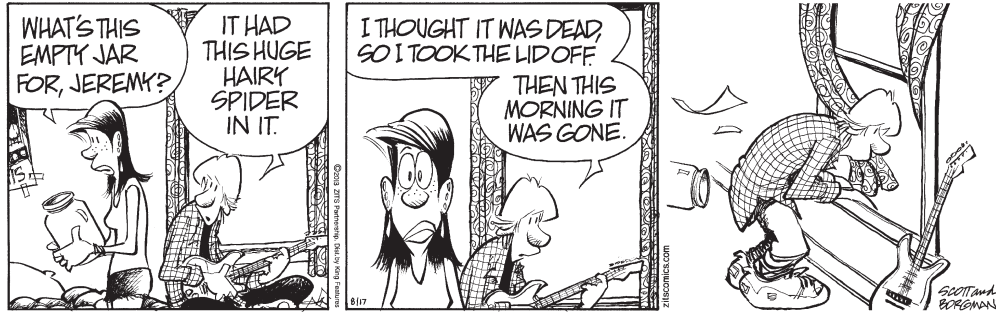
**MUTTS**



**BABY BLUES**



**ZITS**



**TOMORROW'S HOROSCOPE**

By Holiday Mathis, Creators Syndicate Inc.

**ARIES (March 21-April 19).** You're not interested in being a decent communicator or an adequate leader. You want to be great. That's why you'll work out the solutions before you point out the problem. What use is complaining if you can't make it better?

**TAURUS (April 20-May 20).** The research suggests that for many people, talking about themselves can be more rewarding than food or money. Giving someone the opportunity to do this is thereby a very valuable gift.

**GEMINI (May 21-June 21).** When you feel a little blue, you're apt to behave in ways to reinforce the mood. It's why having a reason to fake happiness — such as to interact with children, strangers or your boss — can be a passageway to real happiness.

**CANCER (June 22-July 22).** You're trying to keep it classy. You behave as though your every moment were going to be broadcast to the people you most want to impress. It will help to remember who those people are and keep them in mind through your day.

**LEO (July 23-Aug. 22).** You've a ritualistic approach to things about your life that don't really require such care. It's working for you. So don't skip steps, and don't change details or the order. Rituals give things meaning and make them interesting, and they have a habit-forming potential.

**VIRGO (Aug. 23-Sept. 22).** You'll be the most disciplined and mentally sharp within the first four hours after waking. Take advantage of this by getting the hard work done and over with. By lunch, you'll already be ahead of the game.

**LIBRA (Sept. 23-Oct. 23).** Sleep is a process based on phases. It doesn't work right if the phases are interrupted. In that case you have to go back to the beginning and start all over. Work is the same. Shield against interruptions, as there will be

many today.

**SCORPIO (Oct. 24-Nov. 21).** No matter how hard you look, the workings of the heart can never be fully seen or understood. Anyway, some things are best approached with the cursory attention that keeps daily life moving along. Ruminant at a later date.

**SAGITTARIUS (Nov. 22-Dec. 21).** You'll be in a position to be rated, judged, critiqued or followed. Your audience will be skeptical, and you can win them over with your delivery of information you know to be true. They'll feel your integrity.

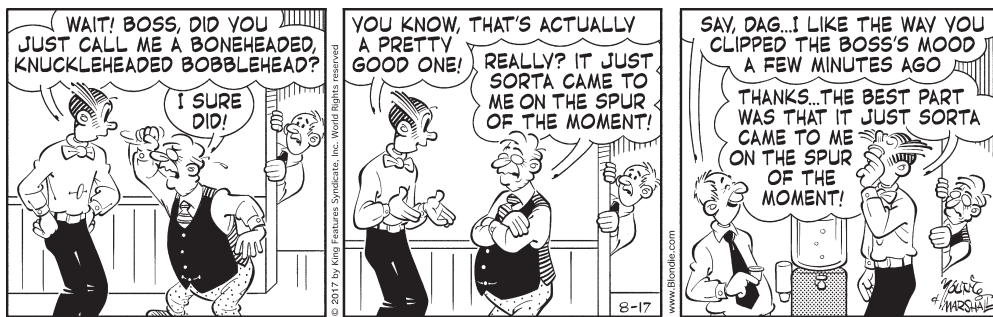
**CAPRICORN (Dec. 22-Jan. 19).** Your original plan won't seem nearly as exciting once you realize that other people are out in the big, wide world having some fun. Review your priorities so that whatever you decide, you can do it consciously and feel good about it.

**AQUARIUS (Jan. 20-Feb. 18).** Whatever you get into today (work, relationships, projects) leave yourself an out. That's only smart. As things develop, so will your feelings, and right now you don't know how you'll feel about it next week.

**PISCES (Feb. 19-March 20).** Entitlement is a contagious disease. One person decides "I deserve this!" and the next gets the bug: "Well if he deserves it then maybe I deserve that and more." Choose your company carefully. Prize humility and modesty.

**TOMORROW'S BIRTHDAY (Aug. 18).** Your commitments follow a natural course; they ripen and fall from the vine. This frees up your time. You'll get a thrill from learning. Each skill you acquire in 2018 will double your odds of being successful. To you this is about much more than money, but you'll love the extra cash anyway, and you'll buy something big in June. Libra and Capricorn adore you. Your lucky numbers are: 5, 3, 24, 39 and 45.

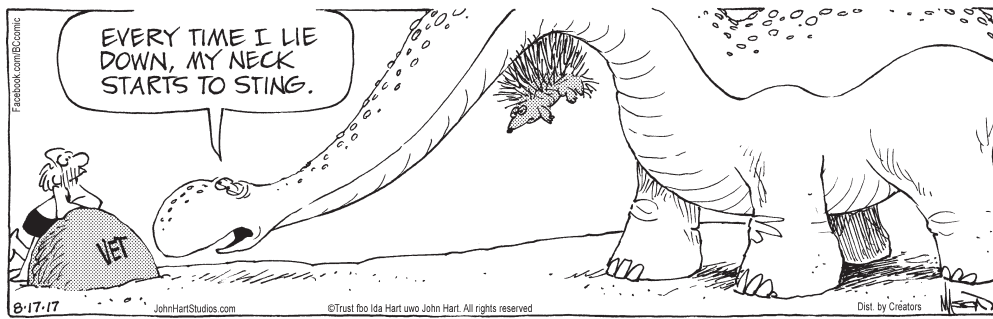
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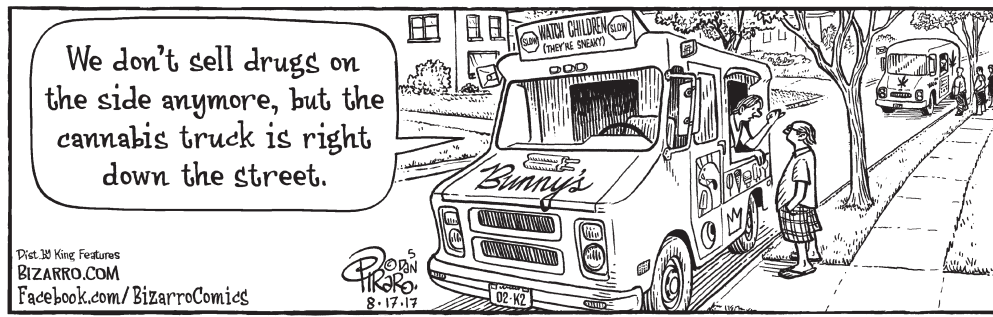
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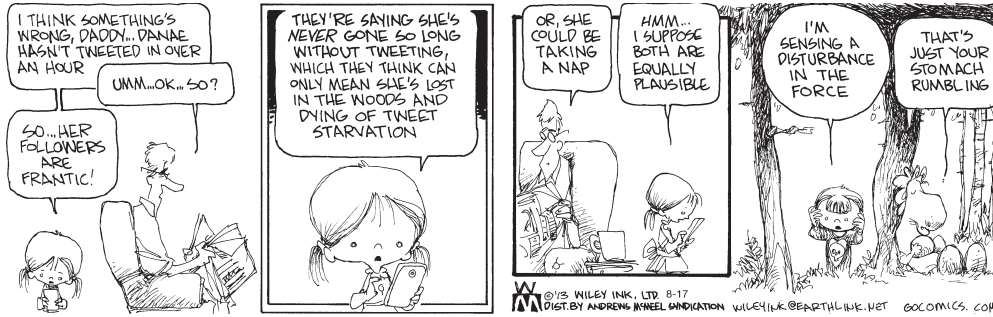
**DILBERT**



**BIZARRO**



**NON SEQUITUR**



**WIZARD OF ID**



**ROSE IS ROSE**

