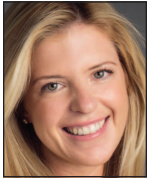


# I'm getting tired of political rants

Dear Annie: In more than 35 years of marriage, my husband and I have had conversations on a wide variety of topics. However, almost every day for the past two years, he has ranted about political issues after watching a news program or reading an article on a website. During these rants, he sometimes gets emotional, even angry. I start feeling tense, and I've told him so. Occasionally, he apologizes for getting so emotional, but he hasn't stopped. Although I don't agree with some of his opinions about the issues, I don't expect him to change his views. I realize that he feels passionate about the issues, but he doesn't seem to understand that I don't want to listen to his political rants or discuss those issues every day. In addition to telling him that it makes me feel tense, I've tried ignoring him, tuning him out and going into another room. What else can I do? — *Exhausted by the Onslaught*

## DEAR ANNIE



Annie Lane  
Creators  
Syndicate Inc.

Dear Exhausted by the Onslaught: You and your husband are not alone. In the most recent Stress in America survey

conducted by the American Psychological Association, 57 percent of Americans reported experiencing "significant stress" about the current political climate.

I would ask your husband (non-factitiously) what he's really getting out of all the news. What's the use in having so much information if all you do with it is get angry? Suggest healthy outlets for his passion about these issues. He could get involved in politics at the community level, join a political discussion group or book club (check out Meetup) or even just volunteer once a month at an organization he believes in. I suspect he'll feel better once he channels his energy into being the change he wants to see in the world.

Dear Annie: I am a man in my 60s. I'm writing out of concern for my friend. "Will" and I are the same age; in fact, we share a birthday. He and I became well-acquainted in childhood and were very attached to each other. But then, in my early teens, our relationship took on a new and unanticipated aspect. We found

that we shared an interest in girls, and as we grew through our teens and into our early 20s, we had many adventures together.

When I married, Will was there and always supportive. It wouldn't have been the same without him, and I'm sure my wife would agree. I never minded in the least the interest he showed in her.

But now, Will seems to have lost much of his get-up-and-go. He no longer shows much interest in my wife or in any other woman. I've tried to get him to be more spontaneous, telling him stories and showing him pictures that he used to like, but I barely get a rise out of him.

I believe that Will is too young to be this listless. What do you think I should do? — *Will's Friend*

Dear Will's Friend: Thank you for this artfully crafted letter. Though the likelihood of erectile dysfunction does increase with age, it's not an inevitable part of getting older, and it can be caused by underlying medical issues, such as high blood pressure. For Will's sake, your own sake and your wife's sake, talk to your doctor today.

## TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

**ARIES (March 21-April 19).** You can't help whom you're attracted to, and there are some difficult characters in your circle whom you love despite (or perhaps because of) their prickles. Put on emotional gloves. Protect yourself and you'll be fine.

**TAURUS (April 20-May 20).** There are lots of kinds of intelligence, and the one you possess will be fantastic for handling today's set of circumstances. Additionally, including others with complementary skills will really push things forward.

**GEMINI (May 21-June 21).** Your popularity will grow. You're a captivating way of expressing yourself, especially with mundane information. You understand things on a deeper level, so you make them more interesting.

**CANCER (June 22-July 22).** It makes sense to go where the generosity, tenderness and kindness are flowing, and yet you may feel an allure toward excitement that promises none of those things. Should you really have to work that hard for love?

**LEO (July 23-Aug. 22).** As you look into your curiosities, research your passions and follow your whims, there will always be those who don't get it and think what you're doing is a waste of time. They are wrong. Ignore them.

**VIRGO (Aug. 23-Sept. 22).** You long for congruity where there is dissonance. It's nobody's fault. You're on a different page of the soul. We all are on different pages of the soul. Fill yours out regardless. It will help the bigger story.

**LIBRA (Sept. 23-Oct. 23).** Your imagination is important to living your best life. Indulge it. Your days and nights will be enriched by the choice to do what it takes to cultivate an exciting inner world.

**SCORPIO (Oct. 24-Nov. 21).** The adage suggests that it's not what you know but who you know — although today it won't fit either way, so don't worry about it! Knowledge won't get you through in the way that feelings will, especially feelings of compassion.

**SAGITTARIUS (Nov. 22-Dec. 21).** Your friendliness will be the sunshine for those who need it. There's an opportunity, and the odds are secretly and definitely in your favor, so take a risk.

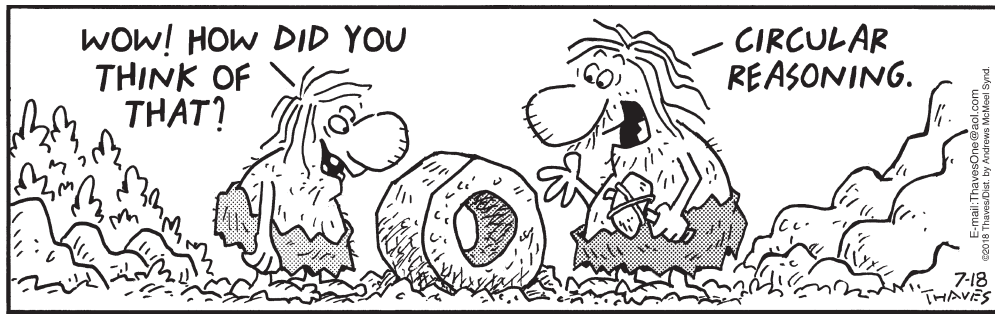
**CAPRICORN (Dec. 22-Jan. 19).** If love is to be a graceful dance, the steps have to be learned. Study it; break it down; practice the moves. Repetition creates mastery. The beauty you create will be worth it, and besides, it's the mature thing to do.

**AQUARIUS (Jan. 20-Feb. 18).** There's something terribly lonely about spending too much time with people you can't seem to get close to. It can be, in fact, even more isolating than being alone, because at least when you're solo you connect with yourself.

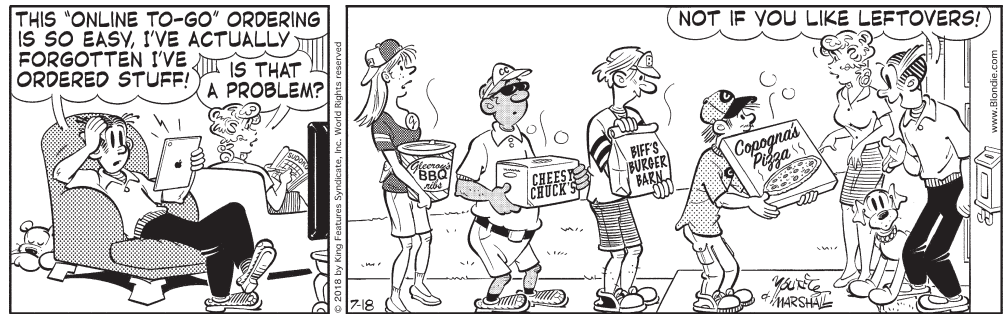
**PISCES (Feb. 19-March 20).** While scrolling through your feed, it may seem that everyone is having fun without you, but that's the lie everyone believes. Social media is primarily about perceptions and image. For the truth, see your friends in person.

**TOMORROW'S BIRTHDAY (July 19).** Following your exceptional radar for all things good for you will lead to a healthy, happy year. The counterbalance will come in the form of a mischievous character, who adds some spice and temptation to your days when you need the excitement. An educational achievement will be an important marker in 2019. Scorpio and Sagittarius adore you. Your lucky numbers are: 9, 22, 28, 40 and 18.

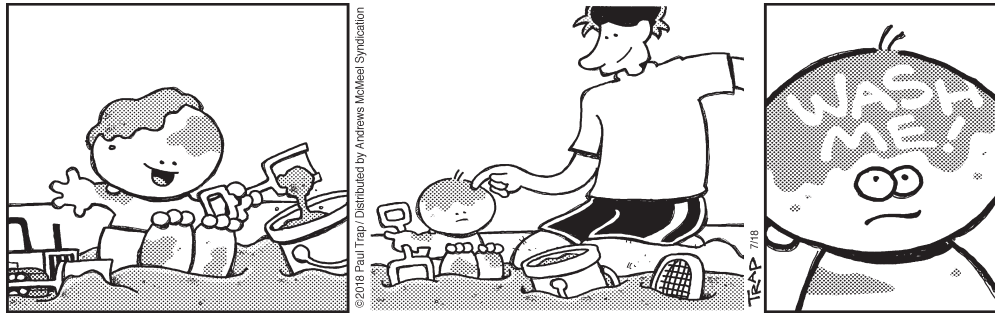
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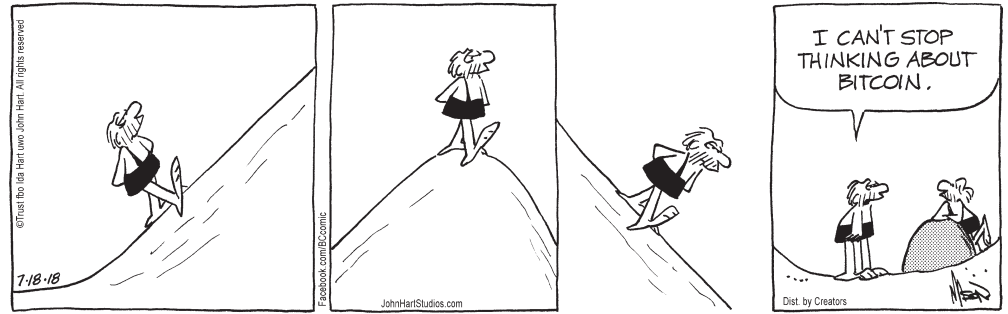
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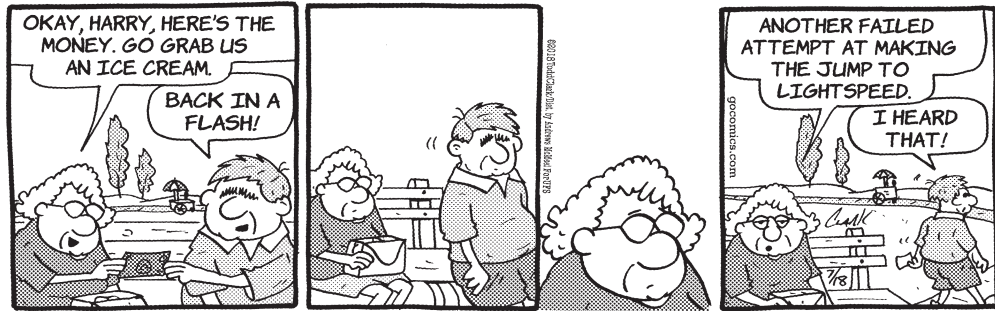
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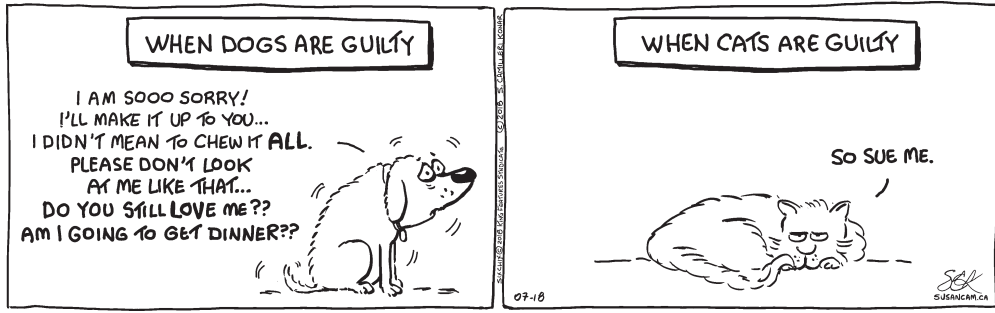
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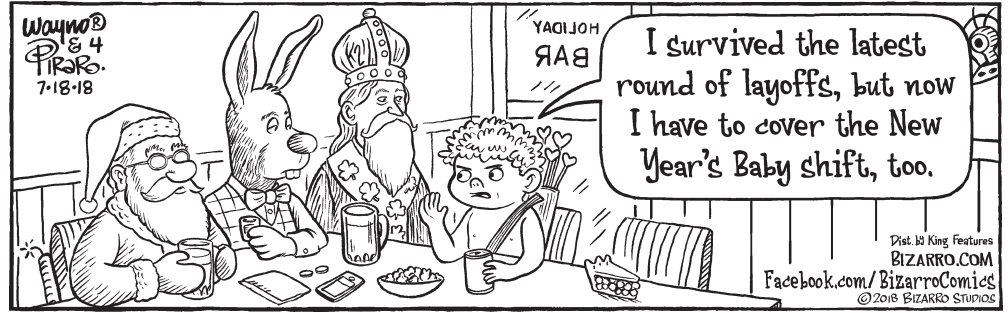
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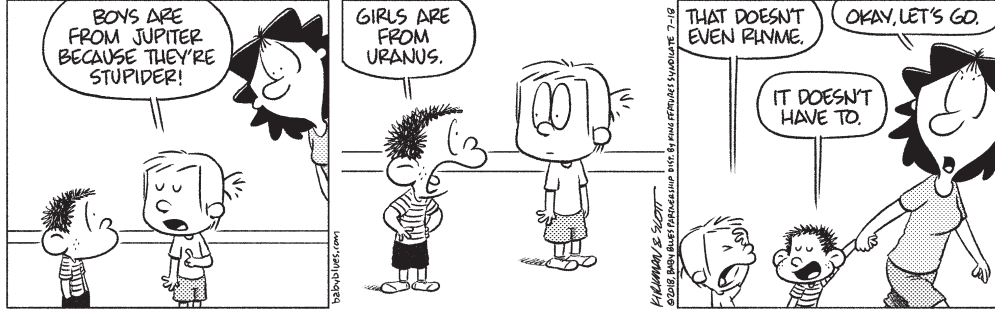
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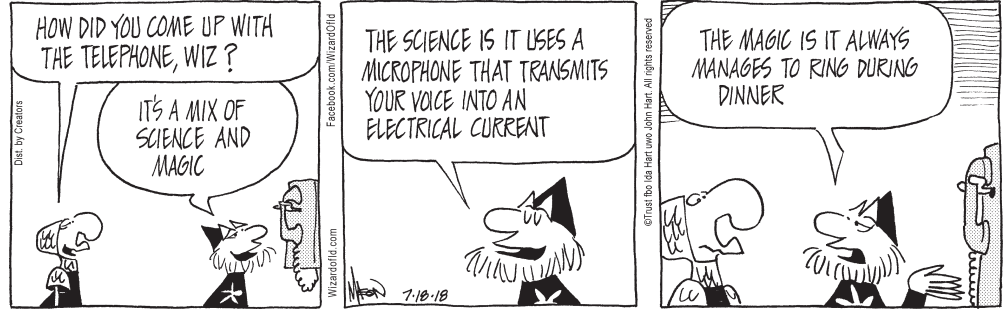
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