

Handicapped restroom etiquette

Dear Annie: What is the etiquette with handicapped stalls in restrooms? When I go into a public restroom and there are multiple stalls to choose from, I like to go with the handicapped one because it's roomier. I imagine that many other people do, too. Is that wrong? If I ever saw someone with a handicap, I would of course yield to that person, but that hardly ever happens. Also, when taking the train, if the car is crowded but the seats reserved for disabled people and seniors are open, is it OK to sit there? — *Not Sure in Norfolk*

DEAR ANNIE



Annie Lane
Creators
Syndicate Inc.

Dear Not Sure: Err on the side of courtesy. If there are multiple stalls to choose from, always opt for a nonhandicapped stall. You never know when someone who needs the handicapped stall will enter. If the handicapped stall is the only one open, I think it's reasonable to use it. However, if someone behind you in line has a disability, let that person cut ahead of you to take that stall.

As for the train, always leave those seats open. Not all disabilities are obvious, and you shouldn't put someone in the position of having to ask you to get up.

Dear Readers: Not long ago, I printed a letter from "Sitting Around," a woman who had recently lost her job after many years but was unable to find a new one because of a disability. She was experiencing a sense of inertia. I heard from many readers with additional insights for "Sitting Around." The following letters have practical tips that are worth printing, as they also may help others.

MARGARET B.: "Sitting Around" made reference to being rejected twice for "government help" but not being disabled enough to receive it. She didn't specify whether she had applied for Social Security Disability Insurance, but even if she isn't eligible for that, she should look into her state's vocational rehabilitation program, which falls under her state education department.

Her doctor could provide documentation to show the extent of her disability and prove her eligibility for VR services. If she were to be accepted in the program, a VR counselor would be assigned to work with her to determine her interests, skills and career goals. She might be eligible for job training or other educational services to improve her skills

and job prospects.

SHARON: You left out a major component in your answer to "Sitting Around." She needs to get her doctor to do a complete thyroid blood panel. Women in their 40s may be going through premenopausal symptoms, and antidepressants can sometimes contribute to an alteration of the thyroid. Please tell her immediately to request those tests, or she might continue to suffer, because some doctors don't look at anything unless you tell them. I suffered for 20 years and don't want anyone else to.

DEB Q.: Please tell "Sitting Around" to get a full medical checkup — including a complete blood count and tests for her levels of vitamin D and vitamin B-12 — along with the mental health checkup. I'd also encourage her to review her diet, to get some fresh air every day and to make a list of a few things to do. And she should do the things on the list before allowing herself a reward. When I get a bit depressed, I clean something. It takes my mind off things while I accomplish stuff. Now would be a great time for "Sitting Around" to declutter, while she is not employed and has some down time. And I also encourage her to help others. I'm retired, but I still help the elderly.

TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). It can take courage to live even the most ordinary daily existence. But it shouldn't be that way all of the time. There's so much good that will happen naturally today. It's safe to go forward with defenses low, mind calm.

TAURUS (April 20-May 20). Not all discomfort is good, but since discomfort is also the price of admission to a worthwhile and interesting life, it can't be all bad. Today, everything in the "worthwhile and interesting" category will be outside the comfort zone.

GEMINI (May 21-June 21). When you taste happiness it makes you want more and more happiness, but happiness doesn't work that way. Strange things happen when happiness compounds on itself. Savor sweet moments sans greed. Greed is ruinous.

CANCER (June 22-July 22). There's a gentle rage simmering in you today. This has to do with setting something right, not only for you, but for the others and for everyone after. Until there is justice for all, there is justice for none. **LEO (July 23-Aug. 22).** It can take a very long time to form the foundation, products and momentum necessary to become an "overnight" success. Keep building, little by little, day by day, every single day — no skipping.

VIRGO (Aug. 23-Sept. 22). Tell people about your interests and hobbies because letting people know what you're all about is a form of self-love. It allows for the world to mold to you a bit instead of you always having to mold to the world.

LIBRA (Sept. 23-Oct. 23). You're culling from all these different inspirations and resources and nothing is really fitting together to point you in a particular direction. That's OK. This

won't be a linear path. Zig now, zag later.

SCORPIO (Oct. 24-Nov. 21). Attraction can happen naturally, or can be created through careful calculations and applied formulas intended to create specific results. Just know which kind of attraction you're dealing with.

SAGITTARIUS (Nov. 22-Dec. 21). You're thinking of going to the next level with an endeavor. Would you still do it if no one else in the world knew about your expertise? That's how you know it's worth your time.

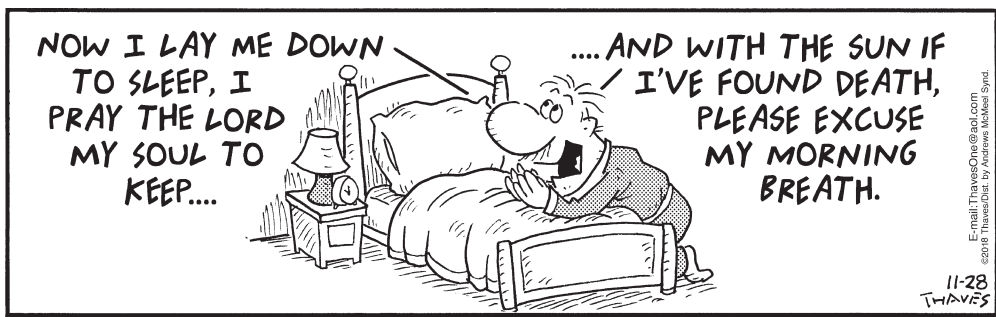
CAPRICORN (Dec. 22-Jan. 19). You don't have to apologize for taking care of someone you love, especially if that person is you. Anyone who stands in the way of your self-care is being unloving. Don't be guilted into neglecting what matters to you.

AQUARIUS (Jan. 20-Feb. 18). Feeling special isn't about owning the best things, getting the attention of a lot of people or having the love of one person. It's about believing in your own specialness.

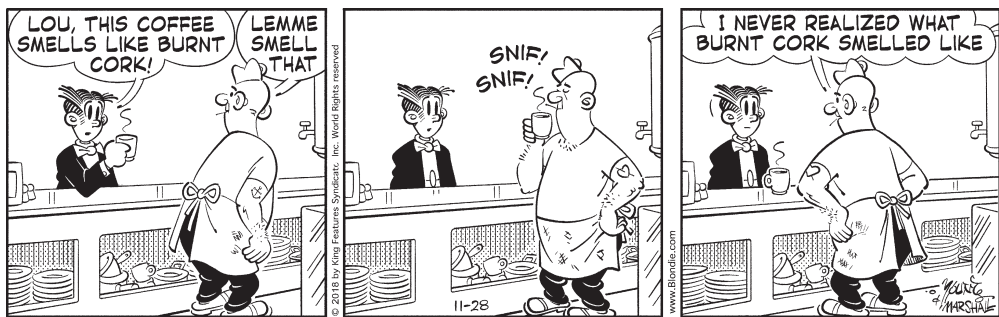
PISCES (Feb. 19-March 20). Should you display your solidarity or your independent thought? Yes to both. Timing is the thing. Pay attention to sense when to meld with the group and when to enhance it through your uniqueness.

TOMORROW'S BIRTHDAY (Nov. 29). Many parts of your life have been defined by your pioneering spirit, but this year will be counted among your most exploratory. The best adventures will be accessible within a few hours of travel time. Also notable: You'll be given an important key, there's a chance to repair some history, and a new financial stream will open. Cancer and Aries adore you. Your lucky numbers are: 1, 4, 40, 7 and 18.

FRANK AND ERNEST



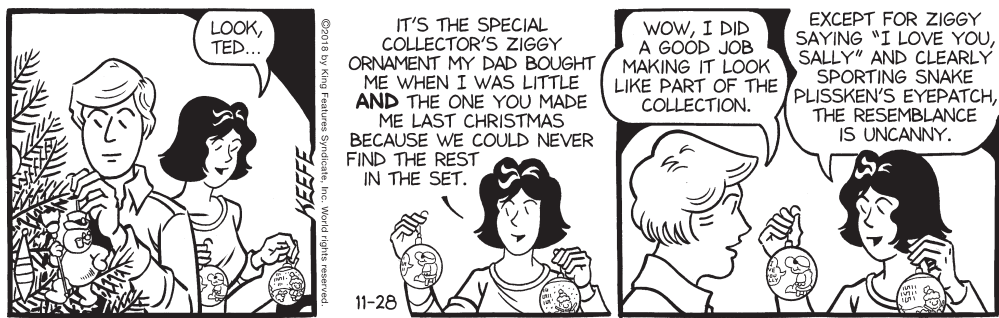
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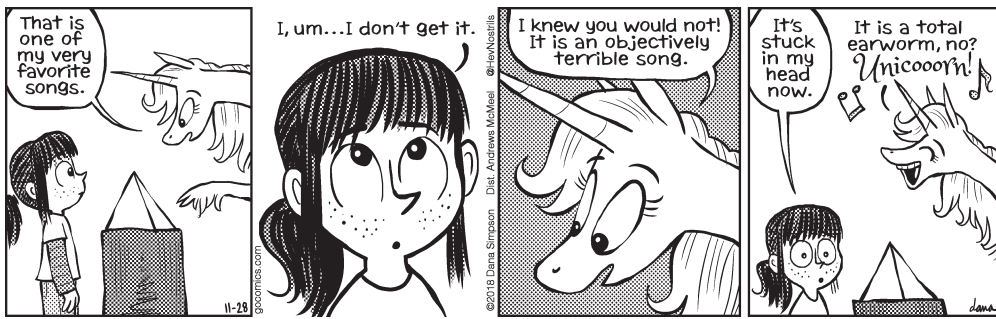
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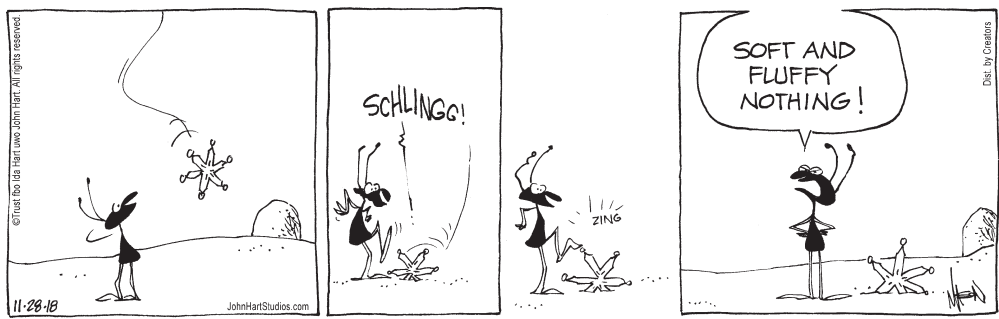
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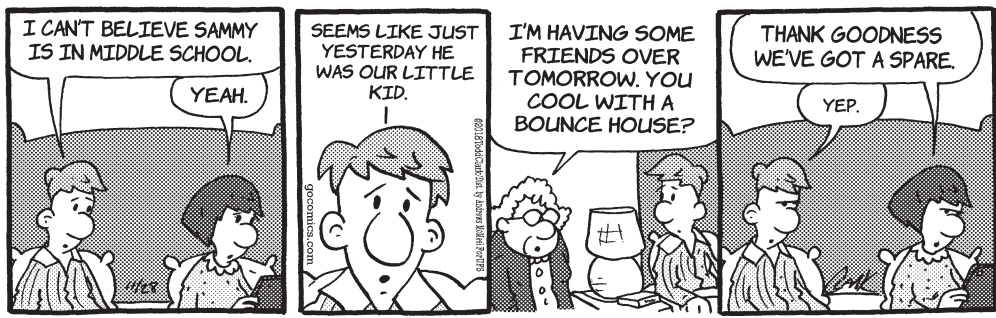
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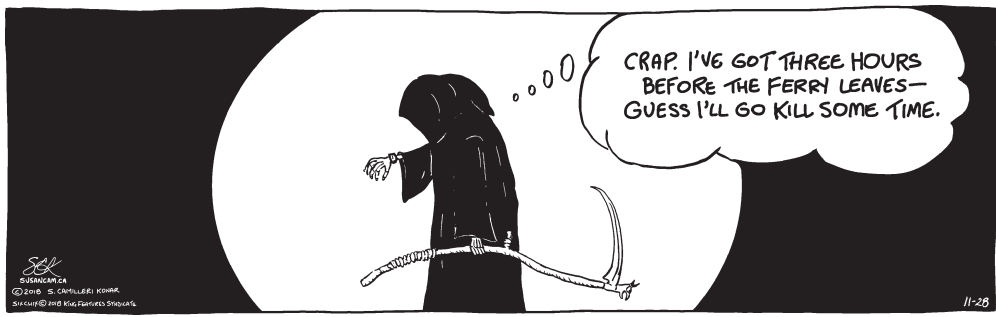
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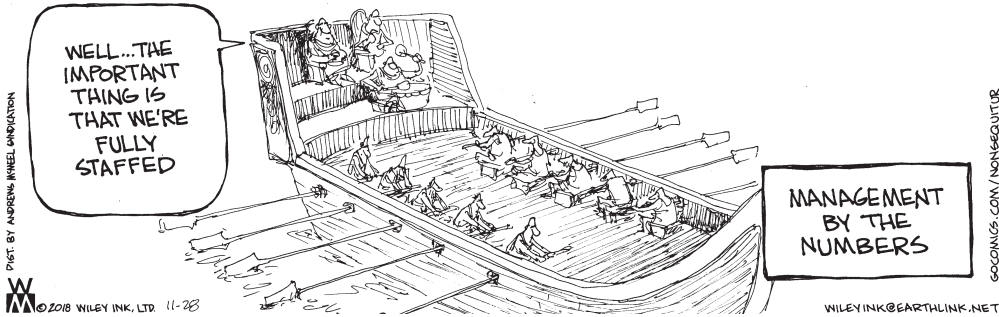
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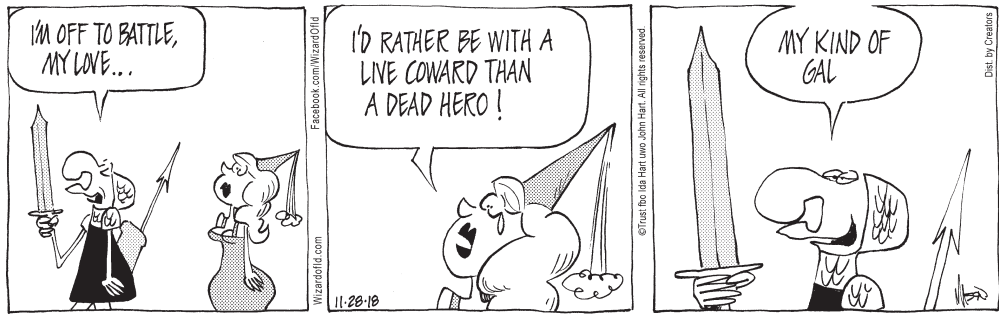
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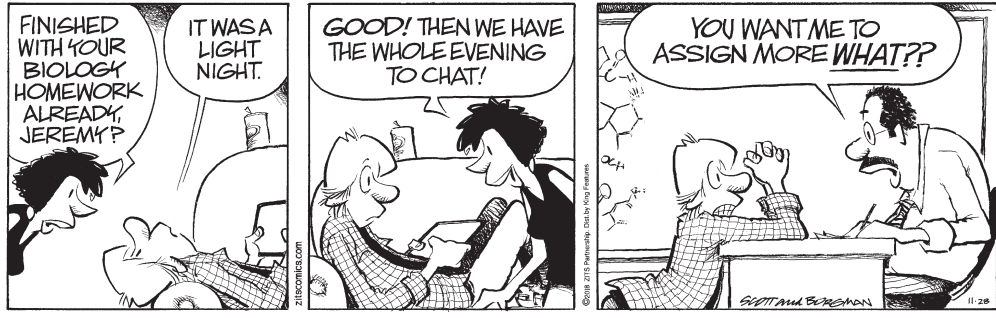
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