

Disturbing sisterly discord

Dear Annie: My sister “Katy” is 10 years older than I and has never married or had children. She was a devoted and loving auntie to my kids when they were young, but they have grown up and don’t hang with her much anymore. She and I have grown apart, as well, in part because of my own devotion to my family and husband but also because of our roller coaster relationship.

Every year, she gets angry with me for some reason. We don’t talk for a bit, and then I reach out to her via email or talk to her face-to-face. Often, I will apologize just to get the conversation going. She will never admit that she has been out of line, nor will she ever apologize. My mom says she will never change.

Am I doomed to ride this roller coaster for the rest of my life? What can I do to change how we get along? — *Feeling Queasy in Vermont*

Dear Feeling Queasy: No one can force you onto a roller coaster ride without your consent (as any daredevil friend of a fraidy-cat at the amusement park could tell you). You are not doomed to keep join-

ing your sister on these emotional loop-the-loops. The following are my tips for keeping steady ground when dealing with your sister.

1) This may not be about anything you can change. Accept that. It’s the first step toward serenity.

2) Stop apologizing when you don’t mean it. When you acquiesce to her bullying behavior, you indulge the dysfunction.

3) That said, try to take an unflinching look within and see whether you have any prejudices about your sister and her life choices.

I’m not saying you do, but it’s worth doing a little self-examination, and if any such thoughts show up, try to scrutinize and be aware of them.

4) Be honest and open with your sister. Tell her more or less what you’ve told me — that you’d like to have a better relationship with her and that you regret all the fighting that seems to come up between you.

But also, set some healthy boundaries. Being open doesn’t mean subjecting yourself to cruelty.

Dear Annie: Obviously, everyone knows that drinking alcohol

can cause a hangover. But can marijuana have a similar effect? I used some the other day and felt terrible the day after. I’ve never heard anyone talk about feeling yucky the day after using marijuana, but I sure did. I have to assume that because I’ve used marijuana only a handful of times, this out-of-the-ordinary mood swing was related. The two unusual things paired together can’t be a coincidence, right? — *Setback From Smoking*

Dear Setback: To answer your question generally, two unusual things paired together absolutely can be a coincidence. “Correlation does not imply causation,” as they say in data science.

On to the rest of your question. I’m going to assume you’re writing from one of the states in which recreational marijuana use is now legal. The jury is still out on whether marijuana use can cause a hangover, it seems. Scientific studies on the effects of marijuana have been limited because of its illegality. From what I found in researching your question, there are plenty of anecdotal accounts of brain fog and headaches the day after marijuana use. My advice is to listen to your body. If something makes you feel ill, discontinue use of it.

TOMORROW’S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). New factors will change the way you view relationships. You’ll learn and understand people with more clarity. It’s not good or bad, it’s just a deeper knowledge that requires a more complex and nuanced approach.

TAURUS (April 20-May 20). Persuasion should be unfelt. The minute you feel it, is the minute it ceases to have influence. Use this principle for business and in relationships of all kinds. It will apply across the board.

GEMINI (May 21-June 21). There are things in life you can’t change. To accept that is to accept adulthood, essentially, as immature ideas of power fall away to more practical and cooperative mental frameworks.

CANCER (June 22-July 22). You’re versatile. You can exist as a contributing and interdependent member of a group, or you can exist as a separate and self-supporting entity. What’s more, you can be perfectly happy either way.

LEO (July 23-Aug. 22). You have no idea what people are going through until you ask. But asking seems so nose-y. You don’t want to intrude, and you certainly don’t want to be denied information. So you observe, and observe quite well at that.

VIRGO (Aug. 23-Sept. 22). There are people who really do understand you. You realized this the moment your heart lit up and your blood pulsed a little faster. Yes, to be understood is a thrill beyond what many ever experience!

LIBRA (Sept. 23-Oct. 23). Sometimes your benefits come simply because your deficits do not. In other words, prevention is better than the very best medicine because prevention

makes medicine null and void.

SCORPIO (Oct. 24-Nov. 21). Recharge your battery. Like some wonderful modern batteries, yours is fast on the uptake. Once you remember to plug in, you’ll become energized in no time at all.

SAGITTARIUS (Nov. 22-Dec. 21). Pay attention, focusing on only one task at a time. A slip of the finger is all it takes to send an accidental email, erase your work or worse. You’ll stay alert and all will go well.

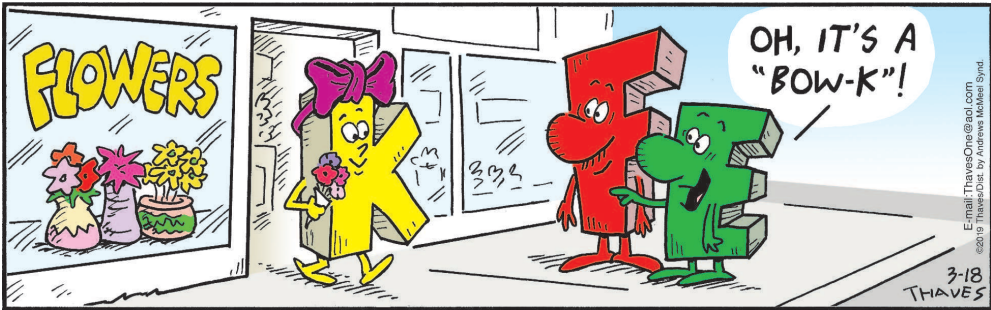
CAPRICORN (Dec. 22-Jan. 19). Your idea about the future clashes with that of your cohort, and this produces a third version, a version that pleases neither and also offends neither. Anyway, there’s stuff to hash out on the future-front.

AQUARIUS (Jan. 20-Feb. 18). You know what your own pressures are. You’ll give a thought to the pressures that others face and experience a feeling of being impressed, inspired, jealous, humbled and a myriad of other things ...

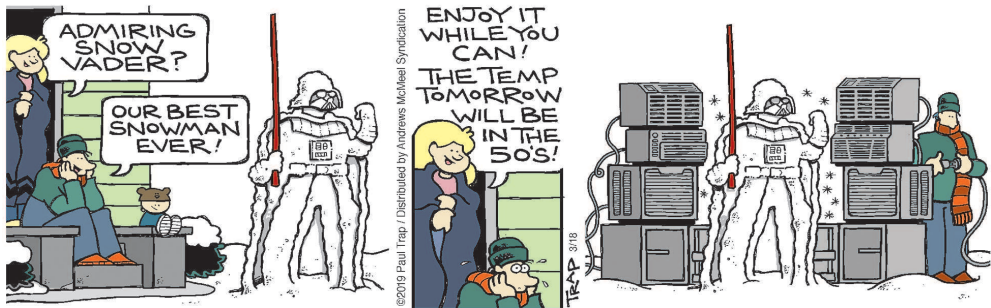
PISCES (Feb. 19-March 20). You’re an adventurer, and your adventure will always come with adversity. The adversity is always something to handle first. Get it over with, and your entire day will be better.

TOMORROW’S BIRTHDAY (March 19). You’re no longer trying to do the right thing. Now, it is all you can do, as you’re aligned with truth and beauty, the best sort of rut. Your compassion will bring you what ambition couldn’t — satisfaction, peace and certainty in your contribution. When it’s your moment in the sun, revel. Don’t be too quick to hand off your joy. Cancer and Scorpio adore you. Your lucky numbers are: 30, 7, 22, 28 and 45.

FRANK AND ERNEST



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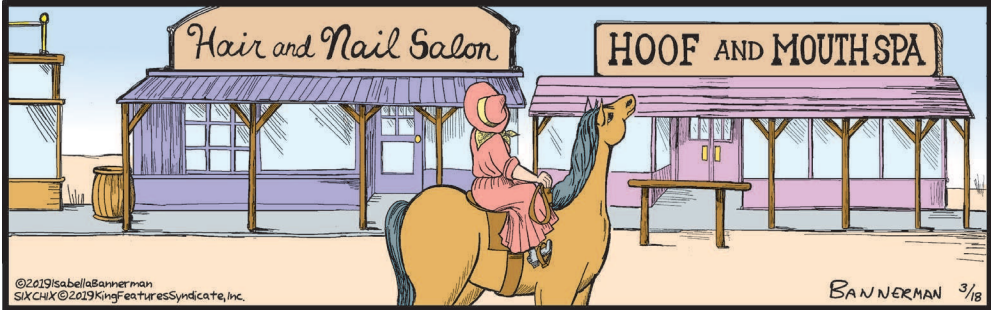
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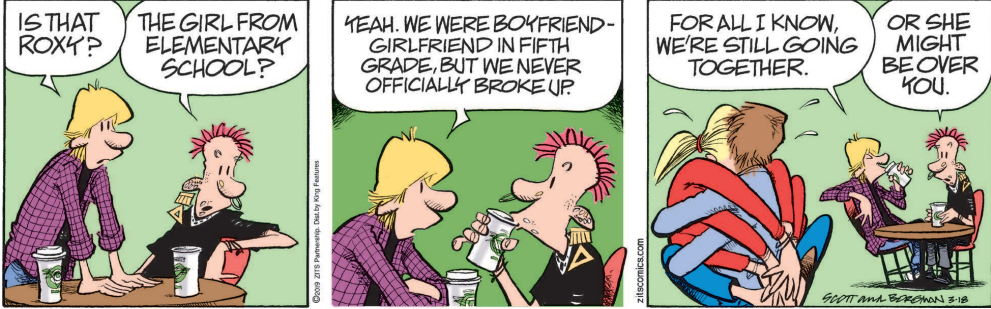
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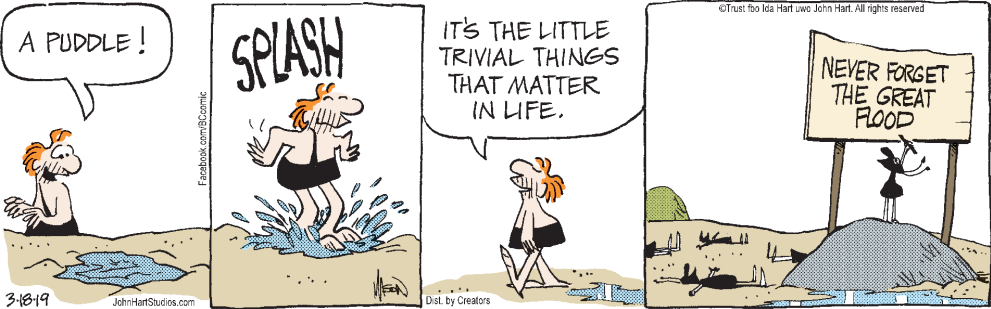
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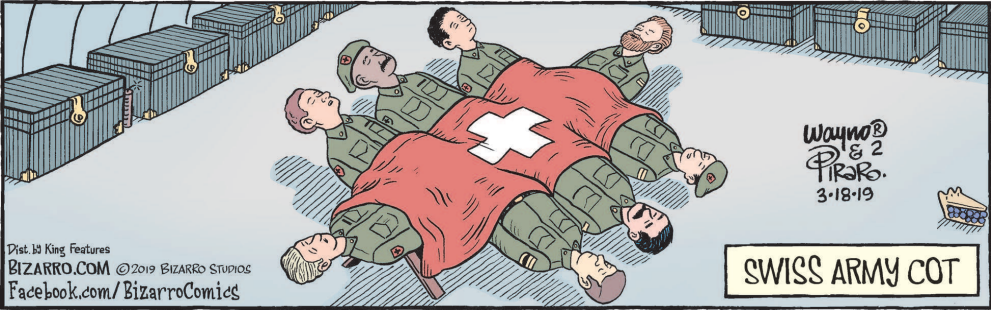
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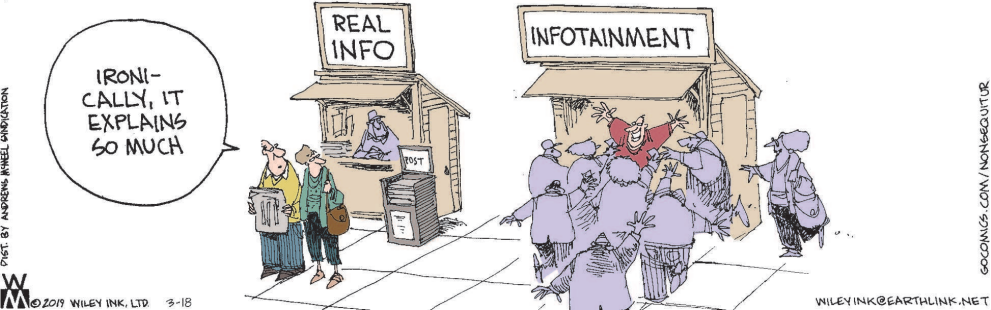
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