

ASK AMY

Sis's drinking may ruin anniversary

DEAR AMY: My husband and I are celebrating our 25th anniversary next year. My sister and her husband will be celebrating their 50th. She's suggesting that we take a cruise together or fly to some fabulous tropical place. We are the only siblings in our family. I love my sister dearly, but she can drive people absolutely crazy. Her husband is in the middle stages of dementia, and because of a hip replacement last year, he's not very



Amy Dickinson

ambulatory on his cane. They are alcoholics and refuse to admit it because wine to them apparently isn't alcohol because Jesus drank it. The red wine bottle is open by 10 a.m. daily. The more she consumes, the more annoying, nosy, crass, rude and abrasive she becomes. I'm always worried about them and consequently I always feel the guilt drive pushing me to spend as much time with them as possible so that I have no regrets once they're gone, but I'm mentally exhausted and depressed and dreading the next contact. How do I let her know in a kind way that our anniversaries most likely will not be celebrated together? I'd rather not sacrifice and celebrate together, so whatever advice you can

render, please make it gentle. — **Frustrated and Trapped DEAR FRUSTRATED:** Your guilt over your sister is useful, in a way. It will drive you to spend time with her, and I hope that it will also compel you to ask yourself how you would feel if she were gone and you had never been honest with her about her drinking. These are actually two separate conversations. About the anniversary, you could say, "I know you'd love to make a big splash, but that's not in the cards for us. Let's find a smaller way to celebrate." Perhaps you and your husband could tolerate a weekend in their company around the time of your anniversaries; you and your sister could research and plan it together.

You should also talk to her about her drinking. You don't have to harshly confront her, but you have every right to tell her that her drinking interferes with your ability to enjoy her company. **DEAR AMY:** Three cheers for "Jenny!" She is an older woman annoyed when people address her as "young lady." In my experience, a man always makes this remark. Depending on my mood, my answer is, "Hello, little boy." It gets their attention. — **Judy DEAR JUDY:** Let's stipulate that people using this greeting are merely trying to be nice. I agree, however, that it is patronizing. Ask Amy, Chicago Tribune, TT500, 435 N. Michigan Ave., Chicago, IL 60611. e-mail: askamy@tribune.com

ASK THE DOCTOR By Paul G. Donohue M.D.

Glaucoma is more than high eye pressure

DEAR DR. DONOHUE: When I turned 60, my doctor insisted that I see an eye doctor. Much to my surprise, the eye doctor found that I had lost a good deal of side vision and that my eye pressure was high. He told me I had glaucoma and that I needed immediate treatment. I'm familiar with glaucoma through word of mouth, but I would like some information on it. What's eye pressure? — K.M. **ANSWER:** The eye's front chamber is filled with fluid that's being constantly made and constantly drained. A disruption in the drainage of that fluid out of the eye raises pressure in the eye. (This pressure has nothing to do with blood pressure.) Elevated eye pressure squeezes the optic nerve at the back of the eye. That nerve brings images to the brain, where we visualize the world. If pressure isn't relieved, blindness results. The first sign of trouble is loss of side vision.

It is possible to have glaucoma with normal eye pressure. Inspection of the optic nerve is the essential part of glaucoma detection. Changes in the appearance of the optic nerve can occur even at normal pressures. In those instances, lowering the pressure, even though it's normal, preserves vision. Everyone needs an eye exam that includes measuring the fluid pressure in the eye along with inspection of the optic nerve. People in their 40s should have such an exam every two to four years, and people in their 60s need one yearly or every other year. Eyedrops often can reduce eye pressure. Oral medicines also bring it down. If neither does so, then opening the eye's drainage channel with a laser or through surgery saves the optic nerve. **TO READERS:** Answers to questions on edema and lymphedema can be found in the booklet on that topic. Readers can obtain a copy by

writing: Dr. Donohue — No. 106, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Can. with the recipient's printed name and address. Please allow four weeks for delivery. **DEAR DR. DONOHUE:** I have fought with athlete's foot for more than six months. I use a cream that I found in a drugstore. It clears it up in about a week, but it comes back in about two weeks. How can I get rid of it once and for all? I've been told that wearing white socks cures it. — M.J. **ANSWER:** White socks don't offer a cure. You're dealing with a fungus that loves warm, moist places, the kind of environment that shoes and socks create for feet. Keeping the feet dry and cool goes a long way in eliminating the fungus. Sandals are in, and you should wear them as often as you can. Don't wear the same pair of shoes on consecutive days. Give them a chance to dry.

You aren't using the athlete's foot medicine as long as you should. Continue its use for at least one week after the skin appears healed. Apply the medicine an inch past the borders of the infection. After six months of the same medicine, the fungus is probably resistant to it. Others abound. Tinactin, Nizoral, Lotrimin, Spectazole and Loprox are a few examples. They come as creams, gels, powders, sprays and liquids. If skin-applied medicines don't rid you of the fungus, you'll have to see a doctor. One reason is confirmation of the diagnosis of athlete's foot. It can be mistaken for some other skin condition. A second reason is the possibility of having to take an oral prescription medicine. Write P.O. Box 536475, Orlando, FL 32853-6475. Readers may also order health newsletters from www.rbmamall.com.

HOROSCOPE By Holiday Mathis

TODAY'S BIRTHDAY (JUNE 9). You give generously of your talents this year and sharpen them in the process. The work you do increases in value — new customers pay a fair price. Your love life sparkles this month. **ARIES (March 21-April 19).** You are so accustomed to certain liberties that you do not even know you are free. Increase your awareness of the many ways in which you are unbound, uncontrolled and unregulated. **TAURUS (April 20-May 20).** You may be going through a slight burnout at work, questioning your career choices and perhaps your line of work altogether. Blow off some of the grunt work to focus on the thing about your job you love. **GEMINI (May 21-June 21).** You're in the thick of an important decision. Make a list of pros and cons — not because one side will outweigh the other, but because it's eye-opening

and will get you centered on what matters to you. Take your time on this. **CANCER (June 22-July 22).** You'll get an insight into the part of a relationship that is not working for you. It's great news because this is probably a minor issue that can be easily handled with few choice words and the right attitude. **LEO (July 23-Aug. 22).** Too much of the same thing is mind numbing. Doing different kinds of work will keep you engaged in life. When you get discouraged with one task or person, move around to reinvigorate yourself. **VIRGO (Aug. 23-Sept. 22).** The project you're into now is not the kind of thing that provides an immediate payoff. Your dreams and visions of the glory days ahead of you will be a reward in the short term, so take pleasure in these fantasies. **LIBRA (Sept. 23-Oct. 23).** When faced with the choice of being a skeptic

or a believer, you are wise to choose the latter. At least right now, there is no harm in it. Consider this: The placebo, if it works, is real medicine. **SCORPIO (Oct. 24-Nov. 21).** An interesting challenge might be called an "issue" or a "problem" — but not by you. You're more likely to name this complicated little puzzle something grand like, "my greatest adventure to date." **SAGITTARIUS (Nov. 22-Dec. 21).** Gently address those who hold a viewpoint that opposes your own. Your earnest, well-phrased argument might have an impact. If you can sway even one person, you've done something remarkable. **CAPRICORN (Dec. 22-Jan. 19).** There is something you know you can accomplish, even though there is not a shred of evidence to support you. Never surrender to doubt. Only you know what is true about yourself.

AQUARIUS (Jan. 20-Feb. 18). Use your "no, thank you's" often today. If you are offered sweets and you're not in the mood, don't take the sweets just because you don't want to offend the giver. **PISCES (Feb. 19-March 20).** Someone who comes across as supportive and involved may also be more controlling than you'd like. Lay boundaries. Be secure in your own power and do not lean emotionally on this person now.

DAILY BRIDGE CLUB by Frank Stewart

Cy the Cynic says that sin wouldn't be as attractive if the wages were paid immediately — as they are at bridge. In today's deal, North's bid of four clubs was an "advance cue bid," showing good heart support and the ace of clubs. South's five hearts said he was worried only about diamonds, the unbid suit. North really should have cue-bid six diamonds next. At six hearts, South took the ace of diamonds and led the nine of trumps to finesse. He got his wages quickly when West took the king and led a diamond to East's queen. **KING FALLS** South sinned grievously: He gave himself one chance when two were available. South should lead a trump to

queen, trying for a discard for his losing diamond. The correct play risks a second undertrick, but it's worth investing 50 points for a better chance to score 980 points. **DAILY QUESTION** You hold: S J 5 H Q 9 6 3 D A J 10 5 C A Q 6. Your partner opens one spade, and the next player passes. What do you say? **ANSWER:** In today's deal, North bid a natural and forcing 2NT, but in modern Standard bidding, players use "limit" double raises. Many treat a 2NT response as an artificial forcing raise. They would respond 2NT to an opening bid of one heart, but if the opening bid was one spade, they would be obliged to try two diamonds. **Opening lead** — ♠ 8 his ace at Trick Two. When the king falls, he draws trumps and can take the rest. If instead both defenders played low trumps, South would lead a club to the

queen, trying for a discard for his losing diamond. The correct play risks a second undertrick, but it's worth investing 50 points for a better chance to score 980 points. **DAILY QUESTION** You hold: S J 5 H Q 9 6 3 D A J 10 5 C A Q 6. Your partner opens one spade, and the next player passes. What do you say? **ANSWER:** In today's deal, North bid a natural and forcing 2NT, but in modern Standard bidding, players use "limit" double raises. Many treat a 2NT response as an artificial forcing raise. They would respond 2NT to an opening bid of one heart, but if the opening bid was one spade, they would be obliged to try two diamonds.

TODAY'S SUDOKU

9	7	4	3	5	1	8	6	2
5	6	3	8	2	7	1	9	4
2	1	8	9	6	4	5	7	3
6	5	9	2	4	8	3	1	7
1	3	2	6	7	9	4	5	8
8	4	7	1	3	5	9	2	6
7	8	1	4	9	2	6	3	5
3	9	5	7	8	6	2	4	1
4	2	6	5	1	3	7	8	9

YESTERDAY'S CROSSWORD

PATS	LAST	MAIZE
ALIT	ONCE	ATRIA
TOTO	ATAN	DEANS
CHAR	FIRST	DANCE
HANKIE	HEM	
	DRAGS	IN
TEASE	RULE	HARE
EXCHANGE	OF	RINGS
SPRY	OUST	EDGES
TOE	STETSON	
	TIE	MOVERS
TIERED	CAKE	AREA
BOXES	ORAL	POPS
SWEAT	DINE	ODES
PAISTA	EAST	RELY

THOUGHT OF THE DAY

Next to the slanderer, we detest the bearer of the slander to our ears.

Mary Catherwood

SUDOKU

Make every row, column and 3x3 box contain every digit from 1 to 9. (The answer is at the bottom of the page.)

9				1				
	6	3						4
2				4		7		
6	5					3	1	7
			6	7	9			
8	4	7					2	6
	8		4					5
3						2	4	
			5					9

Difficulty Level ★★ 6/09

JUMBLE THAT SCRAMBLED WORD GAME by Mike Argirion and Jeff Knurek

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

PLEEX
GOLIO
PRUMAK
GONNIG

Ma'am your credit card

WHEN THE ARCHAEOLOGIST BOUGHT A WRINKLE-FREE WARDROBE, SHE LEFT ---

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Answer here: THE " " (Answers tomorrow)

Yesterday's Jumbles: GAWKY BORAX POORLY HEALTH
Answer: What the thief did when he was caught robbing the fur store — TOOK THE "WRAP"

CELEBRITY CIPHER By Louis Campos

These cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

Today's clue: N equals B

"ECKY CZHFAVZFAKV AHIALBZYC BJA FYZCJ: AF'H ZIKF KU URV R VFAI T KR M B F X B N A I I . " - B V M I A H X Z Y F K C Y X C A H F K E X B C E Z C L B C

PREVIOUS SOLUTION: "I just love being alive, and I love people, and I find something wonderful every day." - Bea Arthur

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NEWSDAY CROSSWORD BY STANLEY NEWMAN

ACROSS

- Municipal (tax-free investment)
- Glasgow natives
- Words of understanding
- Follow orders
- Fire-hydrant attachments
- University sports org.
- Library transaction
- Talk-show host
- Close tightly
- Handler of intricate procedures
- In addition
- Grinding tooth
- Aviator
- Yellow citrus fruits
- Fido's front limb
- Historical times
- Argentina neighbor
- Paving material
- Prefix for cycle
- Became inedible
- Clean-air org.
- Grain container
- High-calorie cake
- Stage accessory
- Fence off
- Toasty feeling
- Harsh light
- Salary increase
- "Are there questions?"
- Ignite
- Potato, slangily
- Give the go-ahead
- Paradise
- Make simpler
- Liable (to)
- Sit down with a book
- Really impressed
- "Li!" guy of the comics
- Maple-syrup ingredients
- Not timid
- Woodwind instrument
- Uncluttered
- Real go-getters
- Beach-comber's finds
- List-separating punctuation
- Hollywood award
- Adolescent
- U-turn from NNW
- Shoe padding
- Spring semester, for example
- de Cologne
- Have a snack
- Charged atom
- Eager to rest
- Flag holder
- Pekoe vessel
- Leave alone
- Making a mistake
- Primary part of a sentence
- Manicurist's tool
- Sales-meeting diagram
- Apple leftover
- Best-seller
- "Bedtime" tale
- Model's stance
- Likes better
- Touched down
- Outdoor-chair material
- Campfire residue
- Silklike synthetic fiber
- Make amends
- Low-diet
- Inventive thought
- Gather, as crops
- Brings to a halt
- Salty body of water
- Feline foot
- Relaxing resort

DOWN

- Not timid
- Woodwind instrument
- Uncluttered
- Real go-getters
- Beach-comber's finds
- List-separating punctuation
- Hollywood award
- Adolescent
- U-turn from NNW
- Shoe padding
- Spring semester, for example
- de Cologne
- Have a snack
- Charged atom
- Eager to rest
- Flag holder
- Pekoe vessel
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