

Family gives a good fibbing

Dear Annie: Is lying something that is just more acceptable these days, or is it particular to my family? I try to be an honest person. I am beginning to feel as though that is a fault in my character. I don't "mis-recall" events of the past. I don't make up someone else's words or attitudes to make my narrative more interesting to my listener. I don't invent some past wrongdoing to excuse my behavior. I think it is a grave sin to outright tell a lie about someone. But I have family members who do all of the above.

Is there a recessive gene in my family? Or do I just see this because they ARE family? Sometimes I think no one values honesty anymore or puts importance on accuracy when talking. At times, I have had to confront family members about what they have said. I am then called self-righteous. Other times, I have just curtailed contact to avoid hearing the tales they tell. They seem to feel that if you can't prove what they say to be a lie, then it is as good as truth. OK, so everyone has told a white lie or perhaps lied if backed into a corner, but this seems to be beyond that. Is lying more acceptable in today's culture? Am I an "honesty freak" or self-righteous? — *Still Believing Honesty Is the Best Policy*

Dear Annie



By Annie Lane

Creators Syndicate Inc.

Dear Still Believing: Freak? No. Self-righteous? Well...

I won't deny you your props for always telling the truth and encouraging others to do so. Honesty is a virtue. But so are patience and humility.

Look, I don't know exactly what your family members are lying about. If your aunt exaggerates the number of hours her flight was delayed because she wants sympathy, let her have her pity party. Sometimes people take artistic license to make their anecdotes into more dramatic stories, and that's fine (as long as it's not a lie that could end up hurting someone).

The fact is that everybody has faults, and keeping tally of other people's transgressions doesn't make you any happier or them any better. It just makes you more judgmental.

Dear Annie: Perhaps this is an odd letter to send to you, but you have

such a huge readership that I am hoping I can get an answer to my query.

I am extremely allergic to shellfish (a very common allergy) and was surprised to find out restaurants fry shellfish, chicken, potatoes, etc., in the same oil. Can this create a dangerous situation for those allergic to shellfish? Thanks for your help. — *Hoping Not to Be "Shell-Shocked"*

Dear Shell-Shocked: It's dangerous for those with allergies to consume food cooked in the same oil as shellfish. The Food Allergy Research & Education organization (<http://www.safefare.org>) offers a template to create a chef card — a wallet-sized breakdown of your allergies you can present to servers to make everyone's life easier (and you safer) when you're eating out. FARE also offers a searchable database of allergy-aware restaurants. Be careful of sitting near kitchens in restaurants, too, as shellfish protein can become airborne in the steam released during cooking.

Because allergic reactions to shellfish often constrict breathing, it's advised that you carry an epinephrine auto-injector at all times.

People who aren't sure whether they have food allergies should visit an allergist. About 60 percent of people who are allergic to shellfish experience their first reactions as adults.

Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). Today will prompt introspection. With this will come realizations about what you see in others. To recognize the best and worst qualities in your loved ones and accept both is powerful stuff.

TAURUS (April 20-May 20). There's a difference between connecting with a person out of habit and connecting with a person out of driving need. The second way is charged with exciting energy, tangible to both parties.

GEMINI (May 21-June 21). While not exactly monumental, you've thought about today's events and they matter to you. You feel it, the others feel it: You're ready for anything and everything that's about to unfold.

CANCER (June 22-July 22). When you don't know a word, you make guesses about its definition based on the context of the words around it. You'll do the same thing in regard to unknown people today, judging them by the company they keep.

LEO (July 23-Aug. 22). Avoid working too hard to smooth over the current situation at the expense of your having pleasant future. You're in danger of obligating yourself to do what you will neither enjoy nor benefit from.

VIRGO (Aug. 23-Sept. 22). You'll work harder than anyone when the plan is something you can see coming to fruition. You need a coach to help you come up with this solid plan — someone who's been there and is good at showing the way.

LIBRA (Sept. 23-Oct. 23). Unsure about your next move, your sense of duty demands that you tend to the pressing business before you regardless. In a sense, worry, trepidation or even rumination is a luxury at this point.

SCORPIO (Oct. 24-Nov. 21). When you

don't get the reply you want to hear it can be frustrating, disheartening or inspiring, depending on your attitude. The prevalent sentiment welling up in you now sounds something like, "Fine, I'll do it myself!"

SAGITTARIUS (Nov. 22-Dec. 21). In the social media blur, envy is par for the course. The funny, talented and glamorous people you know sometimes get on your nerves for the exact same reasons you admire and love them.

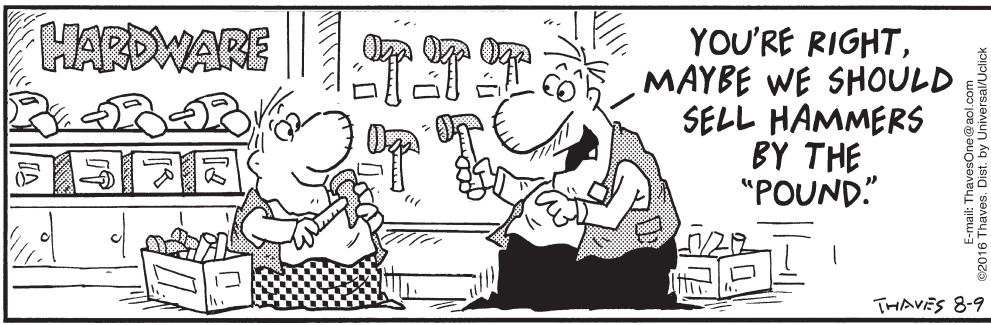
CAPRICORN (Dec. 22-Jan. 19). Stagnant waters breed disease. The algae, the bugs, the stench! It's the same with situations that are too peaceful: They begin to rot. Don't let this happen. Stir it, change it, move it.

AQUARIUS (Jan. 20-Feb. 18). It may feel like someone is pushing and pulling you along. It's a direction you want to go, and yet if you're not in charge of getting there, you'll resist every inch of the way — rightly so. You need to get there on your own volition.

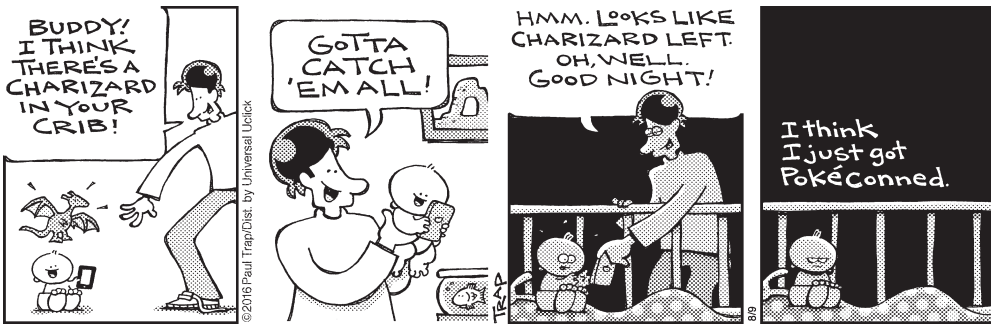
PISCES (Feb. 19-March 20). The quick fix, the fast fame, the instant buzz: It's all appealing to you now. Just because it's easy and attractive doesn't make it wrong, but it does make it worthy of skepticism. What does the Virgo in your life think?

WEDNESDAY'S BIRTHDAY (Aug. 10). What's old will change you. You'll be touched by curious legends, find a muse in dead poets and explore the magic of ancient wisdom. You'll become richer as you create through the end of the year. Past support of friends will swing back around in December. The sweetness that starts 2017 will grow as you focus on it. Pisces and Virgo adore you. Your lucky numbers are: 2, 24, 31, 17 and 40.

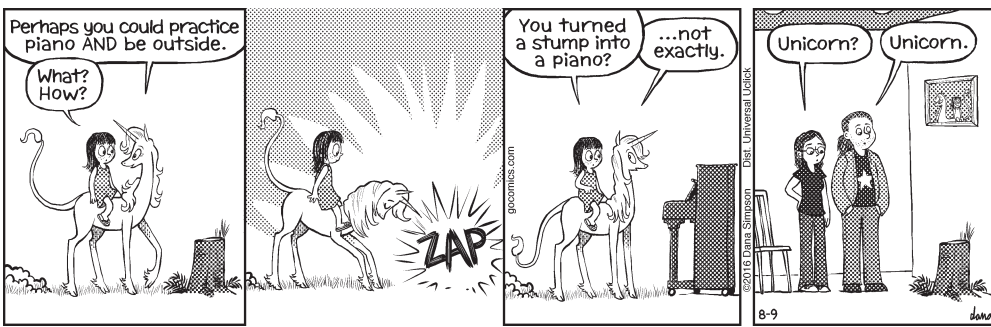
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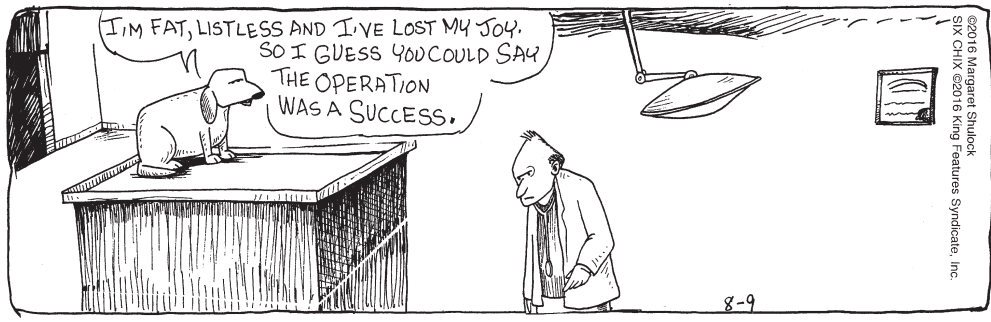
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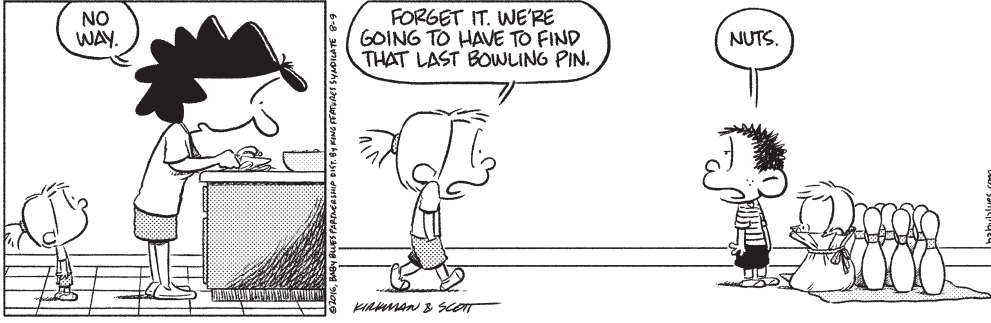
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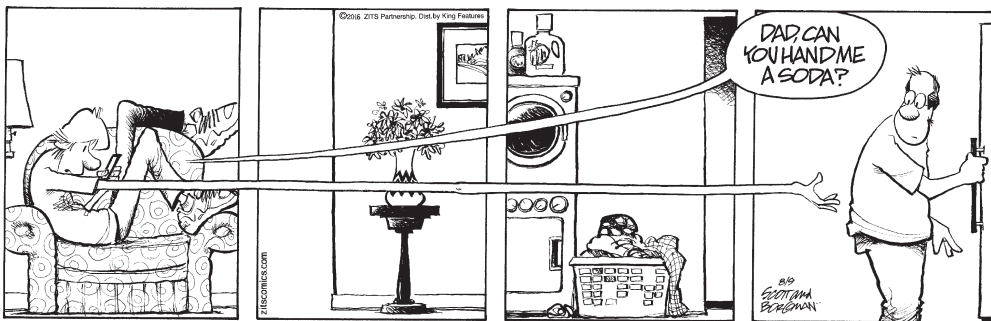
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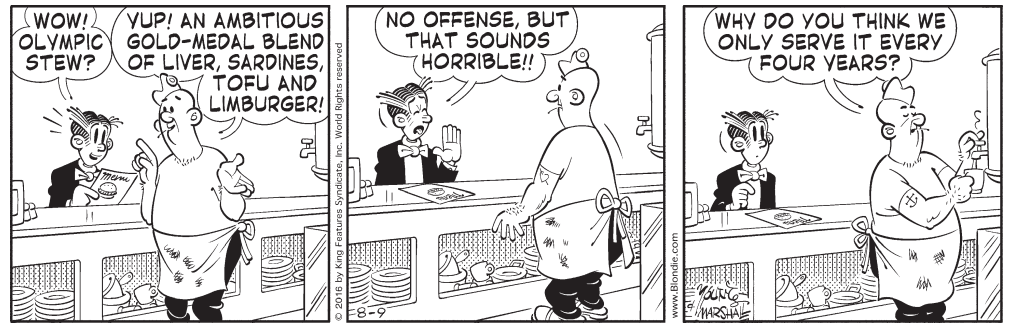
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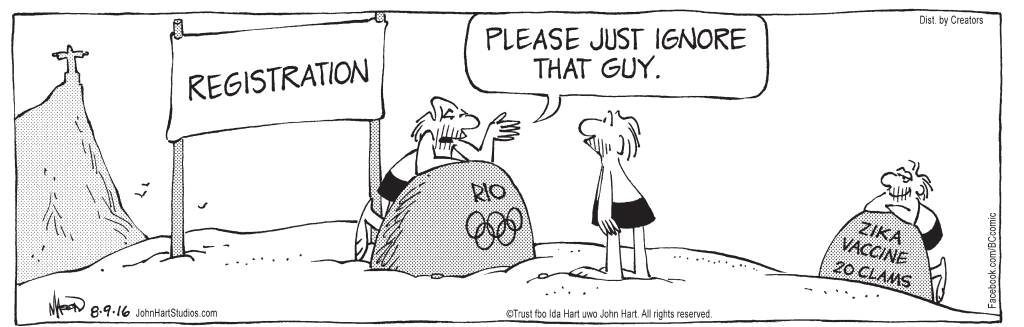
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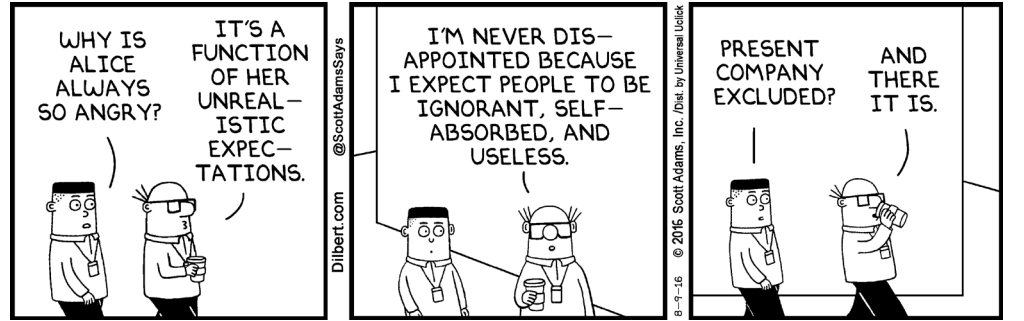
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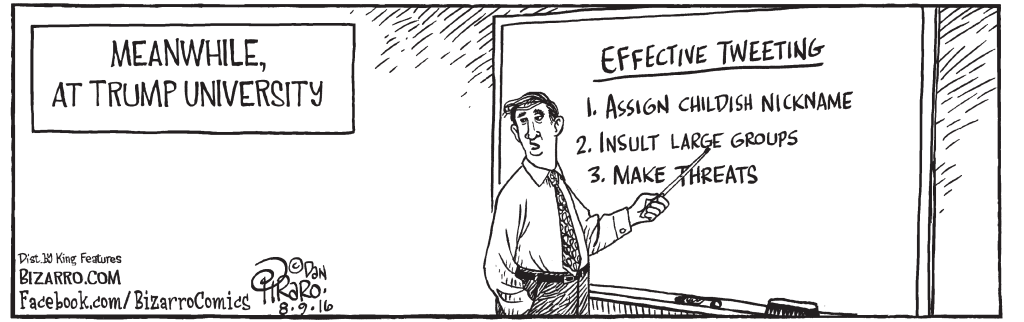
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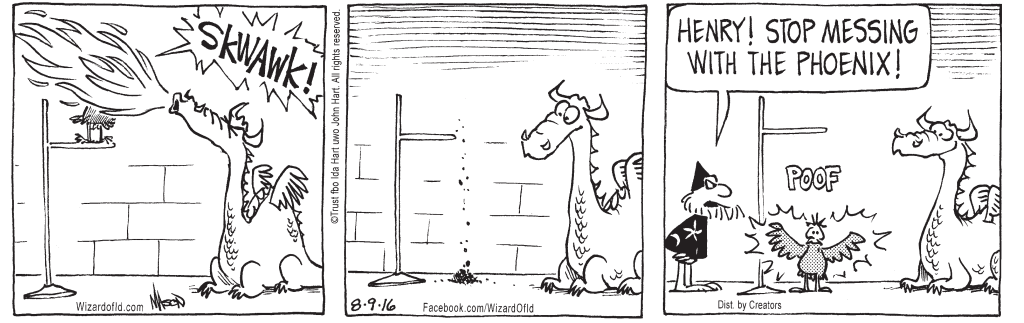
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