

10 lessons to learn from a dog

Dear Annie: I wrote this list after saying goodbye to my beloved dog, Capra, and thought you might share it with readers.

10 Things My Dog Taught Me

10) There is great beauty in the quiet stillness. Let it envelop you.

9) Sniff it. Touch it. Feel it. Taste it. Hear it. Engage all your senses in the world around you.

8) Plunge in. You can always get out and shake it off.

7) Don't be afraid. Just stand your ground. And bark loudly when truly necessary — especially if a big of bear is in your backyard.

6) Trust that most people have an innate goodness.

5) Forgive fully — and let it go.

4) Love is truly unconditional. If it has conditions, it isn't really love.

3) Accept the inevitable with peace and grace — even while the vet is taking your temperature.

2) It's OK to feel sadness, but remember that joy is just a squirrel chase away.

And the No. 1 thing my dog taught me: Live in the moment. Embrace it. Feel it. Become it. Share it. Then repeat for the next moment and all the moments that follow.

Life is not about the quantity of moments; it's about appreciating the quality of moments. — *Dana Riley*

Dear Dana: Thank you so much for sharing this letter. Man could stand to learn a lot from his best friend. May Capra rest in peace.

Dear Annie: I have read your column for quite some time, but I didn't think I would ever write to you. My question is about etiquette.

Is it right to invite someone to a social gathering and then disinvite the person? My significant other invited everyone at a party to our home for a party a few weeks later without consulting me. I was upset and told my significant other

so. My significant other got angry and disinvited everyone (without telling me) the next day. The only reason I found out is that I was speaking to someone about what she could bring. That's when she told me that it had been called off. This is not the first time, and now I am afraid to open my mouth. Should I go ahead and re-invite everyone? — *Afraid to Speak Up*

Dear Afraid to Speak Up: Is it wrong to disinvite people from a party? Yes. Should you re-invite all your friends? At this point, that might give them whiplash. Let the idea rest for now, and perhaps aim to have a get-together in the near future — one that you and your partner plan together from the outset. And that touches on the bigger issue here, which is not etiquette but communication. You both need to figure out what's getting in the way of your communicating honestly and openly. If fear of each other's anger or disappointment is preventing you two from sharing your feelings, soon there won't be much left to discuss.

DEAR ANNIE

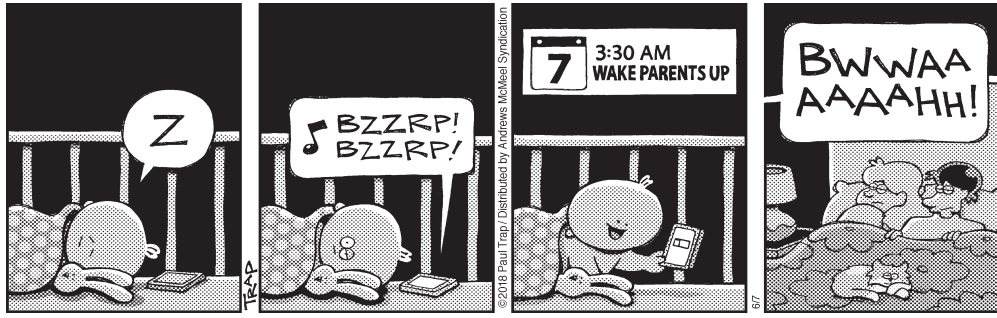


Annie Lane
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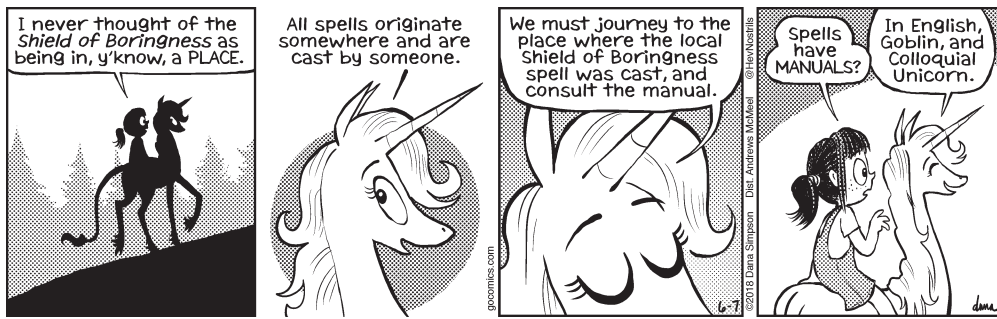
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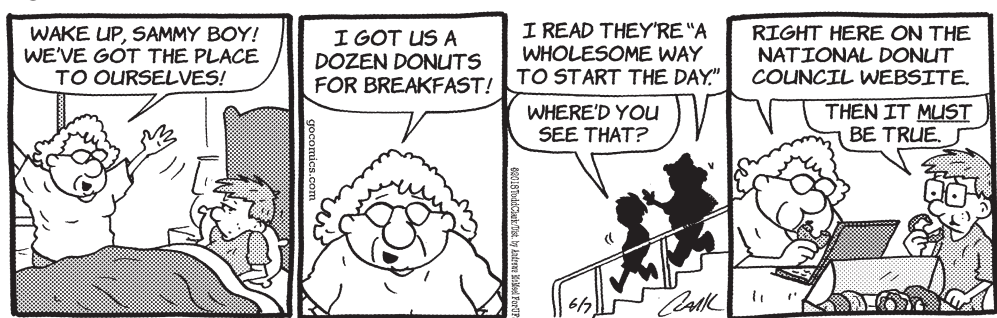
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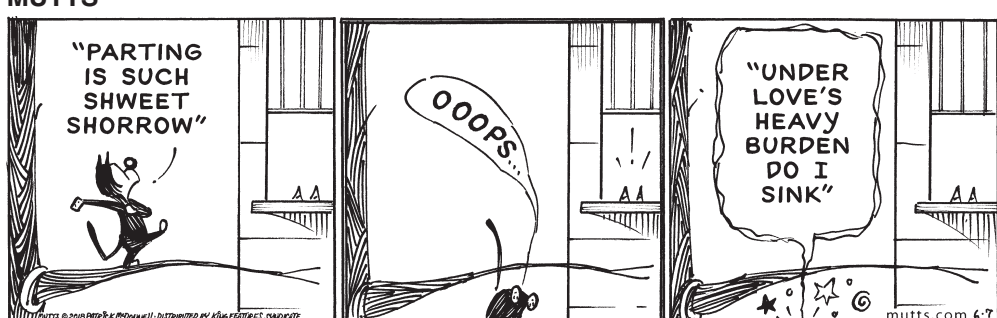
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TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). Close your eyes and breathe through the intense moments of the day. Without visual stimulus you'll get internally focused. You can breathe out the stress and breathe in all that's necessary for an optimum state of mind.

TAURUS (April 20-May 20). We're told over and over that life isn't fair. We see with our own eyes that it's not. And yet, the belief that life should be fair still permeates our thinking. Those who know this is an unjust life will be ever vigilant in working toward fairness.

GEMINI (May 21-June 21). Commercial purposes serve the client. Artistic purposes serve the muse. It will benefit your soul and your pocketbook to do a little of each type of service in the days to come.

CANCER (June 22-July 22). Stick your neck out and seek opportunity, because even though it's fallen in your lap before (and will again), the best options will arise from a concerted effort on your part.

LEO (July 23-Aug. 22). We're all just trying to get along using what we have to work with. Perhaps it will help you to think of someone whom you once would have called "disabled" as, more aptly, "differently abled."

VIRGO (Aug. 23-Sept. 22). Metaphorically speaking, instead of short seats or tall seats, consider an adjustable seat. It will cost more, but unlike short and tall seats, which are only totally correct in one scenario, adjustable seats will be continually useful.

LIBRA (Sept. 23-Oct. 23). When people won't listen to you, listen to them. They'll (indirectly and accidentally) tell you where their weaknesses are and what they're missing. You'll learn all you need to know to make your next move.

SCORPIO (Oct. 24-Nov. 21). You think you know what they're trying to say, but you ask questions anyway. Conversely, you don't expect others to readily understand your message, so you pose it a few different ways, making it bulletproof.

SAGITTARIUS (Nov. 22-Dec. 21). The outcome you're worried about is unlikely — that is, unless you keep up the worry, in which case your fixation will trick your mind into assuming you want that scenario, and it will do everything in its power to make it so.

CAPRICORN (Dec. 22-Jan. 19). There is only one person in your life you can truly change, and that's you. Even that takes a considerable amount of effort. Remember this fact of life and save yourself some trouble.

AQUARIUS (Jan. 20-Feb. 18). More people getting involved doesn't necessarily mean more productivity. The work will still only be done by the same people who were doing it before — namely, you and your crew. Seek efficient solutions for a tight team.

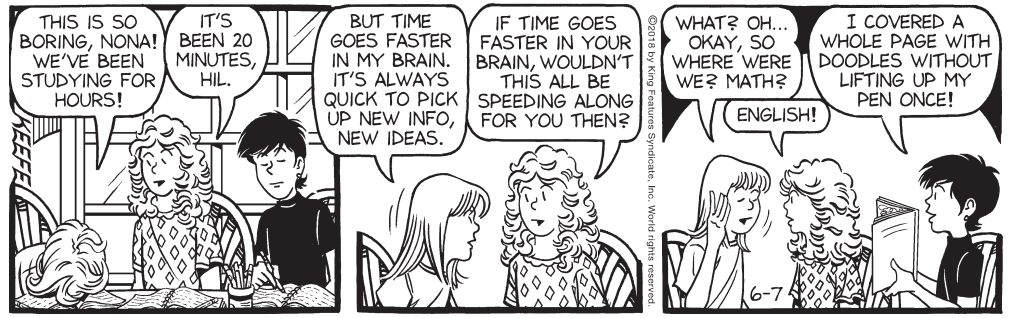
PISCES (Feb. 19-March 20). In text, email and conversations that happen in real time, there are no take-backs. Be thoughtful. Plan it out. Consider where it could go wrong. Imagine multiple responses and refutes. Be ready. This one is important.

TOMORROW'S BIRTHDAY (June 8). This solar return is characterized by your determined attitude. While it's not possible to do every single thing you want to do, you'll hit the big three on your list and throw a party each time one gets checked off. Model the behavior you'd like to see in your friends and kin, as they will be following you closer than ever. Aries and Cancer adore you. Your lucky numbers are: 1, 30, 33, 28 and 4.

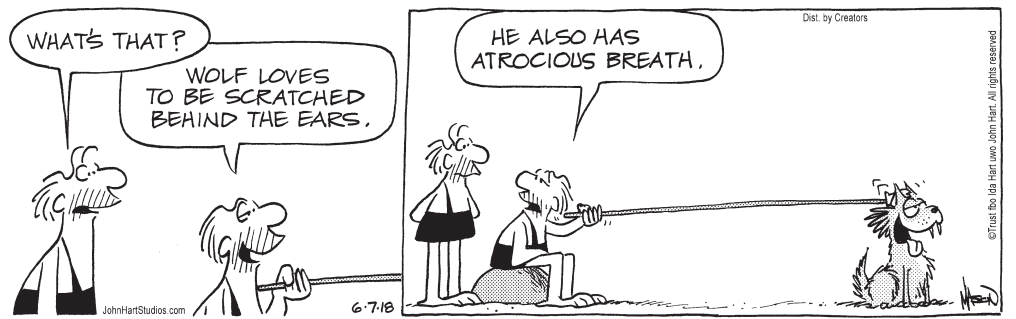
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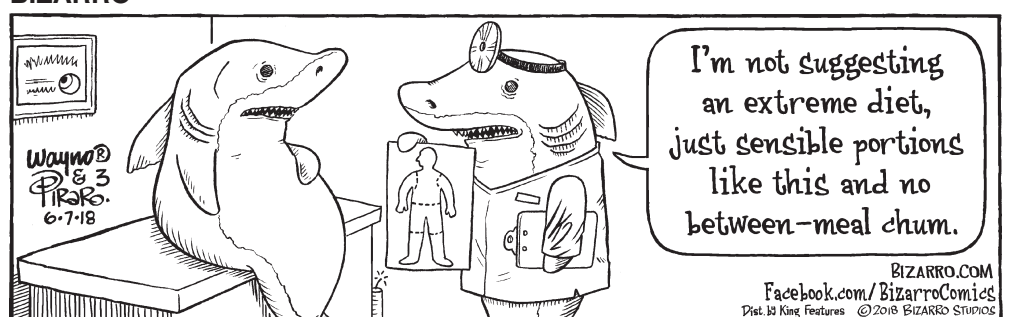
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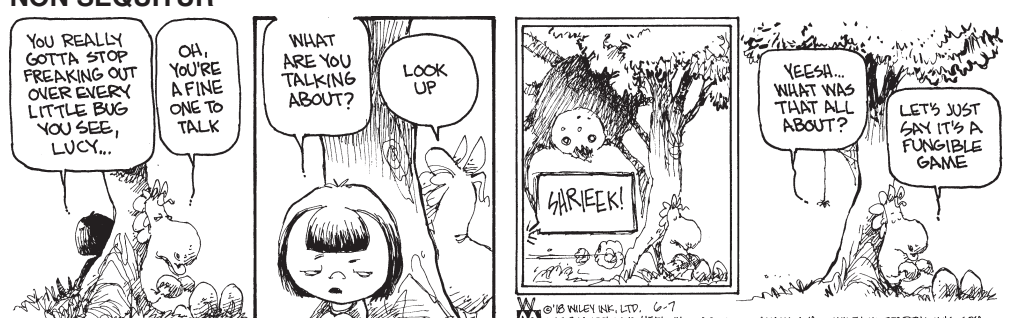
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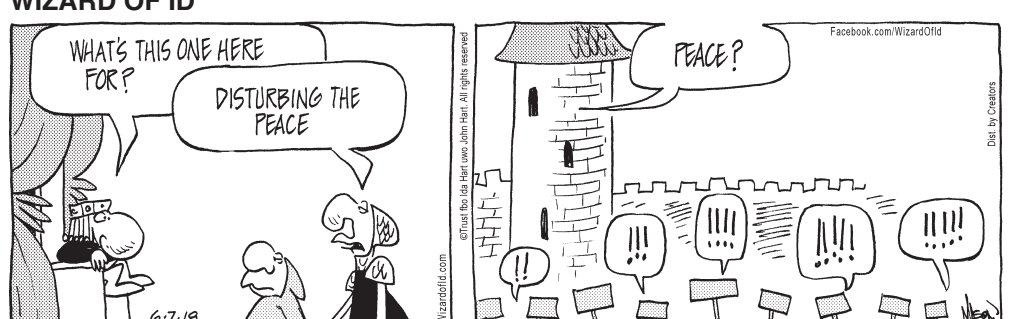
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