

Husband doodles immaturely

Dear Annie: My husband of over 30 years is a great person, successful and well-educated. I love him dearly except for one annoying thing.

He draws on people's photos in magazines and newspapers.

Almost daily, for a few minutes after breakfast or dinner, he'll draw mustaches, knocked-out teeth, facial hair and blemishes on the faces of people in the photos. Most of the time, these are models or unknown people, both male and female. He only does this at the table and throws the photos away right away.

I've asked and asked why he does such a childish and immature thing. He says that it's funny but that more so, it releases stress. And he does have a very stressful job.

Don't suggest adult coloring books, professional drawing supplies, paint or charcoal. I've suggested all that to him. Don't suggest a hobby, yoga or meditating; he already does that stuff.

What I want to know is: Am

I being overly critical, or is this just stupid? — *He's No Picasso*

Dear He's No Picasso: Doodling is actually very smart. According to a 2017 study by researchers at Drexel University, doodling "helps with attention and improves health and well-being." You don't have to be Picasso to reap the benefits, because it's not about the end result; it's about the act of doodling itself. So it sounds as though your husband is just having a bit of fun and blowing off some steam. If such a harmless activity stresses you out so much, perhaps you should give doodling a try.

Dear Annie: I'm writing to you not about a problem but about your responses to others' problems. You always seem to recommend seeking therapy. Therapists are sometimes expensive. Waiting lists are long and often even longer for specific things. You have many readers. If all those who have problems sought out therapists, the wait would be even longer. Surely, you have a recom-

mendation besides seeking therapy when people have problems that need to be fixed in a timely fashion and they do not have a month or more to seek help. — *Wondering in Massachusetts*

Dear Wondering: I'm glad you raised this topic, as it's a fair point and something I've given a great deal of consideration to. Whenever possible, I try to offer direct, practical advice that I believe would better the letter writer's situation or state of mind, as opposed to just recommending therapy. I recognize that if someone is deeply troubled by something and is bringing the issue to me, it's usually because the person can't go to therapy or doesn't want to. But there are times when people so clearly need professional help that it would be just plain reckless not to recommend that they seek it.

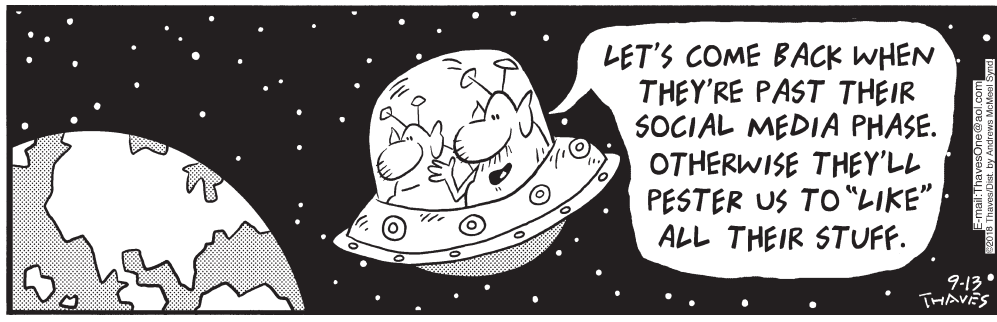
For people who are unable to access a therapist because of limitations of finance or mobility, I suggest trying Talkspace, BetterHelp or another e-counseling service that employs licensed professionals. These are more affordable options than traditional therapy.

DEAR ANNIE

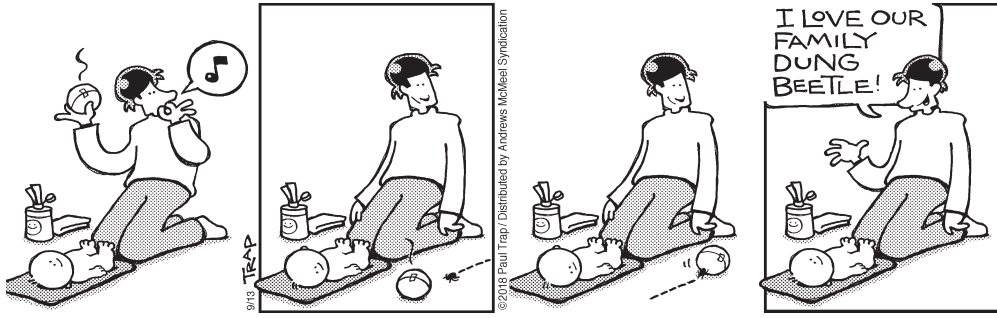


Annie Lane
Creators
Syndicate Inc.

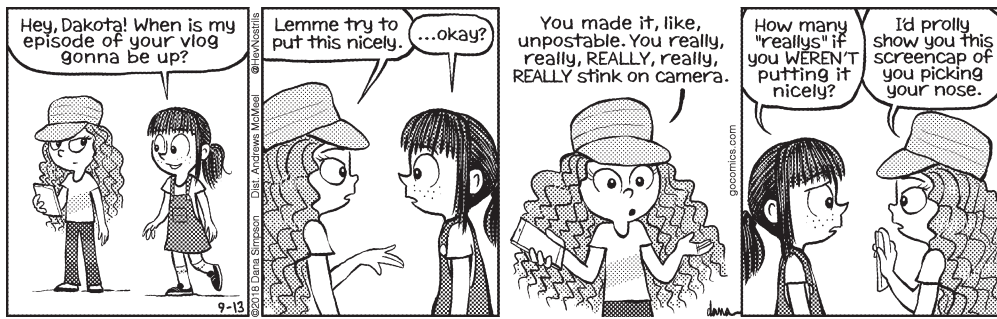
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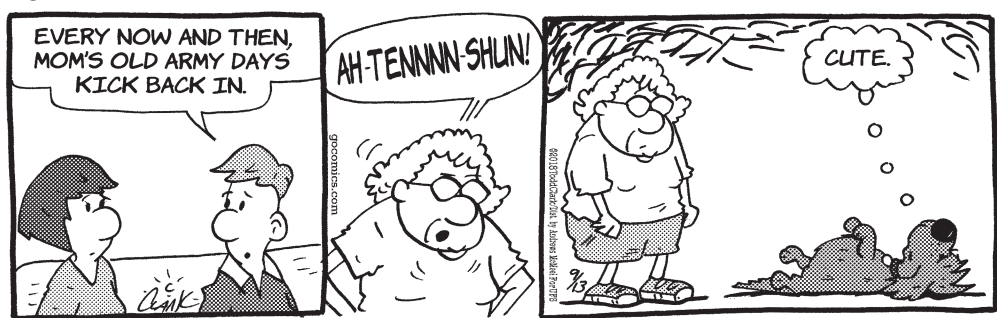
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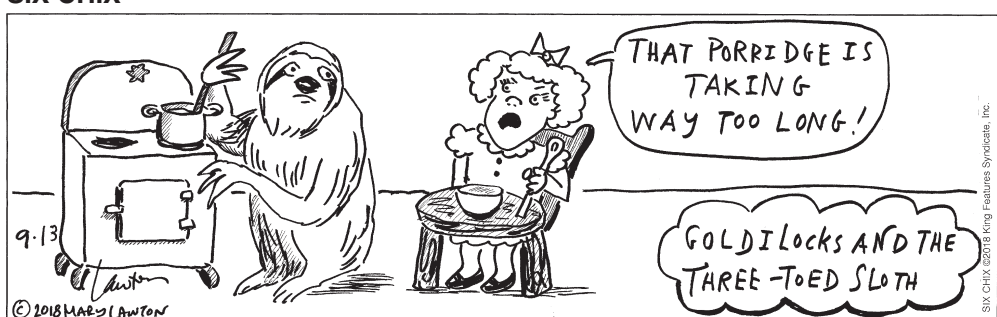
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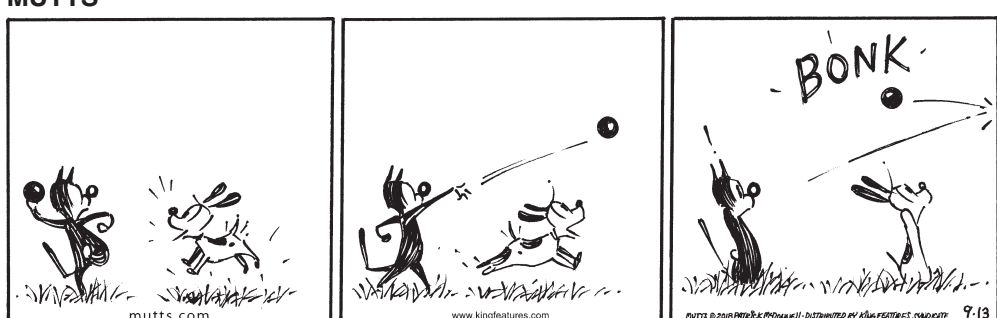
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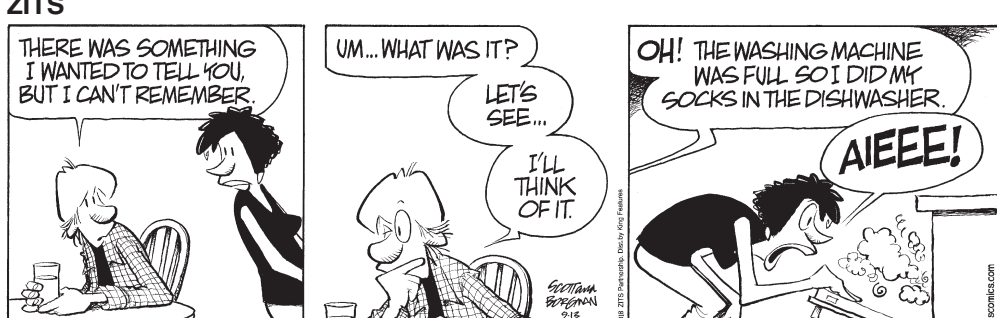
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ZITS



TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). While it's unnerving to lose personal items, it's also an opportunity to put better organizational systems in place. To assign a single resting place for the keys, etc. is to save hours a year searching for things.

TAURUS (April 20-May 20). Going on a tangent means you're creative and it also makes you creative. Maybe it will require patience from the more linear-minded audience trying to keep up with you, but don't let that deter you.

GEMINI (May 21-June 21). You have what it takes, now the trick is knowing when and how exactly to use it. Timing can make or break this deal, but the good news is, you'll learn either way, and the next deal will come along almost immediately.

CANCER (June 22-July 22). Even the interests you are most passionate about can lose their appeal at times. Daily exposure will do that, but it's not a signal to move on so much as an indication that a zigzag may be in order just to keep it fresh.

LEO (July 23-Aug. 22). Today will present a case in which sincerity and accuracy will not exactly match up. Nobody's fault, and you're all in the story together. You may just have to work out one that can be agreed upon.

VIRGO (Aug. 23-Sept. 22). Embrace where you're at on the optimism scale, which is determined by both genetics and experience. While obvious benefits befall optimists, there are powerful advantages that go to the trouble-seers, too.

LIBRA (Sept. 23-Oct. 23). To see and deal in objective reality will save you time and money. When presented with a good-looking front, a positive spin or a distracting dance, take it for the red flag that it is.

SCORPIO (Oct. 24-Nov. 21). You know who doesn't worry, talk or fuss about being a "good person"? Good people. They know their intentions are benevolent and they don't have to talk about it. Be wary of anyone obsessed with the moral high ground.

SAGITTARIUS (Nov. 22-Dec. 21). While it may be scientifically unclear whether satisfied people move more, or movement produces feelings of satisfaction, the link between activity and happiness is undeniable. Move and smile.

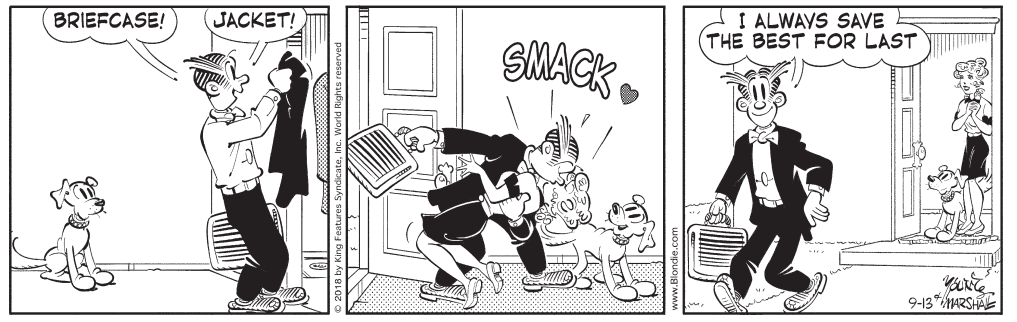
CAPRICORN (Dec. 22-Jan. 19). You'll be surrounded by intelligent people. In fact, your presence seems to awaken the intelligence inside others and they'll show you their brightest insights and moods.

AQUARIUS (Jan. 20-Feb. 18). Deep in your heart you feel happy to help. So you don't need the gold star to tell you that people appreciate you. In fact, you might even get greater satisfaction from being invisible in the exchange.

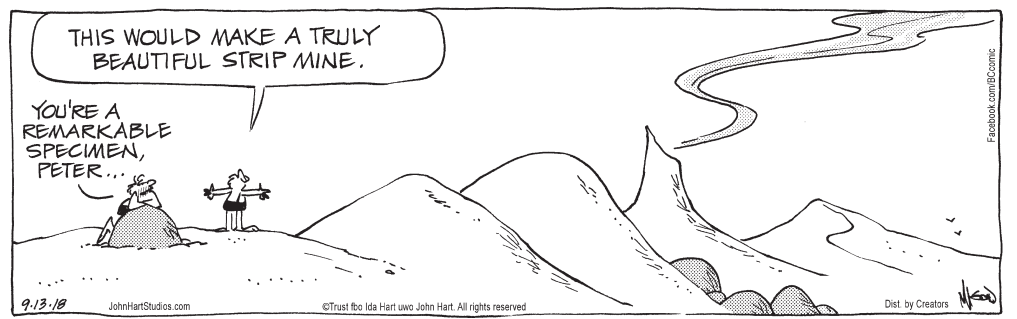
PISCES (Feb. 19-March 20). There's an influx of fresh excitement this afternoon that will energize your creativity for weeks to come. Don't worry about keeping anything about this, as trying to hold on to it will be like grasping at water. Just enjoy.

TOMORROW'S BIRTHDAY (Sept. 14). Take on more than you think you can handle, because you'll grow into responsibilities. Besides, you've been underestimating your talent and luck. A peaceful close of 2018 allows for self-education, solo experience and soul searching. The next turn is in a direction you wouldn't have guessed. Gemini and Sagittarius adore you. Your lucky numbers are: 5, 30, 16, 33 and 1.

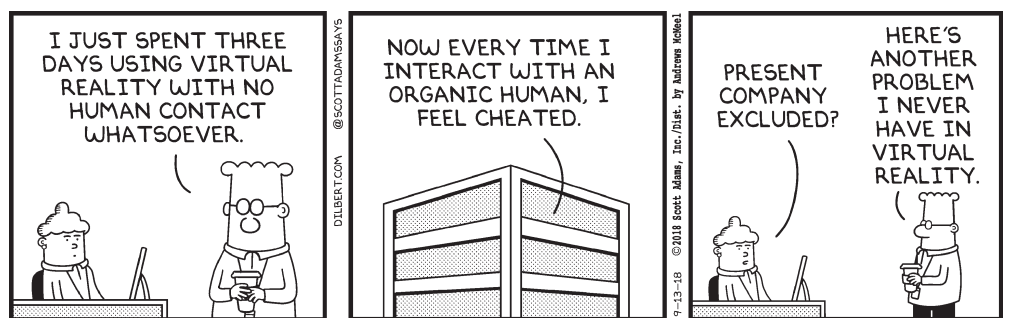
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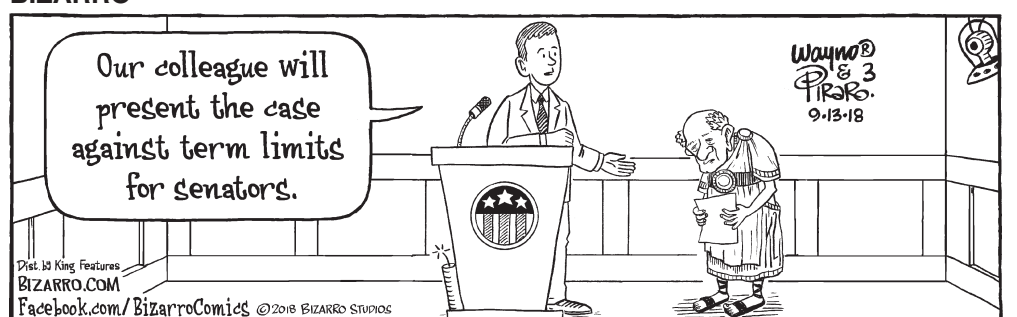
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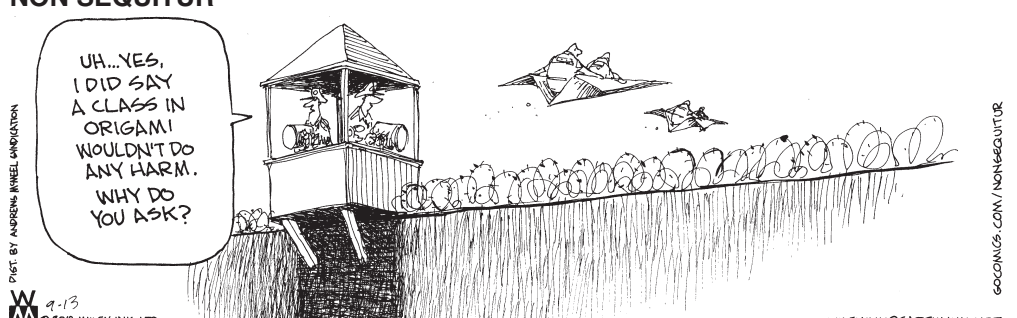
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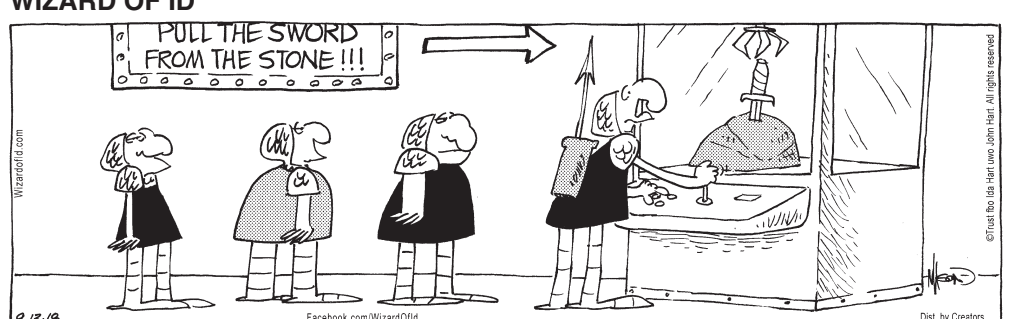
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