

Jumping into dating at 74

Dear Annie: I'm a 74-year-old single man who has never been in circulation.

I have relatives, friends and others who keep asking me, "When are you getting married?" I don't even know where to start with dating. I don't know what it is these days or whether it even exists for me. Should I have announcements printed to let people know I'm looking to date? Should I run a notice in the newspaper? Or should I simply tell people at a family dinner? We have a family dinner coming up on Valentine's Day, so I thought then might be a good time to do it. It needs to be known that not all of us are socially active and successful. More than a few of us are simply passed over, ignored or rejected, both men and women. And our chances are not improved by having to tell others that we've never really dated. I was never invited to social gatherings. As a result, I don't have some of the skills needed. I don't know the latest dances, etc. Any ideas or suggestions? — *74-Year-Old Wallflower*

DEAR ANNIE



ANNIE LANE
Creators
Syndicate Inc.

Dear Wallflower: It's time for you to branch out from that wall and grow into the person you were always meant to be. Start this process by reaching out to friends and family. Let them know you're interested in dating and looking for guidance. As Bill Withers sang, "No one can fill those of your needs that you won't let show."

You also need to overhaul your mindset from that of a passive spectator to that of an active participant. You mention being "passed over," as if dating were a schoolyard basketball game in which everyone but you got picked for a team. That sort of thinking is toxic and paralyzing — and incredibly hard to shake on your own. A professional counselor could help you open up and get away from that wall you've been clinging to for so long. Make an appointment today.

Dear Annie: I've been wanting to go vegan for a while now, but I'm scared it would have nutritional repercussions. I've eaten meat my whole life, and I want to make sure my body wouldn't miss out on the nutrients

it needs if I adopted this extreme diet change. How can I switch my diet to vegan while maintaining good nutrition? Also, I hear that a vegan diet is more expensive than a mainstream omnivore diet. Is that necessarily true? — *Veering to Vegan*

Dear Veering to Vegan: A vegan diet — one rich in fruits, vegetables and whole grains — can be very healthful and affordable, with a little planning. You might be surprised to learn how many plant sources of protein there are, including lentils, beans, nuts, seeds, tofu, oats, broccoli, spinach (Popeye knew what he was doing) and many others. Most of the aforementioned are also good sources of iron — and as an added bonus, they're all relatively affordable. If you make such foods the staple of your vegan diet, you'll most likely find yourself spending less on groceries, not more. The one thing you can't get sufficient amounts of from a vegan diet is vitamin B-12, so be sure to take a supplement for that. And of course, the big caveat to all of this is that I'm no doctor. Please talk to a dietitian or your physician about planning a diet that meets all your needs.

TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). Jealousy makes people behave uncharacteristically. It's not worth it to make someone jealous on purpose, and if anyone does this to you it's a red flag.

TAURUS (April 20-May 20). If you can facilitate an experience for another person, you'll be thrilled for the opportunity to do so. Stay cognizant of this: You can invite experience but never provide it, as experience is a co-creation between host and guest.

GEMINI (May 21-June 21). Check in with loved ones, even if you just did recently, even if you're worried about bothering them, even if you have nothing to say. Connection will be meaningful in unexpected ways.

CANCER (June 22-July 22). You don't have to help everyone around you. Consider that you may be able to help them best today by being you and being clear, strong and convicted about that.

LEO (July 23-Aug. 22). Issues of territory arise. The map is a crude tool here, because even if you spell out the "mine" and "yours" of it all, life will make the borders messy again. You're going to have to lead with your heart on this one.

VIRGO (Aug. 23-Sept. 22). No pressure, but people are noticing you and they'll start to follow you, not in just an attention or social media way, but they'll actually do what you do and say what you say.

LIBRA (Sept. 23-Oct. 23). It's one of those days when you can really see clearly who is in and who is not. Harsh maybe, but anyone who isn't rooting for you in obvious ways

today doesn't belong on your team.

SCORPIO (Oct. 24-Nov. 21). You did it before and you can do it again. Sure, you can't remember how you did it or even why. You're not the same age, and you don't have the same resources as you did then. Nonetheless, you'll repeat the success. Believe.

SAGITTARIUS (Nov. 22-Dec. 21). If you could figure out a way to go faster and still keep the quality up, you would. But this is just going to happen naturally. Quality first; speed will follow.

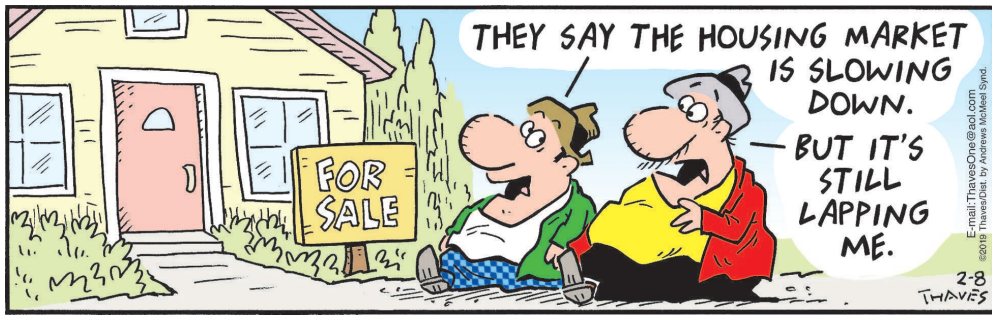
CAPRICORN (Dec. 22-Jan. 19). You love to keep smart people around you who will challenge you, make you read, think, learn, strive, be healthy and active ... and you also love the comfortable people. In fact, you'll love and need them a little more today.

AQUARIUS (Jan. 20-Feb. 18). People fall in love with you unexpectedly. If you can help it, be careful not to foster attachments you won't be able to keep up with. It's no fun to be loved more than you love.

PISCES (Feb. 19-March 20). What's legal isn't always moral and what's moral isn't always legal. But today won't be about laws of state. It's more like rules of the heart vs. social mores.

TOMORROW'S BIRTHDAY (Feb. 9). You once worried about what was expected of you, and now you laugh about it because you already know, and you've already decided just how much credence to give to those expectations. Truly this is your year of freedom from social constraints and of self-realization at a whole new level. Aries and Libra adore you. Your lucky numbers are: 4, 30, 10, 7 and 28.

FRANK AND ERNEST



THATABABY



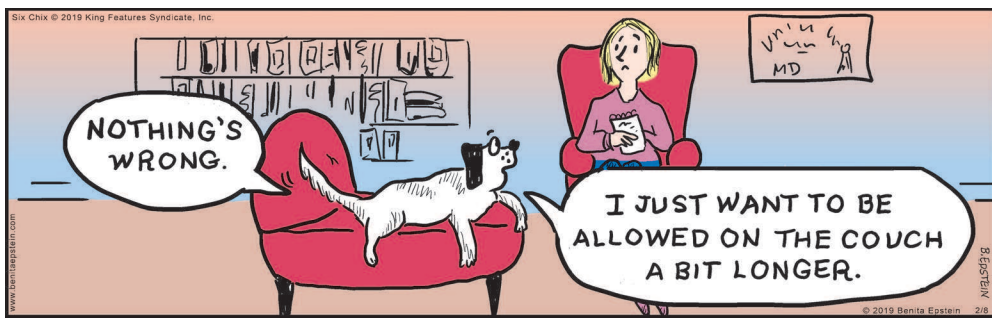
PHOEBE AND HER UNICORN



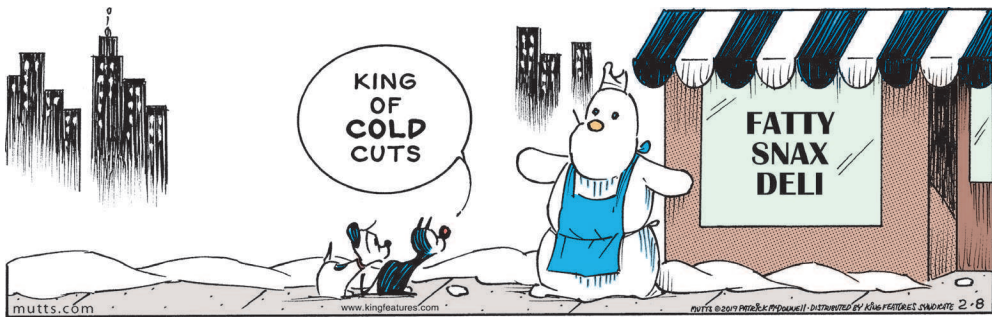
LOLA



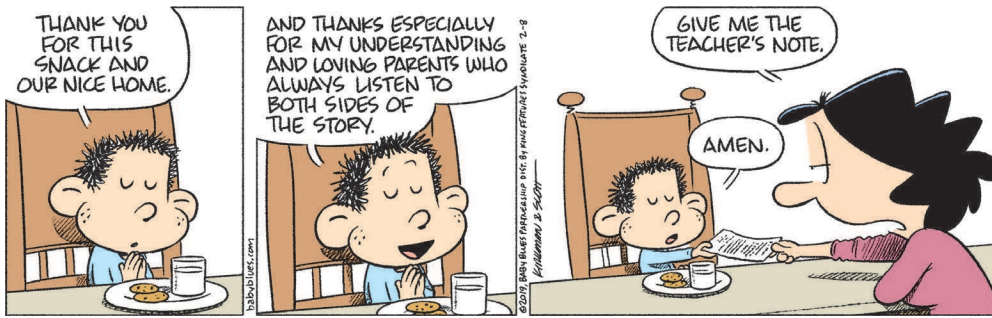
SIX CHIX



MUTTS



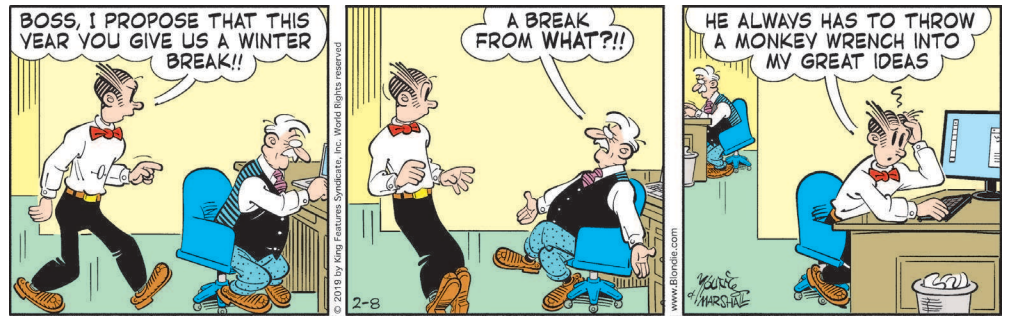
BABY BLUES



ZITS



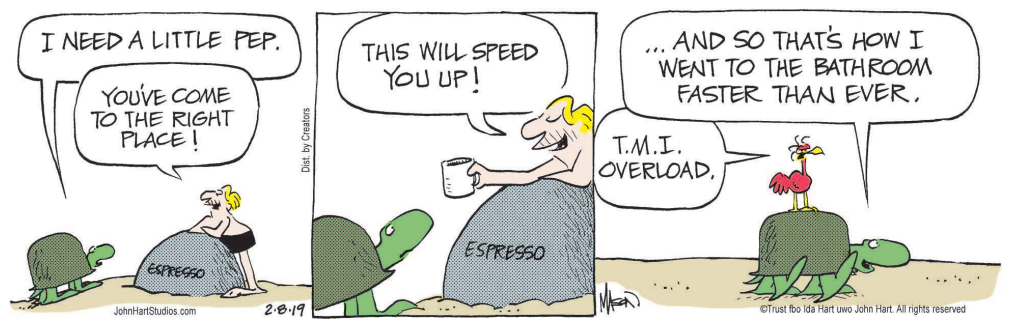
BLONDIE



SALLY FORTH



B.C.



DILBERT



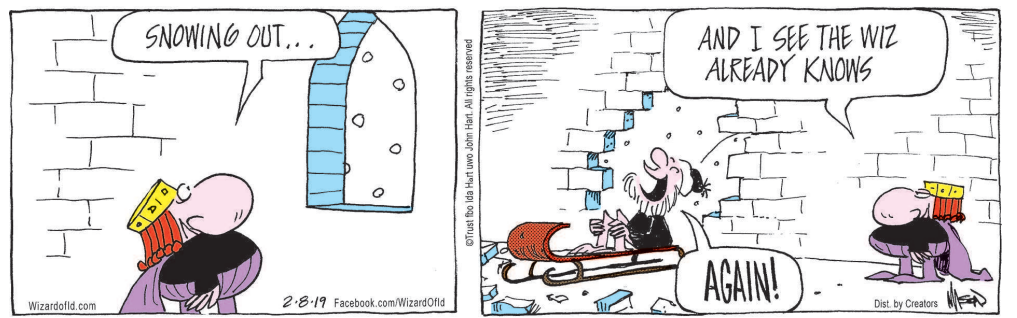
BIZARRO



NON SEQUITUR



WIZARD OF ID



ROSE IS ROSE

