

Saying the wrong thing

Dear Annie: My boyfriend's mother was recently diagnosed with Alzheimer's. It's been really hard on him and his family. I've been trying to be there for him as best I can, but it seems like I'm always saying the wrong thing. The other day, he was talking about how difficult it is to think that there will eventually be a time when his mom can no longer remember his or his brothers' names. I told him that was years down the road and to try not to think about it for now, to enjoy the quality time he can still spend with her. He snapped at me and told me he was allowed to think about it, that it was a reality he's facing. What is the right thing to say in these situations? — *Hesitant but Wanting to Help*

DEAR ANNIE



ANNIE LANE
Creators
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all better. While I know that your wish to cheer him up comes from a place of love, it can come across as minimizing the pain — which adds insult to injury. Sometimes the kindest thing we can do for a loved one is to simply sit with him in his pain and honor it. You can also express your love by cooking meals, running errands or helping him out with any other practical aspects of everyday life that might fall to the wayside in the wake of this news. Ask him to always feel free to tell you what he needs from you, whether he'd like to hear reassurance or just wants to vent. Lastly, you might encourage him to attend a support group. To find one in your area or to join a virtual support community, visit <https://www.alz.org/help-support/community/support-groups>.
Dear Annie: I'd like to reference your column from Jan. 28, 2019, "Check Before

You Donate Items." I agree with most of your answer, as it seems some people think donations are the same as taking out the trash. However, I was greatly disappointed with your comment, "You should never donate expired food." I would hope you could use your column to educate your readers to the fact that expired food — "sell by," "use by," "use or freeze by," "best if used by" or whatever else the dates mean — are not because the contents are bad. Most canned goods are good for weeks, months or years — most with no decrease in nutrition or flavor. We supposedly have many people in the country who do not have enough to eat yet we waste (throw away) 40 percent of our food. If it looks good and smells good, it's good. The can contents cannot read. They do not know when to go bad. Same with milk and produce. — *Waste Not, Want Not*
Dear Waste Not: Thank you for this enlightening take on sell-by dates.

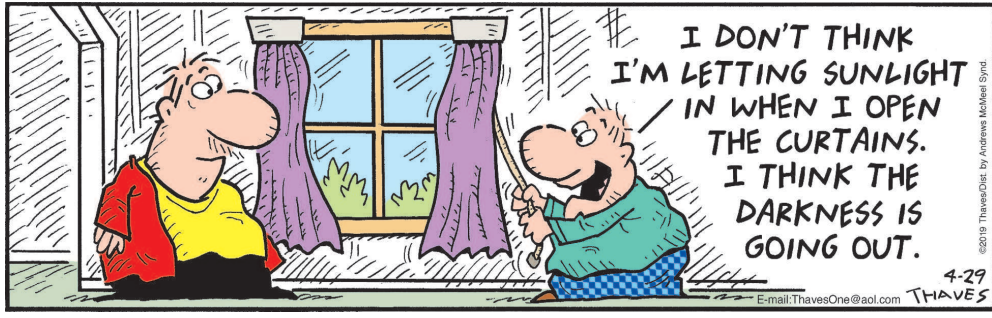
TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). There's so much you don't have to get mixed up in if you don't want to. As you strive for a state of mental openness and receptivity, your stress levels plummet pleasantly.
TAURUS (April 20-May 20). At some point, you'll get about as much a return from your work as can happen. Keep in mind the law of diminishing returns. All the work you do after that point will yield less and less. Be alert to when you should move on.
GEMINI (May 21-June 21). Your way would have worked under different circumstances and with a different cast of characters. Alas, compromises were made. Good thing you're so flexible and you'll make the very most of it.
CANCER (June 22-July 22). "Give 'em the sizzle, not the steak," may be the expression of con artists, though it's not always a bad thing to get one less steak. Maybe the sizzle is enough right now. It applies across the board today.
LEO (July 23-Aug. 22). To form a vision is the essence of creativity and the heart of leadership. Build a border of practicality and reality around the vision to keep it from crossing into the realm of delusion.
VIRGO (Aug. 23-Sept. 22). You've learned to be selective in what you share with people. You'll stick with that strategy today to avoid engendering envy or causing people to focus on things that don't matter to the relationship.
LIBRA (Sept. 23-Oct. 23). You could go deep if you wanted to; you're certainly more than capable of understanding nuance and handling complexities. But what would be the purpose? There's so much to accomplish on the surface right now.

SCORPIO (Oct. 24-Nov. 21). There's a light version and a heavy version. Go with the temporary, lighter commitment for a while, just to try things out and get a better appreciation and understanding for the full range of what's available.
SAGITTARIUS (Nov. 22-Dec. 21). The more you do, the more there is to criticize. That's why you have to be tough to express yourself. It takes courage. You'd rather brave the way of the doer than go under the radar and have nothing to show for it.
CAPRICORN (Dec. 22-Jan. 19). It takes confidence to keep it simple, and you've plenty of that. If there are too many fancy extra things, no one knows where to devote one's attention. Anyway, you're impressive without trying to be.
AQUARIUS (Jan. 20-Feb. 18). Because you trust yourself and your innate sense of timing, when circumstances arise that require immediate action, you go for it. The others who don't know you yet haven't learned what you can do, but they'll learn.
PISCES (Feb. 19-March 20). While fun is contagious, it's also subjective. When they're having fun and you're not, or vice versa, it's a sign that you're in the wrong place. Keep moving until the good vibes are mutual.
TOMORROW'S BIRTHDAY (April 30). The beginning of this solar return is marked by the spirit of playfulness, which creates both a general feeling of belonging for a group and deep and lasting bonds in certain relationships. You'll be inventive and will come up with new systems and products to keep abundance flowing through your world. Capricorn and Libra adore you. Your lucky numbers are: 9, 3, 20, 40 and 20.

FRANK AND ERNEST



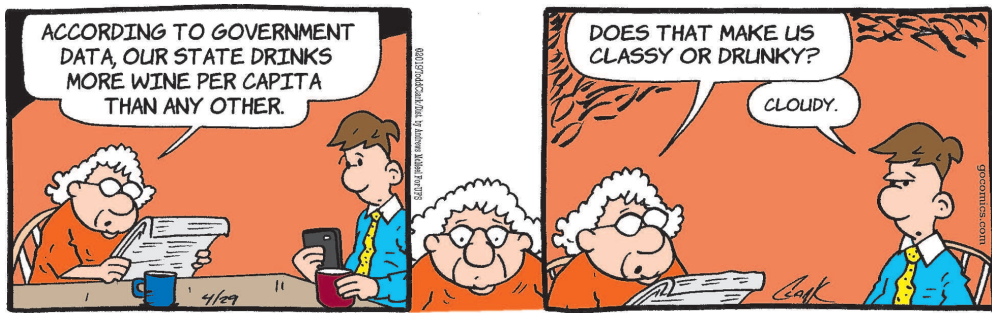
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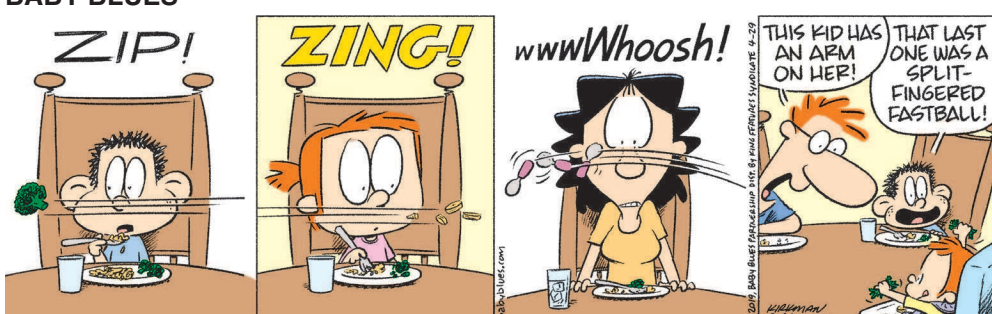
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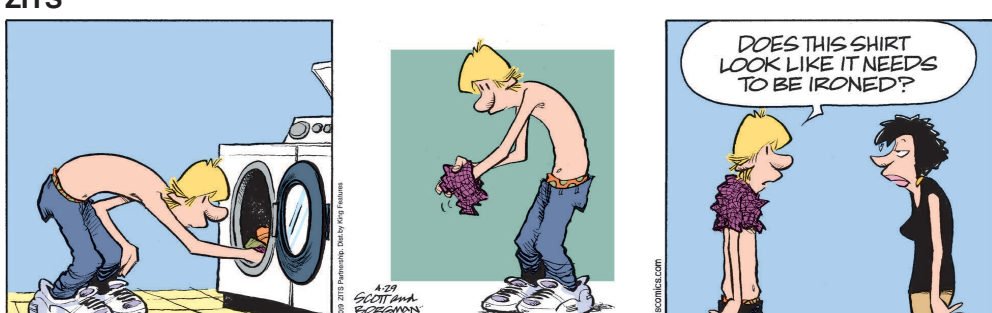
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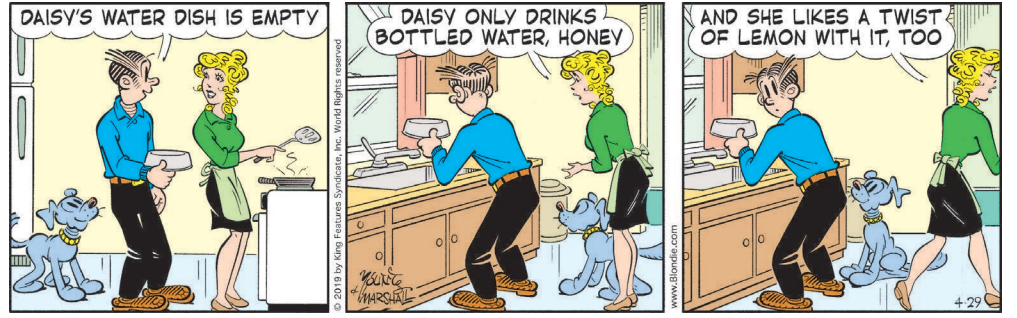
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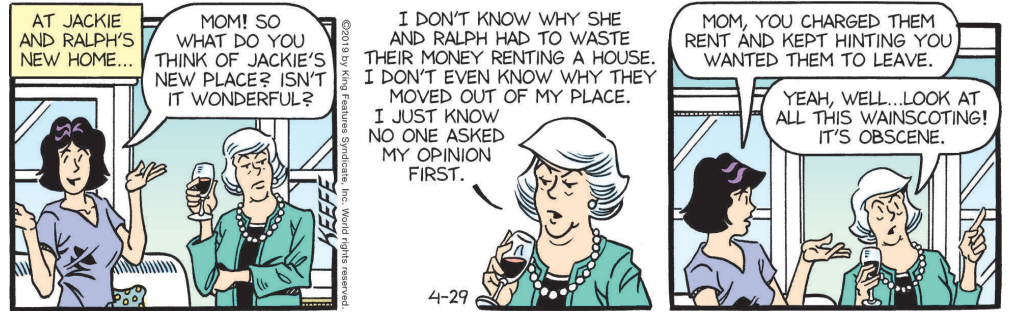
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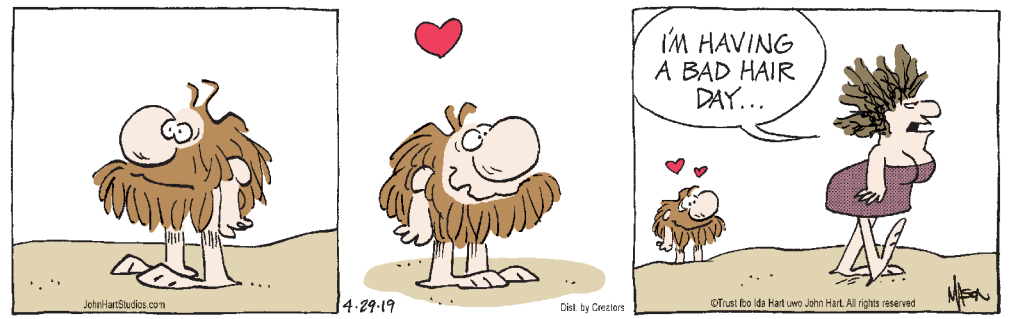
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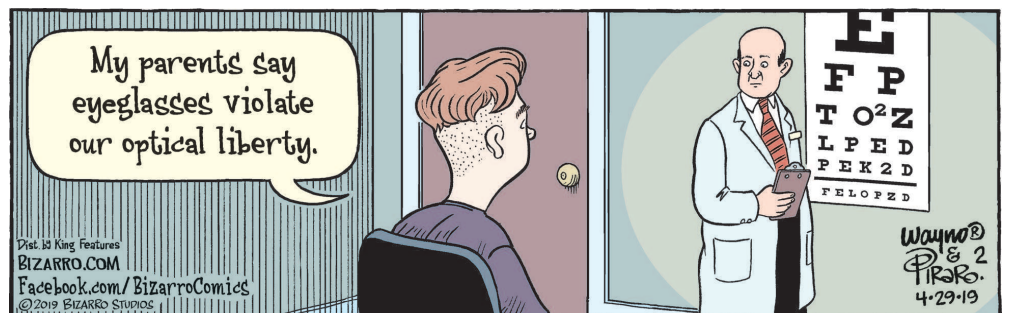
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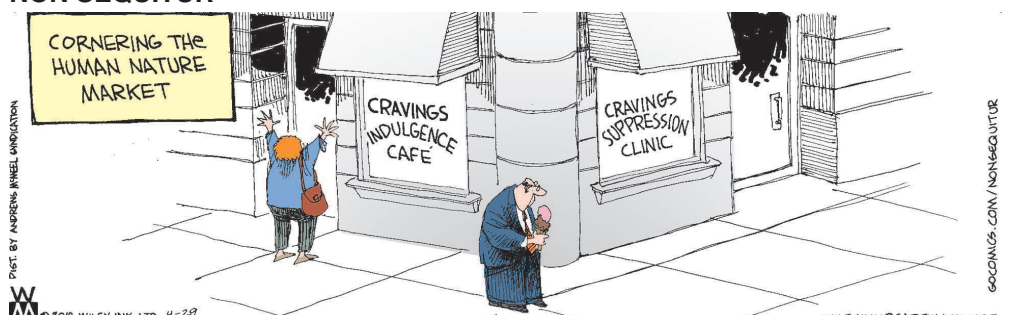
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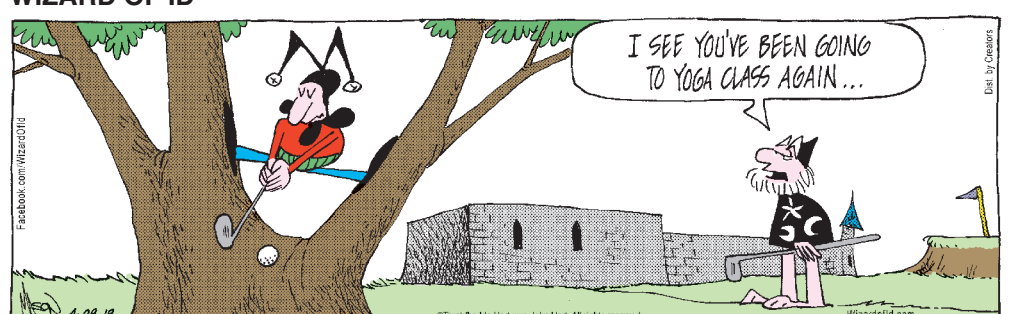
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ROSE IS ROSE

