

Swallow Your Pride; Ask for a Ride

Dear Annie: I am an 80-year-old female, a widow. I live alone. I have a history of having arthritis, and I can't take medications for arthritis due to having had stomach ulcers. I had a hip replacement in the spring, and I had hoped I would be able to walk without the use of a walker. It is apparent M that I am going to need the HERMAN walker to function. I talked with my orthopedic surgeon. Surgery is not an option. I have scoliosis as well. I have a small walker with three wheels. I keep it in my car for use when I go to the beauty shop and for other short trips. I do need help in getting the walker out of the car. I am able to drive, and when I do, I primarily drive in town.

I have always been active, volunteering at hospitals and other civic organizations. It's been difficult to ask for help. I have someone who gets my groceries and who is available to help me in my house. She comes every two weeks, unless I have a doctor's appointment. I have missed going to church. My children do not live in the same city, so asking for their help is not an option. None of my friends has offered to help. I can't go by myself since I don't have



ANNIE LANE DEAR ANNIE

any help to get my walker out of the car. I offered to pick up one friend and give her a ride to church. She said she preferred to take her own car because she liked to go early. She did not offer to give me a ride.

I have always been active in church. I can watch religious programs and sermons on TV, but there is a void because of my not being able to attend. Most of my time I spend at home. I do like to read.

I took care of my husband for years because he had Parkinson's and dementia. I feel guilty for not going to church. But I am very prideful for not asking for help.

I feel left out. I suppose it's a matter of pride for me not to call and ask for help. What are your feelings? --Seeking Your Opinion Dear Seeking Opinion: My opinion is to swallow your pride and ask another friend for a ride to church. You

don't have to feel left out anymore. People want to help. There is nothing wrong with asking for help. Look at it this way: When someone helps someone else, they feel good about themselves. So, by you asking someone for help, you are actually helping them feel good about doing something kind. It's a beautiful full circle. Especially with Thanksgiving and the holidays coming up, you are going to want to be with community, and community will want to be with you! "Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book -- featuring favorite columns on love, friendship, family and etiquette -- is available as a paperback and e-book. Visit http://www.

creatorspublishing.com for more information. Send your questions for Annie Lane to dearannie@creators.com. COPYRIGHT 2021 CREATORS.COM

ASTROGRAPH BY EUGENIA LAST

Explore your options, but use common sense. If something sounds too good to be true, it's probably false. Don't participate in something that will lead you down an unrealistic path. Plan carefully this year, and stick to your playbook. Discipline, honesty and hard work will bring success

SAGITTARIUS (Nov. 23-Dec. 21) -- You can be colorful without stretching the truth. An uncertain situation will cost you if you get involved without doing enough research. Be wary of people behaving inconsistently.

CAPRICORN (Dec. 22-Jan. 19) -- Take on whatever will help you get ahead. Show dedication, enthusiasm and innovation, and you'll gain recognition. It's up to you to bring about the positive changes that will shape your future.

AQUARIUS (Jan. 20-Feb. 19) -- Let go of anger and resentment; replace them with intelligence and the will to do and be your best. Compete with yourself, not with others. Walk away from manipulative people.

Get your facts straight and arm yourself with knowledge and a long-term plan that will help you overcome any obstacle.

GEMINI (May 21-June 20) -- Share your plans and your likes and dislikes. Lay your cards on the table and wait for a response. Someone will show their true colors. Be ready to adjust and carry on.

CANCER (June 21-July 22) -- Limit your spending and look for ways to save money. Share your experience with someone who can offer insight, advice and a way to turn a negative into a positive. A partnership looks promising.

LEO (July 23-Aug. 22) -- Say what's on your mind. Take control, show initiative and bring about changes that will make your life easier. Stop following others; turn on the charm and take a position of leadership. VIRGO (Aug. 23-Sept. 22) -- Reconnect with

someone who inspires you. Let your imagination take the lead, and allow plans to develop. A change is on the horizon that you won't want to miss. Embrace life.







FRANK & ERNEST



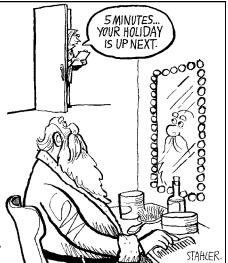
THE GRIZZWELLS



HERMAN

"I know diamonds are forever. What can I buy for a couple of months?'

MODERATELY CONFUSED



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DILBERT



PISCES (Feb. 20-March 20) -- A creative idea will gain momentum as you put your plan in place. Don't wait for others to catch up; do your thing and take credit. Listen to criticism, but don't lose sight of your ultimate goal.

ARIES (March 21-April 19) -- Join forces with like-minded people. An investment will stabilize your financial situation and add to your comfort. Home improvements are favored if you do the work yourself and stay within budget.

TAURUS (April 20-May 20) -- You'll need a buffer to deal with negative thoughts and stress.

LIBRA (Sept. 23-Oct. 23) -- Pay attention to detail and how you present yourself and your work. Discipline is required to finish what you start. An enticing offer will tempt you to indulge. Stick to your plan.

SCORPIO (Oct. 24-Nov. 22) -- Dance to your own beat, enjoy life and use your skills to improve yourself, others and your community. Don't make a big deal out of something inconsequential, but do be realistic and practical.

ROSSWORD PUZZLER

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- 46 Ticket price 13 Malt brew 47 DC initials 49 Uris or Spinks 14 Reverberate
 - 51 Ollie's pal 52 Jackie's tycoon
- 17 Viking name 53 Fix a piano 18 Temporary 54 Hardens
 - 55 Iron pumper's pride

56 Hurl forth

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3 Thickening

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6 Pamplona

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- last seconds 32 Cook's vessel

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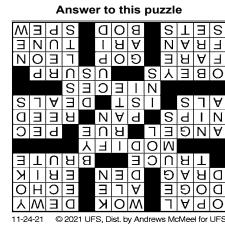
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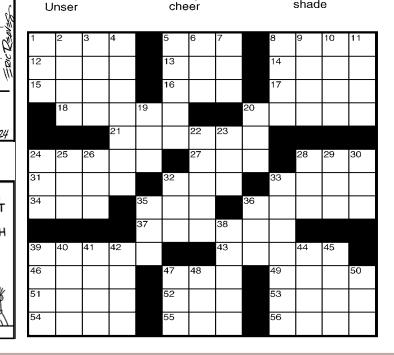
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