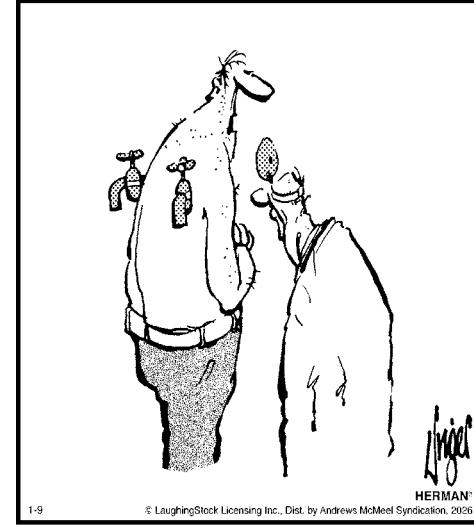


COMICS

MARMADUKE



HERMAN



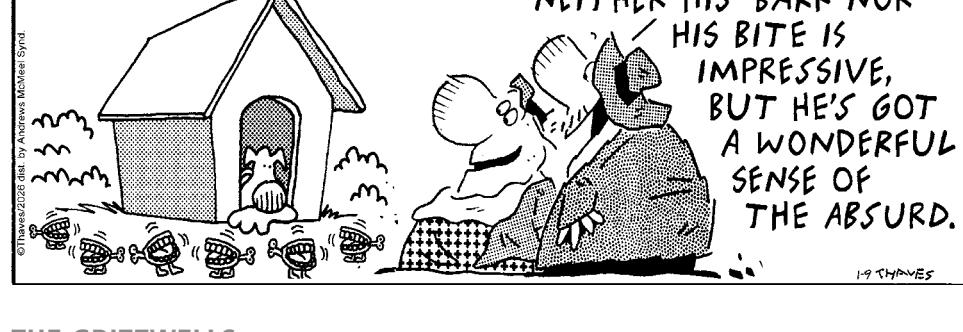
REALITY CHECK



MODERATELY CONFUSED



FRANK & ERNEST



THE GRIZZWELLS



PICKLES



BLONDIE



BORN LOSER



HI AND LOIS



CRABGRASS



When a Spouses Snoring Steals Your Sleep



ANNIE LANE

Dear Annie

loving spouse will hear the urgency.

Dear Annie: I've been happily married for 18 years, and for most of that time I've slept poorly -- but lately it's become unbearable. My husband falls asleep within minutes and snores loudly and steadily through the night. I lie awake listening, nudging him, turning him onto his side, putting in earplugs, rearranging pillows and counting the hours until morning. Nothing works for long.

By the time the alarm goes off, I'm exhausted and irritable, while he wakes up refreshed and cheerful. I know he's not doing this on purpose, but I can feel resentment creeping in anyway.

I've suggested doctors, nasal strips and other remedies, but he brushes them off because he sleeps just fine. I don't want to make this a bigger issue than it needs to be, and I really don't want separate bedrooms; it feels like admitting some kind of failure after all these years.

How do couples handle sleep problems like this without hurting each other or the marriage? -- Awake and Alone

Dear Awake and Alone: Chronic sleep deprivation is not a small matter, and it's not petty.

The problem here isn't snoring. It's that you're paying the price while your husband shrugs because he isn't. That's what needs addressing.

Tell him plainly: "I'm not sleeping, and it's affecting my health and well-being. I need us to treat this as *our* problem." A

Separate bedrooms are not a marital failure; they're a practical solution many strong couples use. But if that feels like too big a leap, insist -- kindly but firmly -- on medical evaluation. Snoring can signal other issues, and ignoring it because one person sleeps fine is not fair.

You're not asking for perfection. You're asking for rest. That's a reasonable request.

Dear Annie: My name is Rosalynn. Growing up, my family called me Rosie. I never minded it, but once I left home, I started going by Rosa, which I felt seemed better suited to the working world and adulthood.

For years, I've signed all cards and emails "Rosa." However, all my family has continued to call me Rosie, and the truth is, I absolutely hate it. It's just not a name I associate myself with at all anymore. I'd love it if my family would call me Rosa, but I've not said anything to them because it almost feels like an insult to my

parents to tell them I don't like the name they chose to call me.

Should I bring this up with them? And if so, how can I do it graciously? -- What's in a Name

Dear What's in a Name: Yes, you can and should bring it up. Wanting to be called by the name you choose doesn't mean you're rejecting your parents or your past. It simply reflects who you are now and the woman you've become.

Keep it light and positive. A simple, "I've started going by Rosa. It feels more like me these days," is perfect. You don't need to justify it or make a big to-do. Change takes time, so be patient and gently correct your loved ones when they slip.

Your name may have changed, but you're still the same person underneath it -- just a little more grown-up, independent and sure of yourself.

"Out of Bounds: Estrangement, Boundaries and the Search for Forgiveness" is out now! Annie Lane's third anthology is for anyone who has lived with anger, estrangement or the deep ache of being wronged -- because forgiveness isn't for them. It's for you. Visit <http://www.creatorspublishing.com> for more information. Follow Annie Lane on Instagram at @dearannieofficial. Send your questions for Annie Lane to dearannie@creators.com.

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ASTROGRAPH BY EUGENIA LAST

Claim your position or path before someone else steps in and takes charge. Trust your instincts and take the initiative to revitalize your approach to ensure you fulfill your desires. You have plenty to look forward to if you are ready to act. Take the plunge and be the one to make things happen.

CAPRICORN (Dec. 22-Jan. 19) -- Be direct if you want to get your message across. Using your skills to your advantage will also lead to extra cash. Be careful not to take on more than you can handle.

AQUARIUS (Jan. 20-Feb. 19) -- Take time to reflect on and reform how you want to deal with finances, health and domestic matters moving forward. Initiate change instead of waiting for it to come to you.

PISCES (Feb. 20-March 20) -- Change begins with you. Take the initiative and use your connections and skills to deal with matters that concern you. Be part of the solution, and personal growth and satisfaction will be yours.

ARIES (March 21-April 19) -- Put your energy where it counts. Lend a helping hand, and volunteer your time and skills, but don't go overboard. You'll tend to overspend, overreact and promise more than you can deliver.

TAURUS (April 20-May 20) -- Embrace change instead of running from it. You stand to gain insight and opportunities that you won't want to miss. Hands-on help will impress someone who can assist you in making your dreams come true.

GEMINI (May 21-June 20) -- A shift in mindset will lead to an unexpected opportunity.

Look at the big picture and adjust your habits to adopt a routine that helps you reach your goal. Keep an open mind and a closed wallet.

CANCER (June 21-July 22) -- Join forces with like-minded people, and you'll expand your interests and friendships. Holding on to something you no longer need or use will hold you back.

LEO (July 23-Aug. 22) -- Laziness and emotional manipulation will lead to trouble. Learn something new, apply your skills and make a difference. Less talk and more action will be your ticket forward.

VIRGO (Aug. 23-Sept. 22) -- Explore new interests, and you'll discover people who can offer insight into how you can use your skills to make a difference. Don't be afraid to step into the limelight.

LIBRA (Sept. 23-Oct. 23) -- Question your motives before you proceed. Your emotional attachment to someone or something will cost you if you aren't honest with yourself and others. Too much of anything will exhaust you.

SCORPIO (Oct. 24-Nov. 22) -- Participate, ask questions and solve problems. The more you immerse yourself in the heart of the matter, the better the outcome. Change is within reach and will help you establish opportunities.

SAGITTARIUS (Nov. 23-Dec. 21) -- Tie up loose ends and relax. Spend time at home or with someone you love, and rejuvenate. Living a lie or taking on responsibilities that don't belong to you requires some self-reflection.

Answer to this puzzle

T	O	N	Y	M	E	A	N	R	E	D
A	P	A	R	A	N	T	E	E	V	E
P	E	R	U	H	I	N	T	B	O	Y
S	P	I	C	E	S	I	P	L	A	K
S	L	E	E	T	E	D	L	A	K	E
A	L	U	M	B	O	B	S	L	E	D
A	R	G	O	N	B	D	B	R	A	G
F	A	D	C	O	D	B	R	A	G	C
E	N	D	U	R	E	D	B	R	A	S
S	E	E	A	C	R	E	E	L	I	A
A	V	E	W	A	F	E	T	D	O	L

6	— Rogers of PBS
7	Brewed beverage
8	Do a garden-ing job
9	Make free of ice
10	podrida
11	Ordinances
37	Spy org.
38	Rained icy rain
41	Los Angeles hoopster
43	Clear
44	Drink slowly
45	Sugar and —
48	Land for grazing
52	Where Lima is
53	Clue
54	— "About a —"
55	On — (equivalent)
56	Poker stake
57	Genesis name
58	Broadway award
59	Intend
60	Blushing
31	Jar of a kind
32	Kiln
33	Do a garden-ing job
34	Permission to search
35	Boast
36	Hurt
1	Wilberforce, what are these white splotches on your homework?
2	WE DIDN'T HAVE ANY CORRECTION FLUID...
3	SO I USED TOOTHPASTE!
4	TO EVERY CHORE THERE IS A SEASON.
5	AND I HATE ALL OF THEM!
6	MOWING, RAKING, SHOVELING...
7	WILBERFORCE, WHAT ARE THESE WHITE SPOTCHES ON YOUR HOMEWORK?
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