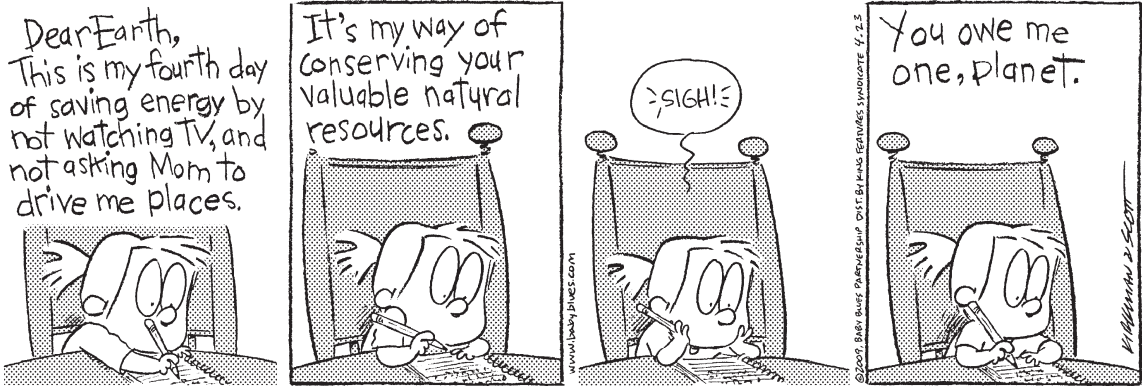
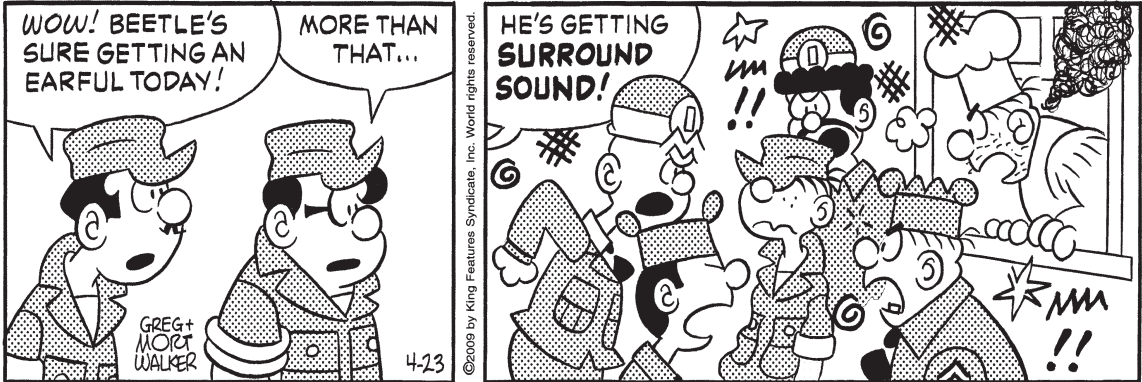


Baby Blues • Rick Kirkman & Jerry Scott



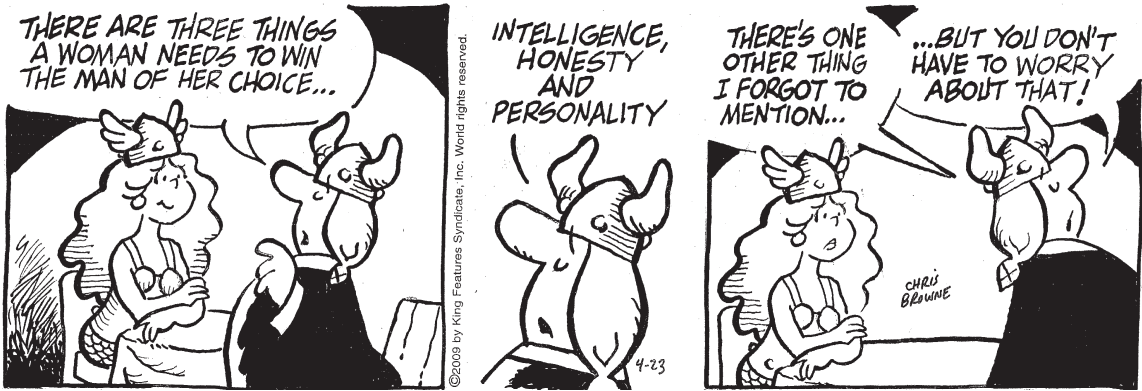
Beetle Bailey • Mort Walker



Blondie • Chic Young



Hagar the Horrible • Chris Browne



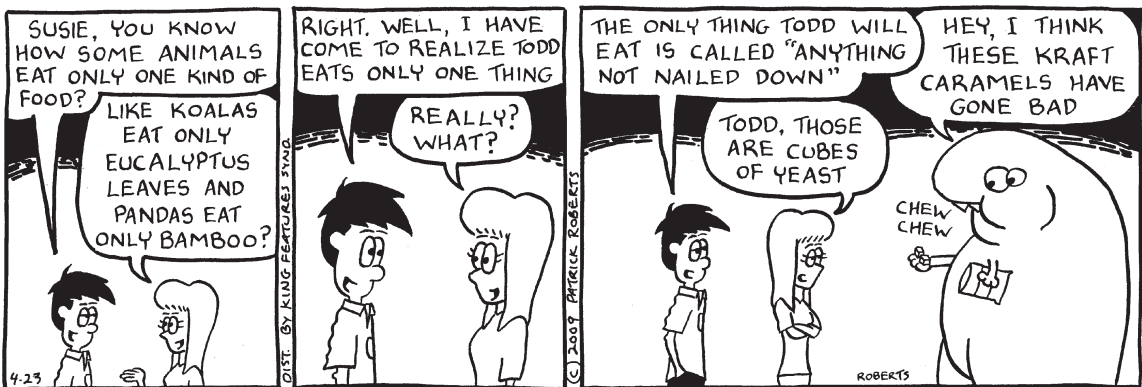
Mother Goose and Grimm • Mike Peters



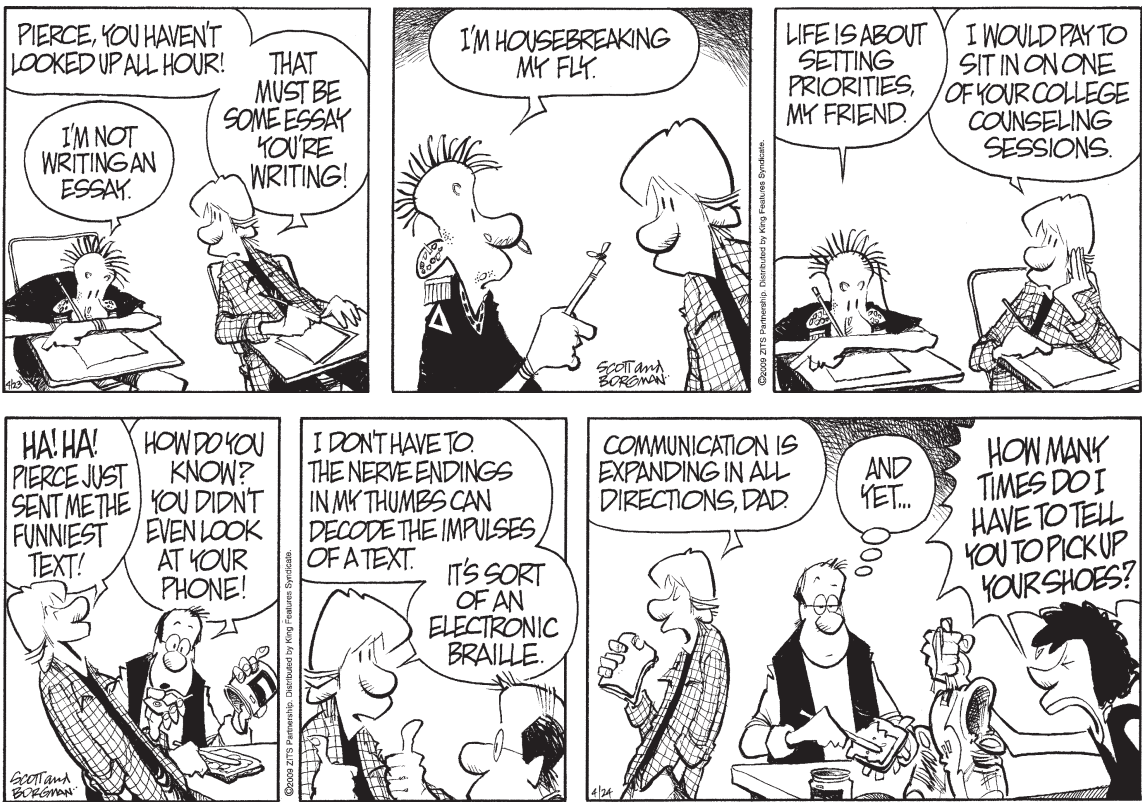
Sally Forth • Greg Howard



Todd the Dinosaur • Patrick Roberts



Zits • Jim Borgman & Jerry Scott



Dr. Joyce Brothers

• Ask Dr. Brothers

Weight loss takes right goals

Dear Dr. Brothers: Every year I make a New Year's resolution to exercise more and get in shape, but it never lasts. I always lose motivation or find myself too busy, and end up wasting my money on a gym membership that I never use. I've tried so many fitness regimens, and now I just really want to change my mind-set and get into a good exercise habit. How can I get motivated? – S.K.

Dear S.K.: This is a great resolution to make, but unfortunately, keeping it can be tough at times. You need to get into a goal-oriented mind-set, and you'll find that your motivation is much easier to come by. Getting in shape not only makes you healthier, but it will make you feel better in the long run. One main thing you need to do before you can start is set a realistic goal for yourself. You should make both short-term and long-term goals to keep yourself engaged, and make sure that these goals are attainable. You don't want to get discouraged in the first few weeks because you feel overwhelmed.

Another thing to keep in mind when you're trying to stay motivated is that doing something is what counts – it doesn't matter what it is. As long as your heart is beating fast and your body is working hard, you're exercising. You don't necessarily need fancy machines or personal trainers, although those things certainly can add dimensions of excitement to your daily routine. You can even start with taking your dog for a walk in the hilly part of town, or running up and down your stairs. Finding a friend to work out with also can make it harder to flake out when you feel tired or start to lose motivation.

Dear Dr. Brothers: I've always been a little bit overweight, but through the years I've been able to stay healthy and come to terms with my body. But this weekend, one of my friends – a guy who is kind of a jerk to girls, because he's really hot and he knows it – told me that if I lost 25 pounds, he would sleep with me. I don't know why this is getting to me, since I know he's a jerk, but I started feeling bad about myself again. – N.A.

Dear N.A.: It sounds like you've learned to be a confident woman. You can't let what you know is a "stupid comment" undo all the hard work you've done. This friend of yours doesn't seem like a very good friend at all, and you definitely don't need people like him in your life. By making a comment like that, he is showing that he doesn't respect you, your friendship or women in general. You should recognize that his speaking to you in that way reflects much more poorly on him than it does on you. By not letting it get to you and simply moving on and being happy, you clearly are the stronger and better person.

It can be hard, though, when someone makes a comment like that on some issue you may already be self-conscious about, or have struggled with in the past. Think back to the strategies you've used previously to build your confidence. Realize that there are shallow people who don't care about anything except your size, but you are not one of them. Confronting the friend who made this comment could have a cathartic effect, although if he doesn't already regret what he said, it's not likely that anything you say will make him think twice.

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Bridge • Steve Becker

North dealer.
North-South vulnerable.
NORTH
♦ A K 4
♥ K J 3
♠ K J 10 8
♣ J 4 2
WEST
♦ 7 6
♥ 10 9
♠ Q 7 6 2
♣ K 9 6 5 3
EAST
♦ 9 3 2
♥ 7 6 5 2
♠ 4 3
♣ A 10 8 7
SOUTH
♦ Q J 10 8 5
♥ A Q 8 4
♠ A 9 5
♣ Q
The bidding:
North East South West
1 NT Pass 2 ♣
2 ♠ Pass 3 ♠
4 ♠ Pass 6 ♠
Opening lead — ten of hearts.

A Light in the Tunnel

Everyone occasionally runs into the vexing problem of which way to take a two-way finesse for a missing queen. Consider South's problem in this deal, where all he has to do to make the slam is to guess the location of the queen of diamonds.

West leads the ten of hearts, won with dummy's king. Declarer begins by playing three rounds of trumps and three more rounds of hearts.

This brings him to the moment of truth when he must decide which opponent is more likely to have the queen of diamonds. If South finesses in the right direction, he is sure of making six, and may even make seven. But if he finesses in the wrong direction, he is sure to go down, losing a diamond and a club.

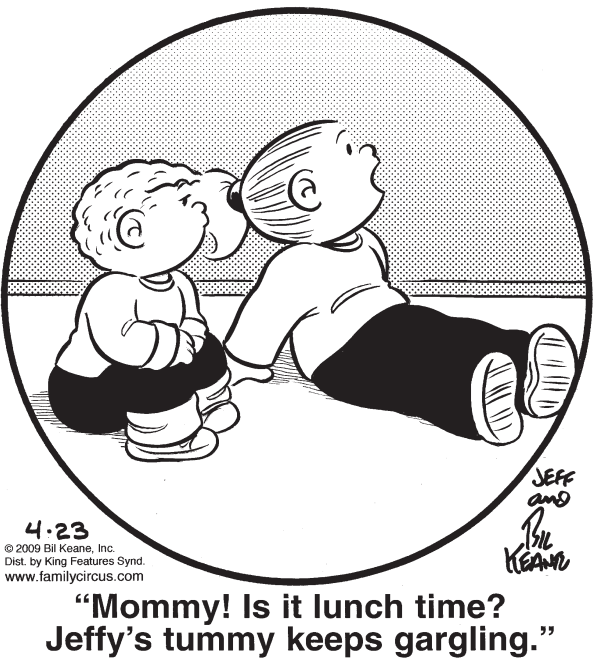
There are no absolute guarantees, but on the basis of what has transpired thus far, South should play West for the queen of diamonds. In the course of winning the first seven tricks, South has learned that West started with two spades and two hearts, while East has shown up with three spades and four hearts.

This leaves West with nine unknown cards that might include the queen of diamonds, and East with only six cards that might include the queen. It follows that West is more likely to have been dealt the queen than East, so declarer should take the diamond finesse through West.

Accordingly, South should cash the ace of diamonds at trick eight, unblocking the ten from dummy, then continue with the nine and let it ride. When the nine wins, he repeats the finesse and winds up scoring all the tricks.

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Family Circus • Bil Keane



Conceptis Sudoku • Dave Green

							1
	2				1	4	6
		7			4		
			6				4
	6		5	1	2		7
9					3		
			8			5	
8		9	7			6	
4							

Difficulty Level ★★★ 4/23

This is a logic-based number placement puzzle. The goal is to enter a number, 1-9, in each cell in which each row, column and 3x3 region must contain only one instance of each numeral. The solution to the last Sudoku puzzle is at right.

8	5	3	9	1	7	4	6	2
4	1	9	2	5	6	3	8	7
7	6	2	3	4	8	1	9	5
2	4	1	6	8	9	5	7	3
5	3	8	1	7	2	6	4	9
6	9	7	5	3	4	8	2	1
1	2	6	8	9	5	7	3	4
3	8	4	7	2	1	9	5	6
9	7	5	4	6	3	2	1	8

Difficulty Level ★★★

Cryptoquip

FJKLO LM VULNU S BGJEQ

TOKORJQZ SRFJZY S TJPOM

MOV FJLZYEG LPLMB

NGOSFZ: "RJYLMZ OROKOM."

Yesterday's Cryptoquip: IF A FAMED ANCIENT GREEK POET IS BEHAVING VERY CHILDISHLY, I RECKON SHE'S BEING SAPPHO-MORIC.

Today's Cryptoquip Clue: M equals N

Crossword • Eugene Sheffer

ACROSS	35 Puzzle	58 Other-wise	19 Yours truly
1 Mid-May honorees	38 Formerly, formerly	21 Work unit	
5 Ref	39 Whatever amount	DOWN	
8 Unadulterated	40 Hostel	1 Carte	24 Sphere
12 Grand story	42 "Family Feud"	2 October stone	25 Compete
13 D.C. type	45 Torrential rainstorm	3 Atomizer output	26 In the ascendant
14 Mimicked	49 Destroy	4 Division	28 Enzyme
15 Crosby, Stills and —	50 Sapporo sash	5 Transferred files	29 Riot suffix
16 Ferrigno or Costello	52 Suitor	6 Cattle call?	30 Type squares
17 Second-hand	53 Sean Penn title role	7 Advertise	31 Same old same-old
18 Occurring last month	54 Relatives	8 Potbelly	36 Bring about
20 With tender-ness	55 Reply to "Shall we?"	9 Buffalo resident, e.g.	37 Caustic solution
22 Vast expanse	56 Eyelid woe	10 Fishing rod	38 Allow to happen
23 Nipper's co.	57 See 24-Across	11 Whirlpool	41 007's doctor foe
24 Start of something big?			42 Totals
27 Lisa, to Marge			43 Condo, e.g.
32 Tear			44 Oxen's joiner
33 Kreskin's claim			46 Boat's bottom
34 Ostrich's kin			47 Packs away
			48 Strata-gem
			51 Ginor-mous

Solution time: 25 mins.

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

Yesterday's answer 4-23

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15				16			17			
18			19		20	21				
		22			23					
24	25	26		27	28	29		30	31	
32				33			34			
35			36	37			38			
		39			40	41				
42	43			44	45		46	47	48	
49				50	51		52			
53				54			55			
56				57			58			