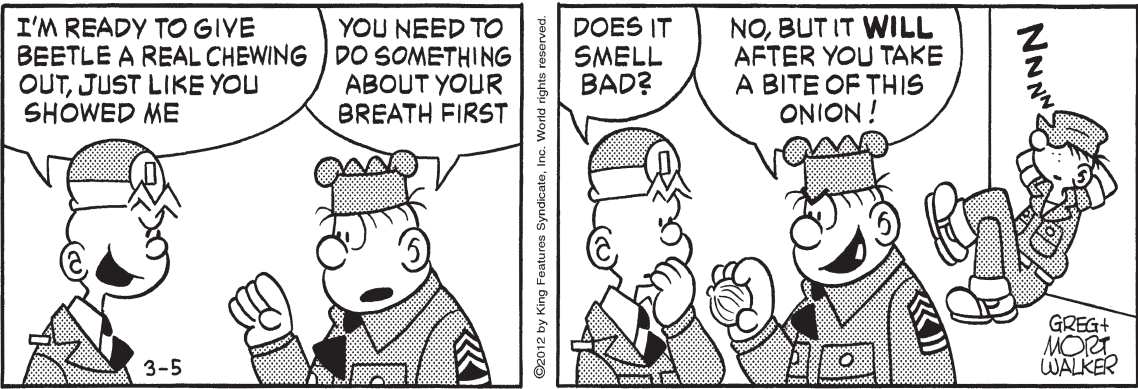


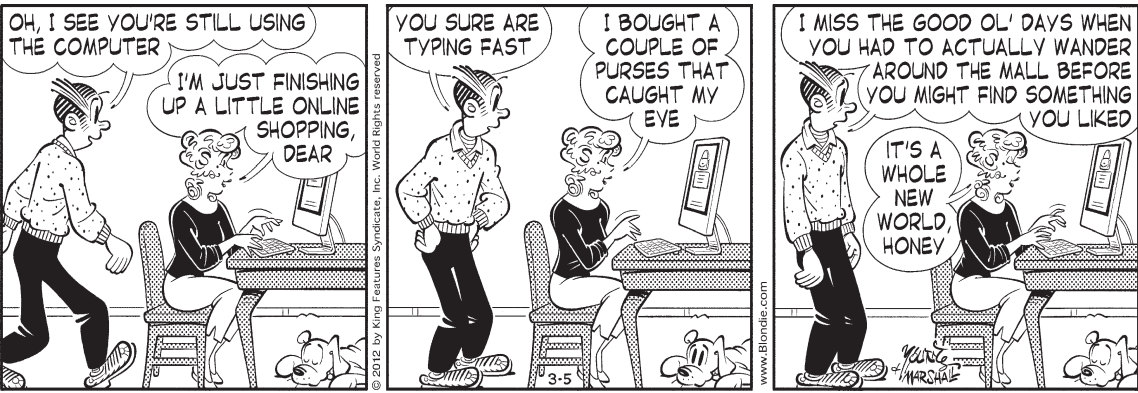
Baby Blues • Rick Kirkman & Jerry Scott



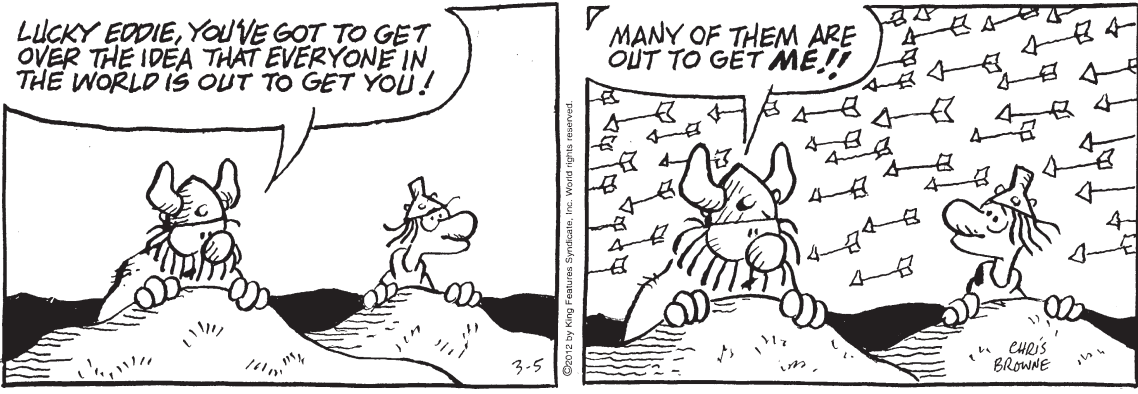
Beetle Bailey • Mort Walker



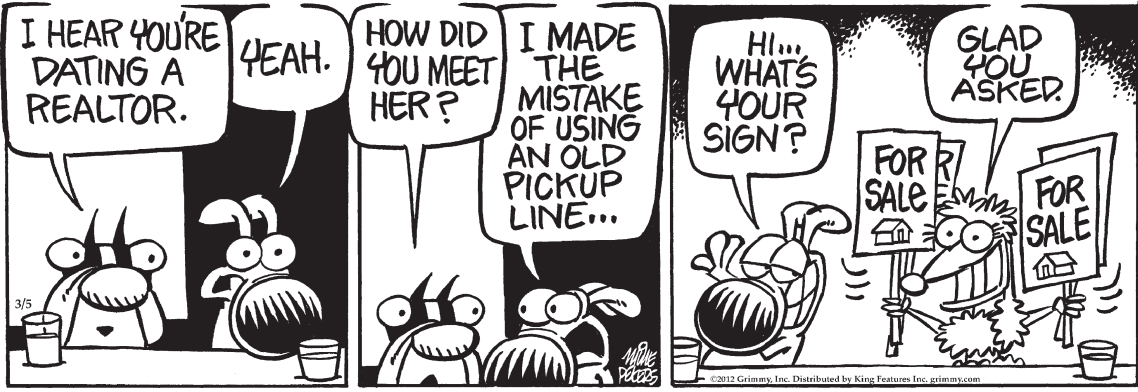
Blondie • Chic Young



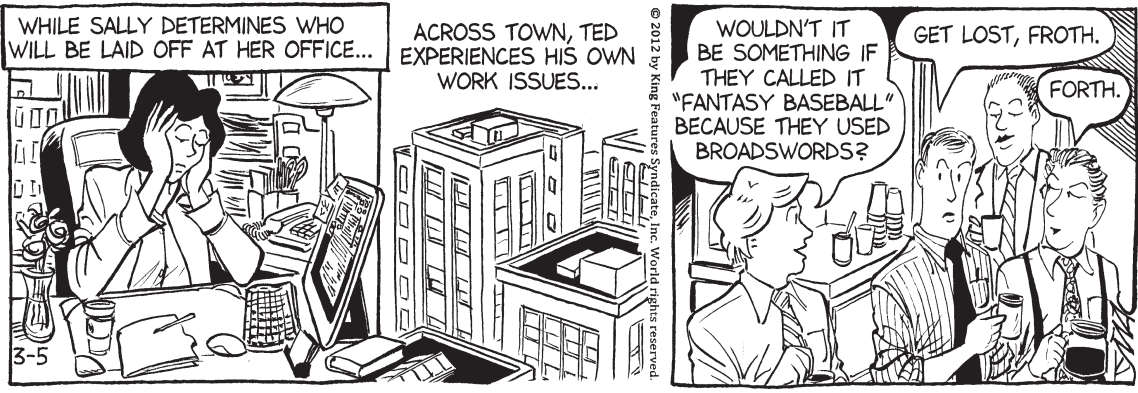
Hagar the Horrible • Chris Browne



Mother Goose and Grimm • Mike Peters



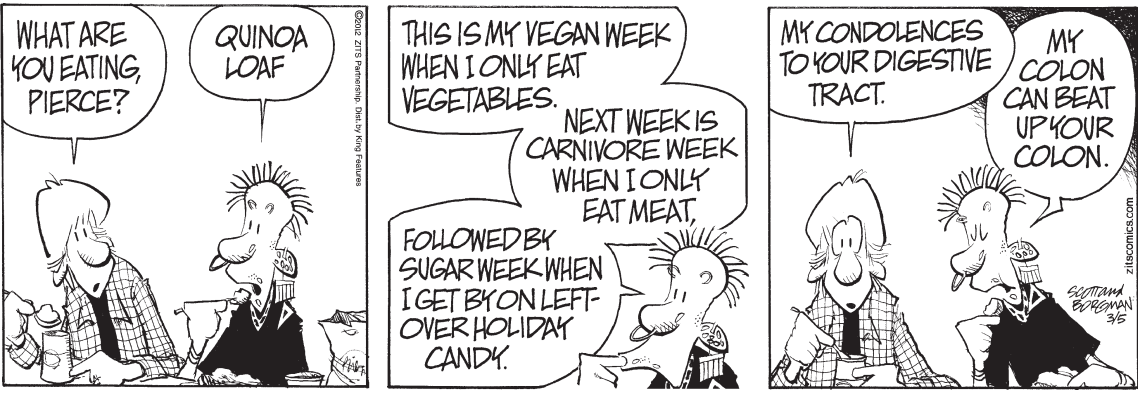
Sally Forth • Greg Howard



Todd the Dinosaur • Patrick Roberts



Zits • Jim Borgman & Jerry Scott



Dr. Joyce Brothers



Move leaves her feeling let down

Dear Dr. Brothers: As a single mom with two kids who just left the nest, I thought I was good at coping with change. But I barely escaped having the bank take my house, and am now squeezed into a much smaller space with all the stuff from my kids that I want to keep for them. Instead of hitting the ground running, I am unable to even get out of bed in the morning. Every task is a chore. What is wrong with me? - F.L.

Dear F.L.: There is nothing wrong with you, other than unrealistic expectations of how you should handle the huge and stressful changes you have had to face. No one going through what you have should expect to carry on as usual, so you need to acknowledge that you have had to face difficult times and are doing the best you can. While it may seem you never will get back to normal, you will find that if you can accomplish one thing each day, the overwhelming list soon will start to look more manageable.

You are facing what might be described as a reactive depression - a normal and appropriate response to a lot of change over which you had little control - and the very fact that you had deadlines to meet kept your adrenaline flowing before the move. Now you see the future less clearly, and there is urgency to get all those boxes unpacked. Perhaps a calendar with daily and weekly goals will help you get moving. You may wish to talk to a therapist to help get back on track. Soon you will adjust to your new "normal" and let go of the old one.

Dear Dr. Brothers: I know how important a good night's sleep is to my health and work, but I can't get into the groove. I've tried rituals, like a bath and a book, or counting sheep. I keep the room dark and quiet, try to go to sleep at the same time every night and don't overindulge in alcohol. Before I go the sleeping-pills route, I want to know if I am missing some routine that would make me go to bed and stay asleep. - W.Y.

Dear W.Y.: There have always been endless lists of ways to increase the chances you will be able to drop off to sleep and wake up feeling refreshed. I see you already have gone through many of them. But the key thing to understand is that it is the ritual itself - reading a book, drinking warm milk, whatever ritual you may choose - that may be the stumbling block. Psychologists at Ryerson University examined the rituals people use to go to sleep - even alcohol or sleeping pills - and the importance people put on what they call "safety behaviors" in their nightly routines designed to get to sleep and wake up feeling rested. The researchers found that safety behaviors were popular, but the belief that they would help actually might be getting in the way of getting a good night's sleep, especially if the behaviors were already proven to be unhelpful. The conclusion pointed toward all the extra effort to produce sleep being the problem, whereas learning to go to sleep naturally was more likely to produce results.

Bridge • Steve Becker

East dealer. Both sides vulnerable.

NORTH		EAST	
♥	A K J 8	♠	10 7 6 2
♦	9 8	♥	J 6 4 3
♣	J 3 2	♦	7 5 4
♠	8 5 4 2	♣	Q 3
WEST		SOUTH	
♠	Q 5	♥	9 4 3
♥	Q 10 7 5	♦	A K 2
♦	Q 9	♠	A K 10 8 6
♣	K J 10 9 6	♣	A 7

The bidding:
 East Pass 1♦ Pass 1♠ Pass 2NT
 South 1♦ Pass 1♠ Pass 3NT
 West Pass 1♠ Pass 3NT
 North Pass 2NT
 Opening lead - jack of clubs.

Famous Hand
 It is said that one learns best by making mistakes - either your own or someone else's - and this is especially true in bridge. For example, take this deal from the match between Argentina and the United States during the 1962 world team championship. At the first table, where Bobby Nail and Mervin Key (believe it or not) were North-South for the U.S., the Argentine West led the jack of clubs against three notrump, dummy playing the deuce, East the three and South the seven. West continued with the nine, taken by declarer's ace. Key then cashed the A-K of diamonds, caught West's queen and wound up with 11 tricks for a score of 660 points.

At the second table, where the Argentine South was also in three notrump, the defense likewise started with two rounds of clubs. But here declarer made a costly error when he played the ace of diamonds at trick three, led a spade to the king, then returned the jack of diamonds and finessed. West took the queen and cashed his clubs to put the contract down one, giving Argentina a 760-point loss on the deal.

It is hard to justify declarer's diamond finesse. Presumably, he hoped to find East with the queen. But if that was South's reason for taking the finesse, it was unsound, because he was risking the loss of the contract without in any way improving his chances of making it. Cashing the A-K of diamonds offers a much better chance for the contract. If the queen falls from either hand, South is home. If the queen does not fall, declarer can play a third diamond, hoping East has the damsel. If East has the queen, the contract is secure even if he has another club to return, since in that case West could not have started with more than four clubs.

Family Circus • Bil Keane



Difficulty Level ★ 3/05

Conceptis Sudoku • Dave Green

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

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.

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

Cryptoquip

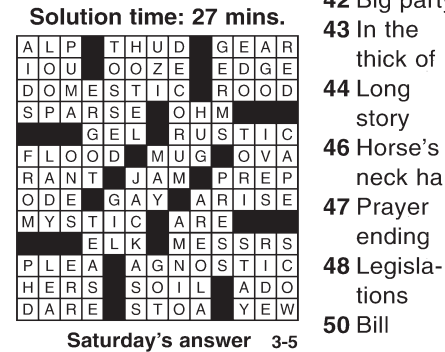
Q NQLEAAF OLSU UGF BF
 EVB QT TS EWHIDAF QIWGF.
 EKKEVDLIAF Q GEPD E
 NDU IQWOT HK BF TADDPD.

Yesterday's Cryptoquip: BITS OF HEALTHFUL STUFF THAT CROONER ROBERTA SPRINKLES ON TOP OF ALL HER SALADS: FLACK'S SEED.

Today's Cryptoquip Clue: T equals S

Crossword • Eugene Sheffer

ACROSS	34 Cattle glimpse of	35 Bjorn of tennis lore	37 Weaken	39 Anger	41 Leg joint	42 Party with the Wind"	45 Standard plantation	49 Move to another country	51 Crimson Tide, for short	52 - -a-ling	53 Auto fuel beginning	55 Nervous muscles	56 Tummy																																																																								
DOWN	11 Elderly Help	19 Bausch's partner	21 Impale	22 Reeced	24 Facility	3 Rocker Clapton	4 Jungle expedition	5 Good glasses	6 - -en- Provence, France	7 Treaty	8 "Conditioned reflex" doctor	9 Curse	10 Cracker spread	17 Elderly Help	19 Bausch's partner	22 Reeced	24 Facility	3 Rocker Clapton	4 Jungle expedition	5 Good glasses	6 - -en- Provence, France	7 Treaty	8 "Conditioned reflex" doctor	9 Curse	10 Cracker spread	17 Elderly Help	19 Bausch's partner	22 Reeced	24 Facility	3 Rocker Clapton	4 Jungle expedition	5 Good glasses	6 - -en- Provence, France	7 Treaty	8 "Conditioned reflex" doctor	9 Curse	10 Cracker spread	17 Elderly Help	19 Bausch's partner	22 Reeced	24 Facility	3 Rocker Clapton	4 Jungle expedition	5 Good glasses	6 - -en- Provence, France	7 Treaty	8 "Conditioned reflex" doctor	9 Curse	10 Cracker spread	17 Elderly Help	19 Bausch's partner	22 Reeced	24 Facility	3 Rocker Clapton	4 Jungle expedition	5 Good glasses	6 - -en- Provence, France	7 Treaty	8 "Conditioned reflex" doctor	9 Curse	10 Cracker spread	17 Elderly Help	19 Bausch's partner	22 Reeced	24 Facility	3 Rocker Clapton	4 Jungle expedition	5 Good glasses	6 - -en- Provence, France	7 Treaty	8 "Conditioned reflex" doctor	9 Curse	10 Cracker spread	17 Elderly Help	19 Bausch's partner	22 Reeced	24 Facility	3 Rocker Clapton	4 Jungle expedition	5 Good glasses	6 - -en- Provence, France	7 Treaty	8 "Conditioned reflex" doctor	9 Curse	10 Cracker spread



1	2	3	4	5	6	7	8	9	10	11	
				13				14			
				16				17			
			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	