Baby Blues • Rick Kirkman & Jerry Scott



Beetle Bailey • Mort Walker





Blondie • Chic Young





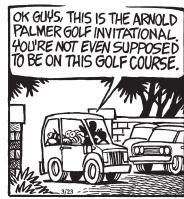


Hagar the Horrible • Chris Browne

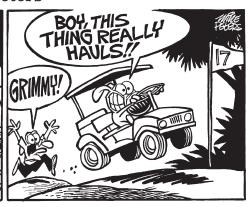




Mother Goose and Grimm • Mike Peters







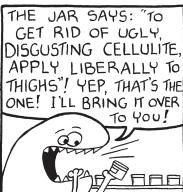
Sally Forth • Greg Howard





Todd the Dinosaur • Patrick Roberts







Zits • Jim Borgman & Jerry Scott













I HANDED YOU A STACK OF



Dr. Joyce **Brothers**

Ask Dr. Brothers

Nerves can get in the way of job

Dear Dr. Brothers: I have terrible nerves. I'm good at my job, and actually a pretty confident person, but sometimes when I have to interact with people, I freak out. I ruin things for myself by getting so nervous, and my personality and professionalism can't come through. I try to concentrate on what I have to get done and how I want to come across when I interact with people, but I get so caught up inside my head that I just freeze. What can I do to overcome these nerves?

Dear B.T.: You say you're a confident person, but nerves usually are a sign of insecurity or a lack of self-confidence. It may be that you are confident in your abilities in some ways, but insecure about other aspects of your personality. You should start by figuring out what it is exactly that initiates your "freak-outs," and what things you are able to do without getting so nervous. If you can identify some triggers for your nerves, you can start to figure out strategies for working around them and succeeding in spite of yourself.

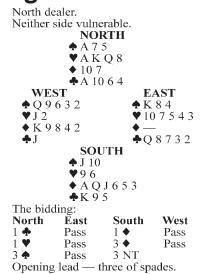
You also can learn to put your nervous energy to work for you. In fact, a little bit of anxiety before performing at anything usually causes us to perform better. If you start to feel overwhelmed, some common tricks can calm you down right away. Take deep breaths to pull more oxygen into your lungs, which will calm the adrenaline that is surging when you start to become nervous. Look at yourself in the mirror when you're feeling confident and proud of yourself, and figure out what you look like - posture, facial expression, how you hold your hands and body - and mimic this even when you're feeling nervous, and you can trick your brain into thinking you are confident. But in the long run, figuring out what scares you about your performance, and combating those fears, is the most effective way to beat

Dear Dr. Brothers: I just turned 35, and I feel like I'm having a midlife crisis! I hate the idea of getting older, having to be mature and responsible and take care of myself. I feel like I can't have fun or do the things I like to do in my life $\mbox{H}\mbox{ Z}\mbox{ L}\mbox{ U}$ anymore. Almost all of my friends are happy and embrace their lives and their age, and I feel left behind. I don't want to get old! What do I do? -

Dear R.A.: There is one thing that you can't change, and that is the steady forward progression of time. Think back to when you were a PUFLVSNLUSV, P JLMPLFL teenager, or even a preteen, and remember how exciting each new year was. You couldn't wait to turn 13 so your parents would let you get your ears pierced, or 16 so you could finally get your ZL ZPTLV TQRLT'V JTQRLTV. driver's license. While you may be growing older and becoming more responsible, you still can have fun and act spontaneously and even immaturely when you need to.

(c) 2009 by King Features Syndicate

Bridge • Steve Becker



Famous Hand

The ability to interpret the opponents' cards as they appear is a necessary prerequisite for good card play. For an example of fine card reading, consider this deal played in a national championship by Subhash Gupta, a member of Canada's 1985 Bermuda Bowl team.

Gupta reached three notrump on the auction shown. West's spade lead was ducked to the king, and East's eight-of-spades return was covered by the jack and queen, again ducked by declarer. A third spade dislodged the ace, East following suit with the four as South discarded a heart.

With only seven top tricks in view, Gupta naturally chose to attack diamonds for the additional tricks he needed. But when he led the ten from dummy and East discarded a heart, he was forced to reconsider.

He could afford to lose the king of diamonds to West only if West had started with four spades, not five. But Gupta decided that East's play to the first three tricks – specifically the K-8-4, in that order - marked West with five spades. The only alternative was to try to score seven tricks in hearts and clubs, a seemingly impossible assignment.

But "impossible" proved to be too strong a word. After going up with the ace of diamonds, Gupta led a club to the ace, noting with interest the appearance of West's jack. This was highly likely to be a singleton under the circumstances, so he next led a club to the nine. When this held, only one more hurdle remained to be cleared. The king of clubs was followed by the A-K

of hearts, and when West's jack fell Gupta was virtually certain he was home. The ten-of-clubs play allowed East to score his Q-8, but at trick 12 East had to lead from his 10-7 of hearts into dummy's Q-8, giving Gupta the last two tricks and the contract.

(c)2009 King Features Syndicate Inc.

Family Circus • Bil Keane



"I don't have any siblings. Just three brothers.'

Conceptis Sudoku • Dave Green

		5			4	1		2	l	
				5			3		1	
2			9	8	1			7		
		4			5	7		3	1	
	5	1				2	9		1	
9		8	2			4			1	
7			4	6	3			1	1	
	4			6					1	
5		9	8			6				
Difficulty Level ★ 3/23										

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

		0	/	4	Э	Э	_	J	О
	5	6	4	8	3	2	9	7	1
	3	2	9	7	6	1	8	5	4
,	8	3	6	9	2	4	7	1	5
,	9	1	5	6	7	3	4	8	2
	4	7	2	1	8	5	6	9	3
	7	5	3	2	4	8	1	6	9
	2	9	8	5	1	6	3	4	7
	6	4	1	3	9	7	5	2	8
Difficulty Level ★★★★									3/20

Cryptoquip

Sudoku puzzle is at right.

SF HLCSZLTNCU CM

N C U C E P U E

Yesterday's Cryptoquip: SINCE I HAVE DONATED A CERTAIN VITAL ORGAN, I GUESS YOU MIGHT SAY I AM DE-LIVERED.

Today's Cryptoquip Clue: Z equals H

DOWN

16 Capades

Crossword • Eugene Sheffer

40 The Red

ACROSS

an open

hand

25 Brazilian

resort

26 Joke

OUS

angles

31 Right

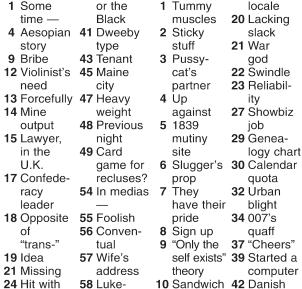
33 Poorly

35 Wear

36 Cut

out

talk



warm cookie money 11 Hammer- 44 59 Homer's neighbor head rampage 45 Shoulder Flanders part of a Solution time: 27 mins. road 46 State with certainty 50 Stander's loss 51 Hostel

28 Lascivicorners 38 Talk and talk and

aptly Saturday's answer 3-23 enough

52 Regret

clue's

place.

3/23/09 8:48:29 AM

53 This

