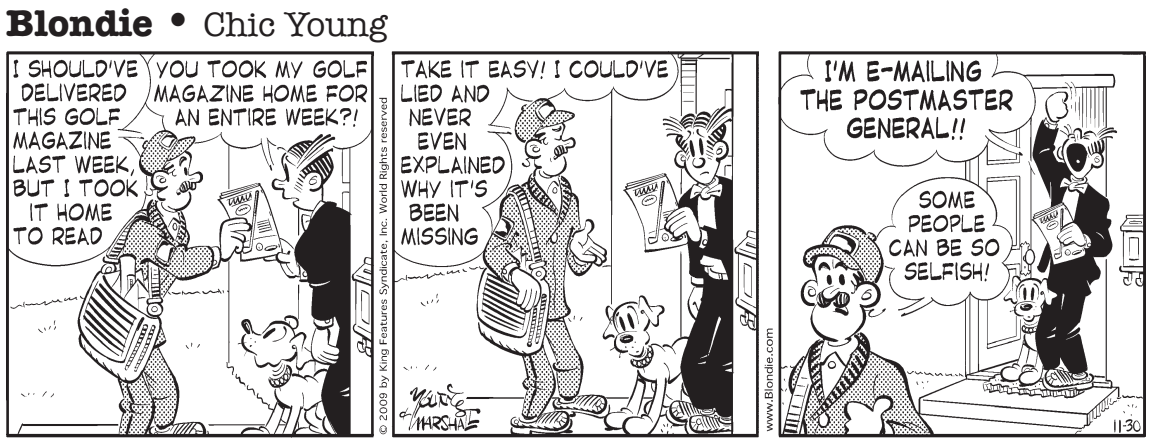
Baby Blues • Rick Kirkman & Jerry Scott

Beetle Bailey • Mort Walker

Blondie • Chic Young

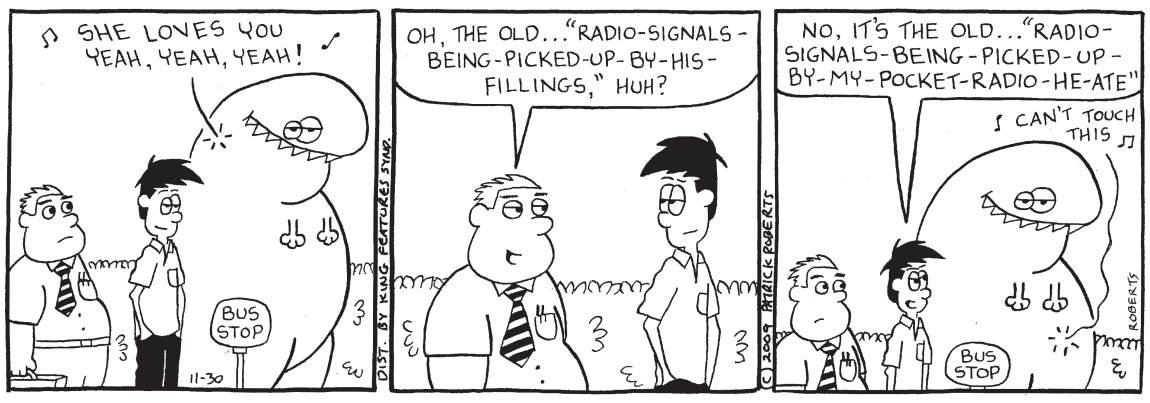


Hagar the Horrible • Chris Browne

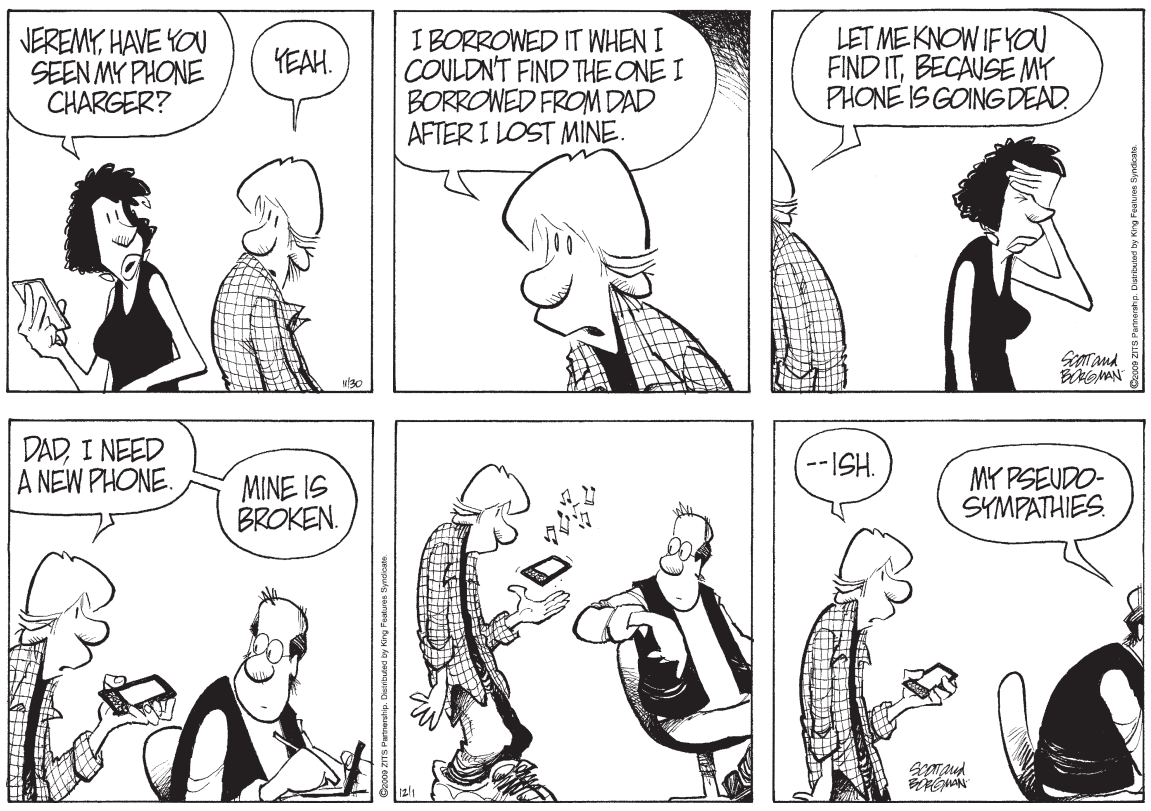
Mother Goose and Grimm • Mike Peters

Sally Forth • Greg Howard

Todd the Dinosaur • Patrick Roberts



Zits • Jim Borgman & Jerry Scott



Dr. Joyce Brothers

• Ask Dr. Brothers

Young woman has work anxiety

Dear Dr. Brothers: I'm only 22, and feel anxious all the time. I have a job, but it's not great and I don't like it. I worry that I'm on the verge of losing it. On top of that, I'm not making great money. Everyone says your 20s is the best time, but I'm stressed and unhappy. I don't think anyone I know feels this way, so it's really hard to talk about it. What can I do? – C.Y.

Dear C.Y.: Actually, your worries are more common than you may think. Lots of young people have anxiety about their lives, although money and job worries are most common. Especially in the current economic climate, employment is scarce, and this can drive young people to take and hold unfulfilling jobs they don't like. It sounds like you'd want to find a different job, but you're worried that you won't be able to find a new job. If you're worried about money on top of this, it can be hard to convince yourself it's worthwhile to risk looking for a new job.

It sounds like you're also having trouble getting things off your chest. You should realize you aren't the only one with worries and share your feelings. You can try coping strategies from talking to people who can help sort through your problems to challenging negative thoughts. Separate the real risk – for instance, what exactly makes you think you might be in danger of losing your job? – from problems your imagination is making worse. Calm yourself physically by relaxing muscles when you're feeling anxious.

Dear Dr. Brothers: I'm a perfectionist at work. I'm not into perfectionism in any other part of my life, so I didn't see it for a long time. Recently I've seen it makes me inefficient at work. What can I do to combat this tendency, especially in a professional setting? – A.G.

Dear A.G.: There are a lot of small things you can do to train your brain out of perfectionism. Because this doesn't seem to be a problem in other aspects of your life, it won't be so hard to change. Perfectionism comes from letting your mind become overly critical, so strategies for overcoming it come from quieting your mind.

You can try using the "10-year question." When you're stuck in a perfectionist loop, ask yourself whether you'll even remember this, much less care about the outcome, 10 years from now. Most likely, the answer will be no, and even in the rare cases when the answer is yes, you'll still benefit from asking the question. You also should take a timeout for things you wouldn't normally give yourself time to do when you're overwhelmed. Compare yourself with others at work as well. No one in your office is perfect, and they are doing just fine. It's good to remind yourself how others cope. It's likely you're overcommitted, so try to get out of obligations that you don't want but feel you "should" do. Lastly, if you're overwhelmed by tackling a whole project, pick a small task and just do it.

(c) 2009 by King Features Syndicate

Bridge • Steve Becker

South dealer.
Both sides vulnerable.

NORTH
♠ 9 8 7 4
♥ 6 5 3 2
♦ A K 5 3
♣ 2

WEST
♠ K J 5 3 2
♥ A K 9
♦ J 7 6
♣ 8 3

EAST
♠ A Q
♥ Q J 10 8 7 4
♦ 10 9 8
♣ 7 5

SOUTH
♠ 10 6
♥ —
♦ Q 4 2
♣ A K Q J 10 9 6 4

The bidding:

South	West	North	East
4 ♦ (!)	Pass	5 ♦	Pass
6 ♣	Pass	6 ♦	Pass
7 ♣	Pass	7 ♦	

Opening lead — king of hearts.

Famous Hand

It is unlikely that the bidding shown would ever be approved by the FBI (Faultless Bidding Institute). But that's exactly how it went when the hand was played, believe it or not!

The deal was reported by a Texan named Travis White in a book he wrote back in 1934 called "Odd Tricks" (republished in 1978). It featured a collection of interesting hands, and Mr. White chose this particular illustration for his closing chapter -- partly because he was a participant in the deal (he was East), and partly because he was the victim of one of the oddest occurrences ever recorded in a rubber-bridge game.

Apparently, South was so excited by his gorgeous club suit that instead of opening with four clubs, which he intended to do, he inadvertently bid four diamonds.

It is hard to blame North for raising to five diamonds -- he was only doing what came naturally. South now tried to correct his miscue by running to six clubs, but the intended meaning of this bid sailed right over North's head. Instead, he retreated to six diamonds, as probably most other Norths would have done.

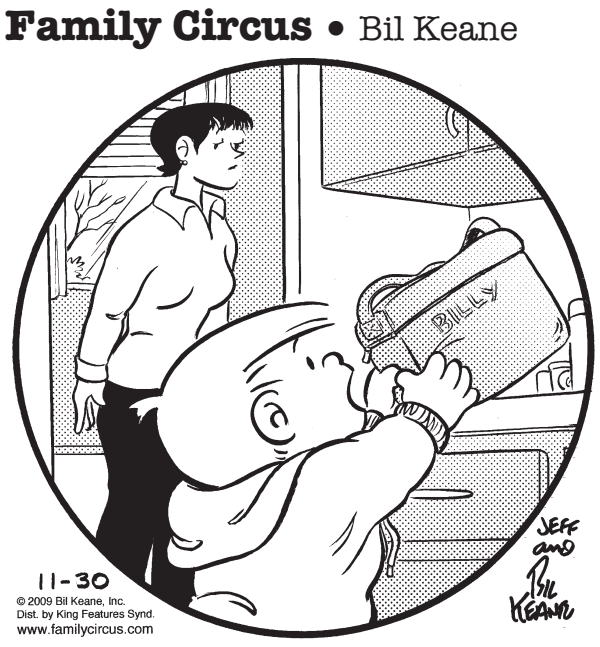
This contract still didn't appeal to South, who might have passed under these strange circumstances. Instead, he tried seven clubs, hoping his partner would finally catch on. However, North blithely bid seven diamonds, which became the final contract.

West could have led a spade, a diamond or a club and defeated the grand slam, but he quite naturally led the king of hearts. After that, there was nothing much to the rest of the play. Declarer ruffed, cashed the Q-K-A-5 of trumps, discarding his 10-6 of spades, and then took eight club tricks to score 2,140 points for bidding and making the grand slam!

Ironically, seven clubs could not have been made against any lead, but after the heart lead, seven diamonds turned out to be cold!

(c)2009 King Features Syndicate Inc.

Family Circus • Bil Keane



"Nobody traded lunches today. EVERYBODY had turkey sandwiches."

Conceptis Sudoku • Dave Green

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

©2009 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

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

Difficulty Level ★★★★ 11/27

©2009 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

Cryptoquip

RL JLQ NQMMLND JLQ ZLQUR ZFUU F ZDBCFWE WOMLBCFEC FCOLNMADBWZ UFJDB CAD LYLED YLED?

Yesterday's Cryptoquip: WHEN A PERSON GETS ANGRY AND CHUCKS A PRAYER BOOK AT SOMEBODY, WOULD THAT BE A MISSAL MISSILE?

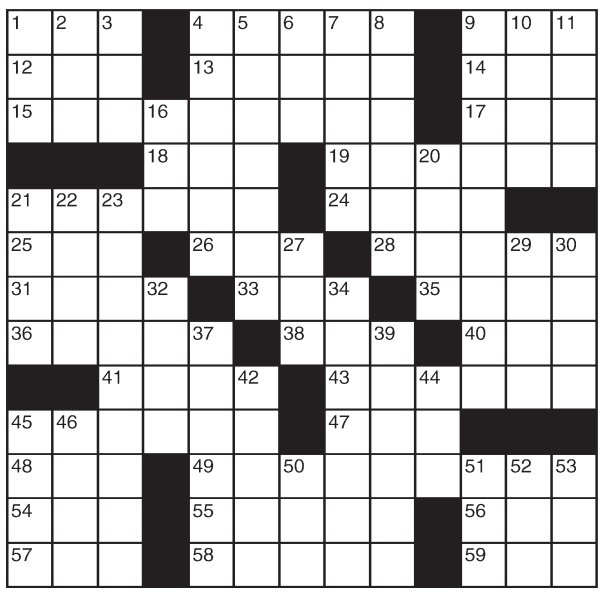
Today's Cryptoquip Clue: L equals O

Crossword • Eugene Sheffer

ACROSS
1 Energy
4 Manila hemp
9 Legume
12 "— Kapital"
13 Man of La Mancha
14 Jamaican export in a bottle
15 Plaster ingredient
17 Rage
18 — -CIO
19 Follower of Brigham Young
21 Hire
24 Lotion additive
25 By way of
26 Carpet
28 "Peter, Peter, pumpkin —"
31 Sea eagles
33 9-Across holder
35 It ain't worth a nickel
36 Of birth
38 Dict. information
40 Wrong (Pref.)
41 Curved molding
43 "Everybody Loves Raymond" brother
45 Maiden in distress?
47 Savings plan acronym
48 Midafternoon, on a sundial
49 Musical mobile, maybe
54 Branch
55 "— Grows in Brooklyn"
56 Book spine abbr.
57 Caustic solution
58 Decade parts
59 Sweet potato

DOWN
1 Fast (Abbr.)
2 — de cologne
3 Omega preceder
4 Request
5 Bankrupt
6 Blackbird
7 Punctuation mark
8 Colored ring
9 8 to 11, on TV
10 Modern coin
11 "So be it"
16 Western st.
20 Street
21 Divisible by two
22 Actress Sorvino
23 It goes without saying
27 Deity
29 Eastern potentate
30 Whatever's left over
32 Droops
34 One given to mockery
37 Elbow room
39 Impels
42 The 400
44 "Phooey!"
45 Rotary phone part
46 Ethereal
50 Gun lobby org.
51 Wall-climbing plant
52 Extinct bird
53 "Slippery" tree

Solution time: 27 mins.

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

Saturday's answer 11-30