**Page 8** Colby Free Press Thursday, June 24, 2010



## **Baby Blues** • Rick Kirkman & Jerry Scott



## **Beetle Bailey** • Mort Walker



## **Blondie** • Chic Young

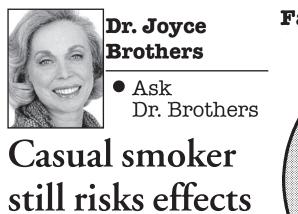


## Hagar the Horrible • Chris Browne



## Mother Goose and Grimm • Mike Peters





Dear Dr. Brothers: I smoke every once in a while, mostly at parties or with friends at a bar. I know it's bad for me, and I plan to quit eventually, but right now I can't think what I'd do instead, in those situations. My friend told me smoking once a day can be just as bad as smoking a pack a day, but I don't think that's true. Is it really a big deal if I'm just a casual smoker? - T.B.

Dear T.B.: There are more and more young people who claim they only smoke "part-time," or in certain situations. While some only smoke to enhance their image, others use cigarettes to help them relax at the end of a long day. You need to think about why you smoke, and address those issues. Unfortunately, casual smokers can be just as addicted as those who smoke a pack a day, and can have just as tough a time quitting.

Your friend may be right about the serious health consequences involved. Experts say that any amount of cigarette smoke - even just those few on the weekend - exposes your body to toxins and carcinogens that can lead to disease. In addition to the cancers, lung disease and heart disease that we all hear about, there also are side effects specific to younger people. Premature aging of the skin, including wrinkles and blotching, can be caused by cigarettes. Smoking can cause fertility issues: Smokers are more likely to have damaged eggs, problems getting pregnant and higher miscarriage rates.

Dear Dr. Brothers: I've been trying to follow a new diet, and for the most part it's been going well. The only time I slip up is when I find myself eating because I'm stressed. If I have a hectic day, or get in a fight with a friend, I automatically reach for the ice cream and hot fudge. I'm so good most of the time, and it's really frustrating to lose control like this. How can I stop binging just because I'm stressed or upset? - L.W.

Dear L.W.: This is a common problem, and unfortunately it isn't addressed in most of the diet or weight-loss programs right now. While lots of us turn to comfort food when upset or stressed, for those trying to lose weight, it can be detrimental to the long-term success of diet plans. If you're used to coping with your emotions by downing ADUM-NCFDQNRNCW LDURZZC ice cream, it's impossible to cut out this practice without a new way to deal with those feelings.

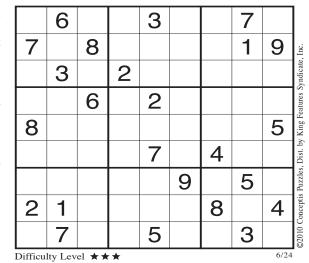
The first step is to identify the emotions that trigger you to binge. Simply realizing you're reaching for ice cream after every fight can go a long way toward stopping or reducing the amount feeling, and take a step back, you can change your automatic reaction to that emotion. Additionally, you need to start figuring out healthier ways to handle stress and emotions when they come up. There are any number of ways people have come up with, and you just have to find a few that suit your personality and lifestyle. Find something you love doing – whether going for a hike with the dog, gardening, reading a trashy novel or taking a nap - and use that as your new go-to move for stress release.

## Family Circus • Bil Keane



"Gosh, Daddy! They sure gave you a lot of homework today."

### **Conceptis Sudoku** • Dave Green

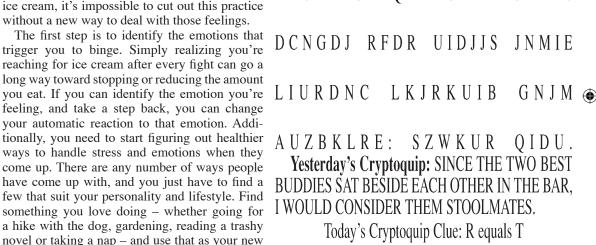


This is a logic-based number placement puzzle.

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.

7	8	2	3	9	6	5	4	1	
6	3	4	7	5	1	8	2	9	. Inc.
5	1	9	8	4	2	3	7	6	Syndicate, Inc.
4	7	1	6	8	5	2	9	3	Features S
9	2	8	1	3	7	4	6	5	King
3	6	5	4	2	9	1	8	7	Dist. by
2	9	6	5	1	4	7	3	8	Puzzles,
8	5	7	2	6	3	9	1	4	22010 Conceptis
1	4	3	9	7	8	6	5	2	02010 0
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# Cryptoquip



### Sally Forth • Greg Howard

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#### Todd the Dinosaur • Patrick Roberts



### **Zits** • Jim Borgman & Jerry Scott



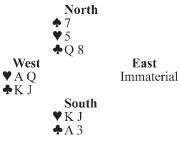
### **Bridge** • Steve Becker

#### **Double Trouble**

When your opponents voluntarily undertake a slam, you should not double them unless you are absolutely certain you can defeat the contract. This is especially true if your double gives declarer information that might allow him to make a contract he would not otherwise make.

28 Lis In the present case, for example, West clearly should not have doubled six notrump. In doing so, he revealed to declarer where the missing 31 Su high cards were located.

Armed with this knowledge, South made the slam by adopting a somewhat unnatural line of play. He won the spade lead with the queen, led a low diamond to dummy's jack and returned a diamond to the queen. After West showed out on the second round, leaving South with just 11 tricks, declarer cashed the A-K of diamonds and 36 Ea dummy's A-K-J-10 of spades to produce this position:



When South next cashed dummy's last spade and discarded the jack of hearts, West found himself in dire straits. He could not afford to discard the jack of clubs, which would have given declarer two club tricks instead of one, so he discarded the queen of hearts instead. This did not help West at all, because South simply led a heart to the king and won the last two tricks with the queen and ace of clubs.

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## (c) 2010 by King Features Syndicate **Crossword** • Eugene Sheffer

ACROSS	37 Catch DOWN 24 Acknowl-
1 Exemplar	sight of <b>1</b> Llama edge
of beauty	<b>38</b> Green territory applause
and	sauce 2 Paradise 25 G8
grace	40 Either 3 Grate member
5 Greet	partner 4 Damage 26 "Foun-
<b>9</b> Pi	<b>41</b> Pertain- <b>5</b> Gander's tains of
follower	ing comment Rome"
12 Cheese	to a 6 Moreover composer
choice	pelvic 7 Lemieux 27 Metrical
13 Formerly	bone milieu measures
14 Dine on	<b>43</b> Discom- <b>8</b> Shelf <b>29</b> Roadie's
15 Answered	fort 9 Breaks burden
<b>17</b> — Lanka	47 Journey 10 Grown-up 30 Powell
18 Empty a	segment leveret co-star
suitcase	48 Admired 11 Elevator 35 Pod
<b>19</b> Yawns	51 — -di-dah man occu-
<b>21</b> Tag	52 Dunkable 16 Autumn pant
player	sweet mo. 37 Puts
22 Old	53 "The Wind 20 Hearty up
manu-	in the brew <b>39</b> Seafood
script	Willows" 22 Expendi- selection
marks	character ture <b>40</b> Indivis-
24 Ironside	54 Enjoy 23 Put your ible
portrayer	Aspen feat in <b>41</b> Troubles
27 PETA	55 Sunrise your 42 Plumbing
target	56 Agile mouth? problem
28 List-	Solution time: 25 mins. 43 Fairy
ending	GALAFADURAL tale
abbr.	IRONERR NICE preposi-
<b>31</b> Sugar	NICKNAME ECHO tion
suffix	SAILOR SHAKEN 44 On
32 Schedule	AMPLUGETHEL <b>45</b> Burn
abbr.	BOILLOBHARE Some-
<b>33</b> Comic	COCOA OOH WAD what
Philips	KANT ROC 46 Vortex   MAFFIA SOUSES 10 Mound
34 Nasty	ALOEKICKBACK <b>49</b> Mound
stinger	CARRETHAGRA Stat
36 Early	KIDS SAT NEUT 50 Wield a
bird?	Yesterday's answer 6-24 needle

10 12 13 14 15 17 16 18 19 20 22 23 25 26 29 32 33 36 37 39 40 43 44 45 48 49 50 52 53 56 55

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