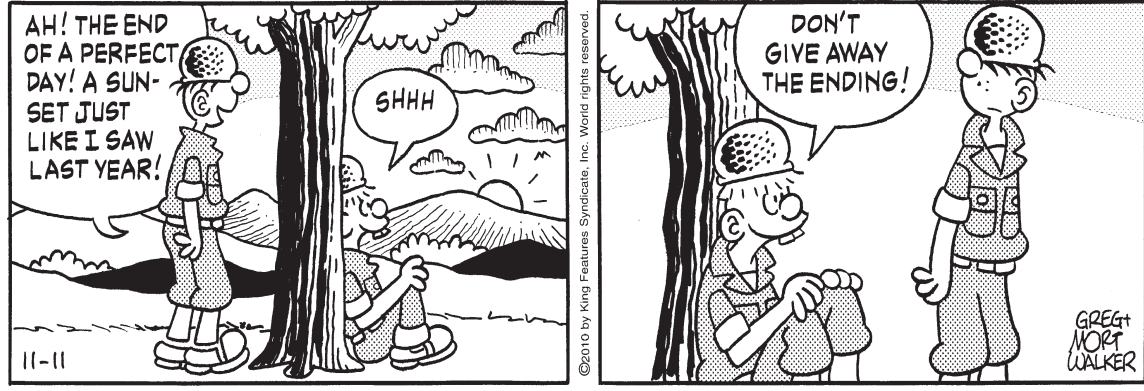


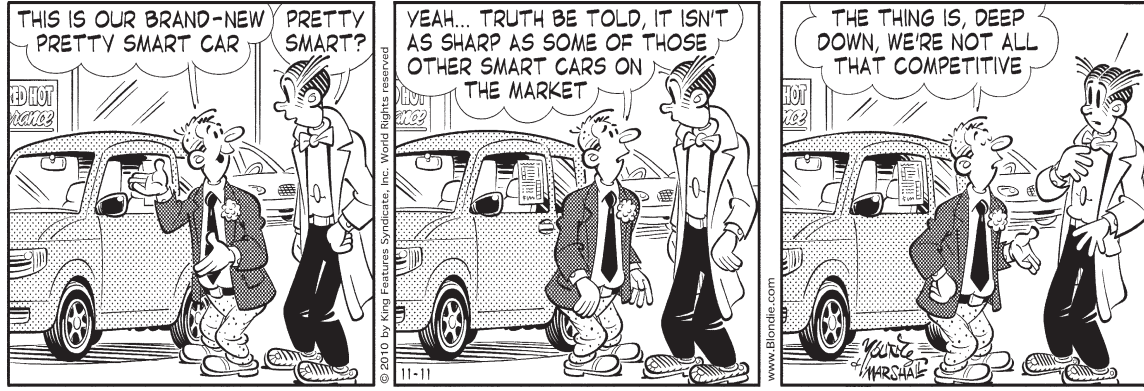
Baby Blues • Rick Kirkman & Jerry Scott



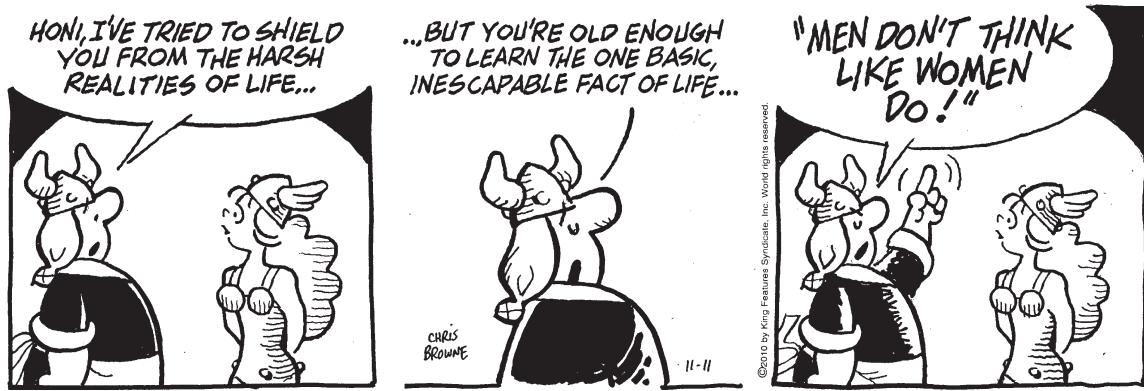
Beetle Bailey • Mort Walker



Blondie • Chic Young



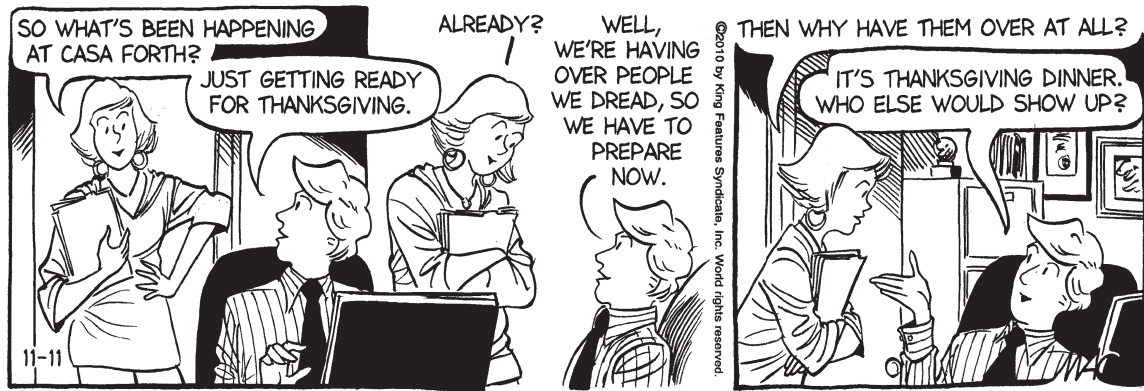
Hagar the Horrible • Chris Browne



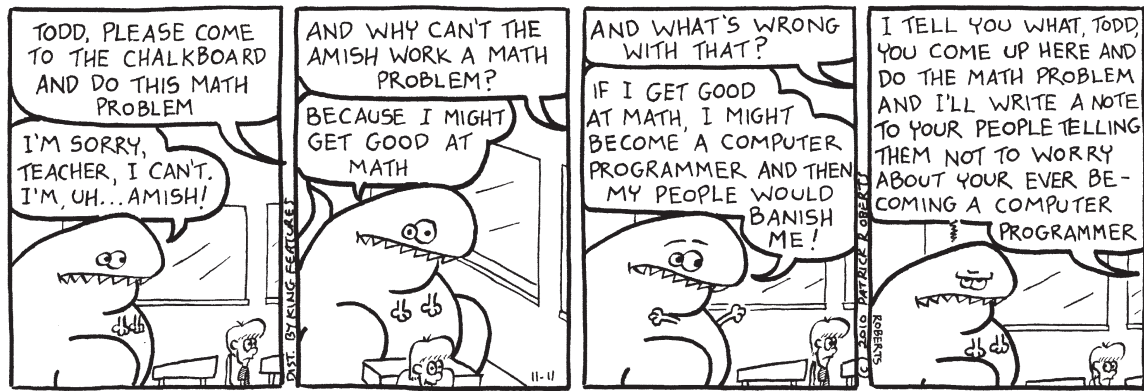
Mother Goose and Grimm • Mike Peters



Sally Forth • Greg Howard



Todd the Dinosaur • Patrick Roberts



Zits • Jim Borgman & Jerry Scott



Dr. Joyce Brothers
• Ask Dr. Brothers
Girl stresses at taking tests

Dear Dr. Brothers: My daughter is starting high school, smart and motivated. She does her homework and studies for tests. But when it comes time for her to take a test, she gets so nervous she can barely remember her name, much less how to do algebra. She's not anxious otherwise. Are there tips to relax on tests? — J.B.

Dear J.B.: Almost every student has anxiety with tests, and this can be good — a little stress can motivate students to study. But when this stress gets out of control, it can be detrimental for students' performance, and also their emotional development. Studying can take stress away from tests, but it sounds like your daughter has already learned that lesson.

The anxiety your daughter is feeling is mental, but it also can manifest physically. Muscle tension, sweating, headaches, even trouble breathing — if this starts happening to your daughter while she's taking a test, it can increase her anxiety. You can tell her these are normal responses and that taking care of herself can help. Also, taking a minute to take long, deep breaths and gather herself can be calming, and she should make an outline for how to approach the test. On test day, she should eat a healthy, protein-filled breakfast and avoid caffeine, which will make her jittery.

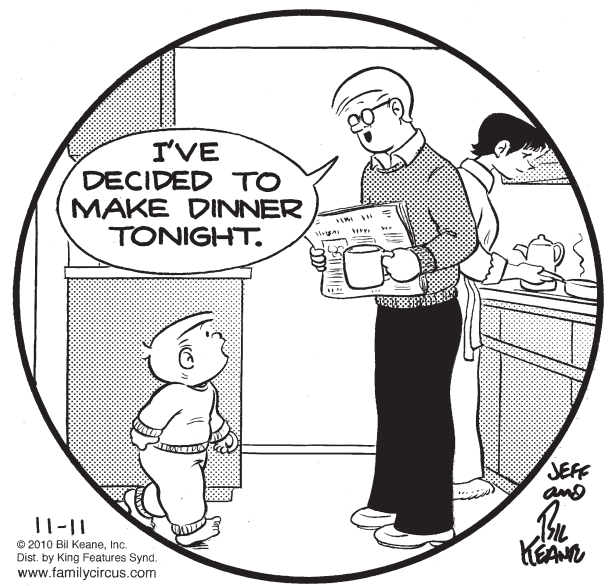
Dear Dr. Brothers: My brother has been struggling with depression since he was teenager. He's tried a lot of medical therapies and counseling, with limited effect, but nothing has worked in the long term. I have a friend who teaches yoga, and she told me yoga can help cure depression. I'm skeptical, but am willing to consider anything that might help. Is there any truth to this? Is it something I should suggest to my brother? — L.K.

Dear L.K.: You may be surprised to learn yoga practice can be a good way to ease symptoms of depression. The important feature is not physical strength, but the mental benefits that come from mindfulness and self-awareness. Mindfulness practice technically is a meditation technique. It is a technique in which you learn to observe your mental practices. By doing this, you can see the mental gymnastics you go through, and learn to recognize and stop harmful thoughts before they turn against you.

Yoga can be helpful in that it usually is practiced in a supportive and healing environment, with an instructor who can be trusted to turn to in difficult times. Yoga instructors, like therapists, are there to help you discover truths about yourself, and you can use their expertise to investigate and resolve emotional issues. Additionally, it can be helpful for people to discover how their emotional state manifests through their bodies, and yoga can help by making you more in tune with your physical body. Not all therapists are convinced of yoga's healing powers, but it's hard to imagine how it would hurt.

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Family Circus • Bil Keane



"Great! So what are you microwaving?"

Conceptis Sudoku • Dave Green

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

Difficulty Level ★★★ 11/11

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

Cryptoquip

DHQLX H GFIX AYX XIHANPHFB
FIMSDAGXQA SQAYHQHQJBR,
GHJYA RNS LFBB AYFA F
O Q X X - M X P O P X I F L A H N Q ?
Yesterday's Cryptoquip: WHEN SOMEBODY SWIPES OTHER PEOPLE'S HANDBAGS, I ASSUME THEY WILL GET DIS-PURSED.
Today's Cryptoquip Clue: R equals Y

Crossword • Eugene Sheffer

- ACROSS**
1 Quarrel
5 At the home of
9 — Beta
12 Mark's replacement
13 Take on
14 Snitch
15 High school VIP
17 Anger
18 Dire
19 Jeans material
21 "People" counterpart
22 Handed out hands
24 Benedict, e.g.
27 Started
28 Ruler's length
31 Atmosphere
32 "Hail, Caesar!"
33 Coffee shop item
34 Post-diet
36 Hr. fraction
37 Undo a dele
- DOWN**
1 Calendar abbr.
2 Kitten's sound
3 Met
4 Lan-guage
5 Stylish
6 With it
7 Historic time
8 F. Scott Fitzgerald's wife
9 Transfer from computer to paper
10 Mata —
11 Two-some, in a gossip column
16 Opposite of "trans-"
20 Sprite
22 Mephistopheles
23 Paradise
24 Faux —
25 Lubricant
26 Cinderella, ultimately
27 Tibetan monk
29 Tramcar load
30 Stick with a kick
35 Singer Davis
37 Fills with determination
39 November stone
40 Illustrations
41 Pop
42 Dumb-struck
43 Summer-time pest
44 Mine, in Marseille
45 Bridge
46 Salinger girl
49 Actress Sara
50 Apr. addressee
- Solution time: 25 mins.**
- | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| T | I | M | E | B | A | H | P | S | S | I | |
| O | R | E | S | O | D | E | A | L | O | E | |
| F | A | S | T | F | O | O | D | N | O | M | E |
| U | N | H | O | O | K | G | N | A | W | E | D |
| | | | | P | A | L | E | A | C | H | |
| A | B | S | M | E | N | Y | E | A | S | T | |
| L | A | L | A | T | A | G | A | N | T | I | |
| P | R | O | V | O | B | R | A | D | Y | E | |
| | | | | W | O | R | D | O | U | T | |
| I | M | B | I | B | E | S | N | A | P | U | P |
| L | O | U | D | F | A | S | T | B | A | L | L |
| L | U | R | E | E | L | L | L | I | N | O | |
| S | E | N | D | R | A | Y | E | R | A | T | |
- Yesterday's answer 11-11

Bridge • Steve Becker

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

Graduation Day

This spectacular hand was dealt, innocently enough, during a bridge lesson in someone's home. Neither the participants nor their teacher had any idea of what a treat was in store for them.

The students had recently learned the "splinter bid," which explains North's leap to three hearts, showing diamond support, game-going values and shortness in hearts. South then drove to slam, and West led a spade.

South was naturally disappointed with North's club and spade holdings, which seemed to leave her with at least two inescapable losers. But she plugged on, undaunted.

East took the first spade with the queen and continued with the ace, ruffed by South. Declarer led a diamond to the jack and returned a heart toward her hand. After East followed low, South muttered, "Well, I have to do this," before successfully finessing the queen.

She then played the ace of hearts, discarding a club from dummy, and ruffed the five of hearts. Had the king fallen on this trick, South could have claimed, since dummy's remaining club loser could be discarded on the jack of hearts.

But when the king did not fall, declarer spotted another possibility. If East, who still held the king of hearts, also had the king of clubs, the slam could still be made.

So she ran dummy's remaining trumps, coming down to one trump and the Q-10 of clubs in dummy and the heart jack and A-7 of clubs in her hand. When the last trump was played, East, holding the king of hearts and K-9 of clubs, had no safe discard, and the slam was home. In practice she discarded the heart king, hoping her partner had the jack, whereupon declarer let go of the club seven to make the slam.

It was the group's very first squeeze play and prompted the teacher to muse, "A single squeeze is worth a thousand words."

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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		