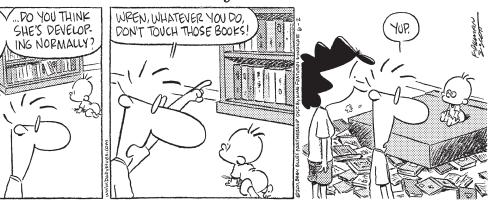
## **Baby Blues** • Rick Kirkman & Jerry Scott



### Beetle Bailey • Mort Walker

IT SEEMS LIKE

WREN SHOULD BE

WALKING MORE BY NOW ..





# **Blondie** • Chic Young







### **Hagar the Horrible** • Chris Browne











### **Sally Forth •** Greg Howard



### **Todd the Dinosaur** • Patrick Roberts









**Zits** • Jim Borgman & Jerry Scott









# Dr. Joyce **Brothers**

Ask Dr. Brothers

# Mom-to-be should stay calm

Dear Dr. Brothers: I had a miscarriage about a year ago, and now, thankfully, I'm pregnant again. I'm really worried about losing this one, too. I'm trying not to do anything that might be bad for the baby, and I heard that being stressed or upset can cause miscarriages. If that's true, the amount that I'm stressing about the pregnancy is going to be bad for me. Is it true that being scared, upset or stressed can cause a miscarriage? - F.R.

Dear F.R.: You'll be relieved to hear most studies have not found a reliable link between ordinary stress and miscarriages. Most miscarriages are caused by medical problems within the growing fetus, and not by anything the mother does or doesn't do. Along the same lines, being startled or scared won't cause a miscarriage. What might be true, though, is that high levels of stress over a long period can affect a baby's health in the womb, and may lead to a greater risk of miscarriages or stillbirths. Even if you carry a pregnancy to term, extreme stress in the womb may lead to later health problems, even things like allergies or asthma.

With all this, you should know it's not your fault if you miscarry, but it can't hurt to remove stress from your life. Try not to worry about stress, since that will make you stress out more. Instead, look for productive ways to relax, whether it's doing a favorite hobby, reading, working on projects to get ready for your baby or getting some gentle exercise. The main thing is to find something that allows you to focus on the task at hand and quiet your mind so that you can stop worrying about every tiny detail of your pregnancy.

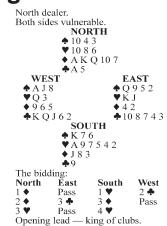
Dear Dr. Brothers: My wife is pregnant with our first child. I'm embarrassed to admit this, but I'm feeling unappreciated as a father-to-be. I know pregnancy is hard, and my wife's emotions and state of mind are important to the well-being of our child, but she completely dismisses me every time I try to talk to her about what I'm going through, especially when I'm feeling nervous about the prospect of raising a child. How can I make her see that my feelings matter too? - C.J.

Dear C.J.: With the changes your wife is going through, it can be easy to forget her feelings aren't the only important ones. It's important to address your feelings, positive and negative. Lots of men feel sharing anxieties about pregnancy will add to their wife's burdens, but this isn't the case. Your wife probably is nervous, but voicing your concerns will help you be a more involved and better father.

You can express to your wife that you are concerned about her feelings, but shrugging off your own fears isn't doing any good. You also can talk to other fathers-to-be, or check out books and online resources for expectant fathers. Doing this with your wife might help her see there are concerns unique to new dads, and validate the feelings you've shared. You should share not only negative feelings, but also your excitement with your wife. Make sure listening to you doesn't turn into a string of complaints, but is a productive discussion about your future as a family.

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### **Bridge** • Steve Becker



### **Imaginative Defense**

Part of the skill in card play lies in creating situations that give an opponent a chance to go

For example, consider this deal where East found a way to sink what seemed like a sure-fire contract. True, declarer could have made four hearts, but he was presented with an opportunity to go wrong, and he did.

South took the opening club lead with the ace and played the ace and another heart, losing to East's king. East then set about devising a means by which his side could score three more tricks. It was clear to him from the fall of the trumps

that South had started with six hearts, and it was equally clear from his partner's two-club bid that declarer had no more clubs. The only remaining hope for the defense, therefore, was to try to win three spade tricks. If South had the ace or the K-J of spades, there

would be no way to take three tricks in the suit But if South had only the king of spades, the defense had a fighting chance. So at trick four, East shifted to a spade. But not

a low spade, which would have allowed declarer to play low and thus assure 10 tricks. Instead East returned the queen of spades! This placed South in a rather uncomfortable

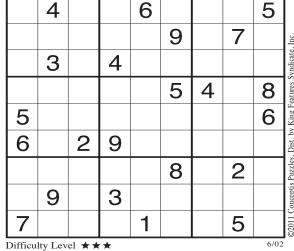
position. If East had the Q-J-x, the winning play was to follow low and then cover the jack or the next trick (or play low if East returned a low spade). But if East did not have the jack, the winning play was to cover the queen with the king. South stewed and agonized for a while, and fi-

nally played low on the queen, after which West's A-J of spades set the contract. East's unusual return of the queen gave declarer a chance to go wrong, and he did not find the winning answer.

"If you listen, you can hear the night turning on."

Family Circus • Bil Keane

## 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 3x3region must contain only one instance of each numeral.

The solution to the last Sudoku puzzle is at right.

							6/0	2
5	3	1	2	8	9	7	4	6
9	6	2	7	4	1	8	3	5
8	7	4	3	5	6	9	2	1
1	4	8	5	7	2	3	6	9
6	2	3	1	9	4	5	8	7
7	5	9	6	3	8	2	1	4
2	1	5	9	6	3	4	7	8
4	9	6	8	2	7	1	5	3
3	8	7	4	1	5	6	9	2

### Cryptoquip

DJO'IV IVUEWAB FJSV

AJZVM CJI RPV CWIFR RWSV.

DJO FUD RPUR'F QJOME

ROIAWAB JZVI U AVQ MVUC? Yesterday's Cryptoquip: JUST BACK FROM A LONG VACATION, THE GROUP OF LUMBERJACKS

ARE PRESENTING THEIR TRAVEL-LOGS. Today's Cryptoquip Clue: I equals R

### **Crossword** • Eugene Sheffer

18 Company

20 Parlia-

32 Artist

33 "West

Side

of actors

ACROSS 1 Winged 5 Turn	34 Mimic 35 Play on words	<b>55</b> Shade providers	21 Insepa- rable 23 African
blue?	36 Makes	DOWN	antelope
8 Frog's	weary	1 Came to	24 Destiny
cousin	<b>37</b> Every-	earth	25 Throw
12 Rickey	where	2 Taleteller	26 Persian
flavor	40 Pealed	3 Bullets	bigwig
13 Mardi	41 Costello's	and	27 Kachina
Gras VIP	partner	such	wor-
<b>14</b> Shake	<b>45</b> Blood-	4 Snubs	shipper
in the	hound's	5 Laundro-	28 Demo-
grass?	clue	mat	graphic
15 Poetic	47 Back talk	machine	division
foot	49 Sandwich	6 Verily	32 Impene-
16 Shrill	cookie	7 Tell how	trable
bark	50 Gloomy	8 Bronze	thickets
17 Detail	51 Actress	winner's	33 Samson's

placek

9 Passe

10 Hearty

weapon,

courtesy

of an ass

35 Skillet

36 Occupa-

tion

38 Wizard

Potter

39 Bolivian

42 Verbal

capital

(nobody) mentarian 53 Catch brew 11 Beavers' 22 From siaht of stem to 54 "Oh. construcyeah? stern tion 26 Elevator – who?" 19 Cauldron

Mendes

**52** — a soul

passage **29** Golf position 30 Confucians' "way" 31 Swine

Solution time: 25 mins. Vermeer

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