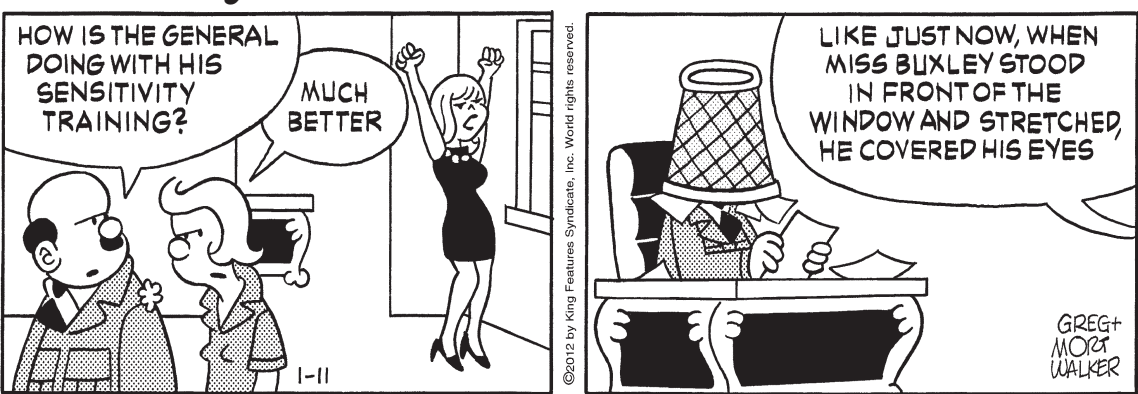


Baby Blues • Rick Kirkman & Jerry Scott



Beetle Bailey • Mort Walker



Blondie • Chic Young



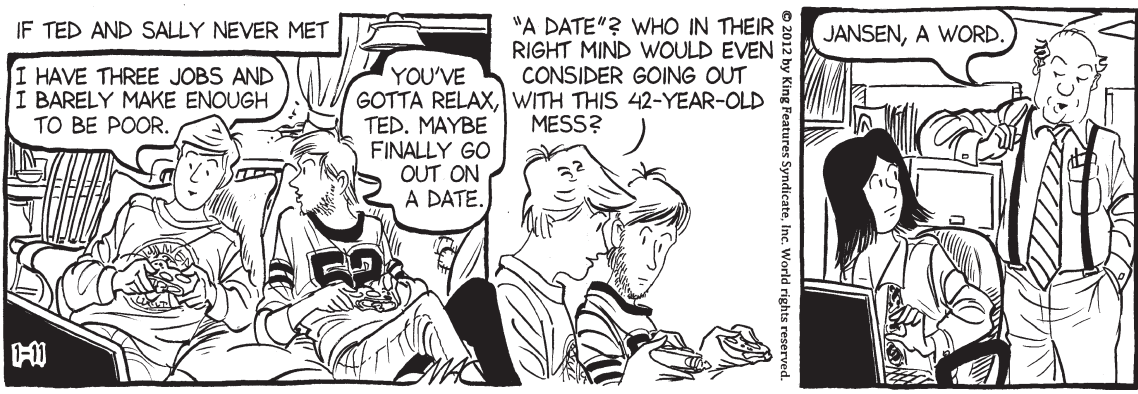
Hagar the Horrible • Chris Browne



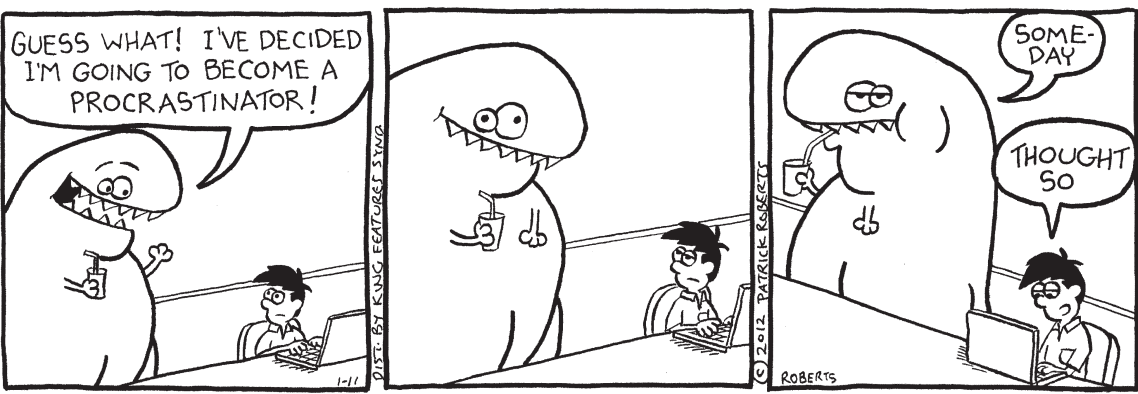
Mother Goose and Grimm • Mike Peters



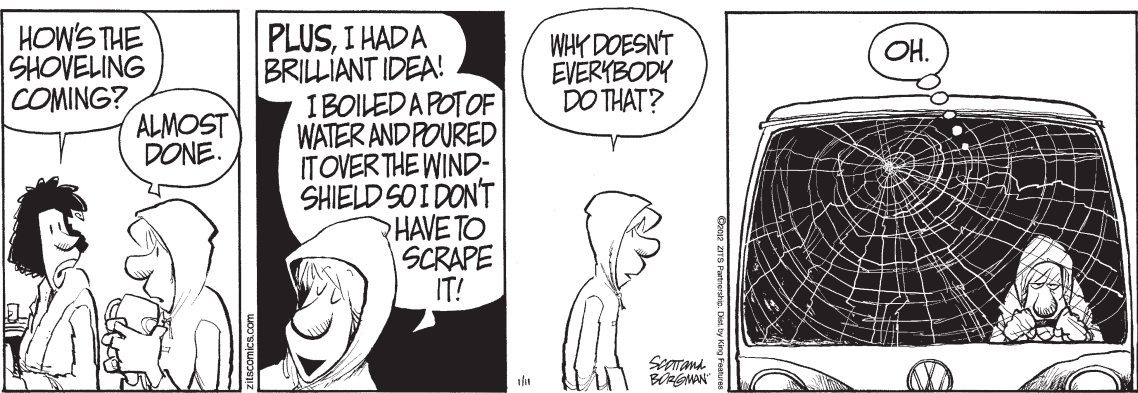
Sally Forth • Greg Howard



Todd the Dinosaur • Patrick Roberts



Zits • Jim Borgman & Jerry Scott



Heloise

- Hints from Heloise

Foods carry risk to seniors' health

Dear Readers: Did you know there are certain FOODS seniors should avoid because of health risks? According to the Food and Drug Administration website ([www.fda.gov](http://www.fda.gov)), if you are a senior or care for a senior, you might not realize that you need to be extra cautious about:

- Raw sprouts, such as alfalfa and radishes.
- Refrigerated patés or meat spreads.
- Refrigerated smoked seafood, unless it is an ingredient in a cooked dish like a casserole.
- Raw or unpasteurized milk and soft cheeses like feta, brie, Camembert and Mexican-style (which I love!).
- Raw or lightly cooked egg, or egg products containing raw eggs, such as salad dressings, cookie or cake batter, sauces or eggnog.
- Hot dogs and luncheon meats, unless they are reheated to steaming-hot.
- Unpasteurized fruit or vegetable juice.

Additionally, no raw meat, poultry, raw fin fish or shellfish should be consumed. You can go to the FDA's website (or ask your health-care provider for suggestions) for more important information on food safety for everyone in your household! – Heloise

P.S.: More fun facts are on my Twitter and Facebook pages. Please go to [www.Heloise.com](http://www.Heloise.com) for the easy links.

SEND A GREAT HINT TO:

Heloise  
P.O. Box 795000  
San Antonio, TX 78279-5000

SPAGHETTI SQUASH

Dear Readers: Is spaghetti squash a vegetable or a funky type of pasta? How well do you know your veggies? It's a winter squash!

A very healthy choice if you want to cut calories but eat well, 1 cup of cooked spaghetti squash, with no salt added, contains approximately 42 calories. This squash is high in fiber and can be baked, boiled, microwaved or even prepared in a slow cooker. This squash can be found year-round, but fall and winter are its peak seasons. It keeps well at room temperature and can be stored in the freezer after cooking.

After cooking, scrape the meaty strands of squash out of the shell with a fork and then be creative with your favorite toppings. Try substituting these spaghetti-like strands in any of your favorite pasta dishes and serve with butter, garlic, shredded cheese or a favorite sauce. – Heloise

P.S.: I love it cold with a little oil and vinegar.

COOKING HINT

Dear Heloise: I buy three pounds or more of ground beef and cook it all, making sure to break it up using a fork. I add chopped onion and green peppers, then put it into small containers and freeze. Later, this can be added to pasta and chili. Makes a fast, instant meal! – Martha in Ohio

LETTER OF LAUGHTER

Dear Heloise: In response to Tammy (Heloise here: A previous Sound Off column) concerning her pet peeve of having to buy two of a product to take advantage of the coupon: I live alone, with very little storage and freezer space. I wrote to several companies about this. Guess what I got? Several coupons from several companies printed "Good only on purchase of two!" – Ruth C., Springfield, Ohio

Got to laugh! Thanks! – Heloise

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Bridge • Steve Becker

North dealer.  
East-West vulnerable.

NORTH  
♠ K J 7 6 4  
♥ 9 8 2  
♦ —  
♣ K Q J 5 4

WEST  
♠ 10 9 5  
♥ A K 5  
♦ K 6 5 2  
♣ 10 9 3

EAST  
♠ A Q 8  
♥ 7  
♦ A Q J 4 3  
♣ 8 7 6 2

SOUTH  
♠ 3 2  
♥ Q J 10 6 4 3  
♦ 10 9 8 7  
♣ A

The bidding:  
North 1♣ East 1♦ South 1♥ West 2♦

2♥ 3♦ 3♥ 4♦  
4♥ Pass Pass Dble

Opening lead — two of diamonds.

The Lead's the Thing

Many seemingly normal leads turn out to be very costly. Consider this case from a team match where South wound up in four hearts doubled at both tables.

At the first table, West led a diamond, and South had an easy time of it. He ruffed in dummy, led a club to his ace, ruffed another diamond, then discarded both of his spades on the K-Q of clubs.

After ruffing a spade, declarer trumped a third diamond in dummy, then discarded his last diamond on the jack of clubs. West ruffed with the heart five and also got his A-K of trumps, but South had the rest for a score of 590 points.

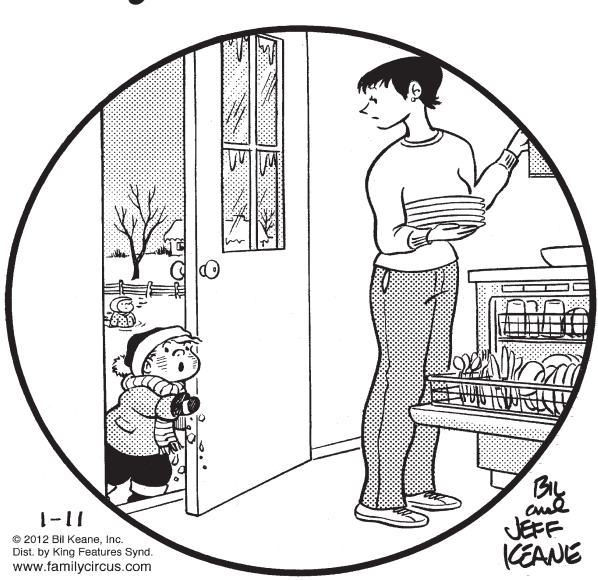
The deal illustrates the devastating effectiveness of a crossruff. South made 10 tricks even though he and dummy together had only 17 high-card points to the opponents' 23!

At the second table, where four hearts doubled was reached on similar bidding, West decided to lead the king of hearts in order to take a look at the dummy. Upon seeing dummy's dearth of diamonds, he then continued with the ace and another heart.

This left South in sad shape. He could not ruff any of his diamond losers in dummy, nor did he have any way to reach dummy's clubs. All told, South lost two spades, two hearts and four diamonds to finish with only five tricks! He thus lost 1,100 points with the very same cards with which the first declarer had scored 590, a 1,690-point swing brought about by West's seemingly innocent lead of a diamond at the first table.

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Family Circus • Bil Keane



"Mommy, have we stayed out long enough to get some hot chocolate now?"

Conceptis Sudoku • Dave Green

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

Difficulty Level ★★ ★

1/11

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.

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

Difficulty Level ★

10/11

Cryptoquip

C GCGP'B JRJX MHXJ HSUEB

ENC PF BKJ XCFKB RJXS

CPQOJMB CUPN, SEB C

QCPHOOI MHTJ BU TI BJPNJN.

Yesterday's Cryptoquip: BREAKFAST CEREAL CONSISTING OF ENRICHED BITS OF SUGAR-COATED FLATFISH: FROSTED FLUKES.

Today's Cryptoquip Clue: G equals D

Crossword • Eugene Sheffer

- |   |             |                         |                            |
|---|-------------|-------------------------|----------------------------|
| <b>ACROSS</b>                             | <b>DOWN</b> | <b>ACROSS</b>           | <b>DOWN</b>                |
| 1 After-hours bank (Abbr.)                | 1 Blazing   | 3 Nessie, e.g.          | 19 Butter square           |
| 4 Bribe                                   | 2 "Star —"  | 4 Wheel radius          | 20 Family member, briefly  |
| 7 Roundish hairstyle                      |             | 5 Playful water critter | 21 Place to recover        |
| 8 Eye-related                             |             | 6 Pocket bread          | 22 Spring holiday          |
| 10 Extraterrestrial                       |             | 7 Lotion additive       | 23 Gratis                  |
| 11 Lowest point                           |             | 8 Last write-ups        | 24 "—, Martin and John"    |
| 13 Does hard labor                        |             | 9 Eccentric old gent    | 25 Larry's pal             |
| 16 Shelter                                |             | 10 Piercing tool        | 26 "American Idol" alumnus |
| 17 One with a burden                      |             | 12 1-Across offering    | 28 World-weary             |
| 18 Wildebeest                             |             | 14 Clay-rich soil       | 29 Construction connector  |
| 19 Pod dwellers                           |             | 15 Wrigley product      |                            |
| 20 Appear                                 |             |                         |                            |
| 21 Get more ammo                          |             |                         |                            |
| 23 Tooth buyer?                           |             |                         |                            |
| 25 Vegan's no-no                          |             |                         |                            |
| 26 Wall Street wheeler-dealers, for short |             |                         |                            |

Solution time: 21 mins.

GRAM	MOB	LILA
RISE	ONO	ANON
EGAD	DEMOCRAT	
WAPITI	BRIEFS	
CAFE	BET	
DEMOLISH	RUDE	
TIRE	LETIN	RUR
SASH	DEMEANOR	
DUB	EAVE	
ADAGIO	LENGTH	
DEMENTIA	EURO	
ALES	IVY	ARES
MIST	SEA	SUET

Yesterday's answer 1-11

