

Comics

Peanuts

by Charles M. Schulz



Garfield

by Jim Davis



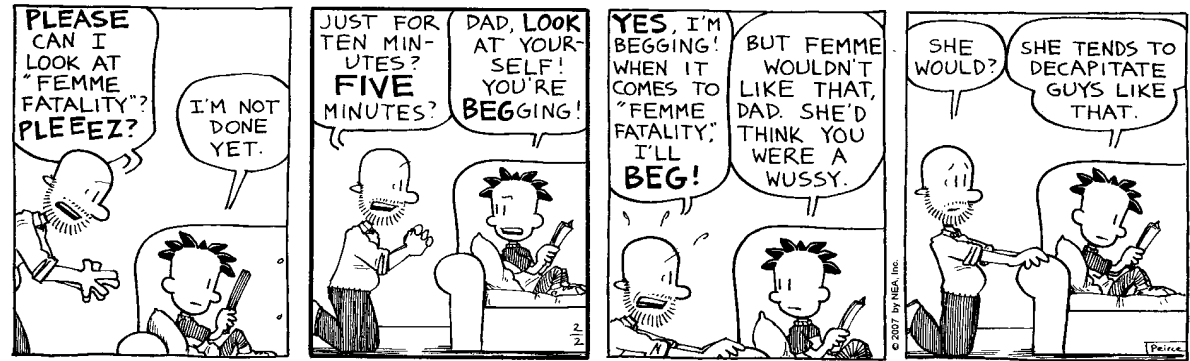
Frank and Ernest

by Bob Thaves



Big Nate

by Lincoln Peirce



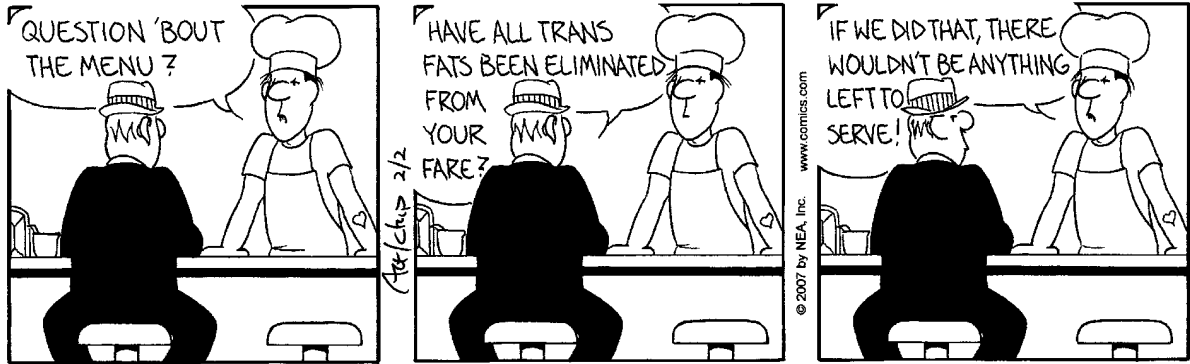
Soup To Nuts

by Howie Schneider



The Born Loser

by Art and Chip Sansom



Alley Oop

by Dave Graue

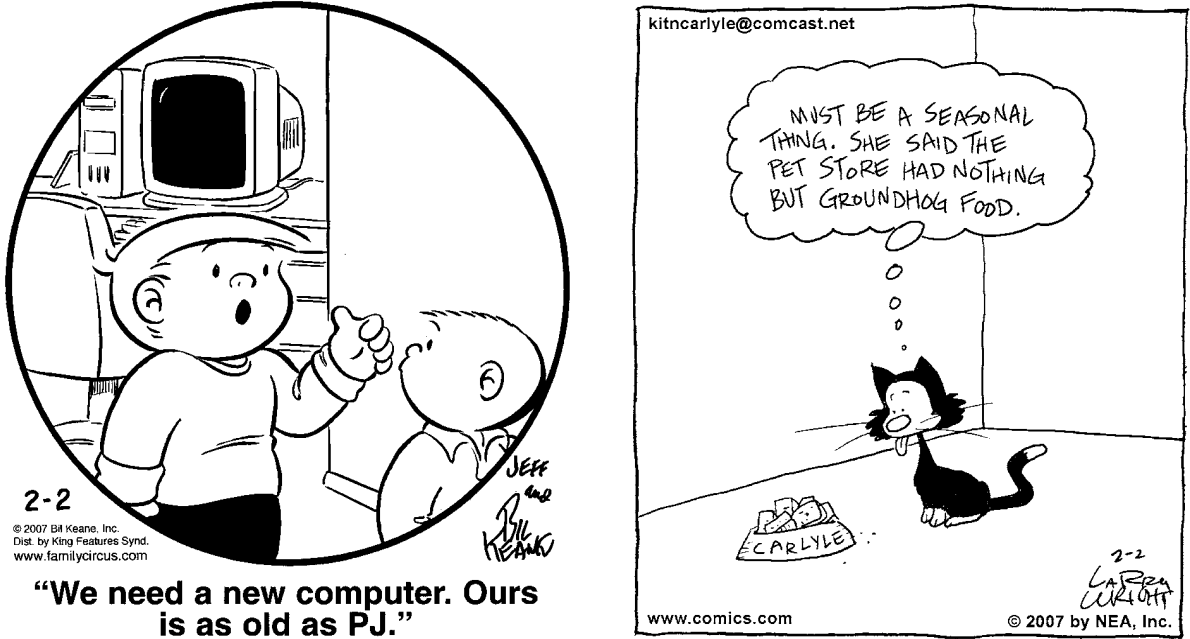


The Family Circus

by Bil Keane

Kit 'N' Carlyle

by Larry Wright



Health

BY PETER GOTT, M.D.

Radiation treatment causes colon damage

DEAR DR. GOTT: In 1997, I was diagnosed with prostate cancer and underwent 35 radiation treatments. The treatment caused tissue damage to my anus and colon. During the eight years since treatment, I have been troubled with diarrhea. None of the advice/prescriptions given by my urologist, gastroenterologist and family physician have been able to provide help. The most relief I got, by using Imodium daily, was sporadic and not complete.

About a month ago, you wrote an article addressing IBS. I went out immediately and bought a box of Digestive Advantage IBS. Miraculously, I have experienced total relief. Now that it has been several days without using the product, I believe I will proceed with Digestive Advantage to sustain the relief I've gotten. Thank you.

DEAR READER: Thanks for sharing. Anal and colonic inflammation from radiation therapy is a common consequence that can be difficult to control. Because your experience was so unique (and successful), I am pub-

lishing your letter in hopes that it may be helpful to other post-radiation readers.

DEAR DR. GOTT: I'm just wondering how you go about choosing the letters you answer in your column.

I have written four times and haven't seen an answer yet. It was about me or a relative that had or still has a serious illness. I don't think I have missed any columns. Thanks for your answer.

DEAR READER: I pick letters I can answer in print if they are of interest, have pertinence, will provide a public service or do not contain information that I have addressed in the recent past.

I receive about 2,500 letters a week. Answering approximately 20 to 25 letters a week means that I have to be more than selective. My only regret is that, due to space limitations, I have to pass over a huge number of letters. I'm sorry, but this is reality.

DEAR DR. GOTT: Does type II diabetes cause obesity, or does obesity cause type II diabetes?

DEAR READER: Probably neither. Diabetes and obesity are clearly related, but there is no convincing evidence that one causes the other. Nonetheless, treatment for obesity and glucose intolerance certainly includes appropriate dietary restrictions, avoidance of sugar, weight loss and a program of regular exercise.

Bridge

BY PHILLIP ALDER

North		02-02-07	
♠ A Q 4			
♥ 10 5 2			
♦ A K Q J 10 8			
♣ K			
West		East	
♠ 10 7 3		♠ 9 8 6 5	
♥ A 7 6		♥ K J 9 3	
♦ 9 7		♦ 5 4	
♣ J 10 9 8 5		♣ A 7 2	
South			
♠ K J 2			
♥ Q 8 4			
♦ 6 3 2			
♣ Q 6 4 3			
Dealer: North			
Vulnerable: North-South			
South	West	North	East
1 NT	Pass	1 ♦	Pass
		3 NT	All pass
Opening lead: ♣ J			

A native American gave the following piece of advice to Hubert Humphrey: "Be careful in revising those immigration laws of yours. We got careless with ours."

At the bridge table, be careful in following the "rules" — such carelessness may result in your contract being over-

run, or your failing to defeat a contract.

In this deal, take the East cards. Against three no-trump, your partner leads the club jack, king ... How would you defend?

North is right to blast into three no-trump. It might have no play, it might be laydown, it might depend upon the defense. But if it makes, it pays a vulnerable game bonus.

There is a "rule" — return partner's lead. That is typically true in no-trump, but always think first. (Against a suit contract, this rule is right much less often.)

What will happen if you lead back a club? Declarer will win with his club queen and run for home, here taking 10 tricks: three spades, six diamonds and one club.

You must shift to a heart.

There is another "rule" — lead fourth-highest when you have at least one honor in a suit (and lead high without an honor). This is almost always right — but note that "almost." If you switch to a low heart here, South will probably play low from his hand and will have a heart stopper.

Since you have dummy's heart 10 surrounded by your jack and nine, and you have a higher nontouching honor in the king, shift to the heart jack, the card above dummy's best. Now your side can take the first five tricks.

Your Birthday

BY BERNICE BEDE OSOL

You may find yourself having strong desires to be included in something larger than life, and you are apt to participate in group activities where this is feasible. Working harmoniously with others makes it possible. AQUARIUS (Jan. 20-Feb. 19) — Although all it would require is a little seed money in order to prime the pump for something larger, you're apt to be afraid to spend the energy or funds necessary to do so. PISCES (Feb. 20-March 20) — If you're hoping to achieve something of considerable note, you need an ally who can and will operate on the same scale as you. Don't team up with someone who thinks in petty terms.

ARIES (March 21-April 19) — Lady Luck might do her part to put you into a good position for gain, but unless you roll up your sleeves and take advantage of her groundwork, it isn't likely you'll accomplish much. TAURUS (April 20-May 20) — You might get the opportunity to meet someone who is a nice person and would be a good friend, yet if you look at him or her with envy, you could nix the hand of friendship.

GEMINI (May 21-June 20) — You might be a better doer than you think. And instead of swinging into action on things you do well, you could allow negative thinking to cause you to waste this valuable day.

CANCER (June 21-July 22) — A relationship in which you're presently involved looks pretty interesting, but if you lump people you don't like very much into categories, no one is going to appeal to you.

LEO (July 23-Aug. 22) — Size matters when it comes to your financial involvements. If you spend quality time on small exchanges, you'll only get small returns. Use your energy on large opportunities.

VIRGO (Aug. 23-Sept. 22) — You can win friends and influence people as a leader if you accept the blame for the mistakes made by your team as yours and not merely theirs. You'll lose others if you don't.

LIBRA (Sept. 23-Oct. 23) — Something beneficial could develop for you, not necessarily through what you know but from whom you know. Recognize the truth so you don't break your arm trying to pat yourself on the back.

SCORPIO (Oct. 24-Nov. 22) — Testy situations will be manageable, and you can fulfill your objectives if you try. However, if you let small obstacles dilute your enthusiasm, nothing will be accomplished.

SAGITTARIUS (Nov. 23-Dec. 21) — There is every indication you can be luckier than usual when it comes to your ambitions and interests. However, because you're harboring a negative attitude, you'll give Lady Luck the boot.

CAPRICORN (Dec. 22-Jan. 19) — Others find you an enjoyable individual when you can live and let live. Don't nitpick over every little thing they do or say that isn't perfect enough for you, including their looks.

Sudoku

Difficulty: 4 (of 5)

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