

Comics

Peanuts

by Charles M. Schulz



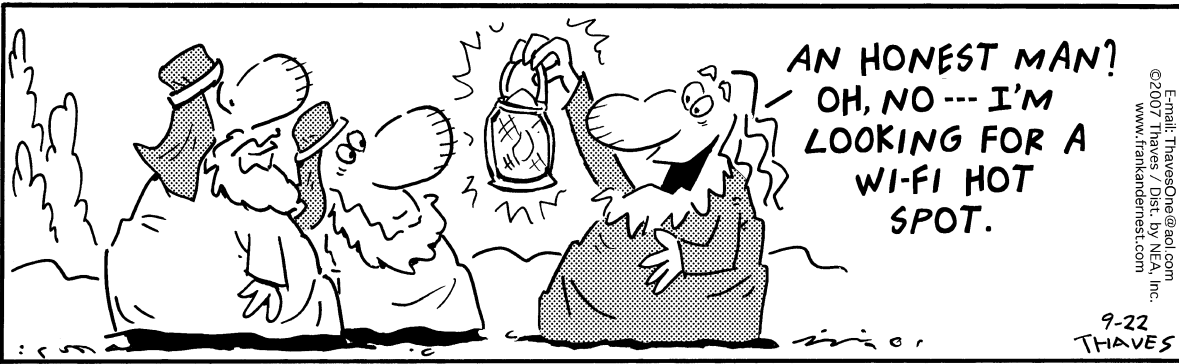
Garfield

by Jim Davis



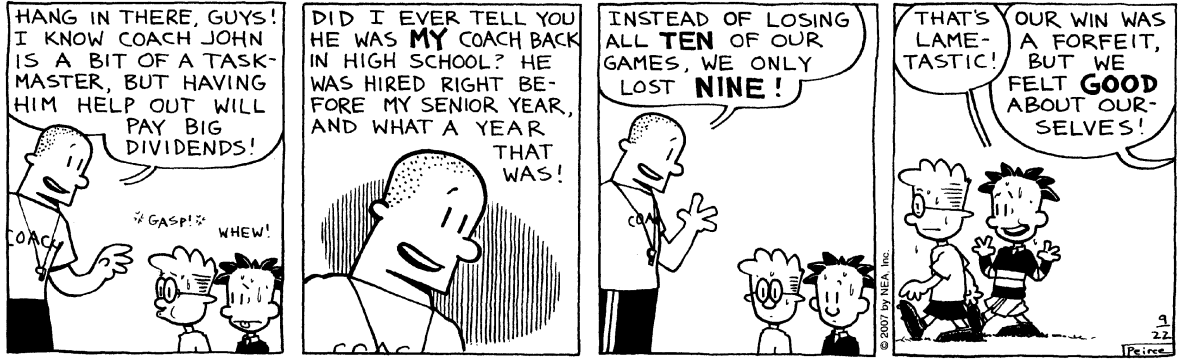
Frank and Ernest

by Bob Thaves



Big Nate

by Lincoln Peirce



Soup To Nuts

by Howie Schneider



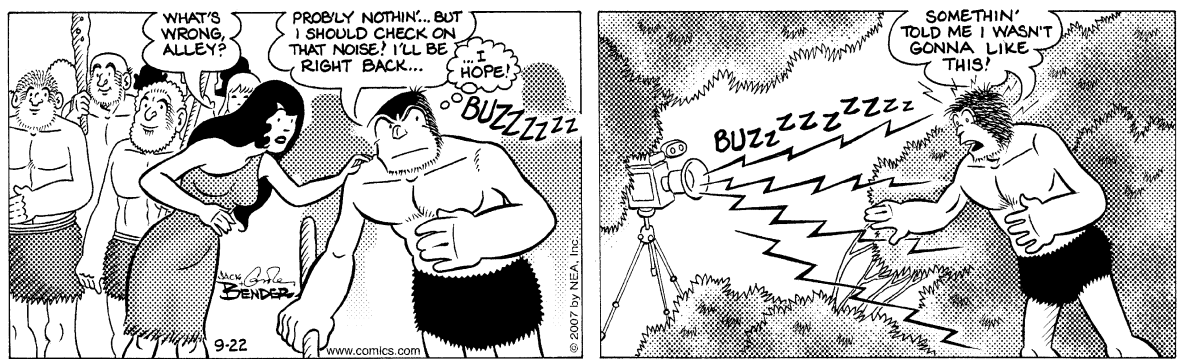
The Born Loser

by Art and Chip Sansom



Alley Oop

by Dave Graue

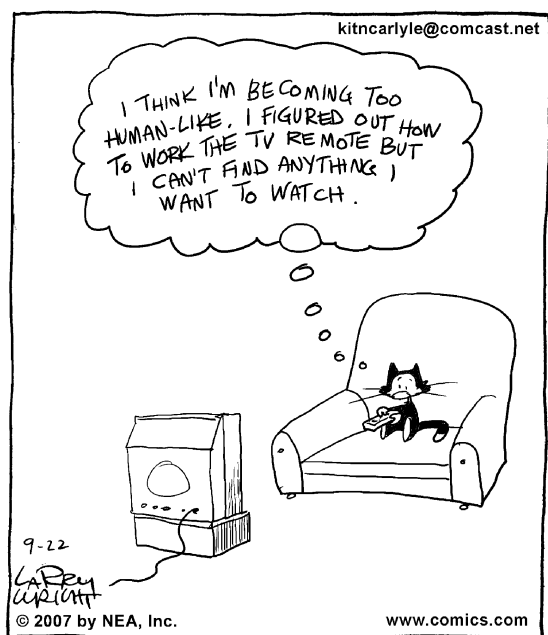
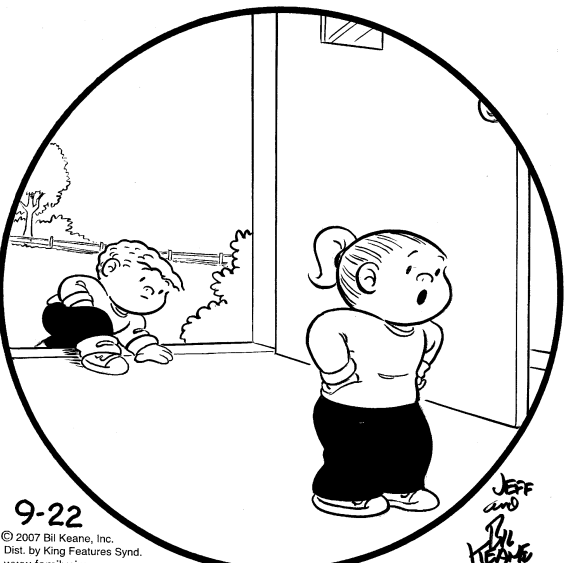


The Family Circus

by Bil Keane

Kit 'N' Carlyle

by Larry Wright



Health

BY PETER GOTT, M.D.

Aging with class

DEAR DR. GOTT: I have intended to write you for a long time. I'm a retired nurse and read your column in my local newspaper. You and I think exactly alike. I agree with everything you say, we appear very compatible, it looks like we are about the same age, and you are very nice-looking besides.

Now for my question. How do I learn to live with the aging process? I can't tell whether I have a problem I need to visit my doctor about or whether my symptoms are just part of the aging process. I feel you know the answer.

DEAR READER: How do any of us deal with the aging process? Some people make ridiculous attempts to fight off aging. Others simply learn to live with it. This is called "class," and I wish more people had it.

As we age, attitude is critical. There is plenty of help available—at least in the early stages—to counteract the effects of aging (wrinkled skin, white hair, forgetfulness and more), but all of us are in the same boat. This is a fact we need to accept without the Botox, hair coloring and plastic surgery.

I recommend you remain active to the fullest extent possible. Read the newspaper, listen to the evening news on television, and volunteer at your local hospital, library or senior center. Does your local school have a volunteer day when seniors—the only people who appear to have enough time—read to young children? Join a community center and participate in day trips. Join, or better

yet, start a monthly book group. Ask four or five friends, neighbors or interested people to join you. Take turns meeting at each member's house on a rotating basis to discuss the recommended reading. Consider a monthly luncheon with a handful of friends. You can meet at a favorite restaurant, or this might be done on a rotating basis at each member's home. If you are lucky enough to have a family, ask for their suggestions and include them in your plans whenever possible. Be sensible enough to ask them for help in situations you feel you cannot deal with. Compromise is extremely important.

Are you stopping the aging process? Not a chance. But by staying active and involved, you will have a reason to put your best foot forward on a daily basis. You'll be keeping up on current events, meeting friends and sharing the woes of aging with style and grace. This creates the "class" that makes our golden years more tolerable. Remain optimistic, facing each new day with a positive attitude.

It goes without saying that you should visit your doctor on a regular basis and follow the recommendations for treatment of high blood pressure, heart disease, osteoarthritis, osteoporosis and all those less than wonderful road blocks we encounter as we age.

We've all heard the Serenity Prayer at least once during our lives: "God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

Remember that you had a wonderful career, learned a lot and probably have a very supportive family. Don't fight aging. Stay with it, and, above all else, remain strong.



By Peter Gott, M.D.

Bridge

BY PHILLIP ALDER

North 09-22-07
 ♠ A 3
 ♥ K J 6 5 4
 ♦ K 9 8 5
 ♣ A Q

West
 ♠ K Q J 10
 ♥ 10 7
 ♦ 6 4
 ♣ K 7 6 4 3

East
 ♠ 9 8 7 6 4
 ♥ Q 9 8
 ♦ —
 ♣ 10 9 8 5 2

South
 ♠ 5 2
 ♥ A 3 2
 ♦ A Q J 10 7 3 2
 ♣ J

Dealer: South
 Vulnerable: Both

South	West	North	East
1 ♦	Pass	1 ♥	Pass
2 ♠	Pass	4 NT	Pass
5 ♥	Pass	7 ♦	All pass

Opening lead: ♠ K

Today's deal features a declarer-play theme that has appeared in print many times—even here!—but this is an unusual variation of it.

Look only at the North and South hands. You reach seven diamonds. West leads the spade king. How would

you plan the play? The hearts are splitting 3-2.

Partner's leap to the grand slam was optimistic. It would have been sensible, after checking on kings and finding that South had none, to settle for six diamonds. Strangely, though, after a spade lead, this is a five-or-seven deal: You will win 11 or 13 tricks, not 12.

The more familiar layout has declarer facing two finesses. Suppose, without losing a trick, you need six winners from two suits, A-K-J-10 opposite 4-3-2 and A-K-J-10 opposite 5-4-3-2. What would you do, assuming you have no communication problems?

The best percentage play is to cash the ace and king in the suit with the greater number of cards. If the queen falls, great. If she does not, finesse in the other suit.

Today, you have only 11 tricks: one spade, two hearts, seven diamonds and one club. You need to bring in dummy's heart suit. But there is a better play than relying on that finesse. Win with dummy's spade ace, draw trumps, cash dummy's heart king, and play a heart to your ace. Does the queen drop? If so, claim. If not, take the club finesse. Assuming it wins, discard your last heart on the club ace, ruff a heart in your hand, return to dummy with a trump, and discard your spade loser on an established heart.

Your Birthday

BY BERNICE BEDE OSOL

Unattached Libras have a strong possibility of developing a new romantic relationship with someone that can be beautiful and lovely. However, there is also a chance you could deceive yourself, so take care to be realistic.

LIBRA (Sept. 23-Oct. 23) — Some interesting changes could be in the offing for you at this time where your social life is concerned. New friends may enter the picture breathing new life into what was a sour period.

SCORPIO (Oct. 24-Nov. 22) — You're exceptionally capable of handling a difficult situation with kindness and considerable skill. But you must be careful that once you resolve a ticklish matter, you don't reopen it again.

SAGITTARIUS (Nov. 23-Dec. 21) — Success is possible with some proper revisions, so if you're smart about things, you'll disengage yourself from nonproductive concepts that have failed to achieve your intentions.

CAPRICORN (Dec. 22-Jan. 19) — Strive to be futuristic when it comes to handling your finances and holdings. If you don't think only of gratifying your immediate desires, you'll have a chance to fare quite well later.

AQUARIUS (Jan. 20-Feb. 19) — It may be necessary to assert yourself in situations where you are trying to overcome something that has been problematical. Forgo using aggression in your social involvements.

PISCES (Feb. 20-March 20) — Your compassionate

instincts are easily aroused, and persons who need your assistance will readily receive it. Unfortunately, however, someone you help may not treat you as considerately.

ARIES (March 21-April 19) — Positive elements are presently trying to elevate your hopes and expectations, so don't be negative about things and put limitations on your possibilities. See the sunny side of life.

TAURUS (April 20-May 20) — It can be a new ball game for you, so don't hesitate to pursue some large and constructive objectives that you might not have dared to attempt previously.

GEMINI (May 21-June 20) — Do not let some recently encountered obstacles bring you down. If you stay on top of things and strive toward your objective, you'll succeed. Acting to the contrary can defeat you.

CANCER (June 21-July 22) — When it comes to your financial dealings with others, be realistic about the value of what they are offering. If you can't see the worth in it, you could fool yourself into feeling taken.

LEO (July 23-Aug. 22) — Circumstances may produce a partnership arrangement, but a good attitude will be needed to sustain it. Harboring unrealistic ideals about what to expect from the person breeds regret.

VIRGO (Aug. 23-Sept. 22) — You'll be far more productive if you use tried-and-true methods or procedures based on past experience. Sometimes it pays to experiment, but this may not be true in the time frame.

Sudoku

Difficulty: 4 (of 5)

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