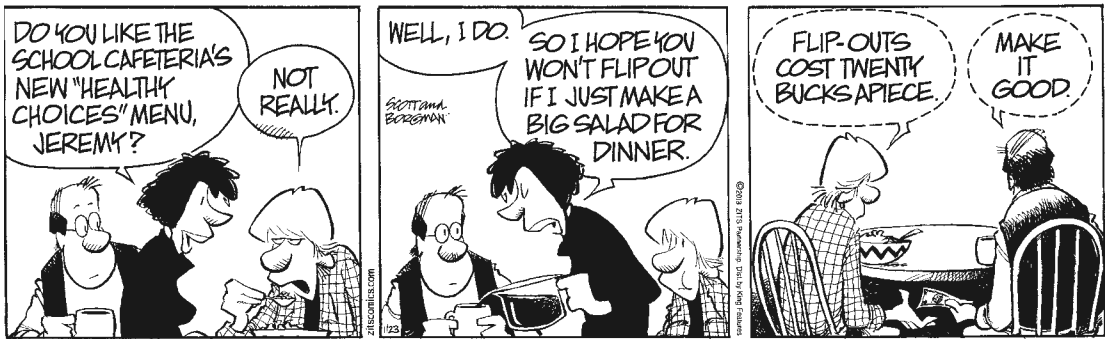


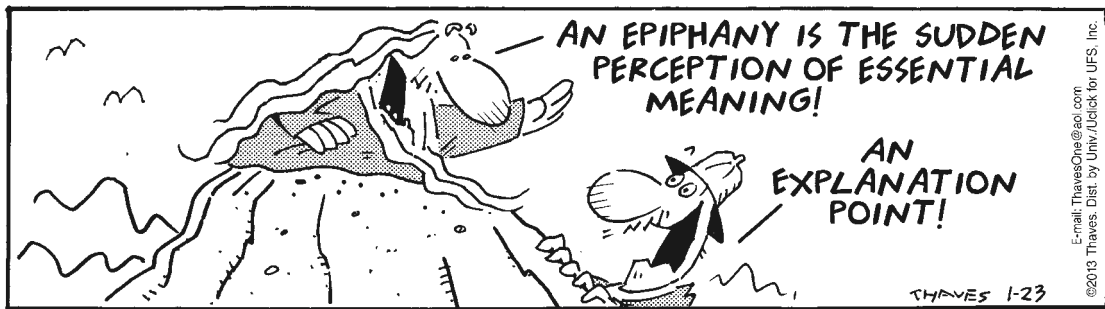
FAMILY CIRCUS | BIL KEANE



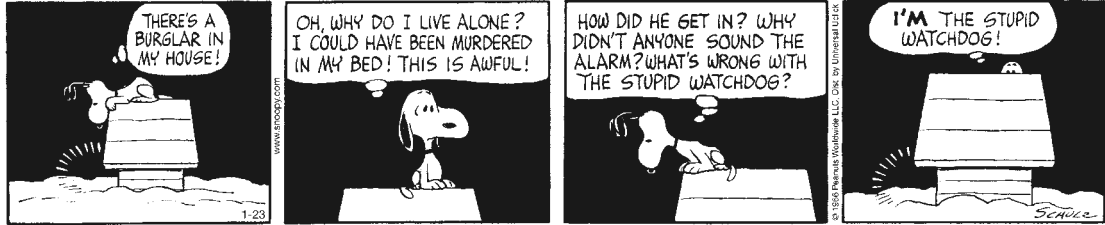
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FRANK AND ERNEST | BOB THAVES



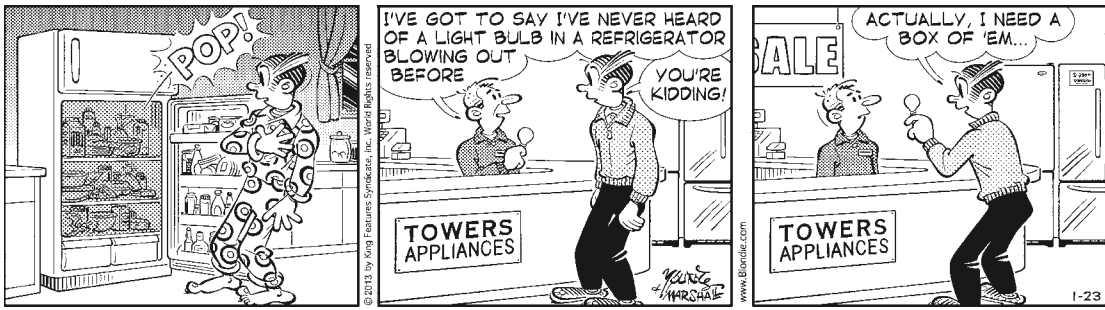
PEANUTS | CHARLES M. SCHULZ



DICK TRACY | JOE STATON AND MIKE CURTIS



BLONDIE | YOUNG & DRAKE



GARFIELD | JIM DAVIS



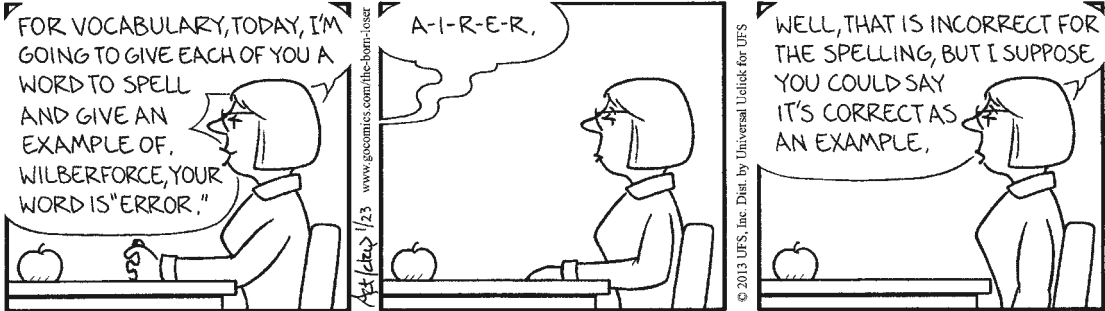
BEETLE BAILEY | MORT WALKER



HI AND LOIS | BRIAN AND GREG WALKER



THE BORN LOSER | ART SANSON



Student Needs Instruction On Dealing With Her Anger

DEAR ABBY: I am 21 and I have an anger problem. Sometimes when my friends, roommates or my boyfriend do something that annoys me, I feel so mad that I can't concentrate on anything I have to get done.

I'm having that problem right now because one of my roommates was mean to me tonight. I think I'm owed an apology, but I know I won't be getting one. I can't talk to her. I know if I do I'll just feel worse and we won't get anywhere. I can't even concentrate on writing my paper because I'm so ticked off!

Is it normal to get this mad? How can I control my anger better? Taking a deep breath and counting to 10 just makes me feel angrier. I'd feel better if I punched the wall, but the last time I did that I bruised my fist. Do you have any guidelines? — CONSUMED BY ANGER IN HERNDON, VA.

DEAR CONSUMED BY ANGER: Anger is a normal emotion. Everybody has experienced it at one time or another. Most people have been trained to suppress anger from early childhood. But it's even more important to learn to express anger in ways that are constructive rather than destructive. Punching a wall falls into the latter category and can result in injury to you and possibly the wall, as you found out.

If it is channeled in the right direction, anger can be a positive emotion. Uncontrolled, or suppressed, it can be extremely harmful and even a killer. The challenge that everyone faces is how not to deny the feeling but to express the anger — or diffuse it — in ways that are productive.

In a situation like yours, saying out loud in a controlled manner that something has made you angry can be like releasing steam from a pressure cooker.



DEAR ABBY

Jeanne Phillips

■ Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

It's certainly more productive than making a bullying gesture; hitting a wall with your fist implies that the next punch might land on the person who pushed your buttons. In my booklet "The Anger in All of Us and How to Deal With It," I offer many suggestions that can help you manage your emotions in a more constructive way. It can be ordered by sending your name and mailing address, plus a check or money order for \$7 (U.S. funds), to Dear Abby — Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price. Please understand how important it is that you learn to manage and channel your emotions more constructively than you currently do.

Step one in managing your anger is to recognize that the emotion is building before you lose control or become so angry that you can't concentrate on what is most important right now — and that is your academic studies. I know that if you learn to manage and control your anger, you will benefit greatly as you move forward in life. I have faith in you!

DEAR ABBY: If a couple has been dating for a long time and are sexually active, do you think he has a right to have sex with her while she's sleeping? My sister and I disagree about this. I feel it's abuse. My sister isn't quite sure what to think. — CATHY IN KINGSTON, N.Y.

DEAR CATHY: If someone has sex with you without your consent, it isn't abuse. It is rape.

P.S. If the boyfriend in question is so inept at lovemaking that his partner snores right through it, then it seems to me that only the boyfriend is sexually "active."

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JACQUELINE BIGAR'S STARS

EDITOR'S NOTE: Bigar's Stars is based on the degree of your sun at birth. The sign name is simply a label astrologers put on a set of degrees for convenience. For best results, readers should refer to the dates following each sign.

A baby born today has a Sun in Aquarius and a Moon in Gemini if born before 7:00 p.m. (PST). Afterward, the Moon will be in Cancer.

HAPPY BIRTHDAY FOR WEDNESDAY, JAN. 23, 2013:

This year you often might be inclined to risk. What you take chances on will define how you feel about success and failure. A new talent emerges that might be worthy of developing. The artist or business person within you emerges, which adds a great dimension to your life. If you are single, you could meet someone through your day-to-day life. You do not have to go hunting. If you are attached, the two of you might decide to splurge on a long-desired trip. CANCER might come in a little too close for your personal comfort.

The Stars Show the Kind of Day You'll Have: 5-Dynamic; 4-Positive; 3-Average; 2-So-so; 1-Difficult

ARIES (MARCH 21-APRIL 19)

★★★ Use the daylight hours to the max. You can get a lot done, and a lot faster than you think. Make calls, but postpone reaching out to someone important until you are relaxed. Listen to your intuitive senses, as they do come through for you. Tonight: Happily head home.

TAURUS (APRIL 20-MAY 20)

★★★ Deal with a money matter early on. That way, you won't need to worry or even think about it the rest of the day. Your energy could cause some friction with those around you. Be aware that they are not seeing you as the laidback Bull. Tonight: Dinner at a favorite haunt.

GEMINI (MAY 21-JUNE 20)

★★★★ Move quickly, and get as much done as possible. If you are considering going on a trip, there is no time like the present to start deciding when or where. Get more opinions and feedback regarding a problematic situation; there is a solution to be found. Tonight: Your treat.

CANCER (JUNE 21-JULY 22)

★★★ Be honest with yourself -- you cannot get past your curiosity involving a matter that is hush-hush. By late afternoon, you might not even care, as you toss yourself into a project or hobby. News from a distance puts a smile on your face. Tonight: Just don't be alone.

LEO (JULY 23-AUG. 22)

★★★★ Even if a partner is pushing you hard, you seem to be able to handle the pressure. In fact, you use it

to energize. You might wonder when enough is enough. Postpone a discussion until later. A loved one might share an intuitive hunch. Tonight: Vanish while you can.

VIRGO (AUG. 23-SEPT. 22)

★★★★ Accepting responsibility is fine, but adding to a personal problem because you don't want to say no is a separate issue. You have too much energy for your own good. Rather than snap at someone, move through your feelings and deal with your stress. Tonight: Dance stress away.

LIBRA (SEPT. 23-OCT. 22)

★★★★ Keep reaching out to someone at a distance. You'll want to resolve a problem, which means finding the other person involved. A loved one could be unusually aggressive. Pull back, and let this person have some space. Tonight: Probably a very late night.

SCORPIO (OCT. 23-NOV. 21)

★★★★ You can't seem to help yourself when dealing with a partner. This person has been unusually lucky with funds lately. Later on, make calls to someone at a distance whom you care about. Follow your psychic inclination. Tonight: Break past any self-imposed barriers.

SAGITTARIUS (NOV. 22-DEC. 21)

★★★★ Question your alternatives rather than rush into the first option that heads your way. You will be much happier as a result. Your ability to act and understand will increase with more information. Listen to a family member's suggestions. Tonight: Head home early.

CAPRICORN (DEC. 22-JAN. 19)

★★★★ Attempt to get as much done as possible by putting off a meeting until later. This gathering easily could develop into a social happening. Why fight the inevitable? Plan ahead accordingly. Return calls as promptly as you can. Tonight: Let someone else make the choice.

AQUARIUS (JAN. 20-FEB. 18)

★★★★ At times, you can be so rebellious that you cause yourself a problem. Fortunately, this behavior most likely will happen at the beginning of the day. You'll want to fix this issue, and you will have plenty of time to do just that. Tonight: Make it early, if possible.

PISCES (FEB. 19-MARCH 20)

★★★★ Getting going right now could be a major issue. You know full well that this type of fatigue is there to tell you to slow down. News from a distance causes a last-minute snafu. Try to define what is going on with this person before making adjustments. Tonight: Let the fun begin.

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BABY BLUES | RICK KIRKMAN AND JERRY SCOTT



FOR BETTER OR FOR WORSE | LYNN JOHNSTON



MOTHER GOOSE AND GRIMM | MIKE PETERS

