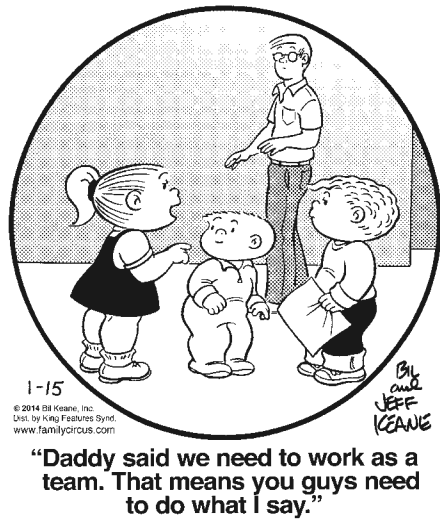


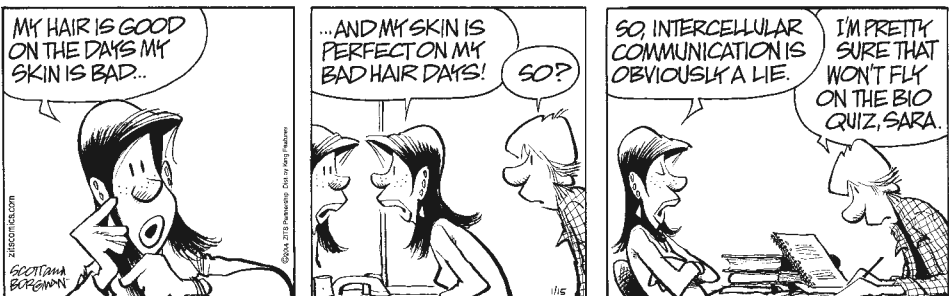
FAMILY CIRCUS | BIL KEANE



BIZARRO | DAN PIRARO



ZITS | JERRY SCOTT AND JIM BORGMAN



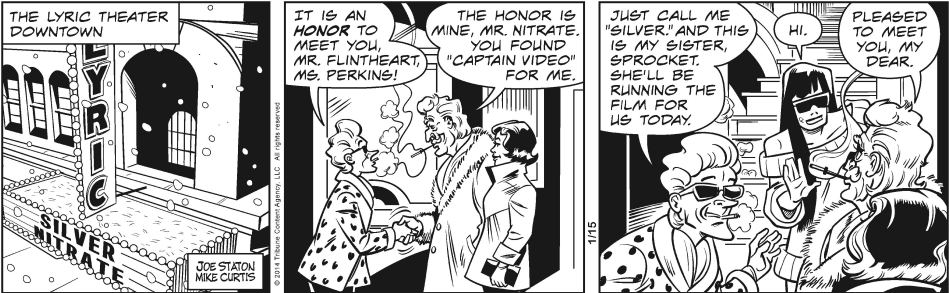
FRANK AND ERNEST | BOB THAVES



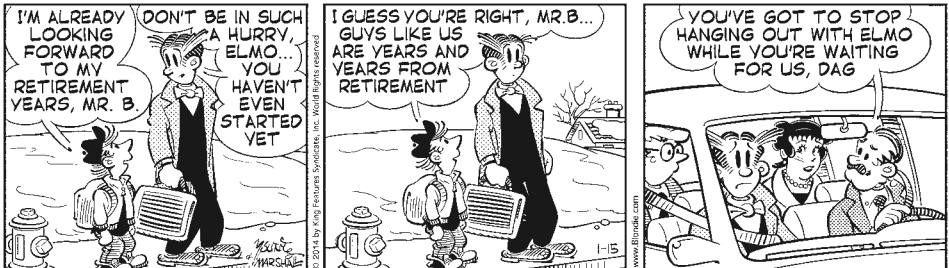
PEANUTS | CHARLES M. SCHULZ



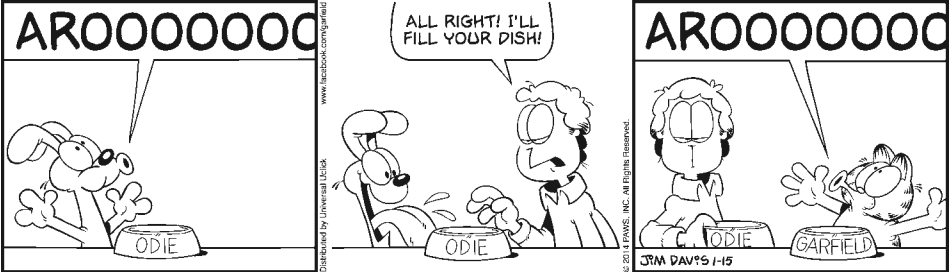
DICK TRACY | JOE STATON AND MIKE CURTIS



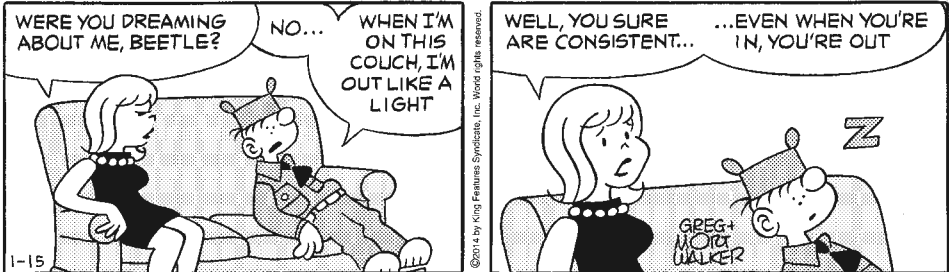
BLONDIE | YOUNG & DRAKE



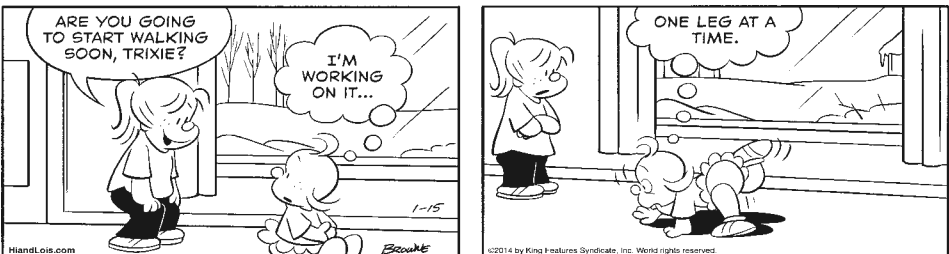
GARFIELD | JIM DAVIS



BEETLE BAILEY | MORT WALKER



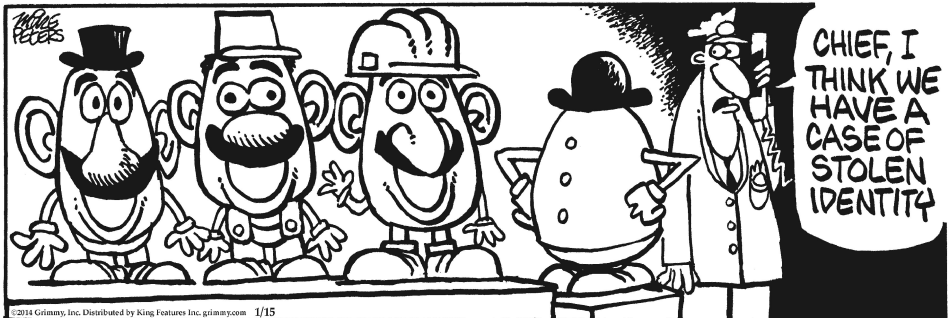
HI AND LOIS | BRIAN AND GREG WALKER



THE BORN LOSER | ART SANSON



MOTHER GOOSE AND GRIMM | MIKE PETERS



Angry Dad Wants To Learn How To Control His Emotions

DEAR ABBY: I'm a dad in my 30s and I have a problem. I have been battling anger issues since I was a kid. I have been finding myself getting more and more worked up with my kids. When they misbehave, I lose it and yell at them. It is the way I was raised; however, I feel even worse afterward.

I really want to break this habit. I don't want the only memories my children have of me to be images of my red face and bugged-out eyes hollering at them. Do you have any guidelines I can follow to get a better handle on my anger? — LOUD DAD IN WEST VIRGINIA

DEAR LOUD DAD: Yes, I do. And I'm glad you asked me because it's important that you find other ways of relieving your frustration than taking it out on your children. It is not only counterproductive, it is extremely destructive.

When a bigger person yells at a smaller person, the message is often lost because the smaller person (in your case, your children) simply shuts down out of fear that physical violence might follow.

You should not ignore your feelings when your children act up. Rather, you need to find another manner for expressing your emotions. My booklet "The Anger in All of Us and How to Deal With It" offers suggestions on redirecting angry feelings in a healthy 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. Dealing with anger calmly and with reason is more effective than lashing out. Expressing your feelings is healthy when it's done with a few well-chosen words that make your point. As you have

already learned, exploding in anger serves no constructive purpose and only makes you feel worse afterward.

Sometimes when people are angry or frustrated about other things, they can lose control of their temper. In situations like these, it

is important to evaluate the source of what might really be irritating you before misdirecting your anger at someone who is blameless.

There are healthy ways of dealing with anger and frustration. Developing the control to express emotions verbally without being abusive or calling names is one of them. Another is to say a prayer ("Please Lord, don't let me lose my temper!") before opening your mouth. Leaving the room, going for a walk or short run can be helpful.

Unhealthy ways that should be avoided include getting into your car when you are angry, or using alcohol or drugs to calm you.

My booklet offers many other suggestions for dealing with anger and frustration, and I hope

it will be helpful to you. However, if it isn't, then you should discuss your problem with a mental health professional. It's important to get a handle on your feelings so your children won't grow up thinking that verbal abuse is a normal way to handle their emotions.

To receive a collection of Abby's most memorable — and most frequently requested — poems and essays, send your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby — Keepers Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price.

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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 Capricorn and a Moon in Cancer.

HAPPY BIRTHDAY FOR WEDNESDAY, JAN. 15, 2014:

This year others present you with a different perspective more times than not. You are confident and sure of yourself, yet understanding a new way of handling life could be quite rewarding. If you are single, during the next six months you could meet someone quite exciting. This person will be generous, and have an excellent sense of humor. If you are attached, the two of you will learn to respect your differences. As a result, your bond will become more loving and exciting. Both of you will flourish. CANCER is far more emotional than you are.

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)

★★★ The Full Moon could affect your mood. You might want to exercise your "kiss and make up" technique, especially with a close associate. You might feel as though you're between a rock and a hard place. Express your thoughts openly and kindly. Tonight: Relax at home.

TAURUS (APRIL 20-MAY 20)

★★★★ Consider opening up to new possibilities that emerge in discussions. You might be quite surprised by what occurs. You could feel overwhelmed by everything that happens. You simply need to take in the moment and not make a commitment right now. Tonight: Play it easy.

GEMINI (MAY 21-JUNE 20)

★★★ Be aware of expenses that keep arising. You might want to rethink your budget. The possibility exists that you might need to give up an indulgence. A little self-discipline will go far at this point. Know that you are capable of nearly anything. Tonight: Balance your checkbook.

CANCER (JUNE 21-JULY 22)

★★★★ Today's Full Moon puts you directly in the spotlight. As a result, you'll be able to maximize the lunar energy in your favor. Interpersonal relating will be highlighted. Seize the moment to act on an important matter. Tonight: Whatever makes you happy.

LEO (JULY 23-AUG. 22)

★★★ A dispute suddenly could break out. Someone might misread your attitude. Make a

point to clarify your thoughts. A serious but important conversation will stabilize the situation. Note how this person gets when he or she is upset. Tonight: Get some extra R and R.

VIRGO (AUG. 23-SEPT. 22)

★★★★ You know when you overspend. You might feel as if you have made a commitment and have little to no choice but to follow through. How you handle this matter will be important, but probably not as important as you think. Tonight: Where crowds are.

LIBRA (SEPT. 23-OCT. 22)

★★★★ You might feel as if you must act a certain way, and you could be irritated to be in that position right now. Do not fight the inevitable. You'll want to balance the different aspects of your life. Tonight: Out till the wee hours.

SCORPIO (OCT. 23-NOV. 21)

★★★★ Your sense of what to do might involve testing out your ideas on someone who is more knowledgeable than you on the topic. On some level, you could discover how easily irritated this makes you feel. Walk away from a difficult or volatile situation. Tonight: Go with the flow.

SAGITTARIUS (NOV. 22-DEC. 21)

★★★★ Relate to a partner or key associate directly in order to avoid a volatile situation. A friend still might be less than agreeable because of a sudden change of plans. Make a point not to lose your temper, and you will be OK. Tonight: Togetherness is the theme.

CAPRICORN (DEC. 22-JAN. 19)

★★★★ Avoid a potentially touchy situation by deferring to others. Consider what is more important: keeping the peace or being right. Demonstrate compassion toward a partner or loved one. This person could be feeling insecure with today's Full Moon. Tonight: Sort through ideas.

AQUARIUS (JAN. 20-FEB. 18)

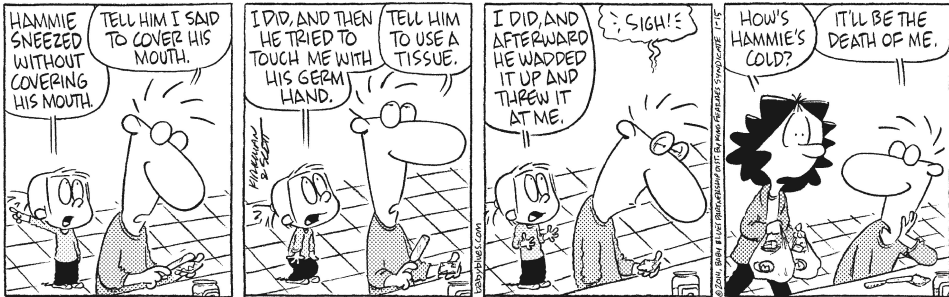
★★★★ Someone could take advantage of your caring nature. You might feel hurt, or perhaps you'll just feel sorry for this person. In any case, pull back and be more discriminating when it comes to your inner circle of friends. Tonight: Head home, and squeeze in some exercise.

PISCES (FEB. 19-MARCH 20)

★★★★ You might feel pulled in two different directions. Your friends really enjoy having you around, yet a child or loved one could express some neediness. You likely will try to juggle all of these concerns. As a result, a partner could become impatient. Tonight: Take a midweek break.

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BABY BLUES | RICK KIRKMAN AND JERRY SCOTT



FOR BETTER OR FOR WORSE | LYNN JOHNSTON

