

FAMILY CIRCUS | BIL KEANE



BIZARRO | DAN PIRARO



ZITS | JERRY SCOTT AND JIM BORGMAN



FRANK AND ERNEST | BOB THAVES



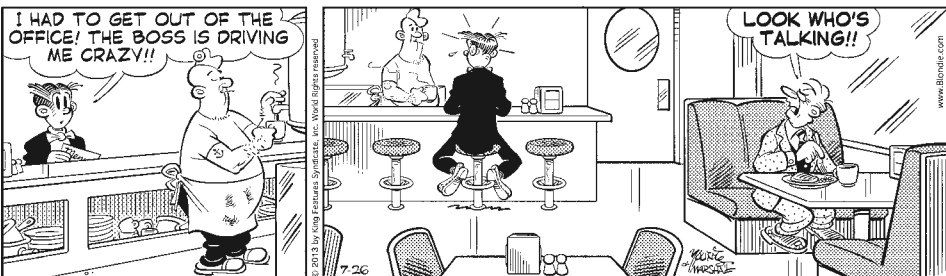
PEANUTS | CHARLES M. SCHULZ



DICK TRACY | JOE STATON AND MIKE CURTIS



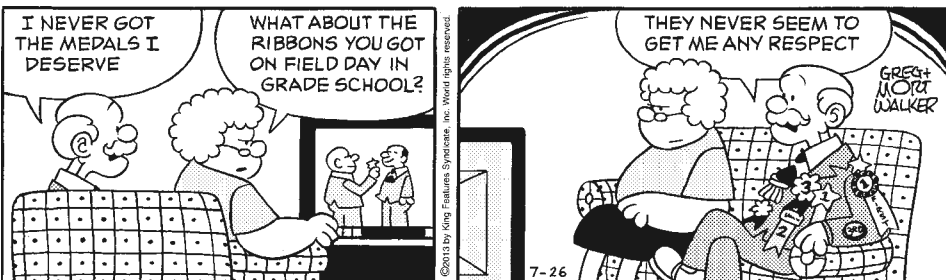
BLONDIE | YOUNG & DRAKE



GARFIELD | JIM DAVIS



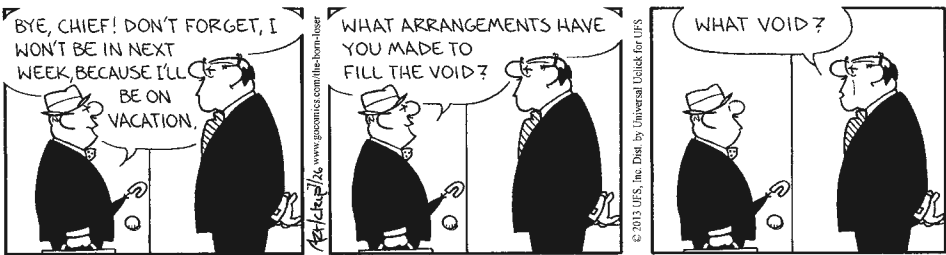
BEETLE BAILEY | MORT WALKER



HI AND LOIS | BRIAN AND GREG WALKER



THE BORN LOSER | ART SANSOM



MOTHER GOOSE AND GRIMM | MIKE PETERS



# Saving Her Sanity Is Right Step For Mom Suffering Depression

DEAR ABBY: I was a single mom for most of my teenagers' lives. We have never been financially stable, and lately things have hit an all-time low.

I am prone to bouts of depression. I remarried last year, and my husband unfortunately does not understand or tolerate the depressions. He feels I should just "get over" things. He also doesn't believe in antidepressants. It got so bad I attempted suicide last weekend.

My husband said my doing that was abusive to him. Had the pills I took not made me throw up, I would have happily waited to die.

There are six people on my medical aid, and the available funds are more than half used up. For me to see a psychiatrist will take a huge chunk out of it. I am caught between a rock and a hard place. If I do it, my family will miss out on medical care should the need arise later in the year. Is it selfish to try to hang onto what is left of my sanity? — ON THE EDGE IN JOHANNESBURG, SOUTH AFRICA

DEAR ON THE EDGE: That your husband chooses not to recognize that depression is an illness — one that's treatable — is a reflection of his ignorance. That he would tell you your attempted suicide was abusive to him suggests that he is more concerned with himself than he is with you.

You have teenage children who need their mother. Trying to hang onto what's left of your sanity and get the medications you need isn't selfish — it's SOUND THINKING. If not for your sake, please seek help now for theirs.

DEAR ABBY: I'm pregnant with my first child and live 800 miles from my parents, who are retired. We have a good relationship now, but growing up I had major emotional issues my parents didn't handle well. Years of therapy in my early adulthood helped to fix them. My parents have just told me they have been approved to be foster parents and will be caring for an emotionally disturbed teenager

soon. While I know I should be happy for them, I'm extremely upset. I feel they were ill-equipped to handle my emotional issues growing up, and they should be more concerned with their grandchildren in retirement than taking in strangers.

When I heard the news, I tried my best to sound supportive, but they could tell I was upset. How can I handle these feelings? Would it be beneficial to tell them how I feel? — MOMMY-TO-BE IN NORTH CAROLINA

DEAR MOMMY-TO-BE: A way to handle your feelings would be to view the situation from the perspective of an adult, not a jealous child. That your parents will foster this teenager doesn't mean they will love their grandchildren any less.

On some level they may be trying to make up for the mistakes they made in your upbringing. Because they were ill-equipped to recognize your emotional problems does not mean they won't be wiser now. I suggest you wait to discuss this with them until you're feeling less resentful.

DEAR ABBY: I'm a 12-year-old girl trying to live a simple life. I read your column every day. I have one small question. I really wanna know why girls don't like each other that much. Many girls at my school are really mean. I wish I knew the answer to why girls are like that. Do you know why? — CONFUSED

DEAR CONFUSED: Girls your age are mean to other girls for a variety of reasons. Some of them may be acting out because they are having problems at home. They may do it because they are jealous or to make themselves feel more important (a power trip).

Girls like this have never been taught to respect the feelings of others. They behave this way because they haven't matured enough to have developed empathy, an ability to be sensitive to the feelings of those they are hurting.

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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 Leo and a Moon in Pisces if born before 2:29 p.m. (PDT). Afterward, the Moon will be in Aries.

### HAPPY BIRTHDAY FOR FRIDAY, JULY 26, 2013:

This year you develop a new understanding of the value of a partnership in your life. Though you can be very hard on this person -- and vice versa -- you also thrive because of each other's honesty and knowledge. This bond might not be romantic, but it is significant. If you are single, you could meet someone very special. Resist putting this person on a pedestal, because he or she eventually will fall off. If you are attached, spend more quality time with your sweetie. He or she flourishes with your time and attention. ARIES adores hanging out with you.

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)

★★★ You seem to put yourself on the back burner today. This atypical behavior catches others' eyes and encourages unusual interest. You are likely to say little and allow their curiosity to build. Confirm plans. Tonight: You blossom once more, just in time for the weekend.

#### TAURUS (APRIL 20-MAY 20)

★★★★ Use the morning hours to complete as much as you can. Cut back or eliminate any behavior that could interfere with your efficiency. Please note that you do not have the control you might like. By midafternoon, you are likely to pull back. Tonight: Not to be found.

#### GEMINI (MAY 21-JUNE 20)

★★★★ All eyes are on you. The pace you set, the demands you make and your attitude all affect others' responses. You could be a little too exhausted for this role, and, by midafternoon, you might decide to pass your hat to someone else with a sigh of relief. Tonight: All smiles.

#### CANCER (JUNE 21-JULY 22)

★★★ Reach out to those whose opinions you respect. You have a lot of responsibility on your shoulders, so take and appreciate any advice from those you trust. You might spend most of the day gathering opinions. Catch up with an older friend later. Tonight: In the limelight.

#### LEO (JULY 23-AUG. 22)

★★★★ You might want to move in a new direction or do something in a unique way. Construc-

tive conversations will enlighten you and also clear up any confusion. You will discover how futile it is to fight over the details instead of focusing on the big picture. Tonight: Treat your mind.

#### VIRGO (AUG. 23-SEPT. 22)

★★★★ Be open to an unusual invitation, but make sure that you are on the same page regarding who, what, where and when. A discussion in a meeting could be quite exciting, yet also a bit inconclusive. Relate to one individual directly in order to get solid results. Tonight: Be a duo.

#### LIBRA (SEPT. 23-OCT. 22)

★★★★ Dive into your list of to-dos, and don't hesitate to ask for help. You might surprise yourself with how much you enjoy working with a close associate. Deal with someone directly, but be aware that you might want to shift gears and head in an unexpected direction. Tonight: Visit friends.

#### SCORPIO (OCT. 23-NOV. 21)

★★★★ You could be testing your limits far more than you thought you would. If you feel as if someone is trying to win you to his or her side, you are likely to become even more difficult to convince. You might wonder how sincere this person is being. Tonight: Don't push so hard.

#### SAGITTARIUS (NOV. 22-DEC. 21)

★★★ Pressure builds unless you tinker with some aspect of your life. You might want to consider eliminating this problem area altogether. You also could decide to reach out for feedback from someone you trust. He or she might help you see the issue more clearly. Tonight: Fun and games.

#### CAPRICORN (DEC. 22-JAN. 19)

★★★★ You could be a little too fixated on dealing with someone in your own way. Though it might seem like the most practical approach, it could create a rift that might be impossible to repair for years. Consider listening to a well-meaning friend. Tonight: Treat yourself well.

#### AQUARIUS (JAN. 20-FEB. 18)

★★★★ You will feel as though you are on top of a money matter, but someone might be putting on a facade. If you suspect that something is off, find out what it could be. Ask appropriate questions, and you'll receive strong feedback. Tonight: If you have to make the first move, do so.

#### PISCES (FEB. 19-MARCH 20)

★★★★ You'll move through the morning with your focus on doing a lot of explaining. Confirm plans and answer questions. You have the tendency to confuse people easily. Do your best to avoid this problem. Make time to buy a token gift or card for a loved one. Tonight: Indulge a friend.

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BABY BLUES | RICK KIRKMAN AND JERRY SCOTT



FOR BETTER OR FOR WORSE | LYNN JOHNSTON

