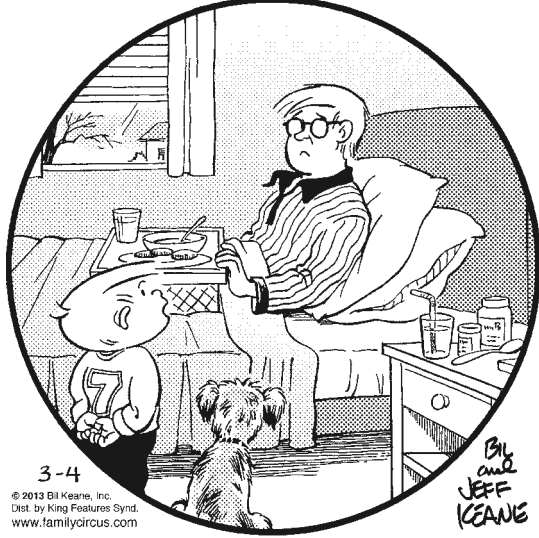


FAMILY CIRCUS | BIL KEANE



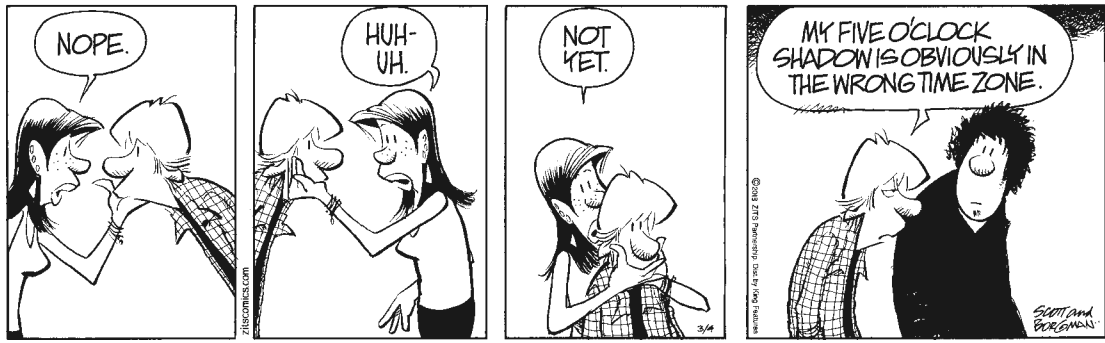
3-4
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www.familycircus.com
"Maybe you caught your virus from our computer, Daddy."

BIZARRO | DAN PIRARO

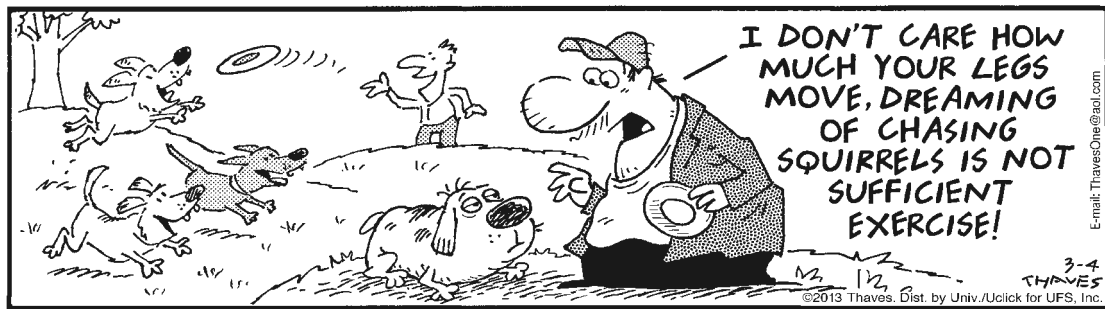


Facebook.com/BizarroComics
Father Time and Mother Nature mugged me.
3-4-13
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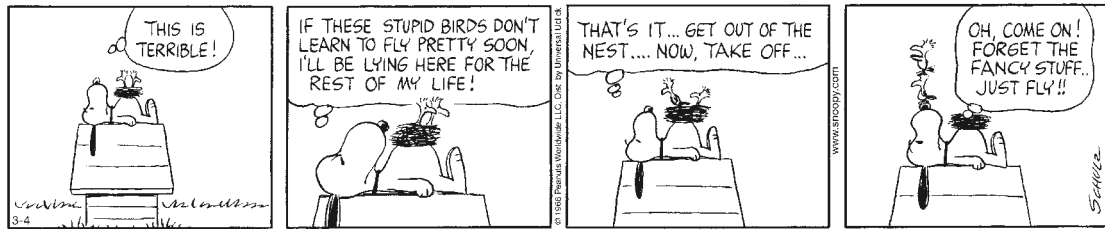
ZITS | JERRY SCOTT AND JIM BORGMAN



FRANK AND ERNEST | BOB THAVES



PEANUTS | CHARLES M. SCHULZ



DICK TRACY | JOE STATON AND MIKE CURTIS



BLONDIE | YOUNG & DRAKE



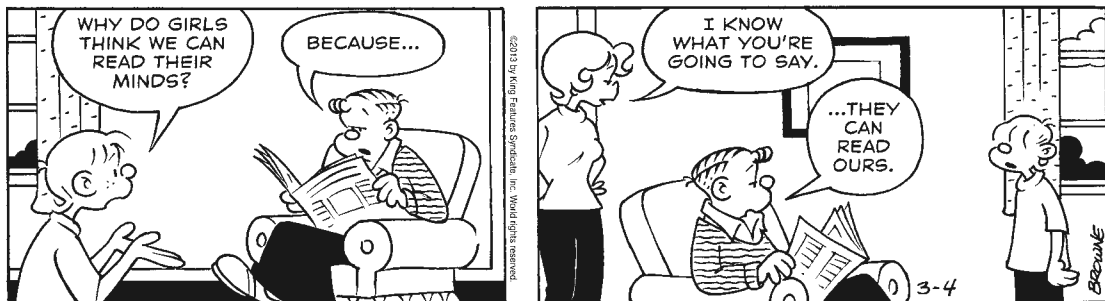
GARFIELD | JIM DAVIS



BEETLE BAILEY | MORT WALKER



HI AND LOIS | BRIAN AND GREG WALKER



THE BORN LOSER | ART SANSON



Screening For Kidney Disease Can Prevent Future Damage

DEAR ABBY: I always knew high blood pressure ran in my family, but I never realized it could cause kidney disease. Then I attended one of the National Kidney Foundation's free kidney health screenings and was shocked to learn that my lab results showed a decline in my kidney function. Because I felt healthy, I hadn't worried about my "borderline" hypertension. Turns out, my kidneys were silently being damaged.

I have since made lifestyle changes to control my blood pressure and prevent further damage. These include daily exercise and cutting back on salt, sweets and fast food.

Kidney disease and its leading causes — high blood pressure and diabetes — run in families, and one in three American adults are at risk. Many people don't realize that early detection can make a critical difference, protecting the kidneys and preventing damage.

March is National Kidney Month, and March 14 is World Kidney Day. The National Kidney Foundation is urging Americans to learn their risk factors for kidney disease and to get their kidneys checked with a simple urine and blood test. They will offer more advice on protecting these vital organs and staying healthy. For a schedule of free kidney health screenings across the country, not only during March but throughout the year, visit the National Kidney Foundation website at kidney.org. — JEFF CARTER, BUFFALO, N.Y.

DEAR JEFF: I'm glad you wrote because I was taken aback to learn that more than 26 million American adults and thousands of children have chronic kidney disease.

Readers, it's important to be checked because millions of people with diabetes, hypertension and other diseases do not realize they're at risk for developing kidney disease. Could this include you or someone you love?

DEAR ABBY: I married into a shopaholic family. My husband and I live in a small home with our two young daughters. My biggest problem is my mother-in-law. She has only two interests: eating and shopping. Good manners dictate that I graciously accept all her gifts, but I am sick to my stomach over the gross excess.

I think she has an addiction. She has stolen from me the joy of buying baby clothes for my children. My Christmas tree is decked with all the ornaments from my husband's youth, and a massive dusty doll collection is coming our way.

Although my husband himself struggles with buying and collecting stuff, he agrees with me that less is better for our family. I would like to keep things simple, but it's impossible with my in-laws. — OVERLOADED IN MINNESOTA

DEAR OVERLOADED: People make purchases beyond that which is needed for various reasons. Sometimes it's an attempt to buy love. Other times it can be to ease anxiety or depression.

If you don't draw the line and make your wishes clear, your mother-in-law will not stop what she's doing. Explain that you are grateful for her generosity, but your house is FULL and therefore one or two gifts per child is all you will accept. Period.

Leave some of the Christmas decorations in storage next December so there will be room on your tree for some of your own. And when the doll collection is delivered, if your girls can't use it, consider selling or donating it.

Abby shares more than 100 of her favorite recipes in two booklets: "Abby's Favorite Recipes" and "More Favorite Recipes by Dear Abby." Send your name and mailing address, plus check or money order for \$14 (U.S. funds) to: Dear Abby, Cookbooklet Set, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)



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.

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 Pisces and a Moon in Sagittarius.

HAPPY BIRTHDAY FOR MONDAY, MARCH 4, 2013:

This year tension often is the motivator that creates important events and opportunities in your life. Your career, your relationships and your public image become even more significant. Your family life serves as a foundation that seems indestructible. If you are single, take your time getting to know a potential suitor. You could meet this person quite easily, perhaps even on your way to work. If you are attached, bring your significant other into your public life. GEMINI cares deeply.

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)

*** Tension forces you to evaluate each request you get today. Recognize that your plate is full. Prioritize your responsibilities, and some stress will evaporate. Avert a misunderstanding by clarifying and confirming information. Tonight: Partake in a favorite pastime.

TAURUS (APRIL 20-MAY 20)

*** Sometimes an unimportant interaction can dominate your day. Avoid letting this type of distraction prevent you from dealing with a loved one. You see eye-to-eye with others, as was demonstrated in an earlier meeting. Good news involves a partnership. Tonight: Dinner for two.

GEMINI (MAY 21-JUNE 20)

**** Defer to others, and know full well what must be done. Understand that Lady Luck is riding on your shoulder. You will gain a greater understanding of the interpersonal dynamics of an important partnership. Opportunities come through this person. Tonight: Say "yes."

CANCER (JUNE 21-JULY 22)

*** Think rather than react. Sometimes you won't be able to stop yourself, but start the process anyway. Remind yourself of the negativity that can result from knee-jerk reactions. Opportunities will greet you more often with a little self-discipline. Tonight: Get a lot done.

LEO (JULY 23-AUG. 22)

**** Open up your imagination, and let your ideas flow in a more upbeat manner. Others rarely see the complete dimension of your personality, and they could have

odd responses at first. You don't want to push too far to have something go the way you'd like. Tonight: Ever playful.

VIRGO (AUG. 23-SEPT. 22)

*** You are coming from a solid place, where understanding is enhanced to a level that might shock even you. Honor a change that occurs between you and someone else. As a result, you'll see eye-to-eye with this person. Tonight: Feeling pulled between two different possibilities.

LIBRA (SEPT. 23-OCT. 22)

*** Excess spending -- or perhaps a different indulgence -- comes out. You could be too verbal for your own good and end up saying something unintentionally. Keep reaching out to someone at a distance, and show this person that you care. Tonight: Catch up on news.

SCORPIO (OCT. 23-NOV. 21)

** Curb a need to be possessive or controlling. New beginnings become possible if you allow the other party to have more of a say. Confusion surrounds communication. Confirm that you and others are on the same page. Tonight: Before spending money, check your budget.

SAGITTARIUS (NOV. 22-DEC. 21)

***** Imagine being so stressed out by so many opportunities that you don't know which way to turn. You might even wonder if there can be such a thing as too much good news. You will tend to overindulge and not be as grounded as you'd like. Tonight: King or Queen of your domain.

CAPRICORN (DEC. 22-JAN. 19)

*** You would prefer to be an observer rather than a player today. You will be subject to several ups and downs as the day goes on. Get some exercise, and make sure that you are eating properly. Tonight: Get some extra R and R. You are going to need it.

AQUARIUS (JAN. 20-FEB. 18)

***** Your friends seem to seek you out. Even in a meeting, nearly everyone acts like your best friend. Listen to what is being shared. Your creativity soars with everything that is happening around you. If you choose to, give others some feedback. Tonight: Take notes.

PISCES (FEB. 19-MARCH 20)

*** You shoulder many responsibilities. You handle these burdens so well that few people realize how much you actually do. A family member could throw a tantrum, as he or she might feel neglected. Give this person more of your time. Tonight: To the wee hours.

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BABY BLUES | RICK KIRKMAN AND JERRY SCOTT



FOR BETTER OR FOR WORSE | LYNN JOHNSTON



MOTHER GOOSE AND GRIMM | MIKE PETERS

