**Wednesday, 3.20.13** 

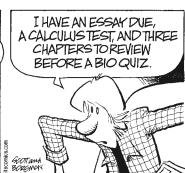
"Are you sure you can eat that WHOLE cookie all by yourself?"

## **BIZARRO** | DAN PIRARO



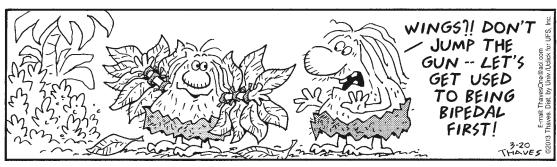
**ZITS** | JERRY SCOTT AND JIM BORGMAN







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







# **Sexual Abuse Can Occur Even Without Actual Physical Assault**

**DEAR ABBY** 

■ Dear Abby is written by

known as Jeanne Phillips,

Abigail Van Buren, also

and was founded by her

mother, Pauline Phillips.

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Write Dear Abby at

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Jeanne Phillips

DEAR ABBY: Is there such a thing as non-physical sexual abuse? When I was young, my father would fondle my mother when I came to sleep with them when I had a nightmare. (She would rebuff his advances.) He would also watch porn in front of me.

As I matured, he made comments about my figure. He would barge into my room without knocking and insist he didn't have to knock. He'd tell dirty

jokes or talk about sexually inappropriate things. (The day after my wedding he asked my husband how our wedding night had been.) But with all of this, he never touched me or assaulted me.

His actions affected my self-esteem and relationships because as I grew up I thought the only thing I had to offer was being sexy. Thankfully, therapy and my husband helped me to see myself as a fully dynamic person.

I recently began seeing a new counselor who thinks my father was just a dirty old man — nothing more. Was I abused? Any information you have would be appreciated. — WONDERING IN WISCONSÎN

DEAR WONDERING: When a parent attempts to initiate sex or watch pornography in front of a child, it is sexualizing behavior and it could also be considered "grooming" behavior.

Your father's actions were so far out of the normal boundaries that they were off the charts. And yes, it WAS a form of abuse. My advice is to change coun-

DEAR ABBY: My daughter is mentally ill, homeless and on meth. A year ago, when she wasn't so bad, she asked if I would take her 3-year-old daughter, "Lucy," so she could get herself together. Unfortunately, she went the other direction.

It was fine when I thought that the arrangement was temporary, but when I realized I would be raising Lucy as a single parent at 49, things got hard.

My so-called friends have abandoned me, and so has my much younger boyfriend. But what is actually killing this is that I get no respite. I am an extreme introvert. Constant contact drains me. When I don't

have my "recharge" time, I tune Lucy out, and the next thing I know she has cut up the curtains or hidden my shoes. I'm afraid I'm just going to lose it. Work doesn't count; there are people there, too. Bad thoughts are going through my head because I feel such resentment.

I know if I had time for my own mental health, I could be a good surrogate mother to Lucy, but if I can't, I'm starting to think I may have to give her up, and that breaks my heart. I want to scream, to throw things, to just leave the house and walk until I drop. Please

help me. — END OF MY ROPE
DEAR END: How much time do you need to recharge? Would it be an hour or hour and a half at the end of each workday? Would an afternoon during the weekends suffice? Have you discussed this with Lucy's grandfather or her paternal grandparents? They might be willing to get involved and lighten your load. Would a neighbor watch your grandchild on a regular basis if you compensated her or him? How about the person who already takes care of Lucy

while you're at work?

Please explore these options if you haven't already. Screaming, throwing things and leaving the little girl alone are not viable scenarios. However, if you feel that you might harm her, it would be better if you placed her for adoption or in foster care.

To order "How to Write Letters for All Occasions," send your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby — Letter Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price.

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## ACQUELINE 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 if born before 4:02 a.m. (PDT). Afterward, the Sun will be in Aries. The Moon is in Cancer all day.

## HAPPY BIRTHDAY FOR WEDNESDAY, MARCH 20, 2013:

This year you experience a division between your home life and your personal life. One is not reflective of the other. This lack of cohesion might be a result of giving and receiving mixed signals, which could affect your relationships. If you are single, you might want someone who is nurturing. Remain open to your different possibilities, and resist either/or thinking. If you are attached, the two

of you will need to work on being on the same page. After June, your bond will grow. CANCER can be very open. The Stars Show the Kind of Day You'll Have: 5-Dy-

#### namic; 4-Positive; 3-Average; 2-So-so; 1-Difficult **ARIES (MARCH 21-APRIL 19)**

★★★★ Innate tension causes you to make demands in your unique style. You will want to take charge if someone else isn't doing the job. Your natural leadership characteristics emerge. You might not pick up on the subtle innuendoes in a situation. Tonight: Celebrate spring.

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

★★★★ You might be witness to a friend -- or a situation -- getting off track. The severity of just how far off will be dependent on your attempt to help those involved gain clarity. The problem will be fixed when people are able to see the big picture. Tonight: Be clear in your choices.

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

\* ★ \* ★ Your honesty takes you to a new level of understanding, and others respond in kind. A family member might express his or her thoughts in a harsh way. Don't take it personally. You know what you want, and you know what others want. Tonight: Buy a favorite dessert.

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

\*\* You go with the flow, despite encountering difficulties and dismayed people. The news you hear could be cluttered and not totally accurate. Encourage others to brainstorm while you follow through on a nonrelated -- but equally important -- issue. Tonight: Listen to a loved one.

## LEO (JULY 23-AUG. 22)

★★ You can do whatever you want. Listen to news with an open mind. Your ability to understand others will emerge, and it might seem necessary to make a project run to completion. If possible, tone down your strong personality right now. Tonight: Don't be so hard on yourself.

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

★★★ You like what is going on with a child or loved one. Deal with others directly, and know full well the extent of a certain problem. Your ability to honor a change will allow greater ebb and flow with a partner. This person will appreciate your efforts. Tonight: Watch out for spring

#### LIBRA (SEPT. 23-OCT. 22) ★★★ Others have a lot to say, regardless of whether

you are interested in hearing their opinions. Listen to someone who has a lot to share, but do some questioning. Your schedule could become rather hectic. Go with the flow rather than get aggravated. Tonight: Say "yes" to

#### SCORPIO (OCT. 23-NOV. 21) ★★★★ Realize that you might be a little less adven-

turesome than usual or perhaps even slightly negative. Examine your options, and then decide which direction you want to head in. Know that an attitude change will open up more possibilities. Tonight: Let your mind relax. SAGITTARIUS (NOV. 22-DEC. 21)

## ★★★★ Greet spring with a smile. You might wonder

why others are in such a tizzy. Understand that not everyone can enjoy life as you do. Try to avoid having a tiff with a loved one in the near future by trying to see his or her side. Tonight: Get into the idea of spring fever.

#### CAPRICORN (DEC. 22-JAN. 19) ★★★★ You could be too concerned with a loved one.

You also might not be comfortable with the immediate results of a meeting. Get rid of some of your stress and/or high energy by walking or jogging, even if it means using your lunchtime to do it. Tonight: Chill out.

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

 $\bigstar\,\star\,\star\,\star$  You see the beauty in the day, despite everything you need to do. You might be tempted to verbally attack someone who tries to rain on your parade. If you lose your composure, don't drive or use mechanical equipment. Tonight: Hang out with some friends.

## PISCES (FEB. 19-MARCH 20)

★★★ You could be difficult without intending to be that way. A haze surrounds you and several situations. You might feel like a mouse running on a wheel that is going nowhere. Stop, if this is the case. Decide to get out of the house for a least a few hours. Tonight: Be sponta-

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## **BABY BLUES** | RICK KIRKMAN AND JERRY SCOTT



FOR BETTER OR FOR WORSE | LYNN JOHNSTON







**MOTHER GOOSE AND GRIMM** | MIKE PETERS

