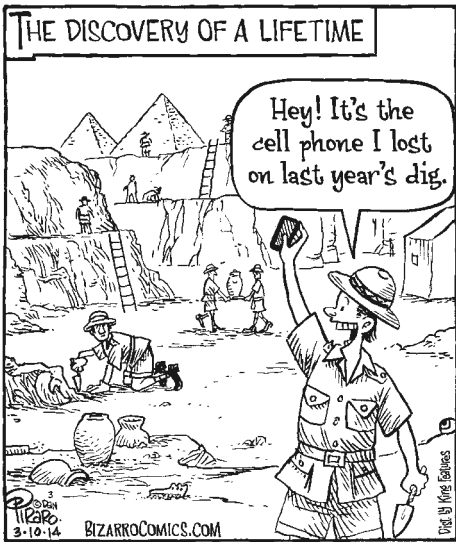


FAMILY CIRCUS | BIL KEANE



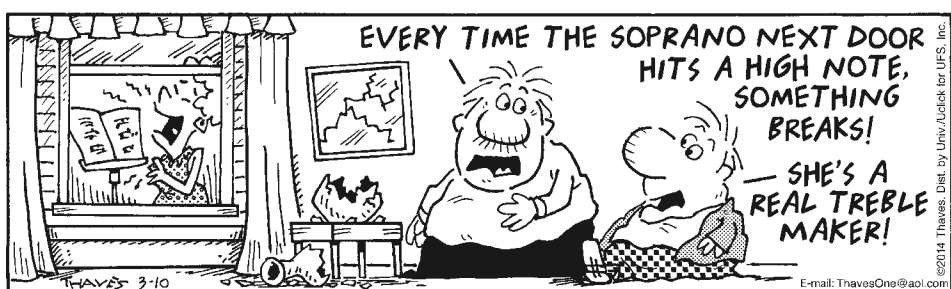
BIZARRO | DAN PIRARO



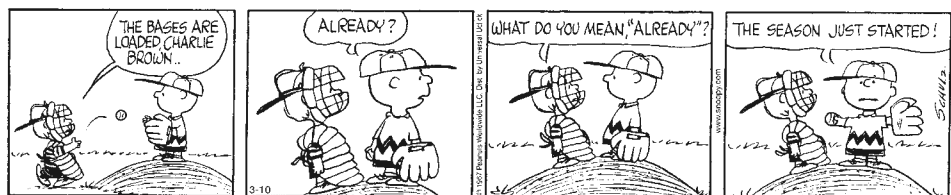
ZITS | JERRY SCOTT AND JIM BORGMAN



FRANK AND ERNEST | BOB THAVES



PEANUTS | CHARLES M. SCHULZ



DICK TRACY | JOE STATON AND MIKE CURTIS



BLONDIE | YOUNG & DRAKE



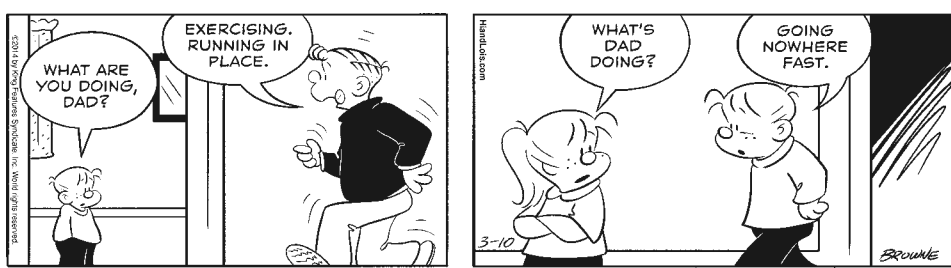
GARFIELD | JIM DAVIS



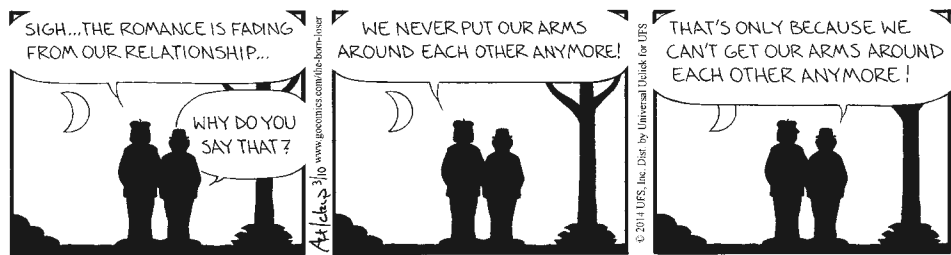
BEETLE BAILEY | MORT WALKER



HI AND LOIS | BRIAN AND GREG WALKER



THE BORN LOSER | ART SANSON



MOTHER GOOSE AND GRIMM | MIKE PETERS



High Blood Pressure Can Quietly Damage Kidneys

DEAR ABBY: I thought I was a healthy 40-year-old until I was diagnosed with high blood pressure. My doctor began treating it as a stand-alone condition, without considering that high blood pressure is a major risk factor for kidney disease.

At first, I wasn't even tested for kidney disease. But eventually, he gave me a urine test, and it was discovered that I had protein in my urine — one of the earliest signs of kidney damage. Apparently, my high blood pressure had damaged my kidneys.

Healthy kidneys filter out wastes and toxins, but my kidneys' ability to do so began to decrease at an alarming rate. I continued to manage my blood pressure with medication and decided to make a few lifestyle changes, as well, that helped me avoid the progression of kidney disease to kidney failure.

I limited my salt intake, started eating more fruits, vegetables and whole grains, decreased the amount of meat I was eating and began swimming every day. I went to the doctor, it turned out my kidney function had stabilized.

Please tell your readers that if they have high blood pressure they should be proactive and ask their doctor to check their kidneys. Early detection and lifestyle change can make a major impact on your health, as I have learned. — DUANE SUNWOLD, SPOKANE, WASH.

DEAR DUANE: It is generous of you to share your medical history in an effort to caution my readers. The National Kidney Foundation urges everyone to learn about these vital organs and whether they might be at risk.

The three major risk factors for kidney disease are: high blood pressure, diabetes and a family history of kidney failure. People who have these risk factors should ask their doctor to check their kidney function with a simple blood and urine test.

Readers, March is National Kidney Month, and March 13 is World Kidney Day. If you are

at risk, schedule an appointment with your doctor. For anyone who needs more information, the National Kidney Foundation's website is kidney.org.

DEAR ABBY: I'm a member of the clergy who enjoys studying for my ministry and doctoral work at a local coffee shop. Three men who go there every day have found out that I'm a minister, and they each want to talk with me while I'm there. Although all three are members of the same religion, none of them is affiliated with a church.

I have invited them to visit my worship services, as well as call the office and set up an appointment with me. I have also tried to diplomatically explain that I go to the coffee shop to study. One of them ignores it, another appears hurt and the third one gets offended. When they're not around, I am productive. When they show up, they want me to be their chaplain.

Because of where I live, finding another coffee shop is not a viable option. How can I set a boundary with them and still do my studying there? Thank you. — REVEREND KEN IN NEW YORK

DEAR REVEREND: Do it the same way doctors or lawyers do with people who approach them for "free" advice outside the office. As soon as you are approached, say firmly, "I'm studying right now. If you want to talk, please call my office and I'll schedule an appointment with you. Right now I'm busy." And then refuse to be intimidated by their reaction. Unless you draw the line, they'll suck you dry.

For an excellent guide to becoming a better conversationalist and a more sociable person, order "How to Be Popular." Send your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby, Popularity Booklet, 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 Gemini if born before 1:33 a.m. (PST). Afterward, the Moon will be in Cancer.

HAPPY BIRTHDAY FOR MONDAY, MARCH 10, 2014:

This year a lot happens very quickly in your life. You barely have enough time to adjust to one surprise before another one pops again. Stay flexible, and be willing to look at the glass as being half-full rather than half-empty. If you are single, you might nearly commit several times, possibly to different people. Take your time, and get to know your potential suitors. If you are attached, the two of you enjoy a more playful and fun time together, as if you were just starting to date. Give up being rigid or determined to have your way. Just enjoy your sweetie. CANCER is as emotional as 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)

You have a flair for creating tension, as people find you to be unpredictable. However, a role reversal seems to be at play: A partner or loved one could decide that impulsiveness is a great way to go. Strap on your seat belt! Tonight: Do some yoga or take a walk.

TAURUS (APRIL 20-MAY 20)

How you handle the key people in your daily environment reflects who you are. You intuitively know what others want or need. Even still, your best bet is to allow others to ask for your help before rushing in to fulfill an anticipated need. Tonight: Hang out.

GEMINI (MAY 21-JUNE 20)

You are able to juggle your finances with the best of them. You are likely to discover how difficult a situation can be, especially if it revolves around a friend or loved one. A meeting also could be provocative, but on a different level. Tonight: Pay bills first.

CANCER (JUNE 21-JULY 22)

While others play out their Monday-itis, you seem to be full of unusual and effective ideas. Test them out on several people before launching into action. Your sense of well-being will emerge when dealing with a loved one at a distance. Tonight: Only as you like it.

LEO (JULY 23-AUG. 22)

You might not want to share too many of your thoughts right now; instead, listen carefully to

a partner or friend. This person will have a lot of great ideas to share, and you could get feedback that might surprise you. Unexpected news heads your way. Tonight: Not wanting to socialize.

VIRGO (AUG. 23-SEPT. 22)

You seem to know what to do in order to achieve specific results. Listen to a loved one when discussing an unpredictable associate or partner. This person sees the issue differently from how you do. You will like what's about to happen. Tonight: Make plans with a friend.

LIBRA (SEPT. 23-OCT. 22)

Others expect you to come to the rescue for them when they aren't able to help themselves. You could be a little ticked off by this attitude. Your plate is full, and you have a lot of ground to cover. Refuse to take on any extra work for now. Tonight: Do something just for you.

SCORPIO (OCT. 23-NOV. 21)

You are bound to make a difference by expressing a more complete perspective of a problem. Know that you don't need to be so vested in the outcome. Others will be impressed by your drive and determination. Tonight: Let your mind drift — you need some R and R.

SAGITTARIUS (NOV. 22-DEC. 21)

Someone gladly would take up all of your time and attention, if you would allow it. Only you can decide if this is OK. State your boundaries clearly. If a loved one is involved, do not be surprised if you receive a volatile response. Tonight: Say "yes" to an invitation.

CAPRICORN (DEC. 22-JAN. 19)

Others can't seem to get enough of you. However, you have a strong need to go a certain way, and you don't want anyone holding you back. You could have some difficulty explaining this desire to a needy friend or loved one. Tonight: Carve out the correct situation for you.

AQUARIUS (JAN. 20-FEB. 18)

You seem more than capable of staying away from problems today, as long as you don't take an unusual financial risk. Incoming news could shock you, or you could surprise someone else. Tonight: In the whirlwind of living.

PISCES (FEB. 19-MARCH 20)

You could be taken aback by a sudden and unexpected financial change. Tap into your creativity in order to find the right solution. As a result, you'll find the right person with whom to connect regarding a project in the near future. Tonight: Act like there is no tomorrow!

© 2014, King Feature Syndicate

BABY BLUES | RICK KIRKMAN AND JERRY SCOTT



FOR BETTER OR FOR WORSE | LYNN JOHNSTON

