

Press&Dakotan

FAMILY CIRCUS | BILL KEANE



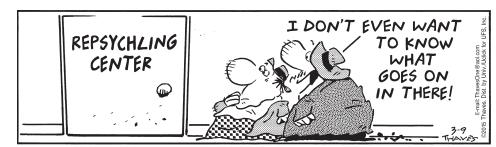
ZITS | JERRY SCOTT AND JIM BORGMAN



PICKLES | BRIAN CRANE



FRANK AND ERNEST | BOB THAVES



BORN LOSER | ART SAMSON



PEANUTS | CHARLES M. SCHULZ



Kidney Disease Often Goes Undetected Until It's Too Late

DEAR ABBY

Jeanne Phillips

DEAR ABBY: Hypertension runs in my family, but as a pretty healthy 49-year-old, I didn't think much about it. I never realized that my pounding headaches were a direct result of high blood pressure. To make matters worse, the same high blood pressure that was causing my head to throb was also destroying my kidneys.

I wish I had known about my high blood pressure sooner and taken it seriously. When I finally learned about my kidney damage, it was too late to save them.

More than 73 million people are at risk for developing kidney disease, and I sincerely want to help them avoid this fate. My battle with kidney disease has turned me into an advocate for patients and those who are at risk. In honor of National Kidney Month in March and World Kidney Day on March 12, will you please help me spread the word? — LANCE TAYLOR

IN MINNESOTA DEAR LANCE: I'm pleased to help you in this worthwhile effort. According to the National Kidney Foundation, one in three American adults is at risk for kidney disease. Major risk factors for kidney disease include diabetes, high blood pressure, a family history of kidney failure and being age 60 or older. Additional risk factors include kidney stones, smoking, obesity and cardiovascular disease.

Kidney disease often goes undetected because it lacks physical symptoms until the very late stages. By then the organs have already failed. But early detection, healthy lifestyle changes and proper treatment can slow the progress of kidney disease. Those at risk should have simple blood and urine tests to check if their kidneys are working properly.

Readers, if you are at risk, during your next physical examination, ask your health care practitioner to check your kidneys. To learn more about prevention, visit kidney. org. You will also find information about free

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 Libra if born before 9:10 a.m. (PST). Afterward, the Moon will be in Scorpio.

HAPPY BIRTHDAY FOR

MONDAY, MARCH 9, 2015:

This year no one will doubt your intuitive strength. You often seem to be able to anticipate what will happen next. Your feelings direct you toward success, though you still might want to think before acting. If you are single, the period after early summer could be very fruitful as far as dating goes. It is quite possible that someone special lurks somewhere among the layers of potential suitors. If you are attached, your relationship benefits from you being more in touch with your feelings. A trip could bond you even closer together. SCORPIO 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)

 $\star \star \star \star$ Listen to your intuition, yet remain responsive to a friend's critique. Your energy could KEEP Healthy kidney screenings in your area.

DEAR ABBY: My 17-year-old son told me he has finally had his first kiss, and it was with another boy. I'm not sure what to think. When he was in eighth grade, he had a crush on a girl named "Lisa." She rejected

him because she had a girlfriend. Then he dated a girl, "Annie," but it

didn't last because he said he felt only friendship for her. Then he became friends with this boy "Joey' in high school, who spent the night several times. He told me from the start this boy was gay (this is the boy he kissed). Now Joey has a girlfriend.

To say the least, I'm confused. I know that in this generation, everything is acceptable. I have no problem if my son is gay, and I will love him no matter what, but

I honestly think he is just confused. (He says this, too.) Is there anything I can do to help him through this? – MODERN MOM IN MARYLAND

DEAR MODERN MOM: Yes. Tell your son you love him and all you want is for him to be happy. Then let him figure this out for himself. Trust me, he will. Things will be clearer in the future.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

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.)

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serious matter involving your personal life, news from a distance will put a smile on your face. Don't force yourself to do anything you don't want to. Maintain a long-term perspective. Tonight: Relax at home

VIRGO (AUG. 23-SEPT. 22)

★ ★ ★ You'll perk up because you are about to hit your most energetic days of the month. You might be delighted by what an imaginative friend or loved one has conjured up. Test out his or her idea on others before instrumenting it. Tonight: Catch up on someone else's news.

LIBRA (SEPT. 23-0CT. 22)

 $\star \star \star$ Your discomfort will come through to others no matter what you do. There is no point in trying to hide your mood. Ask guestions rather than just jumping to a conclusion. A partner is likely to make you feel better once he or she gets involved. Tonight: Say "yes" to an offer.

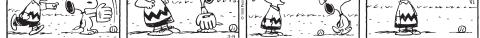
SCORPIO (OCT. 23-NOV. 21)

 $\star \star \star \star \star$ Don't make the assumption that everyone is on the same page as you. In fact, it could be quite the opposite. Explore other ideas. Someone you respect suddenly might appear with a unique solution. No one will be able to hold you back. Tonight: Catch up with friends.

SAGITTARIUS (NOV. 22-DEC. 21)

★ ★ ★ ★ You might be daydreaming instead

BIZARRO | DAN PIRARO



HAGAR THE HORRIBLE | CHRIS BROWNE



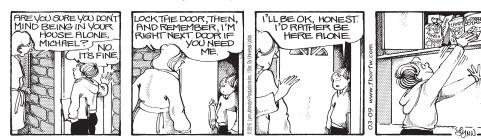
BEETLE BAILEY | MORT WALKER



HI AND LOIS | BRIAN AND GREG WALKER



FOR BETTER OR FOR WORSE | LYNN JOHNSTON



GARFIELD | JIM DAVIS





be bolstered by a humorous moment or by a loved one's display of affection. Lose the word "impossible" from your vocabulary. Tonight: Spend quality time with a favorite person.

TAURUS (APRIL 20-MAY 20)

 $\star \star \star \star \star$ Defer to others. People will be delighted to have their way, and you will appreciate being less aggravated. With your free time, you might decide to do something special for a friend or family member. Your efforts will be greatly appreciated. Tonight: Happy close to home.

GEMINI (MAY 21-JUNE 20)

 $\star \star \star \star$ You will feel more upbeat than you have in a while. Someone you look up to could give you important feedback that makes you feel as if you're on top of the world. Step away from a situation that involves a lot of tension. Tonight: Make the most out of the moment.

CANCER (JUNE 21-JULY 22)

 $\star \star \star \star \star$ You always seem to make the best of a difficult situation, but today your creativity and intuition could be off the mark. You might be able to break through emotional walls that previously seemed indestructible. Tonight: There is no saying "no."

LEO (JULY 23-AUG. 22)

★★★★ Though you might be reflecting on a

BABY BLUES | RICK KIRKMAN AND JERRY SCOTT

of seeing the big picture. You'll feel good when you distance yourself from the issue at hand. Your creativity is likely to provide an unusual yet effective solution. A discussion will prove to be most fortunate. Tonight: Where your friends are.

CAPRICORN (DEC. 22-JAN. 19)

★★★ Keep reaching out for more information. You might want to understand more of what an associate or loved one is trying to say. Come from a place of love and caring, and try to remain open to a very different perspective. Tonight: Togetherness works.

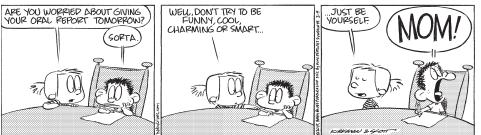
AQUARIUS (JAN. 20-FEB. 18)

 $\star \star \star \star$ You might want to understand what is happening within your group of friends. Listen to news with more openness, and as a result, success will flow. You might not realize how deeply a loved one supports you in your endeavors. Remain upbeat. Tonight: As you like it.

PISCES (FEB. 19-MARCH 20)

 $\star \star \star \star$ Your mind is likely to lead you to an interesting idea. You intuitively might feel as if you finally are heading in the right direction. Stay focused when dealing with a nearly overwhelming amount of requests. Use care with your finances. Tonight: Tap into your imagination.

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BLONDIE | YOUNG & DRAKE



MOTHER GOOSE AND GRIMM | MIKE PETERS

