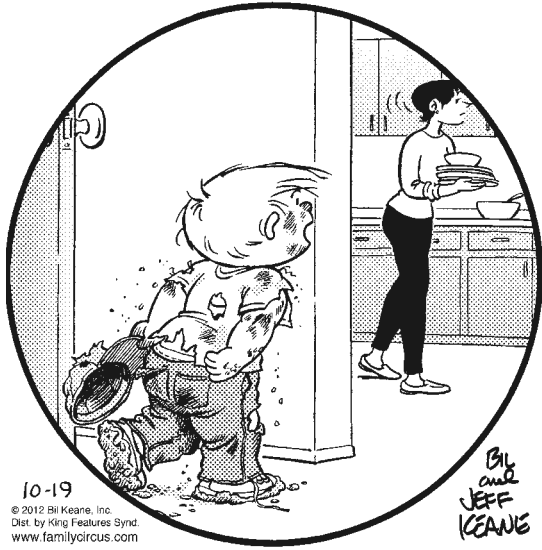
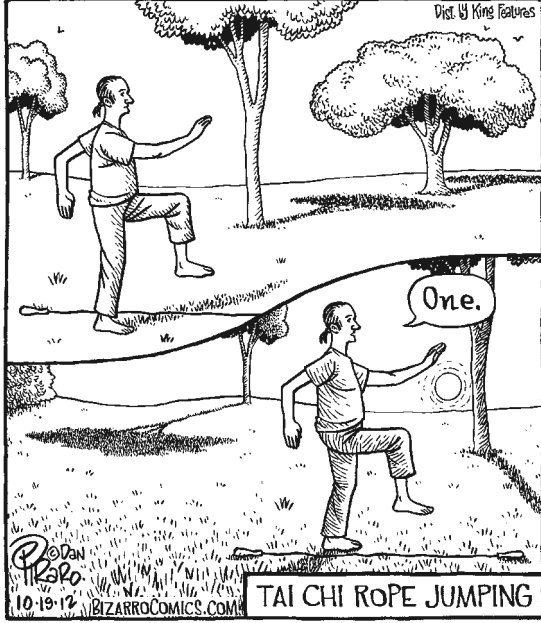


FAMILY CIRCUS | BIL KEANE



10-19
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www.familycircus.com
"Mommy, are you in a good mood today?"

BIZARRO | DAN PIRARO



10-19-12
BIZARROCOMICS.COM
TAI CHI ROPE JUMPING

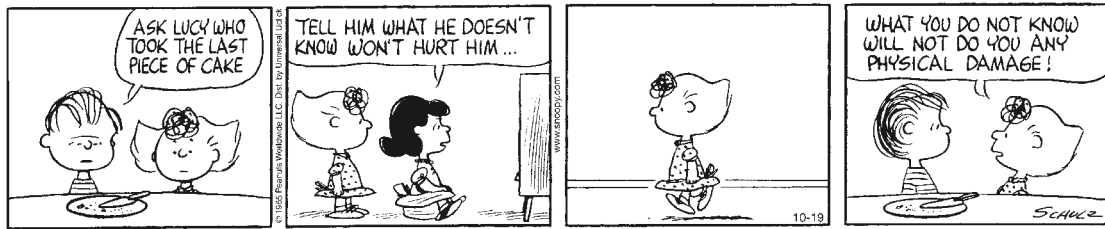
ZITS | JERRY SCOTT AND JIM BORGMAN



FRANK AND ERNEST | BOB THAVES



PEANUTS | CHARLES M. SCHULZ



DICK TRACY | JOE STATON AND MIKE CURTIS



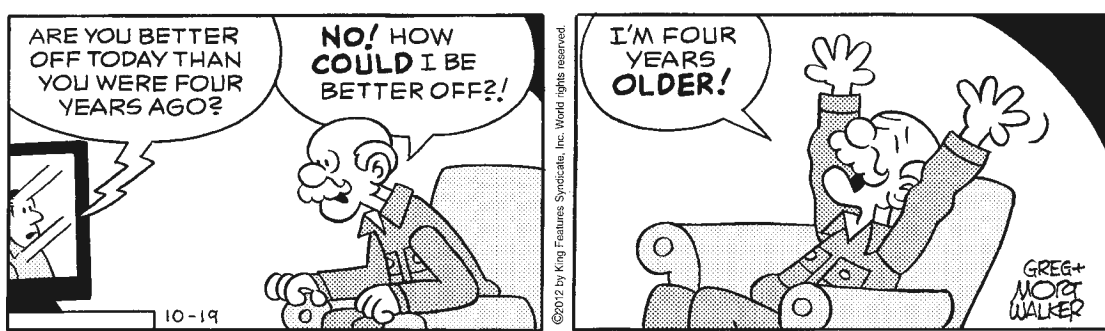
BLONDIE | YOUNG & DRAKE



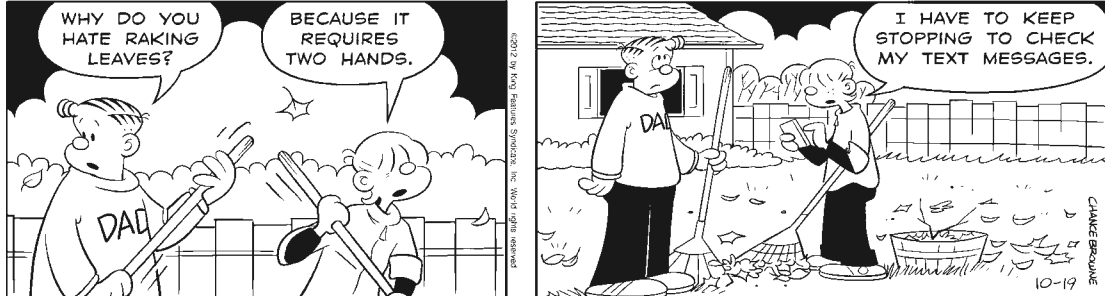
GARFIELD | JIM DAVIS



BEETLE BAILEY | MORT WALKER



HI AND LOIS | BRIAN AND GREG WALKER



THE BORN LOSER | ART SANSON



Woman's Healthy Eating Habits May Have Taken Unhealthy Turn

DEAR ABBY: I have recently developed what I consider to be a very healthy lifestyle. I exercise, eat lots of fruits and vegetables and mostly whole foods.

My problem is I think I may be becoming obsessed. It has become harder and harder to eat away from home. I constantly plan what I'm going to eat next. I'm still happy, but too much of my time is being spent on this.

Apparently, there's a disorder similar to anorexia known as orthorexia. It's the psychological obsession with eating healthy. I don't think I could be classified as an extreme case, but what should I do before I become one? — OBSESSED IN BOSTON

DEAR OBSESSED: As with any obsessive disorder, the first step is realizing and admitting you may have one. Then discuss it with your physician and ask for a referral to a psychologist who specializes in eating disorders. This is not to say that you have a disorder — but because more and more of your time is being devoted to thoughts of food, it would be a good idea to check. Too much of a good thing can be harmful if it is taken too far.

DEAR ABBY: I am 23 and have one child. I have been married for three years, and my husband has recently become physically abusive. He was prosecuted for his actions and pleaded guilty, but he still blames me entirely for the scenario and refuses to accept any responsibility.

I fear for the safety of myself and my daughter every day, and I want to leave him for good. Many of the shelters I have called require that I quit my job, which is something I feel is counterintuitive to establishing a life on my own, so I refuse. That said, I don't make much money, and the money I do make goes toward paying the fine my husband incurred for harming me.

Am I aiming too high? I feel the only way to break free from him entirely is to quit my job, but I don't

want to have to resort to this. What would you advise?

— CONFLICTED OUT WEST

DEAR CONFLICTED: I would advise you to take your child and get out of there before the next episode of domestic violence. And, if you truly want to break free entirely from your abuser, that you follow TO THE LETTER the instructions you receive from the people at the domestic violence shelter. And one more thing: Let the person who incurred the fine pay it himself!



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.

DEAR ABBY: I have a question about office microwave etiquette. I work in a building with one kitchen for 40 people. Often there is a wait to use the microwave around lunchtime. Recently I needed to use it and found a warm packaged meal in there, and no owner around. I waited five minutes and came back. It was still there as if it had been forgotten.

I decided to place it on the counter with a napkin covering it so I could use the microwave. When I was finished, no one appeared to claim it, so I put it back in and went on my way.

Did I do the right thing? There was no way to know whose meal it was. What's proper in this situation? Should I have just waited? — HUNGRY IN ITHACA, N.Y.

DEAR HUNGRY: You handled the situation appropriately. However, had it been me, I would have left the item on the counter so it wouldn't be touched by the other 38 hungry people in your office who also needed to use the microwave.

Good advice for everyone — teens to seniors — is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

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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 and Moon in Sagittarius if born before 9:41 p.m. (PDT). Afterward, the Moon will be in Capricorn.

HAPPY BIRTHDAY FOR FRIDAY, OCT. 19, 2012:

This year you really live life to the max. Be aware of a tendency to overindulge. Your creativity emerges the more relaxed you become. You say what you mean, and you mean what you say. As a result, you attract much of what you desire. If you are single, your desirability is clear — even on the most basic level. If you are attached, you unintentionally could give off mixed signals. CAPRICORN is very traditional.

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)

HHHH You feel as if you have a tiger by its tail, but do not count on this feeling lasting forever. You have been putting more effort into your life, and it shows. At the last minute, a boss or higher-up could make a request that you might like to say "no" to. Tonight: A must appearance.

TAURUS (APRIL 20-MAY 20)

HHHHH Keep reaching out for new information. If it is possible, try to arrange for a change of scenery this weekend. As you integrate new information, you will detach enough to where you might decide that a problem really isn't one anymore. Tonight: Break a pattern.

GEMINI (MAY 21-JUNE 20)

HHHH You might be questioning someone's choices. You will not be able to change this person's mind or have much influence on what he or she chooses to do. Say little, yet be there for a discussion. This person will realize the problems he or she has created. Tonight: Sort through invitations, one by one.

CANCER (JUNE 21-JULY 22)

HHHH You could be very enthusiastic about an upcoming event, yet you realize you'll have to wade through a lot of work to get there. You currently seem unable to tap into your incredible ingenuity, which could slow you down. Don't worry — the dry well of creativity is only momentary. Tonight: Where people are.

LEO (JULY 23-AUG. 22)

HHHH If you sense a general feeling of indulgence from others, your hunches are right. Everyone might be ready to get into their weekend routines. You could get into the mood, but

your sixth sense tells you that last-minute details might fall on you if you do. Tonight: Let the party begin.

VIRGO (AUG. 23-SEPT. 22)

HHH Stay close to home. Don't get involved in any of your routine adventures right now. Just do what you want, and avoid feeling so work-driven. This stance could be challenging, but ultimately very refreshing, once you get into the swing of it. Tonight: Ever so playful.

LIBRA (SEPT. 23-OCT. 22)

HHHH Make and return calls. You easily could veer off track in a conversation. You laugh, and others lighten up. Consider simply walking out the door and starting your weekend early. Your instincts will carry you with a work-related decision. Tonight: A last-minute decision could come at a price.

SCORPIO (OCT. 23-NOV. 21)

HHH Be aware of the costs of handling a situation as you are. You might be setting a precedent. Make it clear that your response is just for now. Rather than leave this thought unstated and assumed, verbalize it. A child or new friend might remind you that he or she wants some of your time. Tonight: You do not have to go far.

SAGITTARIUS (NOV. 22-DEC. 21)

HHHH You could be unusually extroverted, and someone might misunderstand your mood. Stay clear, and be sure to separate work from pleasure. You'll discover the true depth and meaning in a bond that you'd prefer to keep hush-hush. On some level, this person can be a downer. Tonight: Go with the flow.

CAPRICORN (DEC. 22-JAN. 19)

HHH Screen calls; you might not want to talk to all of the people reaching out to you. Emotions could run high, so keep certain information to yourself. Pay attention to your premonitions today. Your senses are working overtime. Tonight: Nap, then decide.

AQUARIUS (JAN. 20-FEB. 18)

HHHH Wherever you are, friends surround you. Do not push too hard to have things go your way. Discussions will take you to the same point, if you relax. Your instincts are right-on about a money matter. Acknowledge them, but proceed with caution, especially if they involve risks. Tonight: On top of your game.

PISCES (FEB. 19-MARCH 20)

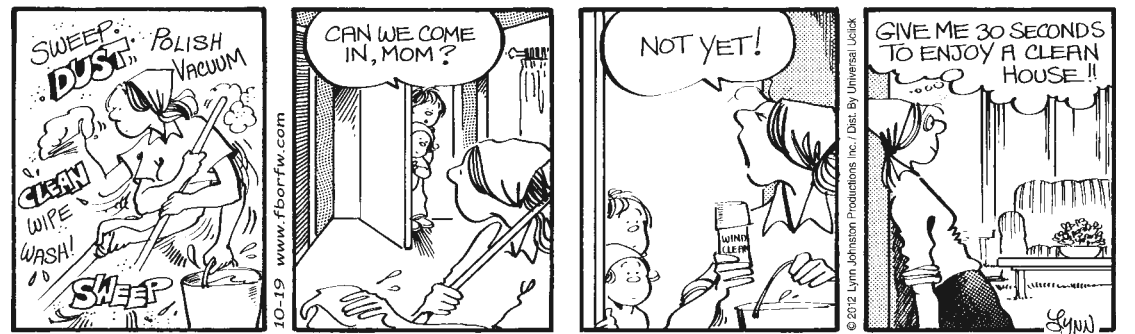
HHHHH Understand what is happening with a boss, parent or someone you look up to. This person does not need to agree with you, so respect his or her ideas regardless. In time, you'll discover that the same respect will come back to you, which makes it easier to get along. Tonight: Get your weekend going as soon as possible.

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BABY BLUES | RICK KIRKMAN AND JERRY SCOTT



FOR BETTER OR FOR WORSE | LYNN JOHNSTON



MOTHER GOOSE AND GRIMM | MIKE PETERS

