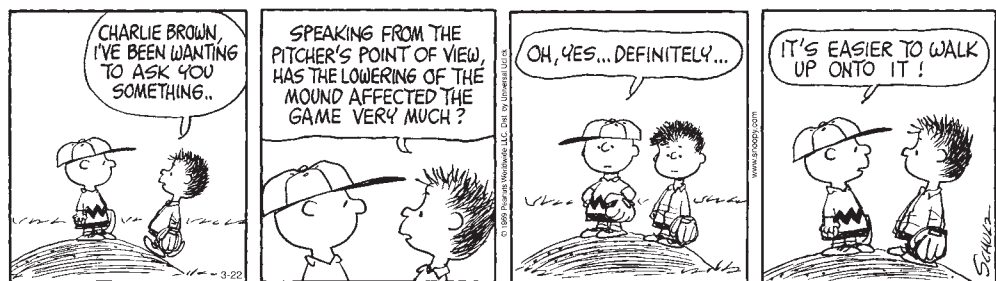


PEANUTS

BY CHARLES M. SCHULZ



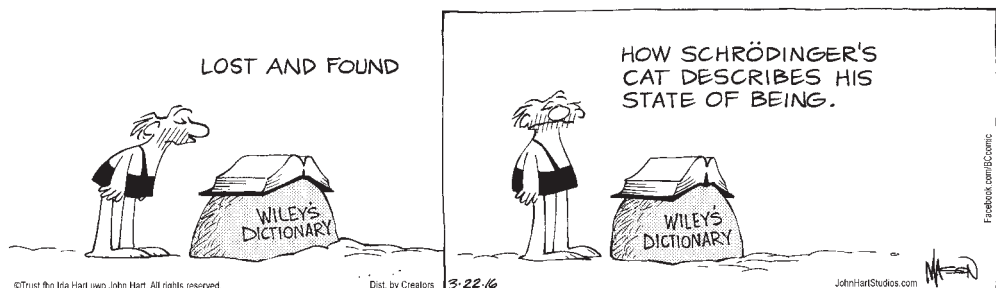
FOR BETTER OR WORSE

BY LYNN JOHNSTON



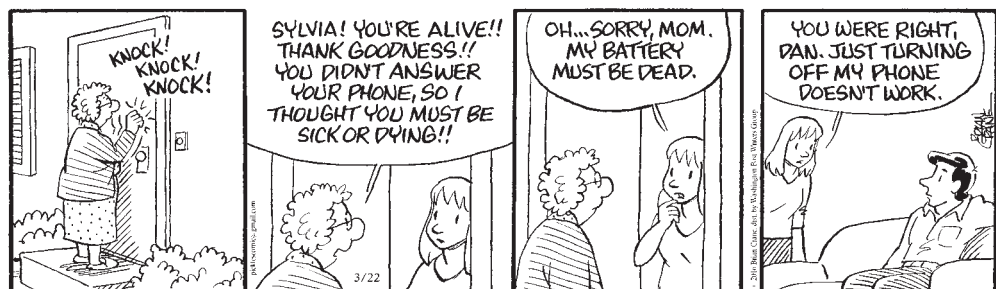
B.C.

BY JOHNNY HART



PICKLES

BY BRIAN CRANE



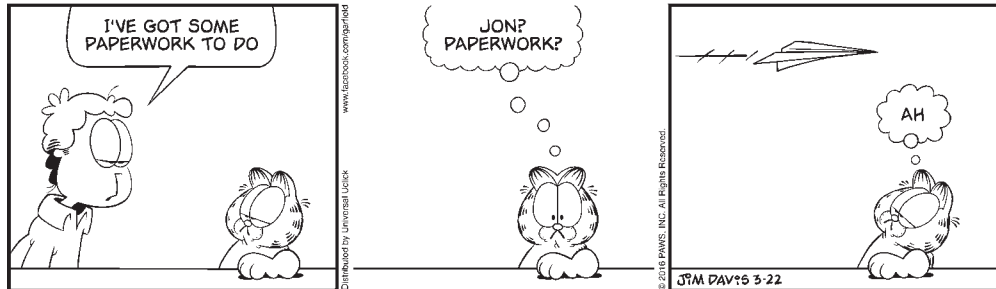
BEETLE BAILEY

BY MORT WALKER



GARFIELD

BY JIM DAVIS



BLONDIE

BY DEAN YOUNG AND STAN DRAKE



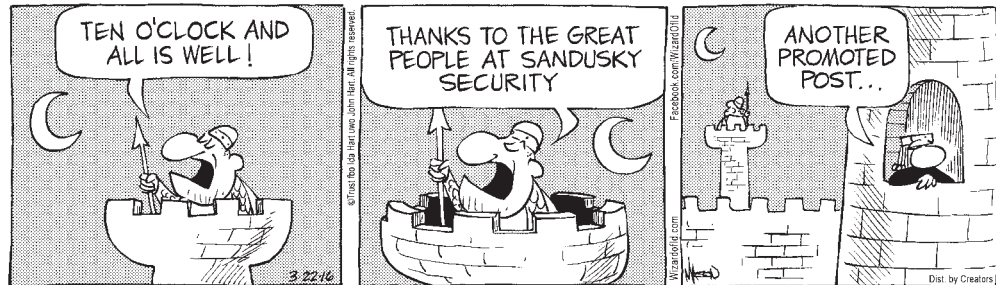
DILBERT

BY SCOTT ADAMS



THE WIZARD OF ID

BY BRANT PARKER AND JOHNNY HART



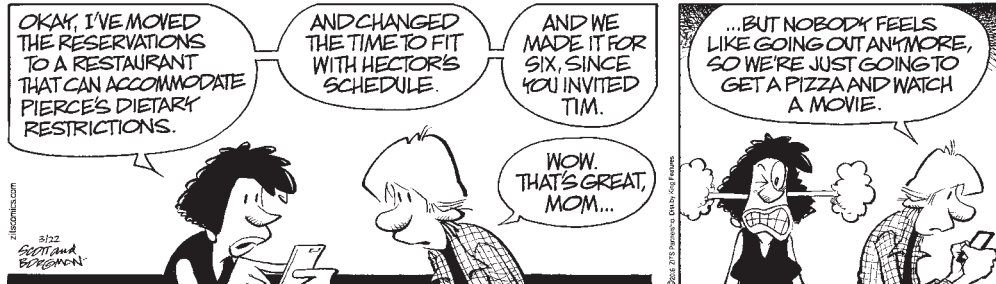
LUANN

BY GREG EVANS



ZITS

BY JERRY SCOTT AND JIM BORGMAN



DEAR ABBY

Parents of teenage cutters must listen and not judge

Dear Readers: I promised "Heartbroken Mom From Anywhere" (Oct. 5) to print letters from readers offering suggestions about helping her teen daughter, who is a cutter:



JEANNE PHILLIPS
Advice

Dear Abby: I am a 33-year-old woman who has cut for many years, starting early in high school. What concerns me is the mom doesn't completely understand what's going on. Not many people do.

Self-harm is a cry for help from someone who doesn't know how to voice his or her emotions. I, too, was bullied and didn't know how to express the pain I was feeling, so I took it out on my body. Over the years it became my coping mechanism, although an unhealthy one.

Helping someone who is self-harming requires understanding AND A LICENSED PROFESSIONAL to identify the emotions and suggest better ways to express them. One that worked for me was doing puzzles. It was a way to keep my mind and hands busy.

This teen also needs to know she is not alone. Parents need to listen. I cannot stress how important it is for cutters to know someone is there for them with love and no judgment. — Knows From Experience In Missouri

Dear Abby: I grew up in a dysfunctional household with abusive parents. When I would cut, it was like I could feel all my pent-up emotions leaking out through the wounds on my legs. The physical pain was bearable and distracted me from everything that was going on in my life, and I would feel a little bit better about myself and a little less desperate.

Cutting is a powerful addiction. Even now, more than 10 years later, when things get bad I feel a compulsion to just make one small cut. What helped me to stop cutting wasn't counseling or medication. It was becoming

passionate about active hobbies that allowed me to release my bottled-up feelings and stress and feel good at the same time. — Former Cutter In Minnesota

Dear Abby: I have worked in psychiatry for 10 years and have found that some of these children have been sexually molested. Some told their parents and were not believed because it was the mother's boyfriend, a family friend or a relative. Carrying this around is a heavy burden.

Parents need to show the child they will look into the allegation. We should be a safe place for our kids to offload all their fears and insecurities, because we have a duty to protect them from abuse. — In The Field In Brooklyn, N.Y.

Dear Abby: I have been a cutter from age 9 to the present — age 22 — though now it's less frequent. The biggest mistake my parents and friends made when I was really destructive was forcing me to commit to ultimatums. It turned my cutting into a shameful thing, isolated me and made it impossible to talk about it.

I advise "Heartbroken" to keep talking to her daughter (not nagging) about cutting, bullying, school and things the girl likes. Share activities with her. Take her hiking, bicycling, to museums or movies. Spending time with her is important for distraction and bonding. Physical activity can help depressed individuals feel better.

And she should understand that recovery is never a straight line. There will be hiccups, setbacks and days when it doesn't seem like it will get better. Eventually, with therapy (via counselors, bonding with friends/family, connection with nature/animals) and learning better coping habits, she will improve. Patience and support are imperative. — Kyle In Pennsylvania

DAYS GONE BY

100 Years Ago
From the East Oregonian
March 21-22, 1916

With four pretty girl witnesses testifying against him under assumed names, A.D. Frost, Oregon manager of the J.C. Penney chain of stores and formerly a merchant of Pendleton, was Monday night convicted of "assault and battery" against two of the fair witnesses and fined \$10 by Municipal Judge Langguth in Portland. The alleged attacks, according to testimony, consisted of unwelcome caresses. Mr. Frost and Mrs. Frost both testified that the former had a habit of laying his hands upon the arms and shoulders of his employees, and that the caresses were probably an unconscious manifestation of this habit. The girls, all of whom are about 20 years old, testified that the alleged caresses were unmistakably intended as the bona fide article. Judge Langguth said that if the petting was the result of habit, the habit had become pernicious.

50 Years Ago
From the East Oregonian
March 21-22, 1966

If you thought the weather was lousy for a first full day of spring in Pendleton today, you should have been in some other nearby points. While the temperature was 39 above

shortly before 11 a.m. with a 20-25 mile-an-hour wind making it seem even chillier in the Round-Up City, neighboring Walla Walla had four inches of new snow at 10 a.m. and it still was snowing! Up to two and a half feet of new snow fell at Tollgate and Spout Springs the last 24 hours with chains required, while Meacham had four inches of new snow, 41 inches roadside, and motorists were advised to carry chains.

25 Years Ago
From the East Oregonian
March 21-22, 1991

The Native American population on the Umatilla Indian Reservation has grown by about 13 percent over the last 10 years, according to U.S. Census Bureau figures. However, the overall reservation population — including non-Indians — has declined by about 4 percent, said Gary George, general manager for the Confederated Tribes of the Umatilla Indian Reservation. The difference, George said, is a 13 percent growth among Indians and a 14 percent decline in non-Indian population. George, a former employee with the U.S. Census Bureau, said the increase in Indian population is "about what we expected, with a number of people returning home to the reservation." However, he said the decline in non-Indian numbers "concerns us."

THIS DAY IN HISTORY

Today is the 82nd day of 2016. There are 284 days left in the year.

Today's Highlight in History:

On March 22, 1941, the Grand Coulee hydroelectric dam in Washington state officially went into operation.

On this date: In 1638, religious dissident Anne Hutchinson was expelled from the Massachusetts Bay Colony for defying Puritan orthodoxy.

In 1765, the British Parliament passed the Stamp Act to raise money from the American colonies, which fiercely resisted the tax. (The Stamp Act was repealed a year later.)

In 1894, hockey's first Stanley Cup championship game was played; home team

Montreal defeated Ottawa, 3-1.

In 1929, a U.S. Coast Guard vessel sank a Canadian-registered schooner, the I'm Alone, in the Gulf of Mexico. (The schooner was suspected of carrying bootleg liquor.)

In 1933, during Prohibition, President Franklin D. Roosevelt signed a measure to make wine and beer containing up to 3.2 percent alcohol legal.

In 1945, the Arab League was formed with the adoption of a charter in Cairo, Egypt.

In 1958, movie producer Mike Todd, the husband of actress Elizabeth Taylor, and three other people were killed in the crash of Todd's private plane near Grants, New Mexico.

Today's Birthdays:

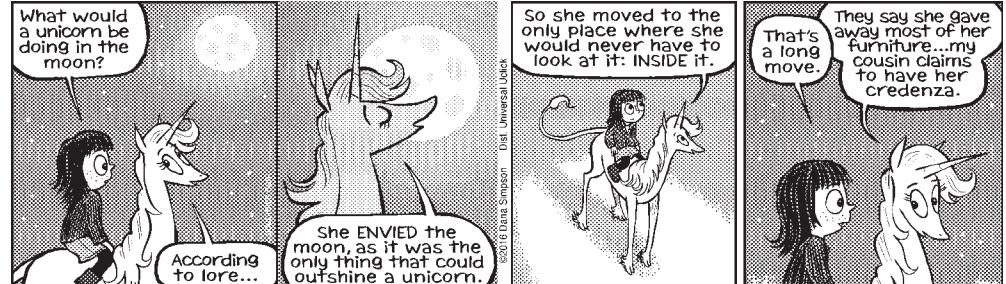
Composer-lyricist Stephen Sondheim is 86. Evangelist broadcaster Pat Robertson is 86. Actor William Shatner is 85. Senate President Pro Tempore Orrin Hatch, R-Utah, is 82. Actor M. Emmet Walsh is 81. Actor-singer Jeremy Clyde is 75. Singer-guitarist George Benson is 73. Writer James Patterson is 69. CNN newscaster Wolf Blitzer is 68. Composer Andrew Lloyd Webber is 68. Sportscaster Bob Costas is 64. Actor-comedian Keegan-Michael Key is 45. Actress Reese Witherspoon is 40.

Thought for Today:

"Happiness does not lie in happiness, but in the achievement of it." — Fyodor Dostoyevsky, Russian author (1821-1881).

PHOEBE AND HER UNICORN

BY DANA SIMPSON



BIG NATE

BY LINCOLN PEIRCE

