Conceptis Sudoku						by Dave Green		
6							9	2
5								
			7	9	8			
		6		7		3		
		2	6		5	8		
		4		1		9		
			5	8	2			
								4
8	7							3
Diffic	culty	Level	* *		r			4/07

Difficulty Level \star 🖈 🖈

This is a logic-based number placement puzzle. The goal is to enter a number, 1-9, in each cell in which each row, column and 3x3 region must contain only one instance of each numeral. The solution to today's Sudoku puzzle is below.

Woman feels guilty when she's relaxing

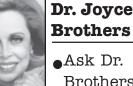
Dear Dr. Brothers: I've always been a person who likes to stay busy, yet I can remember years ago enjoying reading a good book cover to cover or zoning out in front of the TV.

Now, even though I am an empty nester, I feel guilty whenever I am not working around the house or outside. I've recently moved, and I feel sort of overwhelmed.

Will I ever get to enjoy just relaxing again?'

— L.U. Dear L.U.: It seems as though it would be the easiest and most natural thing in the world — going through the busy or not-sobusy schedule of our day, then taking an hour or a few minutes to curl up with a good book, where we can lose ourselves in the story and just relax. Yet many people, like you, find that impossible. Let's try two ideas.

-nest syndrome in spite o empty yourself — and in a slightly different way than usual. Most ing"hermakes the whole exercise people who are suffering from an a bit intimidating and perhaps empty nest spend time grieving, crying, commiserating with each other in chat groups, or in some other way focusing on the problem. You may be doing just the opposite. It may not be a conscious decision, but you are keeping yourself oh so busy in order to keep the loneliness at bay. If you were to slow down — stop for a few precious minutes or hours a day — all the loss you feel could come crashing in. Not you? How about theory No. 2, what they used to call the "Protestant work ethic"? Now, I don't know your religion, if you have one — this is just an old stock phrase to describe the type of individual who believes work is good and fun is evil. You may have a little of that in your blood. But in any case, try reading a bit before bed. Maybe it will become a habit.



Brothers

Ever since she was small, she has been complaining and wishing for things she didn't have. She starts half our conversations with "If only ..." she had more money, or she had a better car, or her job didn't suck, or her boyfriends were nicer ... she would be happy!

I never know how to cheer her up. What can you say to someone like this? Anything?

— B.H. Dear B.H.: It's always much easier to change our own attitude than to change someone else. So the first thing to do is perhaps try to understand your cousin a little bit better, and then maybe you First, you may be experiencing can figure out if you can help her

old, and I've hung around with my big! Good luck. cousin just about my whole life.

in some way.

But thinking of it as "changeven doomed to failure, doesn't it? Let's try to analyze some of your cousin's statements. It seems that they are all pretty much the same — under the surface, anvway. She wants happiness, but there is always something standing in her way.

Unfortunately, people who think this way always have a ready-made excuse for their lack of satisfaction in life. If it's not one thing, it's another.

And we both know that the list of things that can be put between you, me or your cousin and a state of bliss is nearly endless! Studies have shown that happiness actually causes good things to happen to people — not the other way around.

So maybe you can help your cousin by keying in on those things that you know do make her happy.

It can be simple little things like an ice-cream cone or going to a Dear Dr. Brothers: I am 35 years movie — start small, but think

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Today's Sudoku answer

6	1	8	3	5	4	7	9	2	
5	9	7	1	2	6	4	3	8	
4	2	3	7	9	8	5	6	1	
1	8	6	2	7	9	3	4	5	
9	3	2	6	4	5	8	1	7	
7	5	4	8	1	3	9	2	6	
3	4	1	5	8	2	6	7	9	
2	6	5	9	3	7	1	8	4	
8	7	9	4	6	1	2	5	3	
Difficulty Level $\star \star \star \star \star$ 4/0									