

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

Difficulty Level ★★★★★ 4/07

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-so-busy 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.

First, you may be experiencing empty-nest syndrome in spite of yourself — and in a slightly different way than usual. Most people who are suffering from an 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.

Dear Dr. Brothers: I am 35 years old, and I’ve hung around with my cousin just about my whole life.



Dr. Joyce Brothers

● Ask Dr. 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 can figure out if you can help her in some way.

But thinking of it as “changing” her makes the whole exercise a bit intimidating and perhaps even 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, anyway. 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 movie — start small, but think big! Good luck.

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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

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