

Sudoku by Dave Green

Conceptis Sudoku by Dave Green

				5				
			1		2			
		9				8		
		8		1		6		
	6	5				4	8	
3	4	2		8		1	5	7
		6				7		
	2	4	3		6	9	1	
5	7			9			2	6

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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 at the bottom of this page.

Test topic: Shyness

Is there any genetic basis for shyness? In our country today, is shyness rare? Are shyness and self-esteem related? How much do you know about this subject? Here's an opportunity to find out.

1. There's no relationship between your genes and whether or not you have a tendency toward shyness, as shyness doesn't show up until adolescence.

True () False ()

2. Shy people shouldn't be pushed into group activities.

True () False ()

3. If you're shy about making speeches, accept it and let someone else do it.

True () False ()

4. Shyness and self-esteem are related.

True () False ()

5. In our society, shyness is rare, which is why we're known as a nation of extroverts.

True () False ()

6. As far as shyness is concerned, countries around the globe have about the same amount of shyness.

True () False ()

7. Shyness really can't be overcome.

True () False ()

8. Some people get upset about shyness — especially parents, if children are shy — but there's really no downside to it.

True () False ()

ANSWERS:

1. **False.** There's now a good deal of scientific evidence showing that people can have a predisposition toward shyness. Identical twins reveal much closer shyness levels than do fraternal twins.

2. **True.** They shouldn't be pushed into group activities, but if shyness is extreme or lack of being included in groups is upsetting to them, they should be encouraged to give it a try.

3. **False.** Since being able to stand up in front of others to make a



Dr. Joyce Brothers

Ask Dr. Brothers

speech or present an idea is something that will be needed both in school and throughout life, the shy person should practice and rehearse until he or she is more comfortable.

4. **True.** Shyness and low self-esteem almost always go together, and there are ways to build self-esteem. Shy people often are overly concerned with themselves, and it helps to remember that others might feel as insecure and uncertain as you.

5. **False.** Shyness is hardly rare. In fact, more than 40 percent of adults in this country admit to shyness as a persistent personality trait.

6. **False.** In some societies, shyness actually is rare. According to Philip Zimbardo, Stanford University professor and expert on the subject, the Japanese and Taiwanese tend to be more shy, with 60 percent feeling shy. Israelis are the least shy, with only 30 percent.

7. **False.** Shyness can be overcome, and there are extremely successful Americans to prove it — in many professions, such as acting and other performance arts.

8. **False.** Extreme shyness can hold youngsters back in school, and it's definitely a disadvantage in many professions, as well as socially. Some shyness can be misinterpreted as aggression, and some shyness can turn into aggression, anger and depression.

If you answered six of these eight questions correctly, you're better informed than most on this particular subject.

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'Doggie Yoga' offered to humans and pets

BELLEVUE, Wash. (AP) — By the end of a recent yoga class, many participants were passed out on their mats, in a position their instructor calls the "upward facing belly pose."

That's largely because about half the group was about to walk out on four legs: The Seattle/King County Humane Society now offers 40 minute classes of "doggie yoga."

Brenda Bryan, who teaches human yoga as well as the new class for both dogs and humans, says the dogs react to the gentle energy in the room.

"As we get into it, the dogs all kind of calm down," said Bryan, who developed the poses for the class by working with her own two dogs — Gus, a mixed breed, and Honey, a Shar Pei-Boxer mix —

and talking to instructors in such cities as New York, Los Angeles and Pittsburgh where yoga for dogs and their owners is starting to catch on.

The question she and the Humane Society get the most from prospective human students is how do the people and dogs interact?

In Bryan's class, the humans do traditional yoga poses — yes, including "downward facing dog" — while staying in contact physically with their pets.

Part of the class includes gentle stretching and dog massage, another specialty of Bryan's, but most of the time the humans gently use the dogs like yoga props.

In downward facing dog, for example, the humans rest their heads on their companions, who are relaxing — napping? — on the mat.

The yoga poses are modified both for the humans of different sizes and abilities and for the dogs. During class, Bryan reminds people not to push their canine partners to perform.

"Don't be too ambitious," she said. "Honor where your dog is and remember that dogs respond to our energy."

Leilani, a toy poodle, is the star of the class, perhaps because the tiny 11-year-old is too timid to venture off the mat to play with the big dogs. Her owner, Suanne Nagata, said afterward that Leilani just loves being touched.

The class was designed to offer a new way for humans to spend time with their pets.

"This is 80 percent fun," said Eve Holt, director of community rela-

tions for the Seattle Humane Society.

Bryan calls it "partner yoga," because the class encourages both the human and the dog to increase their awareness of each other.

"Magnet and I were just in this little bubble," said Emily Keegans, referring to her black lab.

She said her dog really loves getting the one-on-one attention he receives in yoga class and she likes having another opportunity to both exercise and spend time with her dog.

She said she was doing dog massage at a Humane Society fundraiser — a dog fashion show — when the agency director mentioned that she is also a yoga instructor. And the idea for doggie yoga was born.

Sudoku answer

6	1	3	9	5	8	2	7	4
4	8	7	1	6	2	5	9	3
2	5	9	7	4	3	8	6	1
7	9	8	4	1	5	6	3	2
1	6	5	2	3	7	4	8	9
3	4	2	6	8	9	1	5	7
9	3	6	5	2	1	7	4	8
8	2	4	3	7	6	9	1	5
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