

Concert scheduled in Hoxie

The sextet of Go for Baroque will give the second program of the season for Western Plains Arts Association at 2 p.m. (Mountain Time) on Sunday, Sept. 21, 2008, at Hoxie High School Auditorium.

After two decades, the group is recognized as the premiere chamber music ensemble in Oklahoma.

The group shares informal anecdotes about the music and the performers. The sextet features members of the Oklahoma City Philharmonic including flutist Parthena Owens, violinist Densi Rushing, cellist Jim Shelley, Harpsichordist Peggy Payne and percussionist Riger Owens.

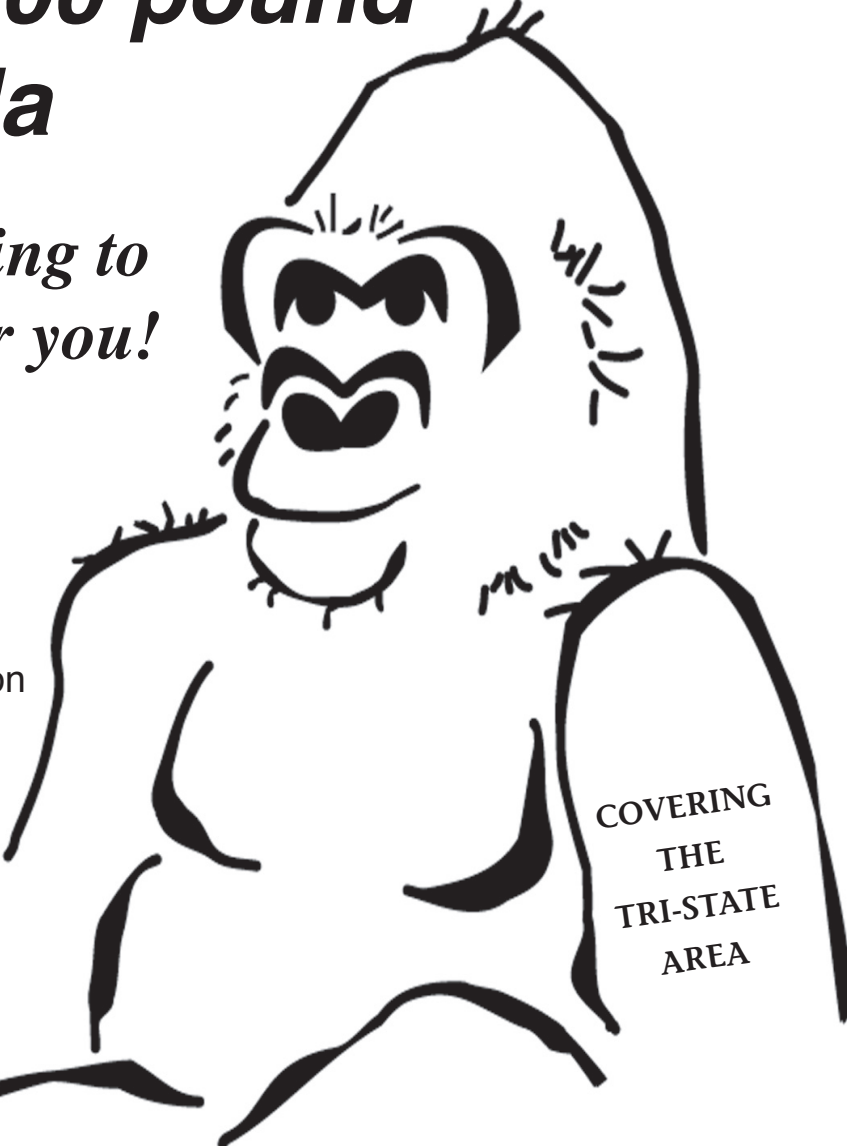
Steve Goforth, principal trumpet of the Bartlesville Orchestra, also plays with the group. Selection could include works by Handel, J.S. Bach, Summer and Botsford.

Admission is by arts association season tick or is \$10 for adults or \$5 for students.

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Sudoku

Conceptis Sudoku

By Dave Green

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

Difficulty Level ★★★

9/17

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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

Quiz topic: Ideal breakup?

Although we may agonize about breaking up, we often bungle the job or act the pitiful fool if we are the one left in the dust. This quiz will lay out some of the better strategies for a dignified, gentle withdrawal that leaves open the possibility of friendship at the end of the road.

1. When you know that a relationship is on its last legs, it's only fair to let things go until you've got nothing left to give before you break up.
TRUE () FALSE ()

2. When you and your significant other have broken up so many times that it feels like a broken record, maybe you really aren't meant to be apart and should just stick with it, no matter what.
TRUE () FALSE ()

3. It is actually possible for some couples to break up and remain friends.
TRUE () FALSE ()

4. In case you might want to get back together, or if you want a chance to convert the romance to a friendship, it's best not to stay away from each other at all after the breakup.
TRUE () FALSE ()

5. It is "normal" to feel rage, sadness, emptiness and a lack of self-esteem for up to a year following a breakup with a boyfriend or girlfriend.
TRUE () FALSE ()

6. It's better to have it out with your S.O. when you are breaking up than to keep it to yourself.
TRUE () FALSE ()

7. If you are doing the breaking up, try to say something nice.
TRUE () FALSE ()

ANSWERS

1. FALSE. While it sounds like a reasonable idea, the fact is that if you resolve to stay with your significant other until the bitter end, that's exactly what you both will be left with — a bitter taste in your mouth. If you are sure it's over, it's better to end it while there are still a few sweet morsels to savor and remember.

2. FALSE. People who break up frequently but just can't stay away from one another usually are operating from a position of thrill-seeking. They aren't getting the requisite "thrill" out of the relationship — perhaps things are going too smoothly? — so one or both of them precipitates a huge argument and breakup, complete with make-up sex and tearful reunions.

The problem is that there are major issues that don't just go away, and the cycle is usually destined to repeat itself ad nauseam.

3. TRUE. It's not always realistic or even a good goal to remain friends with a former boyfriend or girlfriend.

One of the best reasons never to see him or her again is if he or she is a rotten person who has done you wrong — why remain friends?

But those who are able to break up after a long relationship in which there is mutual respect and caring might find that at the end of the day, there is enough good will left over for a continuing friendship.

4. FALSE. Although it may seem easier to keep in touch constantly after the breakup, checking to see how the other is doing and not wanting to get too far apart in case you can't handle it, this is the worst time for a large dose of togetherness. Even if your goal is just to remain friends — or more accurately, learn how to become "just" friends — you are going to need a clean break and a little breathing room to let the breakup trauma pass. With a little bit of perspective and a few weeks or months in between, you'll be much better able to assess your future relationship, if any.

5. FALSE. Although what is "normal" can vary greatly, having such strong emotions surrounding the end of the relationship for the prolonged period of a year can signal a deeper set of issues.

The initial hurt of the breakup can evolve into depression, which makes it difficult to let go of the bad feelings that were generated at the time.

Taking time to grieve for the loss of the relationship is important and even essential, but the inability to regain equilibrium and move on can signal a possible need for therapy.

6. FALSE. While it may give you an immediate, short-lived sense of satisfaction to tell the person off and relive every nightmare he or she has put you through, the mood will quickly turn sour after you realize that this scene is the one that will stay with both of you for years. Venting is good, as long as you are venting in the privacy of your own home or to a very close friend.

As always, things said in anger can return to haunt you.

7. TRUE. If this is going to be a surprise to your partner, you need to be even more careful not to put the blame on him or her, because he or she is likely to want to stay together and won't even know what is wrong.

The kindest thing to do in that case is to tell him or her how much you will enjoy remembering all the good times you shared, and wish him or her well. Don't dredge up a list of reasons why you are leaving unless you want a long, drawn-out goodbye where he or she states his or her case.

If you were able to answer five of the seven questions correctly, you are more informed than most on this subject.

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Today's answer

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

Difficulty Level ★★★

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