

Conceptis Sudoku

by Dave Green

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

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Difficulty Level ★★

11/29

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: Postponing gratification

With the holiday gift-giving season approaching, our thoughts turn to dealing with children who see the overwhelming array of stuff on TV and just feel they have to have it all. This is the time of year when self-control, postponing gratification and saving up for wanted objects are all in short supply. It's a good time to explore the nature of self-discipline, so here's a quiz to see how well-equipped you are to reprogram the "gimme" generation this holiday season.



Dr. Joyce Brothers

● Ask Dr. Brothers

1. Demonstrating self-discipline is more important than IQ in determining kids' success in school. TRUE () FALSE ()
2. In school, it might help to put two students together as "buddies" who both have trouble with self-regulation and impulsivity. TRUE () FALSE ()
3. Kids who can handle frustration and postponement of gratification will do best if given big chunks of freedom and a great number of choices at school and at home. TRUE () FALSE ()
4. Certain activities have a built-in ability to teach kids to set goals and postpone gratification. TRUE () FALSE ()
5. For adults, exposure to frustration is key in building up tolerance for it. TRUE () FALSE ()
6. Disadvantaged kids can rarely learn to cope well with challenges because of the hand they've been dealt. TRUE () FALSE ()
7. Inmates who are the most impulsive are the most likely to re-offend. TRUE () FALSE ()
8. Around the holidays, there is little you can do to refocus kids' attention when they see stuff they want right now. TRUE () FALSE ()

to outdo their classmates who do not have these attributes. This ability is not tied to a high IQ, but to the process of learning self-regulation as a child.

2. FALSE. Children who lack a solid basis in learning to think before they act, and are unable to recover easily from feelings of discomfort that cause them to act out rather than act reasonably, can be thrown for a loop if paired with other kids who demonstrate the same lack of mastery over their emotions. These children would instead benefit from being around companions, teachers and parents who can model patience and planning, without the temptations of a similarly impulsive child as a buddy.
3. TRUE. If children have mastered the basics of self-regulation, they are likely to thrive if given the largest amount of leeway when it comes to freedom of expression and opportunities to explore their creativity. Without the building blocks of self-regulation, the efforts of impulsive youngsters are likely to be too scattered to achieve success. They need a more structured and inflexible environment in which to work on achieving goals.
4. TRUE. Activities such as starting a trading-card collection, learning to play the piano, planting a vegetable garden, buying a stock and opening a bank account to save for a desired object all introduce children to the concept of planning and being patient enough to wait for results at a somewhat distant time. Contrast these activities with buying toys, playing video games or spending an allowance the day they get it.
5. TRUE. If you are constantly

overwhelmed by frustration, have trouble regaining equilibrium and need to feel more in control, facing and accomplishing at least one unpleasant task each day is a good exercise in learning to plan, reap longer-term rewards and tolerate disappointment while not indulging in impulsive acts.

6. FALSE. What seems to make a difference to children from disadvantaged, dangerous or chaotic backgrounds is the amount of parental oversight they receive — having parents know their whereabouts at all times, etc. — and bonding with parents, teachers and other children.

7. TRUE. One survey of federal prisoners found that nearly 80 percent of those who were labeled "impulsive" found their way back to prison within a year. Another study found that in a group of those who decided to commit a criminal act, more than half had accomplished that act within just one hour.

8. FALSE. There are strategies to defeat the "gimmies." One good way is to ask the child to help choose gifts for others — including some kids' charity donations — and save some of their wants for the next occasion, such as their birthday.

If you were able to answer six of the eight questions correctly, you likely are capable of understanding how to handle impulsive kids without feeling like a total Scrooge.

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

Difficulty Level ★★

11/29

TV LISTINGS

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WEEKDAYS NOVEMBER 28 - DECEMBER 4

	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
KLBY/ABC (4) (6)	Good Morning Kansas	Good Morning America			Martha			The View	Millionaire	News		
KSNK/NBC (9) (8)	News Cont'd	Today			Live With Regis and Kelly			The Megan Mullally Show	The Megan Mullally Show			
KBSL/CBS (12) (11)	News Cont'd	News			The Early Show	The 700 Club			The Price Is Right	The Young and the Restless		
K15CG (2)	Business	Body Electric	Curious George	Clifford-Red	Dragon Tales	Big Big World	Beren Bears	Lions	Sesame Street	Teletubbies	Barney-Friends	
ESPN (28)	Sports-Center	Varied	SportsCenter		SportsCenter		Sports-Center	Varied	SportsCenter	Sports-Center	Varied	
USA (37)	JAG	JAG			Walker, Texas Ranger	Walker, Texas Ranger			Texas Ranger	Varied Programs		
TBS (38)	Saved by Bell	Saved by Bell	The Megan Mullally Show		Dawson's Creek			Movie		Home Improve.	Home Improve.	
WGN (39)	Changing	Believer Voice	Hillbilles	Hillbilles	Rockford Files			Magnum, P.I.	Homicide: Life on the Street	Da Vinci's Inquest		
TNT (40)	Angel	Charmed			Charmed			ER	ER	Judging Amy		
DSC (42)	Cope-land	Paid Program	Joyce Meyer	Paid Program	Biker Build-Off		American Chopper	American Chopper	American Chopper	Varied Programs		
A&E (47)	The District	24			City Confidential			American Justice	Cold Case Files	Crossing Jordan		
HIST (48)	Varied Programs											
NICK (55)	Danny Phantom	OddParents	SpongeBob	SpongeBob	Dora the Explorer	Go Diego	Blue's Clues	Backyardigans	Wonder Pets	Dora the Explorer	Go Diego	Blue's Clues
DISN (56)	The Wiggles	Higglytown	Einstiens	Mickey Mouse	Handy Manny	Doodle-Doops	Charlie & Lola	The Koala	The Wiggles	Higglytown	Lilo & Stitch	Little Mermaid
FAM (58)	Family Matters	Family Matters	Boy Mts. World	Boy Mts. World	The 700 Club			Living the Life	Home Videos	Gilmore Girls	Full House	Full House
HALL (60)	New Morning	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	Little House on the Prairie			Little House on the Prairie	Touched by an Angel		

WEEKDAYS NOVEMBER 28 - DECEMBER 4

	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	
KLBY/ABC (4) (6)	All My Children	One Life to Live			General Hospital			Dr. Keith Ablow	Judge Judy	Judge Judy	News	ABC Wild News	
KSNK/NBC (9) (8)	News	Extra	Days of our Lives		Passions			The Ellen DeGeneres Show	The Insider	Jeopardy!	News	Nightly News	
KBSL/CBS (12) (11)	News	Bold, Beautiful	As the World Turns		Guiding Light			Dr. Phil	Oprah Winfrey	News	Evening News		
K15CG (2)	Reading Rainbow	Caillou	Varied Programs			Curious George	Cyberchase	Arthur	Maya & Miguel	Postcards	Cliff Pup	Business	
ESPN (28)	Varied Programs				1st and 10	Outside-Lines	NFL Live	Rome-Burning	Around the Horn	Interruption	SportsCenter		
USA (37)	Movie Cont'd	Varied Programs					Movie						
TBS (38)	News-Radio	Cosby Show	Steve Harvey	Steve Harvey	Home Improve.	Home Improve.	Yes, Dear	Yes, Dear	King of Queens	King of Queens	Seinfeld	Seinfeld	
WGN (39)	WGN News at Noon		The Greg Behrendt Show		America's Funniest Home Videos			Moesha	Cosby Show	Even Stevens	Lizzie McGuire	Home Improve.	Home Improve.
TNT (40)	Judging Amy		Law & Order		Law & Order			Charmed		Charmed			
DSC (42)	Varied Programs		The New Detectives		The FBI Files			48 Hours: Hard Evidence		Cash Cab	Cash Cab	It Takes a Thief	
A&E (47)	CSI: Miami		24			City Confidential			American Justice		Cold Case Files		Crossing Jordan
HIST (48)	Modern Marvels		Varied Programs										
NICK (55)	Backyardigans	Wow! Buzzby!	SpongeBob	SpongeBob	Jimmy Neutron	Jimmy Neutron	OddParents	OddParents	SpongeBob	Drake & Josh	Ned's School	Avatar-Last Air	
DISN (56)	Timon & Pumbaa	Wuzz Light	Whiskers	Proud Family	American Drgn	Kim Possible	Varied Programs						
FAM (58)	Family Matters	Family Matters	Step by Step	Step by Step	Full House	Full House	Sabrina-Witch	Sabrina-Witch	7th Heaven	Everwood			
HALL (60)	Matlock	Matlock			Little House on the Prairie			Little House on the Prairie		M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H

THURSDAY NOVEMBER 30

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
KLBY/ABC (4) (6)	News (CC)	Entertainment	Ugly Betty	Super Accountant Returns	Grey's Anatomy (N) (CC)			Men in Trees New York Fiction (N) (CC)	News (CC)	Nightline (CC)	Jimmy Kimmel Live (N) (CC)	Jimmy Kimmel Live (N) (CC)	
KSNK/NBC (9) (8)	News	Wheel of Fortune	Name Is Earl	The Office	Scrubs (N) (CC)	30 Rock (N) (CC)	ER Tell Me No Secrets... (N) (CC)	News	The Tonight Show With Jay Leno (CC)	Late Night	Late Night	Late Night	
KBSL/CBS (12) (11)	News (CC)	Inside Edition	Survivor: Cook Islands (N) (CC)		CSI: Crime Scene Investigation			Shark LAPD Blue (CC)	News (CC)	Late Show With David Letterman	Late Late	Late Late	
K15CG (2)	The NewsHour With Jim Lehrer (N)	Sun-flower	Sun-flower	The This Old House Hour (CC)			Antiques Roadshow (CC)	BBC World	Keeping Up	Charlie Rose (N) (CC)			
ESPN (28)	Sports-Center	College Football: Michigan vs. Ohio. Detroit. (Live) (CC)	Marathon MAC Championship -- Central			SportsCenter (CC)							
USA (37)	Law & Order: Criminal Intent	Law & Order: SVU			Law & Order: Criminal Intent			Law & Order: Criminal Intent		Law & Order: Criminal Intent			
TBS (38)	Raymond	Raymond	Friends (CC)	Friends (CC)	Friends (CC)	Friends (CC)	Movie: Overboard ** 1/2 (1987, Comedy) Goldie Hawn, Kurt Russell. (CC)			Movie: Captain Ron ** (1992) (CC)			
WGN (39)	America's Funniest Home Videos (CC)	Movie: Mafia! ** (1998) A godfather's son climbs the criminal hierarchy. Jay Mohr. (CC)			WGN News at Nine (CC)			Sex and the City	Scrubs (CC)	Scrubs (CC)	Becker (CC)	Becker (CC)	
TNT (40)	Without a Trace	NBA Basketball: Detroit Pistons at Miami Heat. American Airlines Arena. (Live) (CC)			NBA Basketball: Utah Jazz at Los Angeles Lakers. Staples Center. (Live) (CC)								
DSC (42)	48 Hours: Hard Evidence	A Haunting Mary Vogel. (N)		Surgery Saved My Life Back surgeries. (CC)			Crimes That Shook the World BTK Killer		Most Evil Murderers and child molesters. (CC)		A Haunting Mary Vogel. (N)		
A&E (47)	CSI: Miami Slow Burn (CC)	CSI: Miami Stalkerazzi (CC)		The First 48 (N) (CC)			Dallas SWAT (CC)		Cold Case Files (CC)		CSI: Miami Stalkerazzi (CC)		
HIST (48)	Modern Marvels Farming Technology	Engineering an Empire (CC)		Modern Marvels Snack Food Tech 2			Modern Marvels Nuts (CC)		American Eats The pizza industry. (CC)		Engineering an Empire (CC)		
NICK (55)	OddParents	Jimmy Neutron	SpongeBob	Danny Phantom	Full House	Full House	Cosby Show	Fresh Prince	Roseanne	Roseanne	Design. Women	Fresh Prince	
DISN (56)	Phil of Future	That's-Raven	Movie: Read It and Weep (2006, Comedy) Kay Panabaker, Danielle Panabaker. (CC)			Life With Derek			Phil of Future	Zack & Cody	That's-Raven	Phil of Future	Kim Possible
FAM (58)	Gilmore Girls The Road Trip to Harvard	Movie: Santa Claus: The Movie ** 1/2 (1985, Fantasy) Dudley Moore. (CC)			Whose Line? Whose Line?			The 700 Club (CC)		Home Videos			
HALL (60)	Walker, Texas Ranger End Run	Walker, Texas Ranger (CC)		Movie: Single Santa Seeks Mrs. Claus (2004, Romance-Comedy) Crystal Bernard. (CC)			Movie: The Night They Saved Christmas ** 1/2 (1984, Fantasy) Jaclyn Smith. (CC)						

FRIDAY DECEMBER 1

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
KLBY/ABC (4) (6)	News (CC)	Entertainment	Movie: The Polar Express *** (2004, Fantasy) Voices of Tom Hanks. (CC)			20/20 (CC)			News (CC)	Nightline (CC)	Jimmy Kimmel Live (N) (CC)	Jimmy Kimmel Live (N) (CC)	
KSNK/NBC (9) (8)	News	Wheel of Fortune	1 vs. 100 (TV) (N) (CC)		Las Vegas Ed and Danny have 12 hours to save Delinda from her kidnappers. (N) (CC)			News	The Tonight Show With Jay Leno (CC)	Late Night	Late Night	Late Night	
KBSL/CBS (12) (11)	News (CC)	Inside Edition	Ice Wars 2006: USA vs. The World (N) (CC)			NUMB3RS Numbance (CC)			News (CC)	Late Show With David Letterman	Late Late	Late Late	
K15CG (2)	The NewsHour With Jim Lehrer (N)	Wash. Week	Rural Kansas	Market-Market	NOV (N) (CC)	Ballykissangel (CC)							
ESPN (28)	Sports-Center	NFL Live (Live)	NBA	NBA Basketball: Sacramento Kings at Dallas Mavericks. American Airlines Center. (Live) (CC)	SportsCenter (Live) (CC)			NFL Live (CC)					
USA (37)	Monk (CC)	Law & Order: SVU			Law & Order: SVU			Law & Order: SVU		House (CC)			
TBS (38)	Raymond	Raymond	King of Queens	King of Queens	Movie: The School of Rock *** (2003, Comedy) An unemployed guitarist poses as a teacher. Jack Black. (CC)			Movie: Beverly Hills Ninja ** 1/2 (1997, Comedy) Chris Farley. (CC)					
WGN (39)	America's Funniest Home Videos (CC)	Movie: Kindergarten Cop ** (1990, Comedy) Arnold Schwarzenegger. (CC)			WGN News at Nine (CC)			Sex and the City	Scrubs My Fault	Scrubs My Fault	Becker (CC)	Becker (CC)	
TNT (40)	Without a Trace	Without a Trace		2006 NASCAR Nextel Cup Series Awards Ceremony (Live) (CC)			Movie: Demolition Man ** 1/2 (1993) (CC)						
DSC (42)	Dirty Jobs	Water snakes.		Everest: Beyond the Limit			Man vs. Wild Mount Kilaua (N)		I Shouldn't Be Alive (N)		Stunt Junkies		
A&E (47)	CSI: Miami Invasion (CC)	CSI: Miami Money for Nothing (CC)			CSI: Miami Wannabe (CC)			CSI: Miami Deadline (CC)		CSI: Miami The Oath (CC)		CSI: Miami Money for Nothing (CC)	
HIST (48)	Generat-ation	Mail Call (CC)	Shootout! Raid on Bataan Death Camp			The Lost Evidence (N) (CC)			Dogfights Hell Over Hanoi (N) (CC)		Wild West Tech Brothel Tech (CC)		
NICK (55)	SpongeBob	SpongeBob	Avatar-Last Air	Avatar-Last Air	Cats-cratch	The X's (CC)	Full House	Fresh Prince	Roseanne	Roseanne	Design. Women	Fresh Prince	
DISN (56)	Hannah Montana	That's-Raven	Hannah Montana	Zack & Cody	Movie: Mickey's Once Upon a Christmas (1999) (CC)			Zack & Cody	Zack & Cody	That's-Raven	Hannah Montana	Kim Possible	
FAM (58)	Frosty's Wnter	Movie: Harry Potter and the Sorcerer's Stone *** (2001, Fantasy) J.K. Rowling's student wizard has his first adventure. Daniel Radcliffe. (CC)			The 700 Club (CC)			Feed the Children					
HALL (60)	Walker, Texas Ranger (CC)	Walker, Texas Ranger (CC)		Movie: Meet the Santas (2005, A man, his fiancee and her mother plan a wedding. (CC)			Movie: A Boyfriend for Christmas (2004, Romance-Comedy) Kelli Williams. (CC)						

Depression. A flaw in chemistry, not character.

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