

Conceptis Sudoku

By Dave Green

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

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Difficulty Level ★★★

3/26

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 on page 6.

TV LISTINGS

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WEEKDAYS MARCH 25 - MARCH 31

	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 (6)	Good Morning Kansas		Good Morning America				The Martha Stewart Show	The View	Millionaire	News		
KSNK/NBC (8)	News Cont'd		Today					Live With Regis and Kelly	Today			
KBSL/CBS (12)	News Cont'd		The Early Show				The 700 Club	The Price Is Right	The Young and the Restless			
K15CG (2)	Business	Body Electric	Curious George	Clifford-Red	Super Why!	Dragon Tales	Big Big World	World World	Sesame Street	Caillou	Barney-Friends	
ESPN (28)	Sports-Center	Varied	SportsCenter		SportsCenter		Sports-Center	Varied	SportsCenter	Sports-Center	Varied	
USA (37)	JAG		JAG		Monk		Walker, Texas Ranger	Walker, Texas Ranger	Walker, Texas Ranger			
TBS (38)	Saved by Bell	Saved by Bell	Saved by Bell	Saved by Bell	Fresh Prince	Fresh Prince	Movie			Home Improve.	Home Improve.	
WGN (39)	Changing	Believer Voice	Hillbilities	Hillbilities	Matlock		Nash Bridges	Nash Bridges	Homicide: Life on the Street			
TNT (40)	Angel		Charmed		Charmed		ER	ER	Las Vegas			
DSC (42)	Paid Program	Life Today	Joyce Meyer	Paid Program	How It's Made	How It's Made	Cash Cab	Cash Cab	MythBusters	How It's Made	How It's Made	
A&E (47)	Third Watch		Crossing Jordan		Crossing Jordan		American Justice	American Justice	American Justice			
HIST (48)	Varied Programs											
NICK (55)	OddParents	OddParents	SpongeBob	Dora the Explorer	Backyardigans	Go Diego	Wonder Pets	Dora the Explorer	Ni Hao, Kai-lan	Yo Gabba	Dora the Explorer	Go Diego
DISN (56)	The Wiggles	Higglytown	Einsteins	Mickey Mouse	Handy Manny	Tigger & Pooh	Bunnytown	Charlie & Lola	Doodlebops	Koala Brothers	Lilo & Stitch	Little Mermaid
FAM (58)	Sister, Sister	Sister, Sister	Sabrina-Witch	Sabrina-Witch	Step by Step	Living the Life	The 700 Club	Gilmore Girls	Full House	Full House		
HALL (60)	Paid Program	Paid Program	The Waltons		The Waltons		Little House on the Prairie	Little House on the Prairie	Touched by an Angel			

Quiz: When panic attacks

BY DR. JOYCE BROTHERS
Many people get nervous or feel anxious during unfamiliar situations or novel experiences. Some people, however, are struck with such irrational fears during daily life that their panic becomes debilitating. This quiz helps you test your knowledge about the symptoms, causes and treatments of these common disorders.

8. Anxiety disorders can be present from an early age or can begin suddenly. They are most prone to appear during times of high stress.
TRUE () FALSE ()
ANSWERS:
1. FALSE. Most studies have found that 1 percent to 2 percent of people suffer from panic disorders. The Public Health Agency of Canada estimates that about 0.7 percent of Canadians between ages 15 and 64 suffer from panic. While many people have experienced panic attacks in their lives, panic disorders leave people in constant fear that an attack will strike again at any moment.
2. TRUE. Agoraphobia stems from a fear of being unable to escape to a safe location during a panic attack. Agoraphobics tend to try to avoid the situations that they think may have initiated the panic attack, and thereby close themselves off to new or unusual experiences as well as public locations.
3. TRUE. It is hard for those suffering from panic disorders to recognize the physical triggers that can set off attacks. Instead they associate the attack with the activity they were doing or the location where they were when the attack struck. This can lead them to avoid these circumstances.
4. FALSE. Cognitive behavioral therapy is thought by most in the field to be the most effective treatment for panic disorders. This method encourages those suffering from panic attacks to expose themselves to different experiences in a safe environment. Patients are taught to control their thoughts

and actions during panic attacks. SSRI medications can be helpful in certain circumstances, but taking a pill that has short-term anti-anxiety effects every time a panic attack strikes can be counterproductive.
5. TRUE. All of these symptoms can be felt during panic attacks, either alone or in combinations. The physical symptoms go along with the emotional and mental symptoms usually associated with feelings of panic, such as nervousness and fear.
6. FALSE. There are five major types of anxiety disorders: generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder and social phobia. All five of these exhibit slightly different symptoms, and are brought about in different settings.
7. TRUE. Because this disorder can strike anytime a person is in a social setting, it can severely interfere with work, school and other necessary daily activities. This can lead to more extreme forms of the disorder, including agoraphobia.
8. TRUE. Anxiety disorder can be chronic. A family history of mental distress or trouble dealing with anxiety can be signs that you may have an anxiety disorder. Additionally, stress can bring out physical and emotional symptoms usually associated with panic attacks.

1. Most experts agree that approximately 10 percent of people suffer from panic disorder.
TRUE () FALSE ()

2. Agoraphobia, or an intense fear of public places, is a disorder that can commonly occur along with panic attacks.
TRUE () FALSE ()

3. Oftentimes, a panic attack can be triggered by a person's physical symptoms, such as heartburn or a headache.
TRUE () FALSE ()

4. Medication is considered the best way to treat panic disorders.
TRUE () FALSE ()

5. Physical symptoms of panic disorder can include nausea and vomiting, chills or sweats, feeling of choking or shortness of breath, fainting, trembling and numbness or tingling sensations.
TRUE () FALSE ()

6. There is only one type of anxiety disorder, and it has similar symptoms in all people.
FALSE () FALSE ()

7. People with severe social phobia may fear being judged or watched by others so much that any interaction with another person can cause them to experience debilitating broad physical and psychological symptoms.
TRUE () FALSE ()

8. Anxiety disorders can be present from an early age or can begin suddenly. They are most prone to appear during times of high stress.
TRUE () FALSE ()

ANSWERS:
1. FALSE. Most studies have found that 1 percent to 2 percent of people suffer from panic disorders. The Public Health Agency of Canada estimates that about 0.7 percent of Canadians between ages 15 and 64 suffer from panic. While many people have experienced panic attacks in their lives, panic disorders leave people in constant fear that an attack will strike again at any moment.
2. TRUE. Agoraphobia stems from a fear of being unable to escape to a safe location during a panic attack. Agoraphobics tend to try to avoid the situations that they think may have initiated the panic attack, and thereby close themselves off to new or unusual experiences as well as public locations.
3. TRUE. It is hard for those suffering from panic disorders to recognize the physical triggers that can set off attacks. Instead they associate the attack with the activity they were doing or the location where they were when the attack struck. This can lead them to avoid these circumstances.
4. FALSE. Cognitive behavioral therapy is thought by most in the field to be the most effective treatment for panic disorders. This method encourages those suffering from panic attacks to expose themselves to different experiences in a safe environment. Patients are taught to control their thoughts

and actions during panic attacks. SSRI medications can be helpful in certain circumstances, but taking a pill that has short-term anti-anxiety effects every time a panic attack strikes can be counterproductive.
5. TRUE. All of these symptoms can be felt during panic attacks, either alone or in combinations. The physical symptoms go along with the emotional and mental symptoms usually associated with feelings of panic, such as nervousness and fear.
6. FALSE. There are five major types of anxiety disorders: generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder and social phobia. All five of these exhibit slightly different symptoms, and are brought about in different settings.
7. TRUE. Because this disorder can strike anytime a person is in a social setting, it can severely interfere with work, school and other necessary daily activities. This can lead to more extreme forms of the disorder, including agoraphobia.
8. TRUE. Anxiety disorder can be chronic. A family history of mental distress or trouble dealing with anxiety can be signs that you may have an anxiety disorder. Additionally, stress can bring out physical and emotional symptoms usually associated with panic attacks.

If you were able to answer six of the eight questions correctly, you're more informed than most on this subject.
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WEEKDAYS MARCH 25 - MARCH 31

	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 (6)	All My Children		One Life to Live		General Hospital		Millionaire	Judge Judy	News	Judge Judy	News	ABC Wild News
KSNK/NBC (8)	News		Days of our Lives		The Ellen DeGeneres Show		The Insider	Extra	Jeopardy!	Jeopardy!	News	NBC News
KBSL/CBS (12)	News	Bold, Beautiful	As the World Turns		Guiding Light		Dr. Phil		Oprah Winfrey		News	Evening News
K15CG (2)	Reading Rainbow	Teletubbies	Varied Programs		Lions		Cyberchase	Arthur	Maya & Miguel	Fetch! With Wubb	Cliff Pup	Business
ESPN (28)	Varied Programs		Mike and Mike	1st and 10	Outsides-Lines		NFL Live	Rome-Burning	Around the Horn	Interruption	SportsCenter	
USA (37)	Becker	Movie	Varied Programs				Monk		Monk		Law & Order: Criminal Intent	
TBS (38)	Home Improve.	Home Improve.	Just Shoot	Just Shoot	Yes, Dear	Yes, Dear	King of Queens	King of Queens	Seinfeld	Seinfeld	Friends	Raymond
WGN (39)	WGN News	Varied	Matlock		America's Funniest Home Videos		Cosby Show	Cosby Show	Sister, Sister	Sister, Sister	Funnies Pets	Funnies Pets
TNT (40)	Without a Trace		Law & Order		Law & Order		Charmed		Charmed		Law & Order	
DSC (42)	Varied Programs		A Haunting		A Haunting		Varied Programs		It Takes a Thief		Cash Cab	Cash Cab
A&E (47)	CSI: Miami		Crossing Jordan		Crossing Jordan		American Justice		American Justice		American Justice	Cold Case Files
HIST (48)	Modern Marvels											
NICK (55)	Backyardigans	Max & Ruby	SpongeBob	SpongeBob	Jimmy Neutron	Wayside	OddParents	OddParents	Drake & Josh	Drake & Josh	SpongeBob	SpongeBob
DISN (56)	American Drgn	Kim Possible	Emperor New	Replacements	Varied Programs							
FAM (58)	Sister, Sister	Sister, Sister	Sabrina-Witch	Sabrina-Witch	Full House	Full House	What I Like	What I Like	Gilmore Girls		8 Simple Rules	8 Simple Rules
HALL (60)	7th Heaven		7th Heaven		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

Classifieds...continued

Services

High school youth looking for mowing jobs. Has own equipment. Call for an estimate after 6pm, 785-462-6524.
----3/24---3/28----

Free estimate, flat and sloped roofs, all kinds. Murray Roofing & Construction. 1-800-794-3204/785-443-1339.
----3/24---3/28----

Free estimate, automatic, computerized, underground sprinkler system. 1-800-794-3204/785-443-1339.
----3/24---3/28----

Free estimate, lawn power rake, aerate, and Edge Program. JM Tree & Lawn Service. 1-800-794-3204/785-443-1339.
----3/24---3/28----

Free estimate, lawn fertilizer and weed control program. JM Tree & Lawn Service. 1-800-794-3204/785-443-1339.
----3/24---3/28----

Free estimate, landscaping, tree trimming, and removal. JM Tree & Lawn Service. 1-800-794-3204/785-443-1339.
----3/24---3/28----

Custom portable disc rolling. Call Danny Wilkinson, 785-626-3300 or 785-626-9262.
----3/21---4/17----

Do you need help with deep cleaning your home, office, business, or removing pet waste. Call Linda Hensley, 785-460-4248, free consultation.
----3/20---3/26----

The Tool Box of Colby is now offering wood floor installation and refinishing. Call 785-462-7843.
----3/17---4/11----

Need a horse shoe or trimmed? Call for an appointment. John McMahan, 785-694-3447.
----3/17---3/28----

Home Savings of America is offering special loan programs in your area. Call 866-684-7727 for approval today.
----3/14---4/3----

Need your house painted? Call Welter's Painting, insured. 785-626-3691.
----3/5---3/31----

Up to 80% savings possible on many medications. Generics now available for Celebrex, Lipitor, Nexium, Plavix, Singulair, and all ED meds. Canada Drug Topeka, 1-866-804-6100.
----G 4/26---tfn----

We buy guns. Collections or one at a time. Cash paid. Northwest Arms and Service. 785-626-3700.
----4/25---tfn----

Business Opportunity
Profitable business opportunity. Nice N' Icee Hawaiian Shave Ice. Concession trailer, equipment, supplies. James and Genelle Bloom, Oakley. 785-672-4317 or 785-672-7162. Serious inquiries only.
----3/17---3/28----

Wanted
To rent grass with the possibility of buying your cows. Call Ed at 785-443-2285 or Dean, 785-443-3627.
----3/20---3/26----

Public Notice

IN THE DISTRICT COURT OF THOMAS COUNTY, KANSAS

In the Matter of the Estate of Case No. 08-PR-13 BESSIE M. FINUF, Deceased

NOTICE OF HEARING AND NOTICE TO CREDITORS

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that on March 5th, 2008, a petition was filed in this Court by William Weishaar, executor named in the "Last Will and Testament of Bessie M. Finuf," deceased, dated July 8, 2002, praying the will filed with the petition be admitted to probate and record; petitioner be appointed as executor, without bond; and petitioner be granted Letters Testamentary.

You are required to file your written defenses thereto on or before April 3, 2008, at 10:00 o'clock a.m. in the District Court, Colby, Thomas County, Kansas, at which time and place the cause will be heard. Should you fail therein, judgment and decree will be entered in due course upon the petition.

All creditors are notified to exhibit their demands against the Estate within the latter of four months from the date of first publication of notice under K.S.A. 59-2236 and amendments thereto, or if the identity of the creditor is known or reasonably ascertainable, 30 days after actual notice was given as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

William Weishaar, Petitioner,
BRUCE FLIPSE #10897
FLIPSE & FLIPSE
485 West Fourth Street
P. O. Box 606
Colby, Kansas 67701
(785) 460-3365
Attorney for Petitioner

(Published in the Colby Free Press March 12, 19, and 26, 2008)

THURSDAY MARCH 27

	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 (6)	News (N) (CC)	Entertainment	Miss Guided	Miss-Guided	Lost The Beginning of the End (CC)		Eli Stone I Want Your Sex (N) (CC)		News (N) (CC)	Nightline (N) (CC)	Jimmy Kimmel Live	Don Rickles. (CC)
KSNK/NBC (8)	News (N)	Wheel of Fortune	Deal or No Deal (TV) (N) (CC)		The Celebrity Apprentice Under the Hammer (Season Finale) (N) (CC)				News (N)	The Tonight Show With Jay Leno (CC)	Late Night	
KBSL/CBS (12)	College Basketball: NCAA Tournament Regional Semifinal -- Teams TBA. Charlotte, N.C. or Phoenix.		College Basketball: NCAA Tournament Regional Semifinal -- Teams TBA. Charlotte, N.C. or Phoenix.								News (N) (CC)	Late Show
K15CG (2)	The NewsHour With Jim Lehrer (N)	Kansas Spotlight	Sun-flower		The This Old House Hour (CC)		Globe Trekker Ireland (CC)		BBC World	Keeping Up	Charlie Rose (N) (CC)	
ESPN (28)	Boxing	Boxing: 1992 Bowe vs. Holyfield I. (CC)	Boxing: 1993 Bowe vs. Holyfield II. (CC)		Boxing: 1995 Bowe vs. Holyfield III. (CC)		Boxing: 1995 Bowe vs. Holyfield III. (CC)		SportsCenter (Live) (CC)		SportsCenter (Live) (CC)	
USA (37)	Law & Order: Criminal Intent		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: Criminal Intent		Law & Order: SVU	
TBS (38)	Raymond	Raymond	Friends (CC)	Friends (CC)	Movie: The Replacements	**1/2 (2000, Comedy)	Misfit substitutes take the field during a football strike.		Sex and the City		Sex and the City	Movie: Kate Bosworth. (CC)
WGN (39)	America's Funniest Home Videos (CC)		Movie: Field of Dreams ***1/2 (1989, Fantasy) Kevin Costner. (CC)				WGN News at Nine (N) (CC)		Movie: Field of Dreams ***1/2 (1989, Fantasy) Kevin Costner. (CC)			
TNT (40)	Law & Order School Daze (CC) (DVS)		NBA Basketball: Miami Heat at Detroit Pistons. Palace of Auburn Hills. (Live) (CC)				NBA Basketball: Portland Trail Blazers at Golden State Warriors. Oracle Arena. (Live) (CC)					
DSC (42)	Bone Detectives		How It's Made		MythBusters Viewer Special (CC)		Smash Lab Runaway Trailer		Bone Detectives		How It's Made	How It's Made
A&E (47)	CSI: Miami Invasion (CC)		The First 48 (CC)		The First 48 (N) (CC)		Crime 360 (N) (CC)		Back in the Hood: Gang War 2 (CC)		The First 48 (CC)	
HIST (48)	Modern Marvels Famous barbecues.		Gangland Blood Oath (CC)		Gangland Biker Wars the Outlaws.		Cities of the Underworld (CC)		Ax Men Storm Season Strikes (CC)		Gangland Blood Oath (CC)	
NICK (55)	Drake & Josh (CC)	Zoey 101 (CC)	SpongeBob	SpongeBob	Home Improve.	Home Improve.	George Lopez	George Lopez	Fresh Prince	Fresh Prince	Home Improve.	Home Improve.
DISN (56)	Hannah Montana	Zack & Cody	Movie: Beethoven's 4th ** (2001) Judge Reinhold. (CC)		That's-Raven		That's-Raven	Life With Derek	Zack & Cody	Hannah Montana	Replacements	Kim Possible
FAM (58)	(5:00) Movie: Remember the Titans *** (2000, Drama)		Movie: Remember the Titans *** (2000) A black man coaches high-school football after integration.				The 700 Club (CC)		Whose Line? Whose Line?		Whose Line? Whose Line?	
HALL (60)	Walker, Texas Ranger Warriors		Walker, Texas Ranger Angel (CC)		Movie: McBride: The Doctor Is Out... Really Out (2005) John Larroquette. (CC)		Murder, She Wrote (CC)		Murder, She Wrote (CC)		Murder, She Wrote (CC)	Murder in F Sharp

FRIDAY MARCH 28

	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 (6)	News (N) (CC)	Entertainment	Grey's Anatomy Let the Truth Sting (CC)		20/20 (CC)		20/20 (CC)		News (N) (CC)	Nightline (N) (CC)	Jimmy Kimmel Live	Don Rickles. (CC)
KSNK/NBC (8)	News (N)	Wheel of Fortune	Amnesia (N) (CC)		Dateline NBC (CC)				News (N)	The Tonight Show With Jay Leno (CC)	Late Night	
KBSL/CBS (12)	College Basketball: NCAA Tournament Regional Semifinal -- Teams TBA. Detroit or Houston. (Live)		College Basketball: NCAA Tournament Regional Semifinal -- Teams TBA. Detroit or Houston. (Live)								News (N) (CC)	Late Show
K15CG (2)	The NewsHour With Jim Lehrer (N)	Wash. Week	Kansas Week		Market-Market		High School Basketball: Kansas Class 1A Final		New Red Green		Charlie Rose (N) (CC)	
ESPN (28)	Figure Skating: ISU World Championships -- Ladies Short and Free Dance Programs.		Figure Skating: ISU World Championships. Gothenburg, Sweden.									