

Sudoku

Conceptis Sudoku

By Dave Green

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

©2008 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

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: How stressed are you?

It's very likely that someone you know — or maybe even you — complains about being stressed out all the time.



Dr. Joyce Brothers

• Ask Dr. Brothers

Whether it's work, school, a new significant other or a bunch of bills piling up, at the fast pace of the modern world it can feel impossible to slow down and take a few minutes to relax and concentrate on your own sanity.

While a little bit of stress can be a great impetus to perform at your best, too much can be detrimental to your health. This quiz will test your knowledge of stress and stress-relief techniques that you can use every day.

1. Anxiety and stress are the same thing.

True () False ()

2. High levels of adrenaline in your bloodstream can be perceived negatively as stress, or positively as an aid to optimum performance.

True () False ()

3. About 75 percent of the general population report that they experience at least some stress every two weeks.

True () False ()

4. High stress levels and chronic stress can contribute to heart disease, high blood pressure and strokes, and can depress the immune system.

True () False ()

5. It is impossible to treat stress without seeking professional help.

True () False ()

6. All of the following are signs of excessive stress: feeling rushed when working, eating or traveling; regularly worrying about the past or future; muscle tension, backaches and headaches; feeling "on edge"; and easily becoming tired or cranky during the day.

True () False ()

7. Any challenge, whether a physical or a psychological one, is a source of stress, and challenging situations should be avoided in order to avoid stress.

True () False ()

Answers

1. **False.** Anxiety is concern about lack of control over certain situations.

Sometimes being anxious and worrying can help you generate a solution to the problem causing the anxiety, but most often, it simply causes negative thoughts

and feelings.

2. **True.** Adrenaline enters your bloodstream when you are in a competitive environment, or when you are being evaluated. This can bring the well-known "butterflies in your stomach" feeling and can make fine motor skills more difficult.

But it also increases arousal and attention, and can aid in high-level performance.

Only you can determine your own optimal level of stress for peak performance.

3. **True.** According to a National Health Interview survey, at least half of those people experience moderate or high levels of stress during that same two-week period.

4. **True.** These negative effects increase as stress levels increase. Stress also can contribute to the development of alcoholism, drug or cigarette addiction, obesity or eating disorders, and even depression and suicide.

5. **False.** There are many simple and quick ways to reduce stress in your everyday life. Always try to get enough sleep every night, and maintain a regular sleeping schedule.

Taking time to relax both your body and your mind will help you to remember that feelings of stress are within your control.

If you can be mindful of how stress manifests itself in your life, you can control the negative feelings that can impact your health.

6. **True.** Excessive stress can take on many forms, some physical and some emotional and mental.

Stress also manifests itself differently in different people, so it's important that you identify the unique signals of stress in your own life. You might not associate some of these symptoms with stress, especially physical symptoms like back pain or headaches, but it is just as important to keep track of these reactions to stress as well.

7. **False.** Occasional challenges are what keep life interesting, and are not unhealthy in any way.

Projects that are complicated or difficult — whether at home, in your personal life or at work or school — are a normal part of life and should be embraced.

The goal of stress relief is not to avoid stressful situations, but to learn to relax and respond to these circumstances with as healthy an outlook as possible.

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

(c) 2008 by King Features Syndicate

Public Notice

IN THE DISTRICT COURT OF THOMAS COUNTY, KANSAS

In the Matter of the Estate of LAWRENCE F. HORINEK, A/K/A LAWRENCE FRANK HORINEK, Deceased

Case No. #08-PR-27

NOTICE OF HEARING AND NOTICE TO CREDITORS

THE STATE OF KANSAS TO ALL PERSONS CONCERNED:

You are hereby notified that on June 5, 2008, a Petition was filed in this Court by Lawrence F. Horinek, Jr., an heir, devisee and legatee of Lawrence F. Horinek, praying the instrument attached thereto be admitted to probate and record as the Last Will and Testament of the decedent; and that Letters Testamentary under the Kansas Simplified Estates Act be issued to Lawrence F. Horinek, Jr., to serve without bond.

You are further advised under the provisions of the Kansas Simplified Estates Act the Court need not supervise administration of the Estate, and no notice of any action of the Executor or other proceedings in the administration will be given, except for notice of final settlement of decedent's estate.

You are further advised if written objections to simplified administration are filed with the Court, the Court may order that supervised administration ensue.

You are required to file your written defenses thereto on or before July 7, 2008, at 1:30 o'clock p.m. in the District Court, in 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 four months from the date of the first publication of this notice, as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

Lawrence F. Horinek, Jr.,
Petitioner

Bruce Flipse #10897
FLIPSE & FLIPSE
485 West Fourth
P. O. Box 606
Colby, Kansas 6770
1 (785) 460-3365
Attorney for Petitioner

(Published in the Colby Free Press June 11, 18, and 25, 2008)

TV LISTINGS

sponsored by the
COLBY FREE PRESS

WEEKDAYS JUNE 10 - JUNE 16

	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					The Martha Stewart Show	The View		Millionaire	News
KSNK/NBC (3) (8)	News Cont'd		Today						Live With Regis and Kelly		Today	
KBSL/CBS (12) (11)	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	Word-World	Sesame Street		Caillou	Barney-Friends
ESPN (28)	SportsCenter		SportsCenter		Sports-Center	Varied	SportsCenter		SportsCenter		Varied Programs	
USA (37)	JAG		JAG		Monk		Walker, Texas Ranger		Walker, Texas Ranger		Varied Programs	
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)	Chang-ing	Believer Voice	Hillbil-lies	Hillbil-lies	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	They Do It?	Cash Cab	Cash Cab	Deadliest Catch		How It's Made	How It's Made
A&E (47)	Third Watch		Crossing Jordan		Crossing Jordan		The Sopranos		American Justice		Cold Case Files	
HIST (48)	Varied Programs											
NICK (55)	OddPar-ents	OddPar-ents	Spon-geBob	Dora the Explorer	Backyar-digans	Go Diego	Wonder Pets	Dora the Explorer	Ni Hao, Kai-lan	Max & Ruby	Spon-geBob	Spon-geBob
DISN (56)	The Wiggles	Bunny-town	Ein-steins	Mickey Mouse	Handy Manny	Tigger & Pooh	Zack & Cody	Phineas and Ferb	Hannah Montana	Wizards-Place	Movie	
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	

WEEKDAYS JUNE 10 - JUNE 16

	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		Millionaire	Judge Judy	News	Judge Judy	News	ABC Wld News
KSNK/NBC (3) (8)	News		Days of our Lives		The Ellen DeGeneres Show		The Insider	Extra	Jeopardy!	Jeopardy!	News	NBC 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	Teletub-bies	Varied Programs		Lions		Cyber-chase	Arthur	WordGirl	Fetch! With	Cliff Pup	Busi-ness
ESPN (28)	SportsCenter		Varied Programs		NFL Live		Rome-Burning		Around the Horn	Interrup-tion	SportsCenter	
USA (37)	Movie	Varied Programs			Monk		Varied		Monk	Varied Programs		
TBS (38)	Home Improve.	Home Improve.	Just Shoot	Just Shoot	Yes, Dear	Yes, Dear	King of Queens	King of Queens	Seinfeld	Seinfeld	Friends	Ray-mond
WGN (39)	WGN News at Noon		Matlock		America's Funniest Home Videos		Cosby Show	Cosby Show	Sister, Sister	Sister, Sister	Funniest Pets	Funniest Pets
TNT (40)	Without a Trace		Law & Order		Law & Order		Charmed		Charmed		Law & Order	
DSC (42)	Mostly True: Urban Legends		A Haunting		A Haunting		Deadliest Catch		It Takes a Thief		Cash Cab	Cash Cab
A&E (47)	CSI: Miami		Crossing Jordan		Crossing Jordan		The Sopranos		American Justice		Cold Case Files	
HIST (48)	Modern Marvels		Varied Programs									
NICK (55)	Varied Programs				iCarly	iCarly	OddPar-ents	OddPar-ents	Spon-geBob	Spon-geBob		
DISN (56)	Movie Cont'd	Varied Programs			Zack & Cody	Zack & Cody	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

THURSDAY JUNE 12

	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 (N) (CC)	Entertainment	Jimmy Kimmel		NBA	NBA Basketball: Finals Game 4 - Boston Celtics at Los Angeles Lakers. From Staples Center.		Celtics at (Live) (CC)	News (N) (CC)	Nightline (N) (CC)	Jimmy Kimmel	
KSNK/NBC (3) (8)	News (N)	Wheel of Fortune	Name Is Earl		Last Comic Standing (N) (CC)		Fear Itself Spooked (N) (CC)		News (N) (CC)	The Tonight Show With Jay Leno (CC)	Late Night	
KBSL/CBS (12) (11)	News (N) (CC)	Inside Edition	Million Dollar Password (N) (CC)		CSI: Crime Scene Investigation		Swingtown Love Will Find a Way (CC)		News (N) (CC)	Late Show With David Letterman	Late Late	
K15CG (2)	The NewsHour With Jim Lehrer (N)	Kansas Spotlight	Sun-flower		The This Old House Hour (CC)		Globe Trekker England & Wales		BBC World	Keeping Up (CC)	Charlie Rose (N) (CC)	
ESPN (28)	(4:00) Golf: U.S. Open Championship -- First Round. From San Diego. (Live) (CC)						Baseball Tonight (Live) (CC)		SportsCenter (Live) (CC)			
USA (37)	Law Order: CI	Law & Order: SVU	Movie: Raiders of the Lost Ark	**** (1981) An archaeologist races Nazis to find a powerful relic. (CC)			Burn Notice Hard Bargain (CC)		Law & Order: SVU			
TBS (38)	Ray-mond	Ray-mond	Family Guy (CC)	Family Guy (CC)	Bill Engvall	My Boys (N)	Movie: Austin Powers in Goldmember **½ (2002, Comedy) Mike Myers. (CC)		Sex and the City	Sex and the City		
WGN (39)	America's Funniest Home Videos (CC)	Movie: Outside Providence **½ (1999, Comedy-Drama) Shawn Hatosy. (CC)			WGN News at Nine (N) (CC)		Scrubs (CC)	Scrubs (CC)	Corner Gas	Becker (CC)		
TNT (40)	Law & Order Amends (CC) (DVS)	Law & Order Hillman (CC) (DVS)	Movie: Secondhand Lions (2003) A teen hears fantastic tales from his great-uncles.		Lions (2003) A teen hears fantastic tales from his great-uncles.		Movie: Secondhand Lions (2003) A teen hears fantastic tales from his great-uncles.		Lions (2003) A teen hears fantastic tales from his great-uncles.			
DSC (42)	How It's Made	How It's Made	Human Body: Pushing the Limits		Human Body: Pushing the Limits		Human Body: Pushing the Limits		How It's Made	How It's Made	Human Body: Pushing the Limits	
A&E (47)	CSI: Miami	CSI: Miami	The First 48 (CC)		The First 48 Deep Sleep; Tag Team		Crime 360 Snatch and Grab (N) (CC)		The First 48 (CC)		The First 48 (CC)	
HIST (48)	Modern Marvels	Modern Marvels	Strange Weapons		Gangland From Girl to Gangster (N) (CC)		Tougher in Alaska Deadly Winter (CC)		Ax Men The Final Haul (CC)		Modern Marvels	Strange Weapons
NICK (55)	Drake & Josh	Zoey 101 (CC)	Spon-geBob	Drake & Josh	Home Improve.	Home Improve.	George Lopez	George Lopez	Fresh Prince	Fresh Prince	Home Improve.	Home Improve.
DISN (56)	Movie: Twitches Too (Mystery) Tia Mowry. (CC)		Phineas and Ferb		Hannah Montana	Zack & Cody	Wizards-Place	Life With Derek	Zack & Cody	Hannah Montana	That's-Raven	Phil of Future
FAM (58)	Ground-ed-Life	Ground-ed-Life	Movie: Serendipity (2001) Two destined lovers tempt fate and lose each other. (CC)		America's Funniest Home Videos (CC)		The 700 Club (CC)		Who's Line? Who's Line?		Who's Line? Who's Line?	
HALL (60)	Walker, Texas Ranger (Part 1 of 2)	Walker, Texas Ranger (Part 2 of 2)	Movie: You've Got a Friend (2007, Drama) John Schneider. (CC)				Murder, She Wrote Deadly Bidding (CC)		Murder, She Wrote Deadly Bidding (CC)		Murder, She Wrote Deadly Bidding (CC)	

FRIDAY JUNE 13

	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 (N) (CC)	Entertainment	America's Funniest Home Videos (CC)		Accord-ing-Jim	Accord-ing-Jim	20/20 (CC)		News (N) (CC)	Nightline (N) (CC)	Jimmy Kimmel Live (N) (CC)	
KSNK/NBC (3) (8)	News (N)	Wheel of Fortune	Outra-geous	Outra-geous	Dateline NBC (CC)				News (N) (CC)	The Tonight Show With Jay Leno (CC)	Late Night	
KBSL/CBS (12) (11)	News (N) (CC)	Inside Edition	Ghost Whisperer Cat's Claw (CC)		NUMB3RS Spree (Part 1 of 2) (CC)		NUMB3RS Two Daughters (CC)		News (N) (CC)	Late Show With David Letterman	Late Late	
K15CG (2)	The NewsHour With Jim Lehrer (N)	Wash. Week	Kansas Week		Market-Now on PBS (N)		Bill Moyers Journal (N) (CC)		BBC World	New Red Green	Charlie Rose (N) (CC)	
ESPN (28)	(4:00) Golf: U.S. Open Championship -- Second Round. From San Diego. (Live) (CC)						Baseball Tonight (Live) (CC)		SportsCenter (Live) (CC)		Baseball Tonight (N) (CC)	NFL Live (N) (CC)
USA (37)	(5:00) Movie: Raiders of the Lost Ark **** (1981, Adventure) Harrison Ford. (CC)		Movie: Indiana Jones and the Temple of Doom **** (1984, Adventure) Harrison Ford. (CC)				House Possible alien abduction. ****½ (1995) (CC)		Movie: The Bodyguard (1992)			
TBS (38)	Ray-mond	Ray-mond	Ray-mond	Ray-mond	Movie: RV ** (2006) A dysfunctional family goes on vacation. Robin Williams.		Sex and the City	Sex and the City	Movie: The Bodyguard (1992)			
WGN (39)	America's Funniest Home Videos (CC)	Movie: Autumn in New York **½ (2000, Romance) Richard Gere. (CC)			WGN News at Nine (N) (CC)		Scrubs (CC)	Scrubs (CC)	Chap-pelle's	Chap-pelle's		
TNT (40)	Law & Order Absentia (CC) (DVS)	Movie: True Lies *** (1994, Action) A man lives the double life of a spy and a family man. Arnold Schwarzenegger. (CC)			Man vs. Wild Desert Survivor		Man vs. Wild Castaway (CC)		Man vs. Wild Ecuador (CC)		Greensburg The Tornado (N)	
DSC (42)	How It's Made	How It's Made	Greensburg The Tornado (N)		CSI: Miami Whacked (CC)		CSI: Miami 10-7 (CC)		Criminal Minds		CSI: Miami Vengeance (CC)	
A&E (47)	CSI: Miami Spring Break (CC)		Modern Marvels		Modern Marvels		Battle 360 Jaws of the Enemy (CC)		Shockwave (N) (CC)		Ice Road Truckers Edge of the Earth	Modern Marvels Most Shocking (CC)
HIST (48)	Modern Marvels	Modern Marvels	Most Shocking (CC)				Shockwave (N) (CC)		Ice Road Truckers Edge of the Earth		Modern Marvels Most Shocking (CC)	
NICK (55)												