

SUDOKU

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Concepts Sudoku increases from Monday to Sunday.

Concepts Sudoku

By Dave Green

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

Difficulty Level ★

12/13

Answer to previous puzzle

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

Difficulty Level ★★★★★

Hints from Heloise...

CARDS TODAY, BOXES TOMORROW

Dear Heloise: I select the prettiest cards from USED GREETING CARDS to make gift tags and little gift boxes. Use regular scissors or scalloped-edge pink-ing shears to make the tags.

Also, I take the fronts of nice cards to make little gift boxes, perfect for gifts of earrings, rings, necklaces or other small presents.

The bottom flaps are glued, as well as the side tab. Make two holes on top with a paper punch, and a pretty ribbon ties the box shut. It takes three minutes to make a box. — Pat Arnold, Texarkana, Texas

SEND A GREAT HINT TO:

Heloise
P.O. Box 795000
San Antonio, TX 78279-5000
Fax: 1-210-HELOISE
E-mail:
Heloise(at)Heloise.com

NO RESIDUE

Dear Heloise: To solve a sticky problem, use a hair dryer on a warm setting to remove price tags from gifts or garage-sale items, etc., or from things you cannot wash to remove. The heat will soften the glue to make it easier to lift off without damaging a plastic bag or the item the tag is sticking on! — Juanita Pitts, via e-mail



By Heloise

FAST FACTS

Dear Readers: Old margarine tubs clogging your cupboards? Here are some ways to reuse them:

- Use to sort out nuts, bolts, screws and nails in the workshop.

- Store leftovers in them.
- Use to hold birdseed.
- They make good travel organizers for pet food and water.

— Heloise

FLOSS REGULARLY

Dear Heloise: As a student, I rarely have the time or energy to floss my teeth before going to bed. However, every six months at my routine appointment, my dentist reminds me of the benefits of flossing. Damage can occur from neglecting this important duty.

I thought of a trick to remind me to floss every day.

I keep the floss next to my computer. While waiting for my computer to boot up or for slow Web pages to load, I see the floss strategically placed on my desk, and it reminds me to use it. — Jessica in New York

CANDLE BAND

Dear Heloise: Candle safety hint: When I light a candle, I put a rubber band on my wrist. Then, when I blow out the candle, I remove the rubber band. If I get ready for bed and find the rubber band still on my wrist, I know I forgot to blow the candle out.

Hopefully, this will help others. — Beverly in Pennsylvania

Don't use a too tightfitting, thin rubber band around your wrist. This is a good way to remember a lot of things that need to be done. — Heloise

SOUND OFF

Dear Heloise: I don't understand why cars have to pass you on the interstate, just to lock up their brakes to get off at the very next exit. Why don't they get behind you, so neither vehicle has to slow down when one gets off? — Frank D., via e-mail

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Lost keys give thieves easy entrance into house

DEAR ABBY: About a month ago, my friend lost her keys in a major department store. Despite announcements in the store, the keys were never found. My friend wasn't worried because she had her wallet and personal information in her purse.

Two weeks later, her home was robbed. There was no sign of forced entry. What we learned from the police is that the little tags we carry on our key chains from major pharmacy and supermarket chains carry our names on the receipts. All the person who found the keys had to do was purchase something, swipe the card, and the receipt came up with my friend's name printed on it! Unfortunately, her name is listed in the phone book, so the thief was able to find her house, use her house key, walk right in and take whatever he/she wanted.

I no longer keep the tags on my key chain. I keep them in a separate place in my purse or in my pocket. I hope this keeps at least one person from being robbed. — KAREN IN METHUEN, MASS.

DEAR KAREN: So do I, and thank you for the warning. For those who prefer not to carry those little tags at all, many are linked with the shopper's telephone number in the pharmacy's or supermarket's computer. If you mention it before the cashier starts ringing up your purchase, the sale can be rung up as part of the saver's program. Inquire at the stores where you shop regularly.

DEAR ABBY: Five years ago, when my niece was 9, we came up with the idea of making Christmas cards and sending



Abigail Van Buren

them out to special friends and family members. We both work hard to make sure each is attractive and in good taste, and we handwrite a personal note inside. We also print on the back that the card was "handmade with love." This has become a tradition for the two of us, and the cards are quite beautiful.

Last year, after we sent them out, I received a card from a friend with a small check inside. The card read, "I'm sending you this check so you can afford to buy 'real cards' next year." I was, to say the least, hurt and offended. I wondered if others felt similarly, so I asked around and was shocked to learn they, too, thought I was "cheap."

Although it cost more money and time to create each card, no one appreciated them.

We won't be making the cards this year, but how do I tell my niece why? I don't want her feelings hurt, too. — BLUE AT CHRISTMAS

DEAR BLUE: Tell your niece what you were told —

and by whom — so she won't waste any more effort on these rude and unappreciative individuals. Better she hear it from you than one of the recipients.

As to the "friend" who sent the check, I hope you returned it and deleted her from your Christmas card list. What she did was uncalled for.

DEAR ABBY: I am 13 and I have a problem. My mother gave me \$20 so I could go Christmas shopping, but I forgot I was Christmas shopping and ended up buying everything for myself. Now what do I do, because she's really mad. — IN TROUBLE IN MICHIGAN

DEAR IN TROUBLE: Apologize to your mother, admit what happened wasn't a memory lapse as much as yielding to temptation, and start doing whatever you can to earn more money. Some suggestions: shoveling sidewalks and driveways and dog walking, if the neighbors will let you.

Dear Abby is written by Abigail Van Buren, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

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You'll never guess the biggest threat to your health...

By Dr. Carl Greggain
Clearwater, Florida:

If you've ever wondered why you've lost your abundant energy... why you're sick all the time ... and why you seem to live at the doctors' office... 9 times out of 10, it's because your digestive tract is clogged, polluted and failing you!

Our standard American diet is FULL of foods that are hard to digest. So these foods sit rotting inside you and turn toxic very fast. The undeniable signs are constipated, gas, bloating and diarrhea. And this is NOT a problem that any over-the-counter remedy will ever fix.

In fact, many autopsy doctors report that people today die with up to 10-20 pounds of rotting food blocking their colon! And they report that this is becoming the norm!

Are your intestines a ticking time bomb?

Keeping your 30 feet of intestines clear is the key to your very best health long life. It's also a time bomb if you ignore it! The fact is, the average person's digestive tract is a filthy, rotten, festering trash can that breeds bacteria germs, viruses, toxicity and infection ... a situation that only gets WORSE with age.

And if YOU let this get out of hand, you will be constantly sick and visiting the doctor's office or even the emergency room.

Here's how a toxic colon directly affects your everyday health:

- It greatly weakens your immune system
- It completely saps your energy and strength
- It ruins your concentration
- It makes you overweight
- It causes all manner of digestive nightmares
- It can completely block needed nutrients from your food from entering your body

Which then effects every bodily function from your vision to your skin tone to your hearing and much more. Your whole body begins to go downhill!

In short, a blocked, rotten, digestive tract can shut your body down, organ by organ, and cause you to age faster.

Are you in Danger?

The worst part is, most people don't even know what grave danger they're in!

There is only ONE way to fix this common problem ... **CLEANSE YOUR SYSTEM!** If you don't, mark my word as a doctor, you will suffer the effects. On the other



Dr. Carl Greggain
"If I had to warn against a single, preventable health problem that silently and dangerously effects far too many people, it's a toxic colon."

hand, if you maintain your gut as you would the rest of your body, you can feel your very best, far into old age!

The problem has been, up until recently, there were few safe, effective cleanse options. Many popular methods of colon cleansing included herbs and laxatives ... However, using these can create dependency, meaning you can't "go" without them. They also commonly lead to cramping and severe gastric discomfort.

There are also a variety

of nutrients and chemicals, but they cause water retention in the colon. So watch out! These tend to cause VERY sudden urges and discomfort!

Finally, after many years of seeking a safe, effective solution for this too common problem, and finding only so-so solutions, I discovered Puralean!

Puralean is regarded as the most effective digestive cleansing product on the market today!

The key to Puralean's effectiveness is its secret ingredient, Luralean, a powerful and rare 300 year old

Fiber from the Japanese konjac root. Luralean uses your body's own natural digestive process to gently and completely cleanse your system.

Luralean works by breaking apart in your stomach and temporally swelling to over 200 times its original size (which also makes it a powerful appetite suppressant!) And removes the unwanted buildup.

Luralean acts like a powerful magnet and binds quickly to toxins, bile, salts, cholesterol and fats, and eliminates all this

Intestinal crud before it blocks your colon and gets absorbed into your body.

This little pill can make ALL the difference in the world to your health and energy!

Puralean is the ONLY supplement in the world that can offer you powerful Luralean in a convenient capsule to improve health and fight off sickness and infection.

Proven to be the HIGHLY EFFECTIVE in numerous clinical trials...

Over 20 successful clinical trials were performed to demonstrate the amazing effectiveness of Luralean. In addition, Luralean was reviewed by top industry experts and was a Nutra Award finalist, the highest award of any examined supplement.

Here's what people are saying:

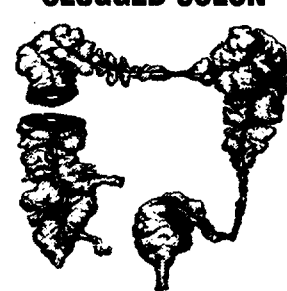
"This is kind of gross, but after using Puralean, I saw the years of colon buildup come out in the toilet. I was both disgusted and relieved at the same time." — Traci W.

Call now toll free for health-restoring Puralean!

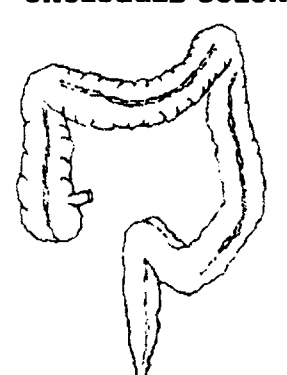
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