UNIVERSAL Sudoku Puzzle

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

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

11/12

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DIFFICULTY RATING: ★★★★★★

DEAR ABBY

Teen punished with pushups avoids all forms of exercise

JEANNE PHILLIPS
Advice

Dear Abby: I'm 19, and for the past year I have been out of my parents' house (at last!). I'm realizing now that the years I spent with Mom and Dad were different than other people's. My parents weren't physically abusive, but they were mentally and emotionally abusive, and it has scarred me in some ways. Because I was never allowed to speak my mind, I shut down if anybody raises his or her voice to me.

When I was growing up, they used exercise as a punishment. If my brothers or I were late, it was 10 pushups. They also forced us to go through exercise programs. Naturally, as soon as I was free from them, I stopped exercising altogether.

I now realize I need to exercise again as I am technically obese, and I need to lose the weight while I'm still young. My problem is, I'm not motivated. I tell myself I'll go out and run, signed up for a gym — even got a running buddy. But I find myself making excuses and tricking myself out of going. What are some ways I can help myself mentally so I can get going on this ever-growing problem? — **Chubby In California**

Dear Chubby: Your parents may have meant well when they insisted that you and your siblings get involved in exercise programs, but they were wrong to use exercise as a punishment.

While I can see why you now view exercise that way, its benefits are more far-reaching than weight loss. Being physically active benefits your heart and brain, and in addition, can be an effective stress reducer. It doesn't necessarily have to be running. Perhaps tennis, bowling or dancing would be more enjoyable for you.

"Tricking" yourself can work two ways, but while I don't advise tricking yourself to make yourself get off the couch, I think the adage "the way to get out of a jam is not to get into one in the first place" applies here. Some suggestions:

When you get out of bed in the morning, have your exercise clothes already laid out. Instead of reading or listening to the news, put them on IMMEDIATELY. Then eat some protein to boost your energy, and go out and do what you need to do.

Don't expect to run a marathon immediately. Start slowly and remember that stamina isn't built overnight. Eventually, you will establish a routine — like brushing your teeth.

I won't lie to you. It takes discipline. But now that you have "escaped" from your parents, YOU have to be your OWN parent, so it's up to you not to let yourself be lazy.

P.S. When you're on your way out the door, thank your higher power that you are able to do exercise because many people are not so fortunate. And if you catch yourself slacking off after trying what I have suggested, then consider consulting a licensed mental health professional to overcome your aversion to exercise.

THIS DAY IN HISTORY

Today is the 317th day of 2016. There are 49 days left in the year.

Today's Highlight in History:

On Nov. 12, 1936, the San Francisco-Oakland Bay Bridge opened as President Franklin D. Roosevelt pressed a telegraph key in Washington, D.C., giving the green light to traffic.

On this date:

In 1787, severe flooding struck Dublin, Ireland, as the River Liffey rose.

In 1866, Chinese revolutionary Sun Yat-sen, the first provisional president of the Republic of China, was born.

In 1927, Josef Stalin became the undisputed ruler of the Soviet Union as Leon Trotsky was expelled from the Communist Party.

In 1942, the World War II naval Battle of Guadalcanal began. (The Allies ended up winning a major victory over Japanese forces.)

In 1946, the Walt Disney movie "Song of the South," controversial for its treatment of the film's black characters, had its world premiere in Atlanta.

In 1948, former Japanese premier Hideki Tojo and several other World War II Japanese leaders were sentenced to death by a war crimes tribunal.

In 1969, news of the My Lai Massacre in South Vietnam in March 1968 was broken by investigative reporter Seymour Hersh.

In 1977, the city of New Orleans elected its first black mayor, Ernest "Dutch" Morial, the winner of a runoff.

In 1984, space shuttle astronauts Dale Gardner and Joe Allen snared a wandering satellite in history's first space salvage; the Palapa B2 satellite was secured in Discovery's cargo bay for return to Earth.

In 1985, Xavier Suarez was elected Miami's first Cuban-American mayor.

In 1996, a Saudi Boeing 747 jetliner collided shortly after takeoff from New Delhi, India, with a Kazak Ilyushin-76 cargo plane, killing 349 people.

In 2001, American Airlines Flight 587, an Airbus A300 headed to the Dominican Republic, crashed after takeoff from New York's John F. Kennedy International Airport, killing all 260 people on board and five people on the ground.

Today's Birthdays: Rhythm-and-blues singer Jimmy Hayes (Persuasions) is 73. Singer Brian Hyland is 73. Actor-playwright Wallace Shawn is 73. Rock musician Booker T. Jones (Booker T. & the MGs) is 72. Sportscaster Al Michaels is 72. Singer-songwriter Neil Young is 71. Rock musician Donald "Buck Dharma" Roeser (Blue Oyster Cult) is 69. Sen. Jack Reed, D-R.I., is 67. Country/gospel singer Barbara Fairchild is 66. Actress Megan Mullally is 58. Actor Vincent Irizarry is 57. Olympic gold medal gymnast Nadia Comaneci is 55. Actor Sam Lloyd is 53. Rock musician David Ellefson is 52. Retired MLB All-Star Sammy Sosa is 48. Figure skater Tonya Harding is 46. Actress Rebecca Wisocky is 45. Actress Radha Mitchell is 43. Actress Lourdes Benedicto is 42. Actress Tamala Jones is 42. Actress Angela Watson is 42. Singer Tevin Campbell is 40. Actress Ashley Williams is 38. Actress Cote de Pablo is 37. Actor Ryan Gosling is 36. Contemporary Christian musician Chris Huffman is 36. Actress Anne Hathaway is 34. Pop singer Omarion is 32. Folk-rock musician Griffin Goldsmith (Dawes) is 26. Actress Macey Cruthird is 24.

Thought for Today: "You can't be a full participant in our democracy if you don't know our history." — *David McCullough, American historian.*

ODDS & ENDS

Aussie police search of woman yields a baby koala

SYDNEY (AP) — Australian police have made an unusual find while searching the bag of a woman who was being arrested: a baby koala.

Police in Brisbane said that when they asked the 50-year-old woman if she had anything to declare Sunday night, she handed over a zipped canvas bag that she said contained a baby koala.

The woman, who was arrested on "outstanding matters," said she found the male koala on Saturday night and had been caring for it since.

The woman was taken to a police station, while the koala — believed to be about 6 months old — was taken to a wildlife hospital in good health, though slightly dehydrated.

The baby koala weighs about 1.5 kilograms (3 pounds) and has been named Alfred.

"He's been on fluids but is doing well and will shortly be going out to a carer," RSPCA spokesman Michael Beatty said.

SOLUTION:

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

11/12

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ALIVE & WELL
541-567-0272
2150 N. First St., Hermiston
November
13th - 18th
$1.00 OFF
• Chocolate Monkey Smoothie
• Kombucha on Tap
25%-50% OFF
Christmas Gifts & Decor
20% OFF
• Simply Noelle Clothing & Accessories
• Gifts, Home decor, Jewelry & Toys
• All Books & Bibles

Monday Morning — November 14, 2016

	STATION		6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
FOX	(11)KFFX	11	AgDay	Hot/ Cleve.	Good Day Spokane				Paid	Ocean M.	Steve Harvey		Crime Watch Daily	
FOX	KPTV	3	Good Day Oregon at 6		Good Day Oregon				Good Day		The 700 Club		Rachael Ray (N)	
CBS	(19)KEPR	2	News	News	CBS This Morning (N)				Harry (N)		The Price Is Right		Young & Restless	
CBS	KOIN	19	KOIN 6 News at 6 a.m.		CBS This Morning (N)				Let's Make a Deal		The Price Is Right		Young & Restless	
NBC	(25)KNDU	6	Wake Up Northwest		Today Show Anna Kendrick, Andy Cohen				Today Show II (N)		Today Show III (N)		Million?	Million?
NBC	KGW	8	KGW News at Sunrise		Today Show Anna Kendrick, Andy Cohen				Today Show II (N)		Today Show III (N)		Portland Today	
ABC	(42)KVEW	4	Northwest	Northwest	Good Morning America (N)				Live! With Kelly (N)		The View		Paid	Middle
ABC	KATU	5	KATU News Morning		Good Morning America (N)				AM Northwest		The View		Live! With Kelly (N)	
PBS	(31)KTNW		Stretch	W.L.Yoga	Wild Kratts	Jet Go!	Nature Cat	C.George	D.Tiger	D.Tiger	Sesame St.	Peg + Cat	DinoTrain	Sit and Fit
PBS	(59)OPB	13	Stretch	Jet Go!	Nature Cat	C.George	D.Tiger	D.Tiger	Sesame St.	Peg + Cat	DinoTrain	DinoTrain	SuperW!	Thomas

AFTERNOON

	STATION		12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
FOX	(11)KFFX	11	Paid	Pat. Court	Divorce	Divorce	Judge Mathis		The People's Court		2½Men	Mike&M.	Last Man	Last Man
FOX	KPTV	3	12 O'Clock News		Wendy Williams		The Dr. Oz Show (N)		TMZ Live!		Judge Judy	Judge Judy	5 O'Clock News	
CBS	(19)KEPR	2	NameG.	Bold & B.	The Talk (N)		Let's Make a Deal		Dr. Phil (N)		Judge Judy	Judge Judy	News	News
CBS	KOIN	19	News	Bold & B.	The Talk (N)		The Doctors (N)		Dr. Phil (N)		KOIN 6 News at 4 p.m.		News	News
NBC	(25)KNDU	6	TMZ	Paid	Days of Our Lives		Hot Bench	Hot Bench	Wendy Williams		Ellen DeGeneres (N)		News	NBC News
NBC	KGW	8	KGW New	Paid	Days of Our Lives		T.D. Jakes (N)		Ellen DeGeneres (N)		KGW News		KGW News	NBC News
ABC	(42)KVEW	4	The Chew (N)		General Hospital		The Doctors (N)		Rachael Ray (N)		Minute	Minute	News	News
ABC	KATU	5	The Chew (N)		General Hospital		Harry (N)		Afternoon Live		KATU News @ 4		News	News
PBS	(31)KTNW		Charlie Rose		Paint	Sewing (N)	Stretch	Thomas	Arthur	Nature Cat	Jet Go!	Odd Squad	Wild Kratts	Business
PBS	(59)OPB	13	School Art	Feast	Charlie Rose		Nature Cat	Bob Build	Cat/ Hat	Jet Go!	Speaks	WordGirl	Odd Squad	Wild Kratts

EVENING

	STATION		6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
FOX	(11) KFFX	11	Modern Family "Virgin Territory"	Modern Family "Leap Day"	2 Broke G. "And the Rich People Problems"	2 Broke G. "And the Cupcake Captives"	Gotham Gordon and Bullock become suspicious of Barnes. (N)		Lucifer "Trip to Stabby Town" Lucifer searches for Azrael's blade to stop the carnage. (N)		FOX News First at Ten	:35 Law:CI When a journalist realizes he has been poisoned, he rushes to his old friend Det. Logan.		:35 Anger Manage-ment
FOX	KPTV	3	6 O'Clock News		Family Feud	Family Feud	Gotham "The Executioner" (N)		Lucifer "Trip to Stabby Town" (N)		10 O'Clock News		11 O'Clock News	2 Broke Girls
CBS	(19) KEPR	2	Action News at 6 p.m.	Inside Edition	The Big Bang Theory	TheSimp-sons "Gal of Constant Sorrow"	Kevin Can Wait (N)	Man Plan "Un-Dressed" (N)	2 Broke Girls "And the Sophie Doll" (N)	Couple "Miss England" (N)	Scorpion While the team is in Ireland, Walter discovers that a lake has created a poisonous cloud.		Action News at 11:00 p.m.	:35 Stephen Colbert
CBS	KOIN	19	KOIN 6 News at 6	Evening News	Extra	Ent. Tonight	Kevin Can Wait (N)	Man With a Plan (N)	2 Broke Girls (N)	The Odd Couple (N)	Scorpion "Sly and the Family Stone" (N)		KOIN 6 News/ 11	:35 S. Colbert
NBC	(25) KNDU	6	Local News	Family Feud	Wheel of Fortune	Jeopardy!	The Voice "Live Top 12 Performances" The top 12 artists perform in front of the coaches. (N)				Timeless The mystery behind the greatest political scandal of the 20th century is finally solved.		Local News	:35 Tonight Billy Bob Thornton
NBC	KGW	8	KGW News at 6:00 p.m.		Live at Seven	Inside Edition	The Voice "Live Top 12 Performances" The top 12 artists perform in front of the coaches. (N)				Timeless "The Watergate Tape" (N)		KGW News at 11	:35 Tonight (N)
ABC	(42) KVEW	4	Extra	Local News at 6:30	Entertainm ent Tonight	The Insider	Dancing With the Stars (N)				Conviction When racial tensions explode, the CIU finds itself embroiled in a provocative case.		News /:05 Kimmel This distinctive late-night talk show features celebrity guests, bands & comedy.	
ABC	KATU	5	KATU News at 6		Jeopardy!	Wheel of Fortune	Dancing With the Stars (N)				Conviction "#StayWoke" (N)		KATU News	:35 Jimmy Kimmel
PBS	(31) KTNW		PBS NewsHour		BBC World News	XConne-ctNW	Antiques Rd. "Junk in the Trunk 6" (N)		Antiques Rd. "New York City (Hour Two)"		Soundbreaking "The Recording Artist" (N)		Charlie Rose (N)	
PBS	(59) OPB	13	This Old House	Business (N)	PBS NewsHour		Antiques Rd. "Junk in the Trunk 6" (N)		An Oregon Experience "Vanport"		Soundbreaking "The Recording Artist"		SpeakEasy "Frankie Valli and Paul Shaffer"	

	STATION	PEN	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
CABLE	A&E	52	First 48 "Last Words/ Nowhere to Hide"		The First 48 "Trust No One/ Risky Business"		The First 48: Shocking Shootouts "Last Shift"		The First 48: Extreme Kills (N)		The First 48 "Last Birthday" (N)		:05 Live PD: Rap Sheet	
CABLE	AMC	60	Into the Storm A group of storm chasers documents an unparalleled series of devastating tornadoes.				★★ Armageddon (1998, Adventure) Liv Tyler, Ben Affleck, Bruce Willis. A drill rigger and his crew embark on a mission to blow up an asteroid heading for Earth.							Gridiron Gang
CABLE	ANPL	24	Animal Attacks		Killer Hornet Invasion		Extinct Alive Tiger		Chernobyl (N)		River Monsters		River Monsters	
CABLE	CMT	43	★★ Charlie's Angels ('00, Act) Drew Barrymore.					★★ Charlie's Angels ('00, Act) Drew Barrymore.					Roseanne	Roseanne
CABLE	CNBC	72	Shark Tank		Shark Tank		Shark Tank		The Profit		The Profit		Paid	Paid
CABLE	CNN	68	Anderson Cooper 360		CNN Tonight		CNN Tonight		Anderson Cooper 360		Anderson Cooper 360		CNN Tonight	
CABLE	DISC	51	Street Outlaws		Street Outlaws		Street Outlaws (N)		Outlaws "OH-HI-NO"		:15 Bitchin' Rides (N)		:15 Street Outlaws	
CABLE	DISN	26	MECH-X4		Mickey /:05 Teen Beach Movie 2 Ross Lynch.				Cali Style	Underc.	The Lodge	Bizaard.	Walk	Underc.
CABLE	ESPN	33	NFL Football Cincinnati Bengals at New York Giants Site: MetLife Stadium (L)				:20 SprtC A review of the day's scores, highlights, & feature stories from major sporting events.				NFL PrimeTime		SportsCenter	
CABLE	ESPN2	34	NCAA Basketball (L)		NCAA Basketball Princeton at BYU (L)				NCAA Basketball SD St./Gonz. (L)				NCAA Basketball (L)	
CABLE	FNC	66	The Kelly File		Hannity		The O'Reilly Factor		The Kelly File		Hannity		On the Record	
CABLE	FOOD	61	Cake Wars: Christmas		Cake Wars: Christmas		Chopped (N)		Cake Wars (N)		Chopped		Chopped	
CABLE	FREE	32	Middle	★★★ Shrek Forever After Mike Myers.				★★ Night at the Museum: Battle of the Smithsonian					The 700 Club	
CABLE	FX	65	Cloudy With a Chance of Meatballs 2				★★ Despicable Me 2 ('13, Ani) Steve Carell.				★★ Despicable Me 2 ('13, Ani) Steve Carell.			
CABLE	GOLF	88	The Legend of Bagger Vance			★★ The Legend of Bagger Vance Will Smith.					Golf Central		The Golf Fix	
CABLE	GSN	76	Fam. Feud	Fam. Feud	The Chase		Fam. Feud	Fam. Feud	Idiotest	Idiotest	MindMan	MindMan	Baggage	Baggage
CABLE	HALL	87	Ice Sculpture Christmas Tonya Albers.				A Bride for Christmas Andrew W. Walker.				Best Christmas Party Ever Torrey DeVitto.			
CABLE	HGTV	62	House	House	House	House	T.Luxury	T.Luxury	T.Luxury	T.Luxury	H.Hunt (N)	House (N)	H.Hunt	House
CABLE	HIST	50	American Pickers "Everything Must Go"		American Pickers "Full Speedo Ahead"		American Pickers "High Energy Crisis"		American Pickers "Going Down?" (N)		:05 Pawn Stars (N)	:35 Pawn Stars (N)	:05 Hunt Hitler "Inside the Investigation"	
CABLE	LIFE	29	★★ The Nanny Diaries ('07, Com)				★★ Date Night ('10, Com) Tina Fey.				★★ 13 Going on 30 Jennifer Garner.			
CABLE	NICK	27	Henry Danger		Paradise	Thunder	Thunder	Crashlet	Full House	Full House	Full House	Full House	Friends	Friends
CABLE	ROOT	37	NCAA Basketball Houston Baptist University vs. New Mexico (L)				NCAA Football USC at Washington Site: Husky Stadium -- Seattle, Wash.						NCAA Basketball L.ville/W & M	
CABLE	SPIKE	42	Beyond Scared Straight		Cops	Cops	Cops "In Atlanta"	Cops	Cops	Cops	Cops "Not My Crack"	Cops	Cops	Cops
CABLE	SYFY	67	Movie	★★ Insidious: Chapter 2 ('13, Hor) Patrick Wilson.					★★ Jeepers Creepers 2 ('03, Hor) Ray Wise.				You're Next	
CABLE	TBS	59	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	American Dad	People of Earth (N)	Family Guy	Family Guy	Full Frontal (N)	Conan Lin-Manuel Miranda, John Early	
CABLE	TCM	56	★★★★ The Sorrow and the Pity (1971, Documentary) An exploration of the average French citizen's memories and views of the Nazi occupation.							Night and Fog	:15 ★★★ Nanook of the North (1922, Documentary)			:45 Grass
CABLE	TLC	49	Yes Dress	Yes Dress	OutDaughtered		OutDaughtered		OutDaughtered		OutDaughtered		OutDaughtered	
CABLE	TNT	57	★★★ The Help ('11, Dra) Viola Davis, Octavia Spencer, Emma Stone.						Good Behavior		:05 ★★★ The Help ('11, Dra) Emma Stone.			
CABLE	UNI	21	Incluido	Noticiero	La rosa de Guadalupe		Despertar contigo		Vino el amor		El color de la pasion		Impacto	Noticie.
CABLE	USA	58	Modern	Modern	Modern	Modern	WWE Monday Night Raw						:05 Zombieland	
CABLE	WE	118	CSI "Blood Brothers"		CSI "Dead Zone"		CSI: Miami		CSI "Spring Break"		CSI "Tinder Box"		CSI: Miami	
CABLE	WGN		Interest "The Crossing"		Person of Interest		P. Interest "Lethe"		Salem		:05 Parks	Parks/Rec	Parks/Rec	Parks/Rec
PREMIUM	STZ ENC	644	★★★ The Jackal		:15 ★★ Risky Business Tom Cruise.				★★ Undercover Brother			★★ The Golden Child		
PREMIUM	HBO	518	★★★ Batman Returns			Vice News	Underfire (N)		:15 ★★★ Batman ('89, Act) Michael Keaton.					Westworld
PREMIUM	HBO2	520	Movie	:25 ★★ Bad Santa			Westworld (N)		Divorce (N)	Insecure	★★★ Trainwreck ('15, Com) Amy Schumer.			
PREMIUM	HBO3	521	:15 Westworld		:10 ★★★ Joshua ('07, Hor) Sam Rockwell.				★ The Forest Natalie Dormer.			Movie	Bill Maher	
PREMIUM	MAX	549	:05 ★★ Le Divorce ('03, Rom) Kate Hudson.				:05 ★★ 27 Dresses Katherine Heigl.				★★★ Knocked Up ('07, Com) Seth Rogen.			
PREMIUM	SHOW	578	Spymast.	The Circus	Masters of Sex		Shameless		Masters of Sex		Shameless		Masters of Sex	
PREMIUM	STARZ	621	:10 ★★★ The Edge Sir Anthony Hopkins.				:10 Blunt	:40 Ash/Evil	:15 The Perfect Guy ('15, Thril) Sanaa Lathan.				Ash/Evil	Blunt Talk

NIGHT OWL

	STATION		12 AM	12:30	1 AM	1:30	2 AM	2:30	3 AM	3:30	4 AM	4:30	5 AM	5:30
FOX	(11)KFFX	11	:05 Friends	:35 Hot In	:05 CR TV Featuring a selection of products and services.								CR TV	
FOX	KPTV	3	2 Broke G.	TMZ	Dish	Queens	Raising	Celeb	Paid	Paid	Minute	News	Good Day Oregon at 5	
CBS	(19)KEPR	2	S. Colbert	:35 James Corden		:35 Paid	:05 CBS Overnight News					News	News	News
CBS	KOIN	19	S. Colbert	:35 James Corden		:35 Insider	:05 CBS Overnight News				News	News	KOIN 6 News at 5 a.m.	
NBC	(25)KNDU	6	Tonight (N)	:35 Seth Meyers (N)		:35 C. Daly	:05 Today Show		Mad Money		News	Wake Up Northwest		
NBC	KGW	8	Tonight (N)	:35 Seth Meyers (N)		:35 C. Daly	:05 Steve Harvey		Mad Money		News	KGW News	KGW News at Sunrise	
ABC	(42)KVEW	4	:05 Nightl.	:35 Paid	:05 ABC World News Now							News	Northwest	Northwest
ABC	KATU	5	J. Kimmel	:35 Nightl.	:05 Paid	:35 Paid	:05 ABC World News Now				News	News	KATU News Morning	
PBS	(31)KTNW		Newsline	Paint	Antiques Roadshow		Soundbreaking		Masterpiece Classic		Masterpiece "Poldark"		Masterpiece Classic	
PBS	(59)OPB	13	PBS NewsHour		Masterpiece Classic		Masterpiece "Poldark"		Masterpiece Classic		The Guilty		Business	BBC News