

Muscle Stretches by Stella Zawistowski

Universal Crossword edited by David Steinberg

Grid for Muscle Stretches crossword puzzle with numbered squares.

- ACROSS: 1 Prima donna, 5 'Gesundheit!', 10 Music player that had a Nano model... DOWN: 1 Runs out of power, 2 One-named model who founded a cosmetics brand...

HOROSCOPES BY HOLIDAY MATHIS

SUNDAY, MARCH 28, 2021 Moon of Artful Living



The full moon in the sign of the scales reminds us that all things hang in a balance with other things, and every move we make affects the rest of the picture.

LIBRA (Sept. 23-Oct. 23). All subtlety is lost on the day. So, don't even bother with dropping hints or gently reeling someone in.

ARIES (March 21-April 19). You're not trying to outdo anyone, though as you strive to deliver your best, it can't be helped.

SCORPIO (Oct. 24-Nov. 21). Maybe you didn't count on adding people to your life today, but some moments of connection so naturally roll into more of the same that, before you know it, you've made a friend.

TAURUS (April 20-May 20). Analysis can only bring you to a point of decision; it cannot decide for you.

SAGITTARIUS (Nov. 22-Dec. 21). Your words are soft; their delivery is clear, firm and concise. This is the communication of a power player, which you will embody today with the very effective influence of quiet persistence.

GEMINI (May 21-June 21). The subtle and wonderful aspects of a relationship can be felt but not kept.

CAPRICORN (Dec. 22-Jan. 19). The good thing about the sort of vague and contradictory input you'll receive today is that it frees you to make your own assertions.

CANCER (June 22-July 22). You don't need a reason why today because the reason "why not?" is such a heavy hitter.

AQUARIUS (Jan. 20-Feb. 18). Those who come to you for consolation will receive your compassion, though not your sympathy, as you encourage strength and motivate the next action.

LEO (July 23-Aug. 22). You'll be reminded of how you can change the world right from where you are.

PISCES (Feb. 19-March 20). You cannot get back the time and energy you put into things. Today, your eyes scan this scene with keen urgency, looking to land on what's not only interesting but also worthy of your contemplation.

VIRGO (Aug. 23-Sept. 22). You'll work harder, not because you're afraid someone will overtake you but because it feels wonderful to push yourself to the limits of your ability.

TODAY'S BIRTHDAY (March 28). A tone can be lovely on its own, but it is only a melody when you line it up with other notes, and only harmonious in relation to other tones.

Universal SUDOKU

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

Sudoku grid with some numbers pre-filled.

DIFFICULTY RATING: ★★★★★★

Sudoku solutions grid.

SOLUTIONS

Grid showing the solutions for the Sudoku puzzle.

Changes of Strategy by Debbie Ellerin

Universal Crossword edited by David Steinberg

Grid for Changes of Strategy crossword puzzle with numbered squares.

- ACROSS: 1 Scout's award, 6 Nimble, 11 "But is it \_\_\_?", 14 Filled with farmland... DOWN: 1 Feature of a fedora, 2 Not manual, informally, 3 Given to theatrics...

HOROSCOPES BY HOLIDAY MATHIS

MONDAY, MARCH 29, 2021 Planetary Prism



Mercury, the planet of communication, draws a technicolor connection to Neptune, the planet of dreams, mixing up the alchemy of magic moments and visions with much further-reaching effects.

indefinable something, and though you may be asked to explain your search, doing so would be a waste of time.

ARIES (March 21-April 19). Seek new challenges, as the problems that interest you are gratifying work, whereas if you wait to see what problems life brings, it's much less empowering.

SCORPIO (Oct. 24-Nov. 21). You'll specialize in embracing complexity, making sense of it for yourself and then explaining the more involved matters in a way that makes it accessible to others.

TAURUS (April 20-May 20). Your brain isn't the only thinker in your body. And today, the wisdom worth heeding can't be cognitively conjured.

SAGITTARIUS (Nov. 22-Dec. 21). Wordlessly and without realizing it, you make promises. Yes, there are expectations they mentally create, somewhat but not entirely out of your control.

GEMINI (May 21-June 21). The day lacks order, something to embrace. Outsized egos, big wills, blundering innocents and colorful agents of chaos - these are all luxuries, believe it or not.

CAPRICORN (Dec. 22-Jan. 19). Performances don't fail on the stage. They fail in the audience's head. As you aim to influence, focus beyond your act and into the minds of others.

CANCER (June 22-July 22). You're often an open book, but right now, you'll benefit from a thicker veil of privacy.

AQUARIUS (Jan. 20-Feb. 18). Emotions seep into the air, and everyone around breathes them in. People will feel your sadness, your joy... some will catch the contagion, which is why maintaining a balmy inner climate seems like a responsibility.

LEO (July 23-Aug. 22). To hear yes is nice, though "no" is a tremendous blessing. Sure, "no" isn't what you wanted two seconds ago when you asked the question.

PISCES (Feb. 19-March 20). You'll be dealing with people who don't really know what they want, and even the ones who think they do may not be happy when they get that.

VIRGO (Aug. 23-Sept. 22). One of the many reasons you're a good leader is that you don't require people to respect them how they are and hope for the best.

TODAY'S BIRTHDAY (March 29). You don't need the trophy, but you'll get it anyway. You'll often be running things, bringing people together and facilitating projects that couldn't fly without what you do.

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DIFFICULTY RATING: ★☆☆☆☆

Sudoku solutions grid.

SOLUTIONS

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