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2022

VOL. 2
NO. 4

BOUNCE BACK PHILLY CREATIVE CORNER

For Philadelphians, by Philadelphians

A monthly newsletter provided by the Bounce Back Philly Program
at the Philadelphia Department of Public Health

Spring is here! As you continue to safely separate at home, flip through these pages of the Creative Corner to find some inspiration. Try cooking up a poached cod by checking out the recipe on pages 14-15. Also included in this issue is the *new* Kids Corner! Check out pages 17-21 to find four different activities that are kid-friendly. There are many fun activities included in this issue that you can do while safely separating at home.

If you see this stamp on any of the pages, kids can participate in these activities too! --->



Let's get started!

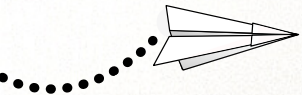


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april events

virtual events



Independence National Historical Park Virtual Tours

Get an inside look at Independence Hall from home with this narrated video tour presented by the National Park Service. Along the tour, check out the rooms where both the Declaration of Independence and the U.S. Constitution were signed, the long gallery where British troops held American prisoners during the Revolutionary War, and more!

bit.ly/virtualtoursapril

MURANO - Venice: GLASS FACTORY Live Virtual Tour

April 11, 2022

FREE

Online sign up: bit.ly/muranoapril

Simple 18 Minute Meditation for Beginners (anytime, anywhere access)

\$6

bit.ly/meditationapril-cc



in-person events*

Bakery Holiday Menu at Linville Orchards*

March 15, 2022 - April 13, 2022

You can order everything you need for your Easter celebration online for pick up between April 14th through April 16th.

linvilla.com/shop/holiday-menu

*Note

We highly encourage participation in the virtual events while you are safely separating and joining the in-person events when you are feeling better and can be outside.

april events.



Experience Philly Theatre Week*

April 1, 2022 - April 10, 2022

This 10-day regional theatrical festival features live performances, panel discussions, theater-related films, virtual events and interactive theater events. The best part? All of the performances are either free or cost just \$15-\$30. Bravo!

Tickets are on sale now: bit.ly/phillytheatreapril

African American History & Culture Showcase at the Pennsylvania Convention Center*

April 23, 2022 - April 24, 2022

This annual event, spanning two full days at the Pennsylvania Convention Center, commemorates the important role African Americans have played throughout American history. What to expect: private exhibits never before seen in museums, documentary films, historical reenactments, panel discussions, lectures, workshops, poetry readings, theatrical performances and historical concerts.

For more information visit: africanamericanhistoryshowcase.org/home.html

Philly Tech Week*

May 6, 2022 - May 14, 2022

Back in person after a virtual festival last year, Philly Tech Week celebrates all-things technology and innovation within the Greater Philadelphia region. On the docket: networking events, coding and gaming sessions, and, of course, parties.

Visit the Philly Tech Week website for more information: 2020.phillytechweek.com/

South Street Spring Festival and Manifest*

May 7, 2022

South Street's grandest block party ushers in the height of springtime when revelers take part in alfresco family fun, food and music, spanning Headhouse Square and along South Street. The event typically includes a giant Maypole, a few dozen musical performances, eating contests, a kids' zone, vendors and Maifest, Brauhaus Schmitz's German-beer-and-dancing extravaganza.



***Note**

We highly encourage participation in the virtual events while you are safely separating and joining the in-person events when you are feeling better and can be outside.

Grow Your Own Indoor Herb Garden

Written by: Starlin Paulino



Oregano

This herb is a must! With its unique smell and diverse use in the kitchen, it's a favorite herb for many. Oregano is an easy herb to grow indoors because it requires little care. When growing oregano, make sure it is in a sunny spot of the house; oregano loves the sun! The soil must be rich in nutrients and the container must have good drainage. Having good drainage will prevent the soil from being too moist and allow the water to easily get out of the container every time it is watered. To harvest oregano, cut them with scissors or simply pinch them off with your hands. Add oregano to a dish fresh from the stem, or after it is dried.

Mint

Mint is one of the most refreshing herbs grown in an indoor garden. Mint can be used in the kitchen for many types of dishes, from the famous refreshing mojito, to tacos, to salads. Mint is a herb that can survive in almost all conditions. For an indoor garden, place mint near a sunny window and water it once the first top two inches of the soil is dry. Make sure to use a rich mix of potting soil and a container with good drainage. Mint loves to grow, so expect to repot some new plants from the container!

HERBS

Basil

Basil must be included in an indoor garden! It is great to add to pizza, salads, or salsas. Like oregano, basil loves the sun. Make sure to place basil next to a window where it can get at least 6 hours of sunlight. The more sunlight basil receives, the happier it will be. Basil needs to be well-drained and use nutrient-rich soil. It is also important to keep in mind that basil likes to be watered without the soil getting soggy. Too much or too little water can stress the herb. Lastly, the bigger the pot or container, the bigger your plant will grow!



What do you think? Are you ready to create your own indoor herb garden? When you are finished, submit a photo of your garden online at bit.ly/bbp-cc-forms for a chance to be featured in the next Creative Corner Newsletter!

Spring Limerick

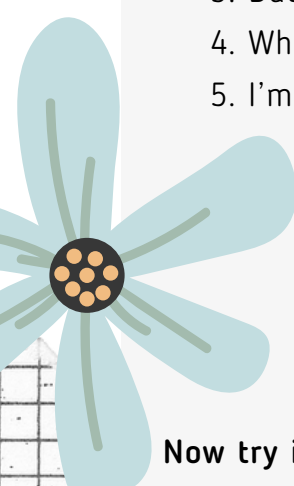
DIRECTIONS: Celebrate the new season by writing a limerick. A limerick is a silly poem made of five lines. These poems follow a rhyming scheme where the first, second, and fifth lines must rhyme. They are also silly and do not have to make sense. A light and silly limerick is a perfect match for the fresh spring season.

Example

1. In spring we have a picnic of bread and **cheese**
2. Poofy pollen teases me to **sneeze**
3. But I'm locked silent and still
4. When I hear a buzz in the grass
5. I'm afraid our lovely picnic will be cut short by **bees**



Now try it yourself! Write your own spring limerick below:



Ekphrastic Poem

Written by: Sam Raines



DIRECTIONS: Spring brings many new sights, sounds, and smells for us to enjoy. Try reflecting on the new scenes with an ekphrastic poem: a vivid description of a scene brought to life with your words.

After you are done safely separating at home, go for a walk to take in the new season. Enjoy the new flowers, warm weather, and crisp smells, and pay attention to any details you think are particularly interesting. When writing your poem, start by describing the most interesting details from your walk.

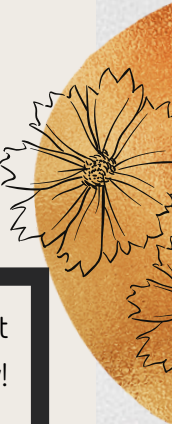
Write your thoughts as you think about the scene, and don't stop writing until you feel you have captured the emotion of the scene. You may focus on one detail or write about many, and don't be afraid to slip away from the details and into your thoughts. There are no rhyming or length rules for ekphrastic poems, instead, the poetry comes from how you shape the scene with your words.

Use the space below to create your own ekphrastic poem:

SUBMIT



After creating your poem, submit it for a chance to share it in the next newsletter. Have other original poems you'd like to share? Send them our way! Submit your poems at bit.ly/bbp-cc-forms



Mindful Music Listening

Written by Sarah Steenbergen



“If you’re looking for a new technique for coping with daily stressors, give mindful music listening a try! There are many benefits to this practice, such as reducing symptoms of depression, anxiety, and stress, as well as learning new skills including sustained attention, mental flexibility, and acceptance of experiences (Loo, Prince & Correia, 2020).”

Mindfulness is about focusing your attention and being in the **present moment**. There are a lot of mindfulness exercises that are evidence-based practices for reducing symptoms of **stress, depression, and anxiety**. These exercises are like any other activity; it takes practice, and you may prefer some techniques over others. Try and practice many techniques until you find the right fit for you. Mindful music listening is a practice all ages can participate in. All you need is **music and a quiet space**.

Here is how you can start practicing mindful music listening:

1. Find a spot where you can focus and get into a comfortable position. If sitting, plant your feet on the floor, sit up straight, and relax the muscles, noticing the tension in each area of your body and letting it go. If lying down, stretch out, and then relax your muscles, feeling each part of the body sink into the floor.



2. Play your favorite song and listen with your whole body. We feel music in all parts of our body and in this exercise, go with whatever you're feeling at the moment rather than resisting. If you feel like dancing to loosen up, go for it!



3. What instruments do you hear in the song? What feelings do you experience while listening? Notice the emotions and then let them pass. If any thoughts arise, take note of them and then let them pass by as well. This activity is meant to allow you to notice your thoughts and feelings without self-judgment.



4. How does your body react? Which parts of your body are you moving and how does it feel?



5. After the song finishes, take a few minutes to reflect on the experience. You can even journal about your feelings during and after the exercise, or talk to someone about it.

Reference

Loo, L.-M., Prince, J. B., & Correia, H. M. (2020). Exploring mindfulness attentional skills acquisition, psychological and physiological functioning and well-being: Using mindful breathing or mindful listening in a nonclinical sample. *Psychomusicology: Music, Mind, and Brain*, 30(3), 103-118. <https://doi.org/10.1037/pmu0000255>



Puzzles

Sudoku

EASY #011

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

MEDIUM #011

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

HARD #011

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

Word Search

M	V	E	B	E	A	N	O	D	K	W	C	W	O	M
P	W	M	M	U	S	H	O	O	P	Y	X	R	S	O
K	I	O	I	O	R	C	E	T	R	P	E	R	Y	O
M	R	B	M	M	T	C	X	J	V	G	E	K	C	R
X	I	R	H	U	O	I	S	I	A	U	D	O	Q	H
P	A	Y	S	S	R	I	O	N	H	W	R	E	S	S
W	W	Z	P	I	Q	M	O	N	H	O	C	M	X	U
S	Y	B	R	C	Q	M	X	K	N	O	A	B	P	M
I	Y	Q	I	E	M	U	F	A	N	U	M	B	E	R
K	I	R	N	D	C	N	V	E	V	E	P	A	O	S
B	O	C	G	T	N	I	M	L	U	E	S	W	B	J
F	L	O	W	E	R	Z	V	P	I	B	W	U	B	Y
W	J	C	S	U	D	E	G	D	L	S	N	Q	L	Z
R	D	A	S	Q	D	R	A	V	A	N	A	D	U	M
R	O	R	E	P	M	E	I	A	Y	I	P	B	D	U

**Spring
Oregon
Mint
Basil**

**Bee
Warm
Flower
Emotion**

**Music
Coronavirus
Soap
Scrub**

**Mushroom
Cod
Number
Bunny**

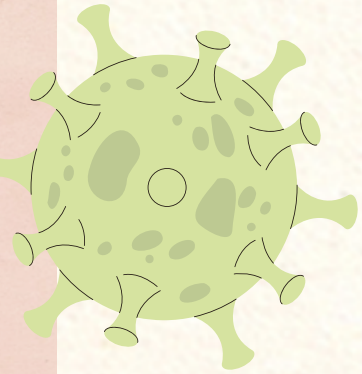
**Emperor
Advice**

Tune It Up

Written and illustrated by Ginny Robison



In 2020, we had a mother and her six children stay at the Isolation & Quarantine Hotel for their safe separation period. The little singers and songwriters known as **Wings 6**, wrote and performed a song about the pandemic called **Coronavirus Serious**. The family tried to portray COVID-19 as they understood it in 2020. Unfortunately, due to the low-quality video submitted, we are unable to debut their song in this newsletter, but here are the lyrics:



Coronavirus Serious By Wings 6

Catalina, do you know what the coronavirus is?
Define.

The virus, the virus, the virus, nope!
The virus, the virus, the virus, nope!

Coronavirus serious, coronavirus serious.
Where your face mask at?
Where your face mask at?

Wash your hands, water.
Wash your hands, soap.
Don't touch me, ey!
Don't touch me, ey!

Wash your hands, water.
Wash your hands, soap.
Where your face mask at?
Where your face mask at?



Song lyrics continues on next page ---->



Wash your hands, water.
Wash your hands, soap.
Don't touch me, ey!
Don't touch me, ey!

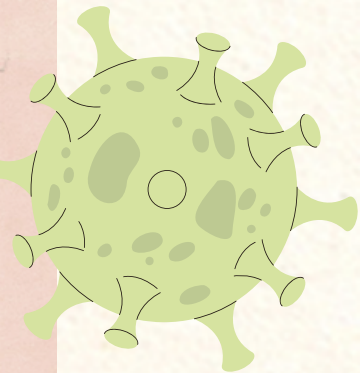
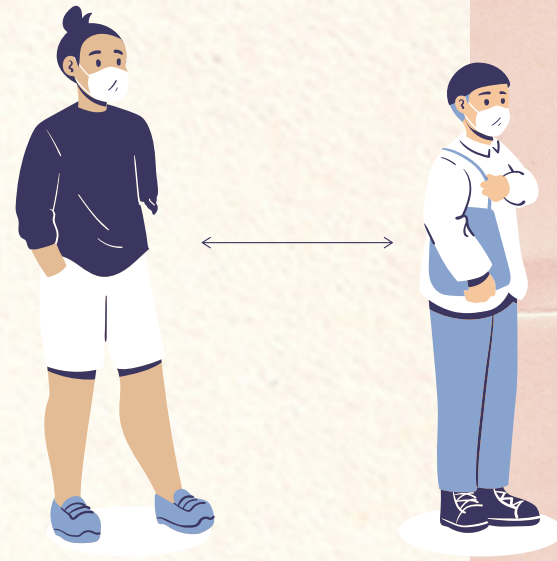
Quarantine time, quarantine time.
Quarantine time, quarantine time.

No schoolin'
No schoolin'
Stay at home. What?
Stay at home.

Coronavirus serious, Coronavirus serious.
Stay six feet.
Stay six feet.

Now Catalina do you know what the coronavirus is?
Boys and girls defined.

That virus, that virus, that virus, nope!
That virus, that virus, that virus, nope!
That virus, that virus, that virus, nope!



As you can see, this family had fun writing the catchy song. The family inspired this month's article on writing and singing your own song as an activity by yourself or with your friends and family when safely separating together. Using your creativity, try to come up with lyrics on your own. Focus on a topic you want to write about and once you are done, sing it to your heart's content. There are no expectations to meet, other than your own. Make this a fun activity like this family did. This family freestyled their lyrics, but you can always come up with lyrics using an existing tune as well. Sam created rhyming lyrics for a hand washing flyer to the *Itsy Bitsy Spider* tune:

Story continues on next page --->

What do you think? Are you ready to free write and jam to your own tune? When you are finished, submit your song online at bit.ly/bbp-cc-forms for a chance to be featured in the next Creative Corner Newsletter!



The Scrubbing Song by Sam Raines

THE SCRUBBING SONG

Sing this song while you scrub to make sure your hands are clean!

To the tune of "Itsy Bitsy Spider"



1



I WANT MY HANDS
GERM FREE-

2



SO I CAN PLAY
TODAY- YAY!

3



HERE COMES
THE SOAP TO-

4



WASH THE
GERMS AWAY-
BYE BYE!

5



RINSE THE SOAP
AND DRY WELL

6



AND THEN I'LL BE OK-
HIP HIP!

7



WHEN I FINISH
DRYING

8



IT'S TIME
TO GO-

9



-AND PLAY-
HOORAY!



taste of home

Poached Cod with Seasoned Steamed Broccoli, Sautéed Mushrooms and Couscous with Vegan Smoked Provolone, Nutritional Yeast and Sun-dried Tomatoes

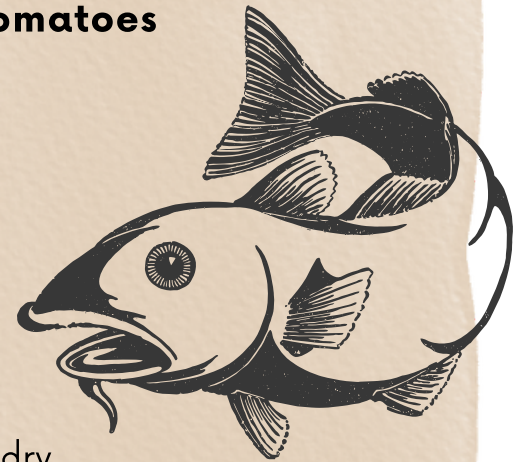
Recipe by: Kenyetta Overton

Preparation Time: 10 minutes

Cooking Time: 30 minutes

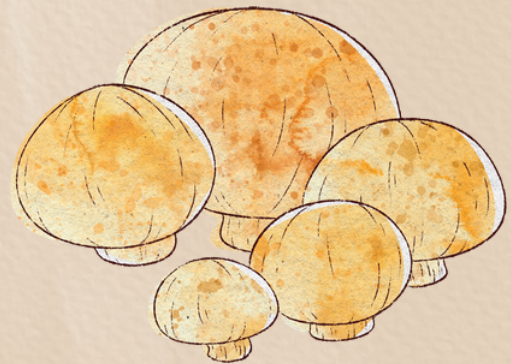
Number of Servings: 2-4 people

Total Time: 40 minutes



INGREDIENTS

- Cod Fish (defrosted if frozen) cool water rinsed & patted dry
- Fresh (or frozen) Broccoli cool water rinsed
- 1/2 oz Sliced Mushrooms of choice cool water rinsed.
 - Lightly scrub with fingers or a soft toothbrush to remove any soil
- 1 Cup Plain Couscous
- 1/2 oz Sun-Dried Tomatoes (optional)
- Vegan Provolone (regular can be used)
- Olive Oil
- Minced Garlic & Chopped Onions (optional)
- Seasonings of Choice



INSTRUCTIONS

1. Place a large skillet over a medium-high flame or heat setting for approximately 30-60 seconds if using cast iron or until warm if not.
2. Next pour approximately 2 Tsp of olive oil into the pan then add mushrooms, garlic & onion. Reduce heat & cover the pan.
3. Season cod with herb de Provence or Zaatar. Both are optional. If desired add salt, pepper, paprika & onion, garlic (powder or fresh). Place on top of mushrooms in the pan, add a spat or 2 of vegan butter spread (or regular butter) & cover with lid to let cook for a few minutes.
4. Once liquid from mushrooms appears to reduce, add 1/4 cup of reduced-sodium vegetable broth to the pan then cover again & reduce heat once more to let simmer for 5-10 minutes or until cod is completely white inside & tender.



Recipe continues on next page -->

taste of home

INSTRUCTIONS (CONTINUED)

5. When cooked to desired tenderness, remove cod & mushrooms from the pan, placing them on a cutting board or plate to rest & leaving any liquid in the pan.

6. Next, add a couple of spats of vegan butter spread and 2 Tsp of olive oil to the pan to melt then toss in 1 cup of broccoli, add desired seasonings & mix to coat stalks. Add more vegetable broth as needed. Cover & increase heat to medium-high. Let steam for 2-3 minutes or longer if you prefer less crunchy vegetables.

7. Once vegetables reach your desired tenderness, remove the pan from flame. Place cod & mushrooms back in the pan to keep warm.

8. To make couscous, bring 1 cup of vegetable broth to a boil in a small saucepan. Add seasonings of choice 1 Tsp of olive oil & couscous. Stir then add 1-2 slices of provolone (more if desired) & nutritional yeast (optional). Cover saucepan & reduce heat to a minimum setting for 60 seconds, stirring occasionally to mix ingredients thoroughly.

9. After 1-2 minutes, remove from heat & let sit for another minute or two.

10. Mix in sun-dried tomatoes

Note: Cod can sometimes be quite substantial in size. This recipe is based on a medium size fish in which only 1/2 was used to make 2 servings. Also, because of dietary restrictions, all parts of the meal featured in the photo were prepared without garlic or hot spices. However, both can be used to heighten flavor.



yum!

Why does this recipe remind you of home?

Like many today, I am influenced by social media and the influencers from around the world, who post cooking videos. As a Pesca-veggie-vegan, they have expanded my palette and abilities. However, my main kitchen inspiration is my family. I was eight years old when I cooked my first family meal on my own. Growing up in a family full of culinary experts who expressed their love for the family through food encouraged me to do the same. My grandmother, mother, aunts, uncles, and cousins all knew their way around a kitchen. Unfortunately, no one put pen to paper to record their gastronomical delights. We learned the science by watching, helping out, and experimenting based on memory and the senses. I approach cooking in a similar manner to the main character in the movie Like Water for Chocolate. My kitchen and my culinary creations are a testament to the knowledge, creativity, history, innovation, steadfastness, strength, imagination, growth, and unadulterated majesty of my ancestors. For me, creating meals for loved ones and friends, especially from scratch, is a sign of love and care. If I'm willing to feed you then that means you're my family.

Creative Writing Mad Libs Edition!

How to play: Grab a friend or family member to participate in this activity. Pick a **READER** and a **WRITER**. The reader asks the writer to say a word to fill in the blank spaces of the story. The blank spaces can be filled in with different parts of speech, like a noun, verb, adjective, and more. When all the blank spaces are filled in, the story is complete. The reader reads the story out loud, just in time for some giggles. Sometimes the story will make perfect sense and other times it will not, but that's alright. There are no winners or losers in this activity, only creative and funny stories to share. Have fun and enjoy! 😊

Title: Let's get _____ (adjective) this Spring!

Sometimes when the _____ (noun - thing) changes, I become a little silly.

I'm not sure if it's because of how _____ (adjective) it gets outside.

Or maybe it's because the _____ (noun - thing) stays in the sky longer.

Whatever it is, every time April comes along, I like to think of _____ (adjective) tricks.

Last year on April 1st, I _____ (verb - past tense) my sister by putting a fake _____ (animal) in her pillowcase.

When it fell out, she _____ (verb - past tense) because she thought it was real.

My mom _____ (past tense - verb) into the room and thought it was real too.

I _____ (verb - past tense) quietly in my bedroom and waited for them to be less _____ (noun - emotion) before I headed downstairs.

When I got to the _____ (noun - place), my mom and sister were planning to _____ (verb) me back.

I pretended to _____ (verb) my lunch but kept my ears open to hear their _____ (noun - thing).

SUBMIT

After creating your story, submit it for a chance to share it in the next newsletter. Have any other mad libs you've created? Send them our way! Submit your stories at bit.ly/bbp-cc-forms



Color By Number

1 4 3

DIRECTIONS:

Let's practice numbers and colors with this fun activity!

On the next page, start by coloring each shape with the matching number below.

1. Blue
2. Gray
3. Red
4. Violet
5. Yellow
6. Orange
7. Brown
8. Black
9. Green



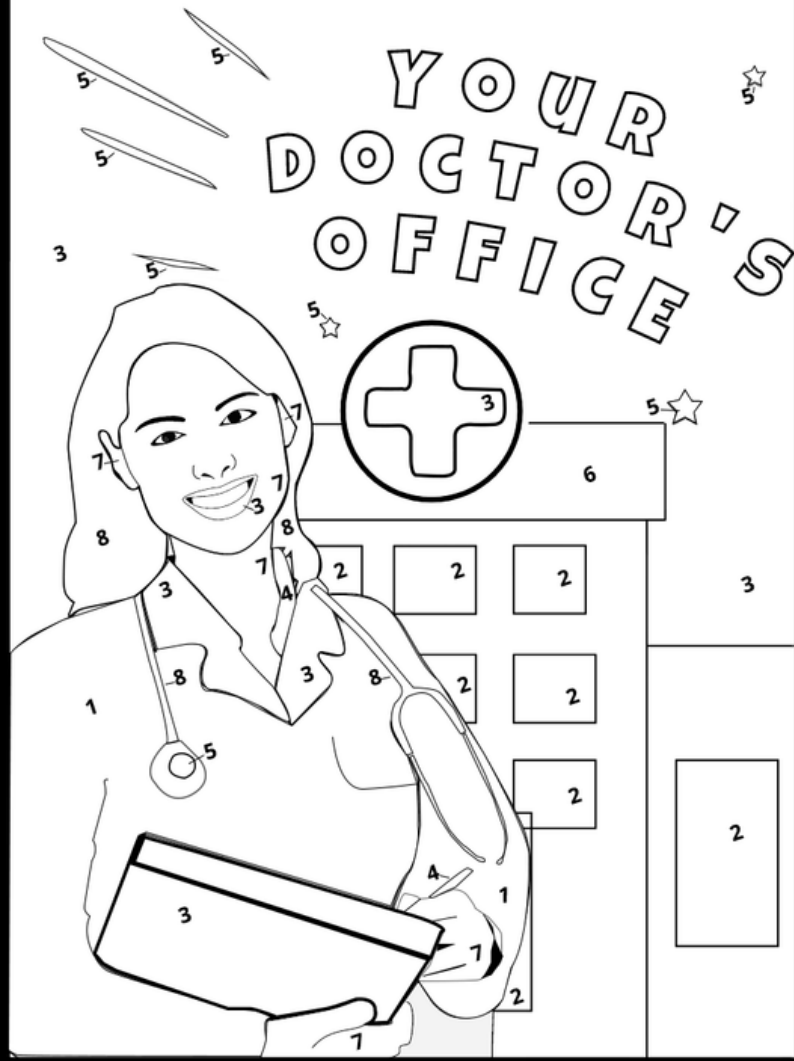
All letters are red, and all shapes without a number are white.



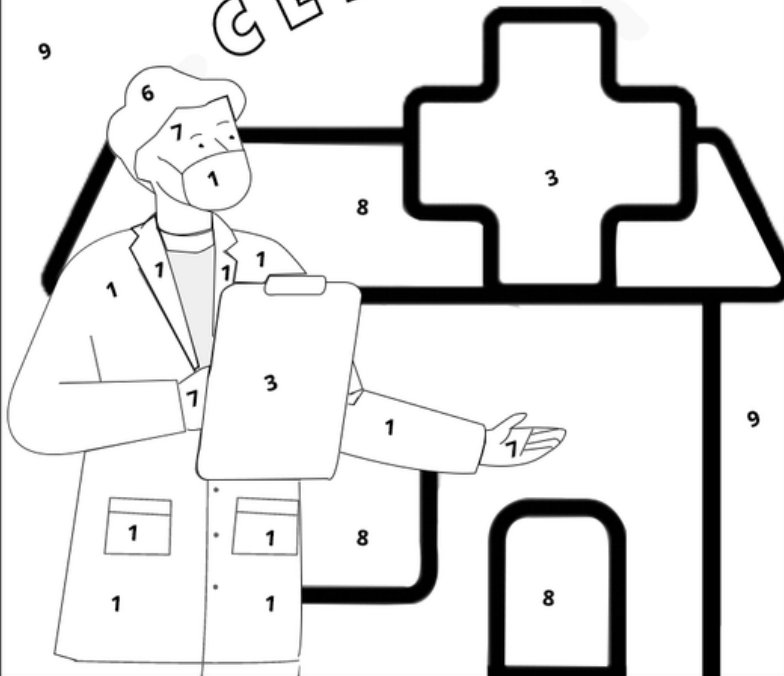
GET YOUR
COVID-19
VACCINE AT:



YOUR
DOCTOR'S
OFFICE'S



YOUR LOCAL
HEALTH
CENTER



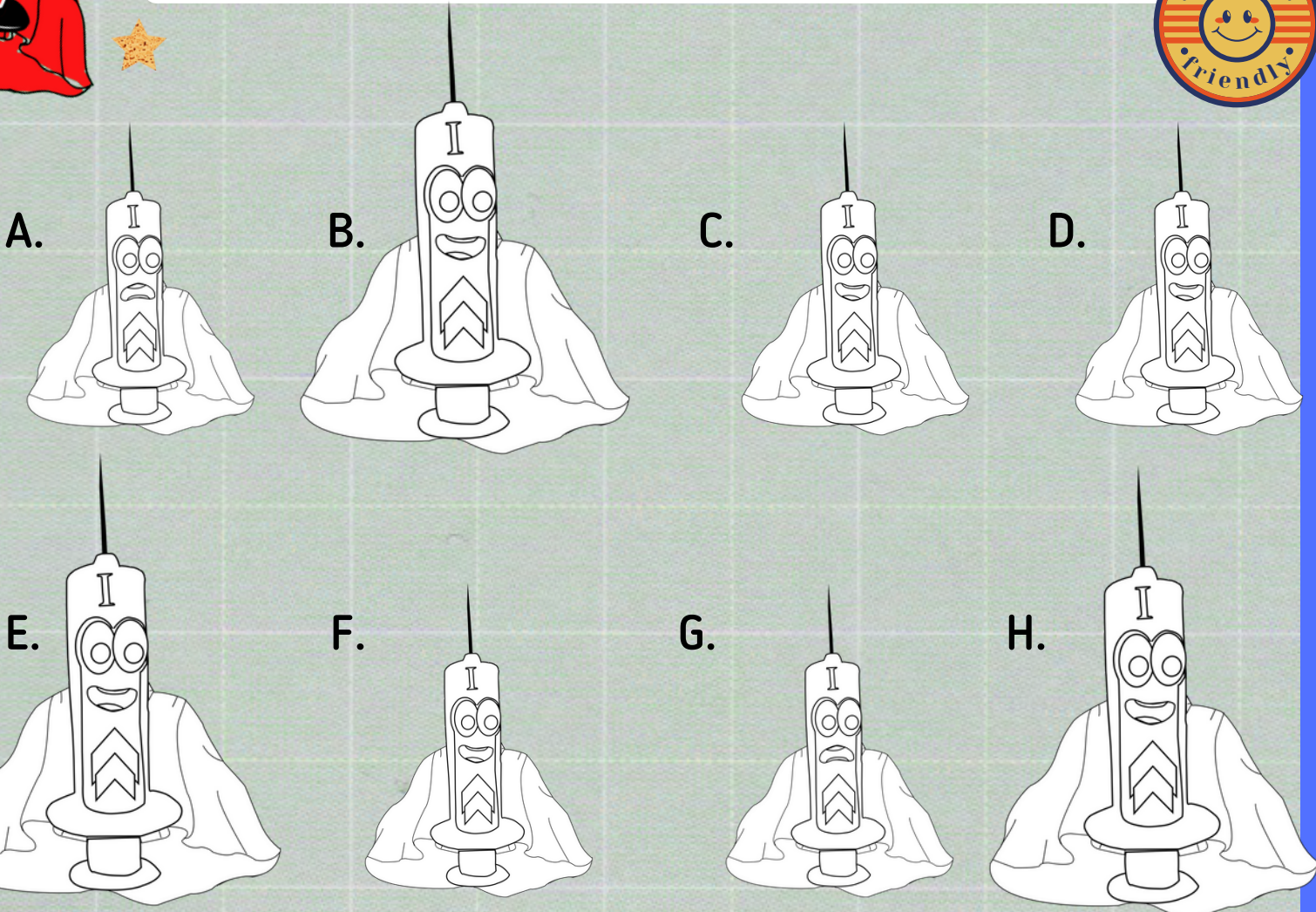
YOUR
PHARMACY



THINKING BIG ACTIVITY



Hello, I am the Immunizer! If you have any questions about vaccines, download a copy of our comic book, "The Immunizer and the COVID-19 Vaccines" at bit.ly/bbp-cc-download. Let's get started with our activity.



QUESTIONS:

1. How many Immunizers can be colored? _____
2. How many Immunizers have a smiley face? _____
3. How many Immunizers have a sad face? Can you color them green? _____
4. Which Immunizers are big? Can you color them red? _____
5. How many Immunizers are small? _____

ANSWERS: 1. Eight (8), 2. Six (6), 3. Two (2), 4. B, E, and H, 5. Five (5)

KIDS MAD LIBS!



How to play:

Grab a friend or family member to participate in this activity. Pick a **READER** and a **WRITER**. The reader asks the writer to say a word to fill in the blank spaces of the story. The blank spaces can be filled in with different parts of speech, like a noun, verb, adjective, and more. When all the blank spaces are filled in, the story is complete. The reader reads the story out loud, just in time for some giggles. Sometimes the story will make perfect sense and other times it will not, but that's alright. There are no winners or losers in this activity, only creative and funny stories to share. Have fun and enjoy! 😊

My Pet _____ (**name**).

I have a _____ (**animal**). He is very _____ (**adjective**).

When he gets _____ (**emotion**), I let him _____ (**verb**) outside.

When he gets hungry, I feed him a lot of _____ (**food**).

His fur is _____ (**color**) and he has big _____ (**body part/s**).

In the summer we go to the _____ (**place**) together. He loves to _____ (**verb**) with my friends and I.

He always runs around in _____ (**number**) circles.

My _____ (**same animal**) and I are very similar. I have a _____ (**color**) tongue and so does he.

I have _____ (**size**) ears and so does he.

On Tuesdays we _____ (**verb**) home from the bus stop together.

My mom holds onto him because he _____ (**verb - end with s**) at the bus when he sees it.

We are always _____ (**emotion**) to see each other.

I can't wait for the day I get to bring my pet _____ (**same animal**) to school with me.

Parts of Speech:

Noun - Person, place, or thing. Ex. Mom, jungle, notebook, dirt.

Verb - An action. Ex. Swim, Fly, Read.

Adjective - Describes a person, place, or thing. Ex. Soft, old, huge.

When you are finished, submit your child's story online at bit.ly/bbp-cc-forms for a chance to be featured in the next Creative Corner Newsletter!

Dot to Dot



Connect the dots activity

Starting at number 1, draw a line to connect to the next number.

Continue drawing lines to the next numbers in sequence until you reach the last number. When you're finished, have fun coloring in the picture!



The Emperor

Written by: Nora Trejos



For the month of April, and representing the sign of Aries, we have **The Emperor**. He is the father figure of the tarot, here to command, protect, and provide structure. The Emperor may signify yourself or someone else in your life, someone with the authority and power to make influential decisions.

The Emperor represents positive leadership and strong guidance. His masculine energy brings protection and courage to those who allow his influence. He is sensitive yet is not ruled by emotions. His confidence inspires his followers to trust him. He has a strong sense of organization and structure that helps him reach success in all his endeavors.

If the Emperor represents yourself this month, be prepared to take charge and act with initiative. This may be a time to lead rather than follow. Your success will be determined by your capacity to manage your time, energy, and responsibilities. The Emperor tells you to work smarter rather than harder. Be strategic and take command when the situation calls for a leader.

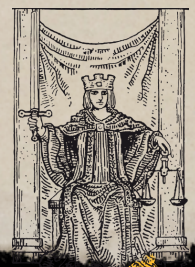
If the Emperor represents someone other than you, it could be a sign that you are in good hands. Examine the people with power in your life: parents, bosses, coaches, etc. Are they the kind of leader you want to follow? Do you feel secure and protected under their wing? Make sure the people you are giving power to are trustworthy and have your best interests in mind.

This month ruled by the Emperor is a good time to engage in organizing projects, restructuring your schedule, and changing some rules around. It is time to be rational and logical when making decisions. This could also be a good time to reach a new level of mastery in a particular skill or in your area of work.

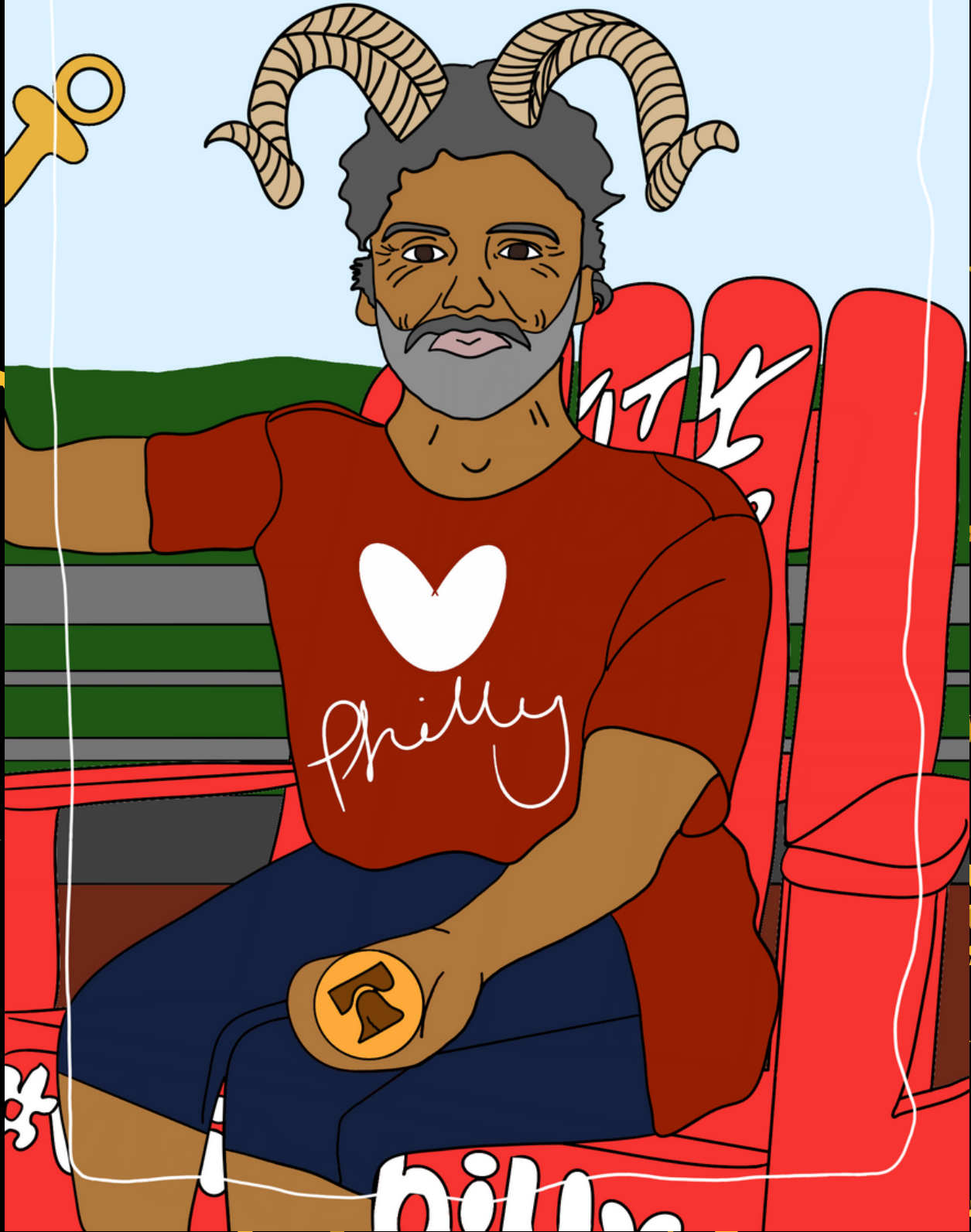
Since the Emperor is the archetype of the father, this card could be a call to be your own father. Reparent yourself as you see fit, unlearning the habits that no longer serve you. Listen to your own advice and talk to yourself as you would your child, with love and patience.

To harness the energy of the emperor this month you can take a class to master a skill or volunteer to lead a team- this could be your family, take initiative, and speak up.

Keywords: authority, fatherhood, leadership, advice



IV the Emperor



Puzzle Answers

Sudoku

EASY #011

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

MEDIUM #011

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

HARD #011

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

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