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BOUNCE BACK PHILLY CREATIVE CORNER

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NO. 8

For Philadelphians, by Philadelphians

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

Through the heat and the humidity...here we are in August! In this issue of the Bounce Back Philly Creative Corner, there is a lot to read, learn, and do. Flip through the pages to learn about a fun end-of-the-summer activity that lets you get colorful and messy. As you continue to safely separate from home, practice a little self-compassion through a mindfulness activity! Pages 17 to 21 include our Kids Corner which is a collection of different and fun kid-friendly activities. Have you heard about water ice? Check out page 3 and 4 to learn about this fun way to cool down in Philly. After your safe separation period, try all the different flavors like blueberry and pineapple!

Let's get started!

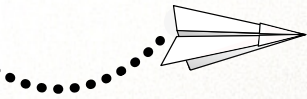


TABLE OF CONTENTS

Events.....	2
Water ("Wooder") Ice.....	3-4
Prepare Your Garden for Fall.....	5
Sippin' & Stitchin'.....	6-7
Summer Free Verse Poem.....	8
Dissonance Poem.....	9-10
Self-Compassion is Mindfulness.....	11
Puzzles.....	12
DIY Tie Dyeing Fabric.....	13-15
Taste of Home: Tuna Pasta.....	16
Kids Corner.....	17-21
Tarot Card of the Month: Strength.....	22-23
Puzzle Answers.....	24



WWW.PHILA.GOV/COVID19

[BIT.LY/BBP-CC-1](https://bit.ly/bbp-cc-1)



august events.



in-person events*

Made in America Music Festival*

September 3-4, 2022 @ 12-8pm, 10am-10pm

Benjamin Franklin Parkway at the Art Museum, Philadelphia, PA 19130

Jay-Z curates the Philadelphia based Made in America Festival over Labor Day Weekend. The two-day event, now in its eighth year features a superstar roster with everything from hip-hop to rock to pop to electronic.

Register for tickets here: bit.ly/madeinamerica2022 (Tickets start at \$133.05 each)

Rittenhouse Square Fine Art Show*

September 16-18, 2022 @ 11am-6pm, 11am-6pm, 11am-5pm

210 W Rittenhouse Square, Philadelphia, PA 19103

The fall edition of this twice-a-year event – the oldest outdoor fine arts show in the country – brings paintings, glassware, sketches and more art to Rittenhouse Square for an outdoor gallery featuring work by talented artists and crafters.

Visit bit.ly/rittenhouseart for more information



Urban Medicine Cabinet: Fungal Salve*

September 24, 2022 @ 10am-12pm

Upper Meadow, Bartram's Garden

Learn to make a powerful disinfectant salve that is excellent for treating skin infections like athlete's foot and ringworm. Workshop is appropriate for teens and adults. Space is limited, and advance registration is required.

Visit bit.ly/urbanmedicine for more information (Tickets start at \$2-20 each)

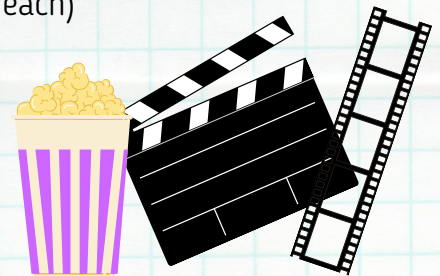


Movies By The River, "Encanto" at Pennypack on the Delaware

September 27, 2022 - movie begins shortly after sunset 6:30-10pm

7801 State Rd., Philadelphia, PA 19136

Free event, visit bit.ly/encantoPHL for more information

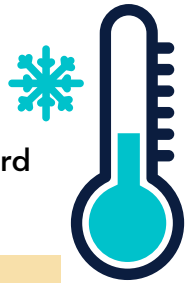


*Note

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

WATER ("WOODER") ICE

Written by Alex Howe



There are so many interesting places and things in the city of Philadelphia. From the mainstream to the sublimely hidden, here's just one of the strange concoctions in our weird and wonderful city.

WHAT WAS WATER ICE?



Water Ice originated as Granita, invented in Sicily in the Middle Ages. Snow from Mount Etna would be carted down the mountain and mixed with lemons and sugarcane to create the frozen dessert. Other traditional flavorings included coffee, jasmine and almonds. Granita and Brioche (a type of bun) is a common Sicilian breakfast in the summer months. Imagine having water ice for breakfast!

WHAT IS WATER ICE?

Granita was brought to Philadelphia by Italian immigrants during the 19th and 20th century and remixed into what we know today as Italian Ice, or water ice. Water ice is commonly made with fruit juice or puree and comes in a variety of flavors. Water ice differs from granita in that it tends to be slightly chunkier, with larger and less smooth ice crystals. Today, the most popular flavors of water ice are cherry, lemon, mango and chocolate. Which flavor is your favorite?



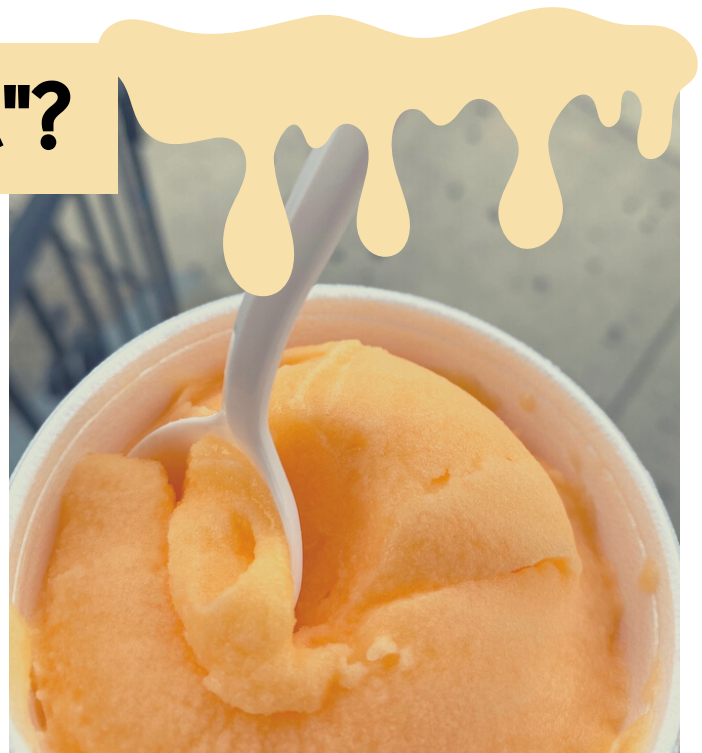
WHAT'S THE EASIEST WAY TO GET WATER ICE?



Walk down any street in Philadelphia and Water Ice is not hard to find. Your local grocer or convenience store likely has several flavors in their freezer, and trucks and street vendors citywide carry the frozen treat (Look for Siddiq's pushcart on Temple University's campus for a truly hometown scoop). However, the most likely variety you'll see is Rita's Water Ice. Founded in 1984 by former Philadelphia firefighter Bob Tumolo, he named the business after his wife. Today there are over 530 Rita's locations in 31 states, serving the Philadelphia treat nationwide.

WHY "WOODER"?

Like "jawn" or "Iggles", "wooder" is just one of the many parts of what is known as the Philadelphia Dialect. One of the most widely studied accents in the world, many from other states or even other parts of Pennsylvania can spot a Philadelphian as soon as they open their mouths. Mostly considered to be a holdout from South Philadelphia's Italian immigrants, it's likely that both Water Ice and "Wooder Ice" can be traced back to the same origins. But either way you say it, this tasty treat is as uniquely Philadelphian as it sounds.



Sources:

Italian ice - Wikipedia, Rita's Italian Ice - Wikipedia, Granita - Wikipedia
The Remarkable Ritual Of Granita (amexessentials.com)

From 'wooder' to 'cawfee,' this Penn prof. breaks down the evolving Philadelphia dialect | The Daily Pennsylvanian (thedp.com)



Prepare Your Garden For Fall

Written by Starlin Paulino

Summer is ending soon but our growing season is not! Fall brings opportunities to re-create a new garden, with different types of plants and a new season that reminds us that life is about cycles! This article will discuss some strategies and steps that can be taken as Fall approaches.

Reflect - If you are new to gardening or not, reflection is a great approach to gardening. When reflecting, think about things that have worked in the past and things that did not. Reflection allows us to use the knowledge gained through experiences to build something better. In gardening, reflection is important. Reflect on how well your plants grew and what things contributed or had an impact on their growth. Such as how many times the plants were watered, how much direct sunlight they received, or how often they were fertilized. Reflecting can help you decide which strategies are best to continue for your garden and to change the ones that did not work. Remember, gardening is a learning process where you can learn through your mistakes.

Start thinking about what to plant next - Now that you have reflected, you can now start thinking about which Fall plants you would like to grow in your garden. For example, you can grow crops such as carrots, spinach, lettuce, or cabbage. Once you have decided which plants you will grow, you can start the sowing process or the process of planting seeds. Also remember to start growing your seedlings around the end of summer. This will allow your seedlings to grow before Fall starts and give them a head start to the Fall growing season.

Cleaning and Fertilizing - As you are preparing for Fall, you can now remove your summer growing plants to make space for a new Fall garden. Once you have removed the summer plants, you can start fertilizing the soil. Remember, the soil is what feeds the plants so having fertile soil will allow them to grow to their highest potential and will increase your harvest. You can visit any online gardening stores and order the fertilizer that can be added to the soil directly. It is recommended to use organic options and to follow the instructions found on the fertilizer of your choice. Once your soil has been fertilized, you can start planting the Fall seedlings in.

Sippin' & Stitchin'

Written by Lea Saccomanno

Like many small business owners, the pandemic threw me for a loop. However, there was a silver lining in that it forced me to adapt and grow in ways that I'd never imagined. What I believed to be the end of my passion project, turned out to be only the beginning.

Sippin' and Stitchin' started about eight years ago on my living room floor. I'd have friends over and we'd eat snacks while I taught everyone an embroidery stitch or two. When a friend of mine told me that she recommended me as a host for a workshop at our local Lululemon, my mind raced to all of the worst-case scenarios. What if no one came? What if it was boring? What if I had something stuck in my teeth the entire time?

The class went beautifully and we had a great time (my teeth looked great too). To my surprise, I had people reaching out to me to ask how they could sign up for the next one. I was also juggling a full-time job in finance at the time, so I initially looked at my monthly embroidery workshops as a fun little side gig. It was and still is so cool to be able to partner with other local businesses to host these events, but it never occurred to me that this could be an actual business.

When we learned of the severity of the pandemic and that our country would effectively be shut down for an unknown amount of time, I thought that it would be the end of Sippin' and Stitchin'. I tried to take it into stride - I was lucky to still have a full-time job and have so many things that others didn't during this extremely trying time.



However, I couldn't shake the devastating possibility of no longer being able to connect with people in a meaningful way through sharing what I love.

People who had previously come to workshops were reaching out to ask if I'd consider hosting online. I bought myself a shipping label printer, rolled up my sleeves and figured out how to make it happen. Having a creative outlet during the pandemic saved me and it meant a lot to be able to offer a small respite to others as well. I started putting together kits (everyone still loves the Gritty stitch), selling embroidery supplies and expanded my offering to a much larger array of classes.



As distancing precautions lifted, I offered outdoor workshops with expanded availability to include everyone who had a newfound appreciation for the craft. The time came when my finance job demanded that I return to my office and I knew I couldn't pull off growing this small business along with a commute and my full-time job. While the decision to go after S&S was a tough and scary one (it still is!), putting my 'all' into something I truly believe in is the most rewarding thing that I've had the privilege to do.

I think the reason behind the success of this little venture is that from the sessions on the living room floor to selling out much larger events, it's always been about one thing for me: to share what I love in a fun, laid-back way. If the pandemic has shown me and many other artists and small business owners one thing, it's that the challenging times often push us to become what we never imagined we could be.

Summer Free Verse

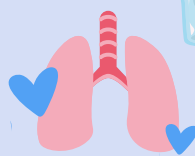
Written by: Sam Raines

DIRECTIONS: Celebrate your summer memories with a free verse poem. A free verse poem is a poem that does not rhyme or have a regular meter (assigned structure). The poet Robert Frost called free verse “playing with the net down” because it allowed poets to be creative and write without rules.

In this activity, use an untamed free verse poem to capture and share fun summer memories. You can write about activities, visits with friends and family, or even abstract feelings you went through this season. You don't have to stick to happy memories - write whatever is genuine to you.

Example

The sun scorches my neck as I run down Delaware ave.
Catching shade from Franklin-
Before dashing into the crowd at the landing.
The season is built for thriving
Melting away the ice that I like to chip
Filling my lungs with a with a warm hug.



Now try it yourself! Write your own free verse below:

Dissonance Poem

Written by: Sam Raines

DIRECTIONS: A dissonance is a clash of things that do not go well together. Think of peanut butter and mayonnaise, or a baby screaming in a movie theater...these are combinations that can make your skin crawl. Dissonances can also be found in beliefs and relationships, such as a politician who promises action but has no intention of following through, or a person who is torn between what they want to do and what they need to do.

These uncomfortable situations are the heart of dissonance poetry, which uses rough and tough words and rhythm to bring the reader into a scene.

For example, in "The Dalliance of the Eagles", Walt Whitman uses dissonance to jolt readers into a violent fight between two eagles:

"The clinching interlocking claws, a living, fierce, gyrating wheel,
Four beating wings, two beaks, a swirling mass tight grappling
In tumbling turning clustering loops, straight downward falling..."



You can use dissonance poetry to express uncomfortable or exciting feelings. First, think of a scene that has conflict in it, like a traffic jam in center city. This kind of scene works because it has sounds and movements to build a poem, and they could even work as an analogy for deeper and more personal feelings.

Then, begin describing the scene with harsh sounding language. Focus on the sounds, visuals and adjectives of the conflict: cluster, cracking, clenching, compressed, screeching, scrape, etc. That's your dissonance poem! Here's an **example:**

A rigid, compact, plaster of cars on 13th and Spruce
Melting tires screeching to a halt as horns crack
Metal bodies nicking, scraping, and thrashing
A cluttered twisting cluster of steel





SELF-COMPASSION IS MINDFULNESS

Written by Sarah Steenbergen

You have probably heard the expression, “we are our own worst critics.” This is often true, as we tend to be harsher on ourselves than other people in our lives. With so many things happening in our lives at the individual, community, and global levels, there may be days where you feel you are not doing enough. Take a few minutes for a self-compassion pause. You are more likely to be able to put your best foot forward and show others compassion if you give yourself the same.

What is a Self-Compassion Pause?

Self-compassion pauses are brief exercises where you take space to breath and accept what you are experiencing. Here's how:

- 1 Block out 3 minutes for this exercise. Find a space where you can be by yourself and lie down or sit comfortably. Close your eyes.
- 2 Place a hand on your chest or stomach as you take several deep breaths. Feel your chest rise and fall, imagining yourself sinking into the floor with each exhale.
- 3 Acknowledge what you are currently experiencing internally and externally and if it's a stressful situation, acknowledge that.
- 4 Think about how you would speak to a loved one if they were in your situation. Tell yourself the same. You may choose to repeat these phrases:
 - a. I am only human.
 - b. I accept myself for who I am.
 - c. I will be patient with myself.
 - d. I am worthy of compassion and love.
- 5 Continue to focus on your breath for a few more inhales and exhales as you wrap up. Open your eyes when you are ready. Treat yourself with the same level of compassion throughout the rest of the day!

For a worksheet on the self-compassion pause exercise, see: bit.ly/self-compassionworksheet

Headspace also has some exercises on self-compassion and guided meditations: bit.ly/self-compassionmeditation

Puzzles

Sudoku

EASY #015

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

MEDIUM #015

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

HARD #015

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

Word Search

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

Strength
Water
Garden
Museum

Reflect
Traditional
Memories
Lungs

Hug
Crawl
Tough
Horns

Emotion
Loops
Compassion
Power

Thirsty
Hours
Trip
Gallery

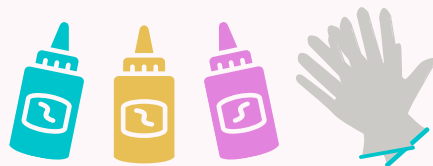
DIY TIE-DYING FABRIC

Written by Beweh Willor

Tie-dying was a popular fabric trend in the late '60s, often a representation of free expression and happiness. The tie-dying style typically makes a comeback every so often and through tie dye's unique designs it never loses its symbolic free-spirited, individuality. Today you'll see tie-dye worn by many younger generations showing it never really went out of style.

Tie-dye is a fun and safe project that kids and adults can enjoy together. It's a bit messy, but really fun! The end result of a unique tie-dye project is never essentially right or wrong. If you have the right materials, the process is not difficult at all. It involves tying up different parts of the fabric with string or rubber bands, so the dye soaks into the fabric, giving a multitude of different effects according to the tying process used. You can combine tie-dye with fabric paint and other mediums like food coloring to create a 'one of a kind' piece.

How to tie-dye step-by-step:



Step 1: Supplies Needed

- Fabric – fabric or clothing item like a shirt, socks, a sweatshirt or even fabric shoes. Fabrics that work best are 100% cotton (or close to 100% cotton). Rayon, hemp, or items made with natural fibers are good to use as well.
- Dye – dye kits are easily available at a craft store or online. Most kits have several colors in smaller quantities that come with applicator bottles filled with a powder dye that you add water to.
- Rubber bands, strings, twine or zip ties – to tie the fabric.
- Squeeze bottles – to apply dye.





- Plastic tablecloths or large trash bags – to protect your work surface.
- Large resealable plastic bags – to let dye set.
- Wire cooking rack – to elevate the fabric or clothing item off the work surface (optional).
- Gloves – to protect your hands from staining.

Step 2: Workspace Preparation

- Pick a place for this messy event. Cover your work area to avoid staining by using garbage bags for the floor, plastic tablecloths for tabletops, or an apron to cover your clothes. Old clothing can also be worn if you don't mind getting them stained. Moving your workspace outside can give you more space to work freely.

Step 3: Wet or Wash

- Tie dye pros suggest dyeing fabric while it's damp. Many tie-dye kits may come with soda ash solution (follow the instructions given with the soda ash so that you have the right mix).
- New clothing items should be prewashed in case they have chemicals that may prevent the dye from penetrating.
- Using old fabrics or garments will not require prewashing but should simply be wet.

Step 4: Tie your Fabric

- There are so many ways to fold and tie your fabric. You can scrunch your fabric, secure it with rubber bands, and even fold your fabric.
- The tied-up parts with bands or strings will not absorb the dye, and those techniques create the patterns and swirls associated with tie dye.



Step 5: Apply the Dye

- There are many ways to apply the dye to the fabric. You can dip the fabric into buckets of dye or apply the dye directly to the fabric with squeeze bottles, paintbrushes, or sponges.
- Wear gloves to avoid staining your hands.
- A wire cooking rack (optional) can be used to let the excess dye run off the fabric to avoid it soaking back into the fabric and blending the colors. You can leave the fabric on the wire cooking rack until excess dye stops running or dripping.

Step 6: Let Dye Set

- With the fabric still rubber banded together or tied up, place it in a large resealable plastic bag.
- Let it sit for 12-24 hours so the colors set. Soaking your fabric for longer will give you more vivid and vibrant colors.

Step 7: Rinse

- Remove your fabric from plastic bag and rinse it in cold water until the water runs clear.
- Then put it in the washing machine on a cold cycle.
- Make sure you wash it separately, so you do not stain other clothes.

Step 8: Dry

- Hang your item out to dry or throw it in the dryer on the coolest setting and give your fabric a good iron.

Now your work is done!



Want to share an art story with us for a chance to be featured in our next newsletter? Submit your story at bit.ly/bbp-cc-forms



taste of home

Tuna Pasta

Recipe provided by: Sam Raines

Preparation Time: 8 minutes

Number of Servings: 4

Cook Time: 6-10 minutes

Total Time: 14-18 minutes

INGREDIENTS

- ½ box of bow-tie pasta
- 2 cans of tuna
- 3-4 cloves of garlic, sliced thin
- Red pepper flakes (optional)
- 3 tbs olive-oil, plus more if needed
- Salt and black pepper
- Parmesan cheese, grated
- Fresh, flat-leaf parsley, minced (optional)



INSTRUCTIONS

1. Add a generous sprinkle of salt into a pot of water. Bring to a boil.
2. Chop the garlic and parsley (if using) and open the cans of tuna while you wait for the pot to boil.
3. Pour olive oil into a frying pan and add garlic and red pepper (if using). Keep this pan off the heat for now.
4. When the pot is at a boil, add pasta and cook to the package's directions.
5. While the pasta cooks, put the frying pan over medium-low heat, and stir continuously until the garlic is light gold.
6. Raise the heat on the frying pan and add the tuna. Sprinkle on salt and black pepper. Cook the tuna until it is to your liking, then turn off the heat.
7. Drain cooked pasta and add to the frying pan with parsley and parmesan. Stir to combine.

Why does this recipe remind you of home?

My Dad is a foreign service officer, and my family used to move with him to a new country every three years. Whenever we settled into our new house, we would always cook tuna pasta as our first meal because it made us feel at home. This is still one of my favorite comfort recipes.

Want to share your Taste of Home recipe? Submit your recipe online at bit.ly/bbp-cc-forms.

COLOR BY NUMBER

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

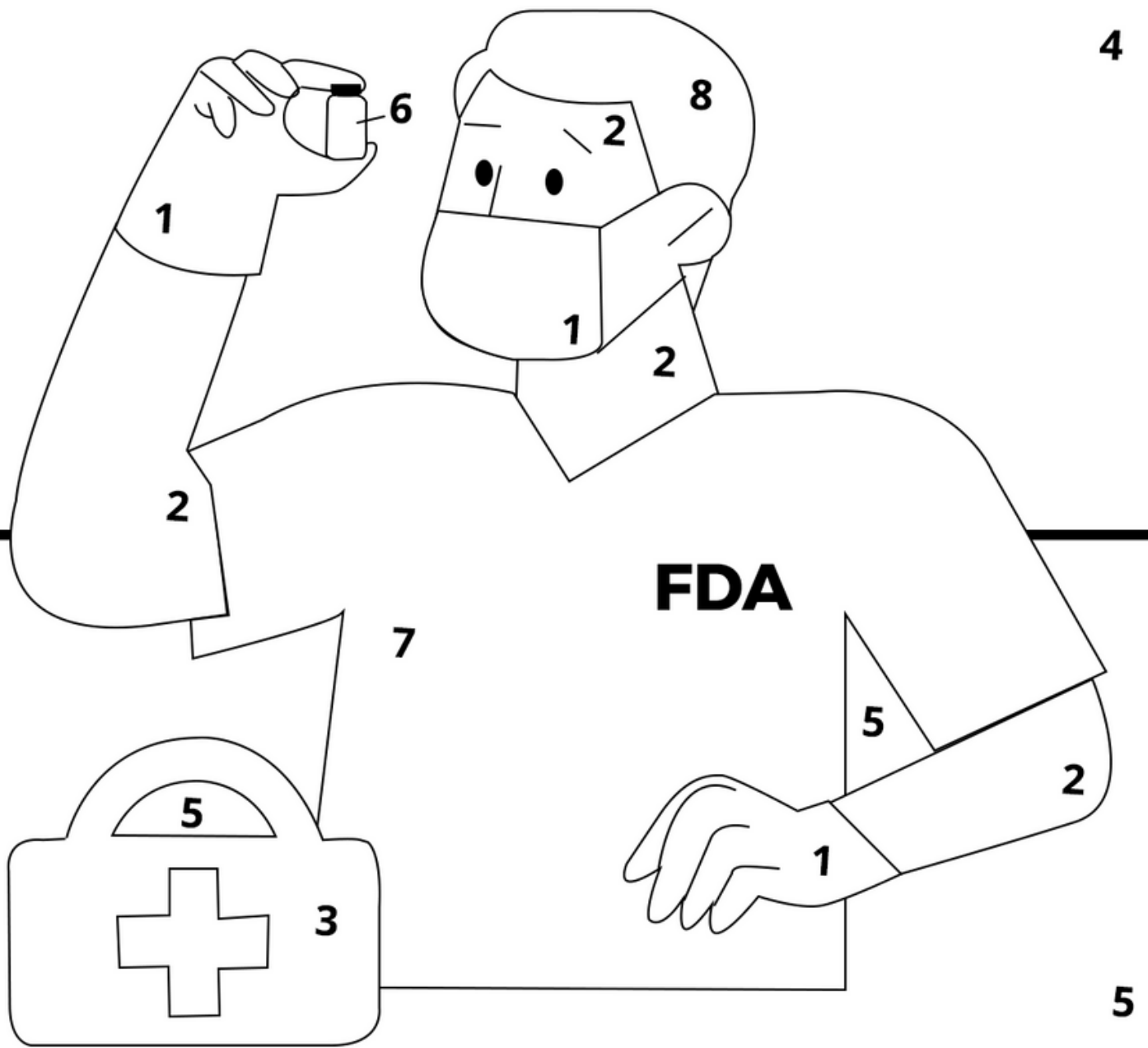
7. BLACK

8. GREEN

All shapes without a number are white.



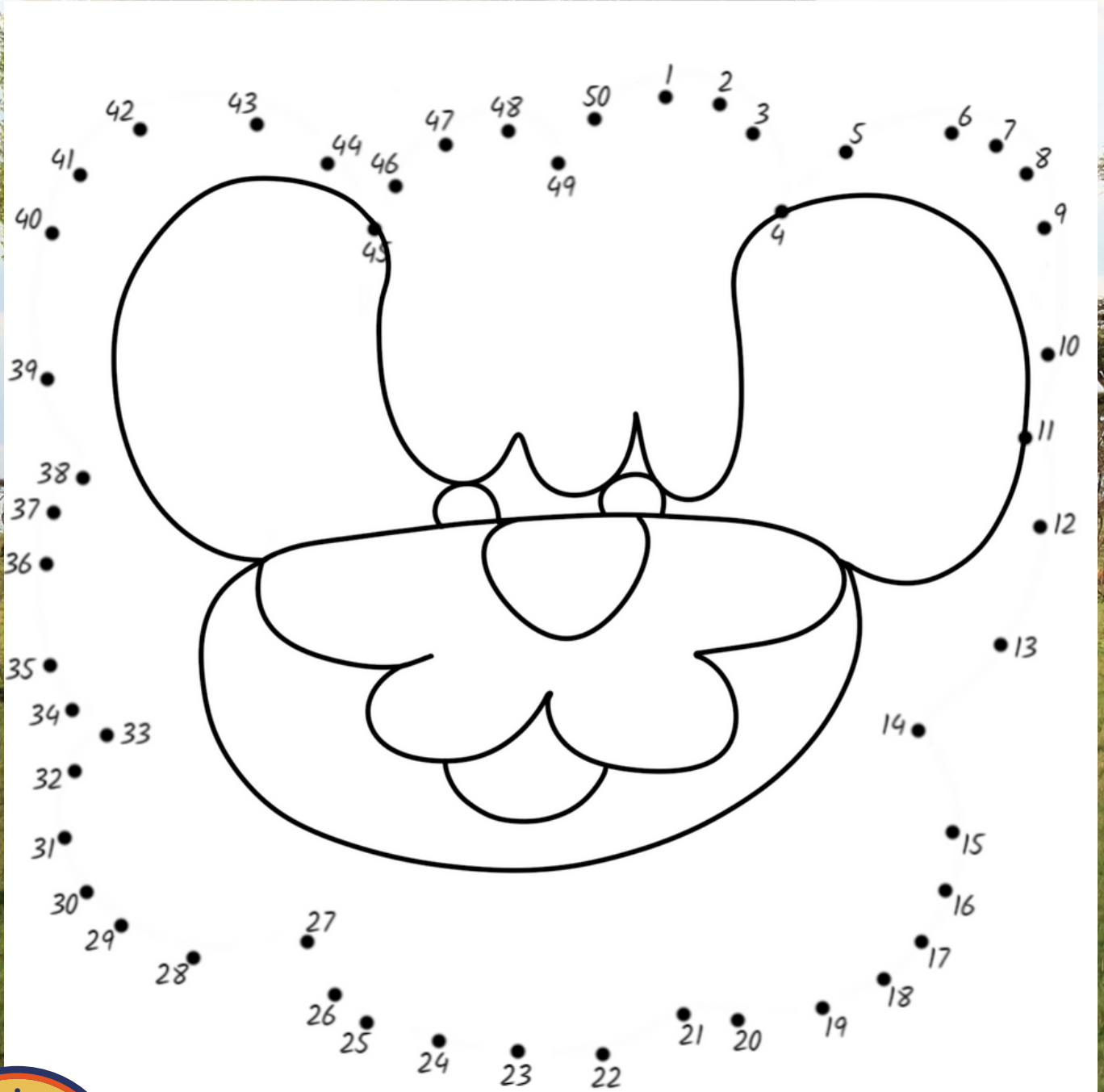
Activity on next page -->



DOT TO DOT

Start at the number one and follow the dots in numerical order until you reach the number 50.

When you're finished have fun coloring in the picture!

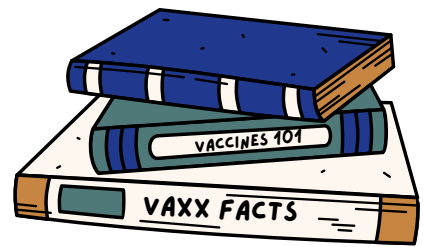


THINKING BIG ACTIVITY

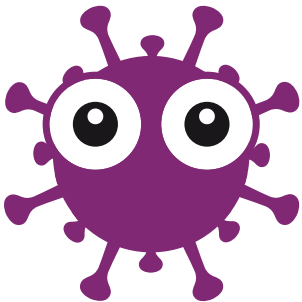
Hello, we are objects from "The Immunizer and the COVID-19 Vaccines!"
Download a copy of our comic book at bit.ly/bbp-cc-download to read about how we play a role in Ash's COVID-19 vaccination journey.

Follow the prompts in each question:

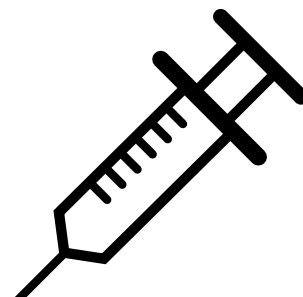
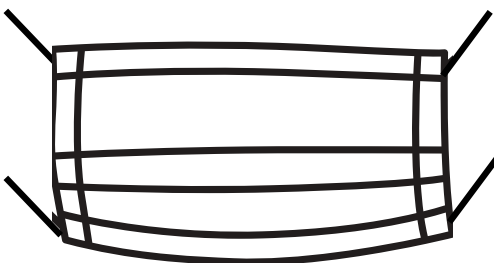
1. Circle the **red** picture



2. Circle the **orange** picture



3. Color the pictures **blue**



KIDS MADLIBS



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: Family Road Trip

Every August, my parents pack up the _____ (NOUN - thing).

We bring _____ (NOUN - food) for snacks and _____ (noun - drink) for when we get thirsty.

Sam, my dog, gets really _____ (ADJECTIVE - emotion) when he sees us getting ready to leave.

He knows we won't be back for _____ (NOUN - number) weeks.

Sometimes we go somewhere _____ (ADJECTIVE) and sometimes we go somewhere _____ (ADJECTIVE).

This year I pick where we are going. It's a _____ (NOUN - thing)! My brother won't know until we get there.

It's going to take us 20 hours to _____ (VERB) there.

We're going to stay in a _____ (NOUN - place) after the first 5 hours.

After that we will _____ (VERB) in a state park.

I'm scared of _____ (NOUN - animal) but we always keep our food packed away and are extra safe.

I can't wait to tell my _____ (NOUN - people) all about the trip when we get back.

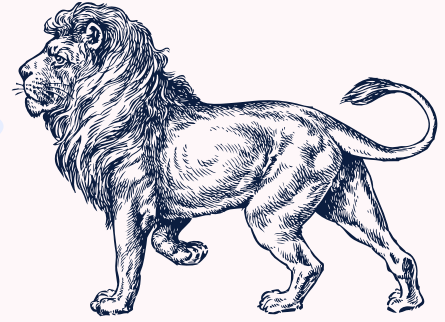
PARTS OF SPEECH:

- Noun - Person, place, or thing. Ex. Mom, jungle, notebook.
- Verb - An action. Ex. Swim, Fly, Read, Cooking.
- Adjective - Describes a person, place, or thing. Ex. Soft, old.

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!



Strength



Written by Nora Trejos

The tarot message for the constellation of Leo during the month of August is Strength. This card is self-explanatory, and the message is straight forward: You have the strength you need to overcome your circumstances. The imagery of a lion represents a strength that is well directed and used for the good of others. The lion is a symbol of wisdom and power that comes from our soul.

The Strength card also brings a message of compassion. You can be strong as well as compassionate. This is very important if you are trying to set boundaries in your relationships. Approach the situation with compassion for the other person but make sure you stay firm in what your needs are at the moment. Boundaries are necessary for healthy relationships although they are never easy to set.

You can also extend that compassion to strangers and people outside of your circle. People you meet may be fighting a battle you are not aware of, so treat people with kindness.

This card also calls us to tame our instincts. It's okay to "feel" your feelings but do not let yourself be overcome by raw emotion. Take a deep breath and remain level-headed before jumping into conclusions or entering a conversation in anger. The ability to remain calm is a strength.

The Strength card also calls you to amplify your strengths. What are some personal characteristics that help you succeed? For example, patience, grace, sensitivity, empathy, compassion, kindness, and/or clear communication. These are all strengths that can be used to aid in your success at work and in your personal life. Get to know yourself and build on the positive qualities you already possess.

Stay strong this month and believe you have the power you need within your heart.

Keywords: *compassion, courage, inner power, self-control*

To highlight your strength this month you can: make a list of your positive attributes, set firm boundaries, do breathing exercises before important conversations, and/or perform a random act of kindness.

VIII Strength



Puzzle Answers

Sudoku

EASY #015

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

MEDIUM #015

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

HARD #015

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

Word Search

M G A L L E R Y H E M O T I O N L .
 E H O R N S . . O P O W E R . . U .
 M U L O O P S . . N R
 O R G E
 R . . C O M P A S S I O N . H . S F
 I . . M W . C R A W L U . L
 E . . U A T H I R S T Y G E
 S . . S T . T R A D I T I O N A L C
 . . . E E . . . T O U G H T
 . . . U R
 . . . M . . S T R E N G T H
 T R I P G A R D E N . .