

OCTOBER/  
NOVEMBER  
2022

# BOUNCE BACK PHILLY CREATIVE CORNER

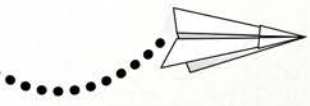
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For Philadelphians, by Philadelphians

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

Hello October and November! The Fall season is in full swing! 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 the history of Origami and how to create your own Origami art. As you continue to rest and safely separate from home, try meditation for more mindful sleep! Pages 22 to 23 include our Kids Corner which is a collection of different and fun kid-friendly activities. Have you visited Laurel Hill Cemetery? Check out pages 2 and 3 to learn about where some notable Philadelphians have been laid to rest. After your safe separation period, take a tour among the headstones and mausoleums to explore for yourself!

Let's get started!



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[WWW.PHILA.GOV/COVID19](http://WWW.PHILA.GOV/COVID19)

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

Department of  
**Public Health**





# Laurel Hill Cemetery

By Deirdre Dignetti

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 locations in our weird and wonderful city.

## What was Laurel Hill Cemetery?

Laurel Hill Cemetery was designed by an architect named John Notman. With major cities along the East Coast overflowing with people, housing, and buildings, the public and city planners became aware of the need to have burial sites in the suburbs, away from the hustle and bustle of 1836 Philadelphia.

Laurel Hill cemetery is perched on a hilltop vista overlooking the Schuylkill River and afforded Victorian Era families the opportunity to get away from the congested city streets while visiting with their dearly departed loved ones. They could enjoy the beautiful arboretum of rare and fancy trees that the initial designers installed. This inspired some of the more affluent families to commission sculptors to fashion elaborate and beautiful headstones adorned with whimsical angels, portraits of their loved ones, and stained glass-filled mausoleums.

## What is Laurel Hill Cemetery Today?

Many of our city's founders are buried here, and it is not uncommon to see their names reflected by popular city streets. Cottman, Whitaker, and Castor are just a few to mention. There are all kinds of war heroes from all the way back to the Revolutionary and Civil War, as well as politicians, industrialists, and millionaires that have come to rest here eternally. Some of the names you might recognize include:

- The Rittenhouse Family
- The Strawbridge Family
- The Elkins Family
- The Widener Family
- Adrian Balboa and her brother Paulie
- General Meade
- Harry Kalas



Sources:

<https://laurelhillphl.com/>

The original cobblestone gate house entrance, located on Ridge Avenue, houses their gift shop, where you can pick up a complimentary map detailing persons and points of interest. They are also thoughtful enough to have an audio tour which you can follow along with your cell phone, or one of their headsets can be rented for a small fee. They do encourage the public to come any time they are open to enjoy the views, discover the strange history of some of their residents, and take advantage of the different events they offer.

## What is one of the Weird things you can see at Laurel Hill Cemetery?

Fun and weird for the entire family, Laurel Hill Cemetery hosts several events throughout the year that provide exercise, fresh air, and a guided tour or Historic Philadelphia... 6 feet under.

In the summer, bring your own blankets, picnic baskets and/or beach chairs to soak up the atmosphere in a most unusual space for movie night! In the fall, Victorian attire is encouraged during their walking tours, so dust off that parasol and walking stick. The Laurel Hill website (<https://laurelhillphl.com/>) provides a calendar of events for every season.

### \*Note

We highly encourage visiting the Laurel Hill Cemetery once you are done safely separating at home and joining in-person adventures when you are feeling better and can be outside.



# Fun with ORIGAMI

BY JENNYFER OSUNA AND RYAN HIGGINS

Origami is the Japanese art of paper folding. In fact, "origami" means "folding paper" in Japanese. This art is at least 400 years old in Japan and is now popular all over the world. Many people make origami for fun and that's what you will be doing, but it also has other value to people. In Japan, there is a popular belief that if you can make 1,000 paper cranes, you will be granted one wish. People often bring their cranes to temples and shrines, along with their wish written on a wooden board, in hopes that their wish will come true.

Practicing origami can also help us use our energy in a positive way. Rather than reflecting on negative thoughts and emotions, we can use our time and energy to create something beautiful. This is something you can try to do now while safely separating at home.

Let's make some origami!

## Materials you will need:

- Squared paper\*
- Colored pencils

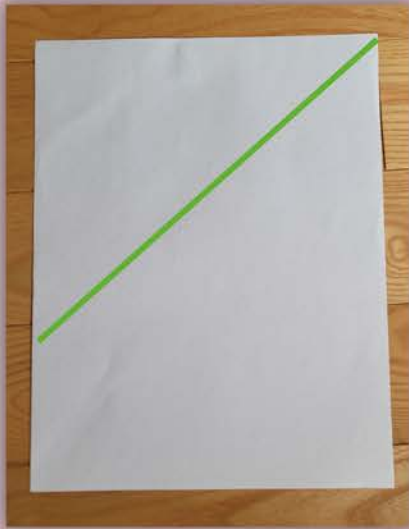
\*Traditionally, origami uses a special square-shaped paper called origami paper. If you don't have origami paper at home, you can also make some origami using regular rectangle paper or make square paper out of rectangle paper.



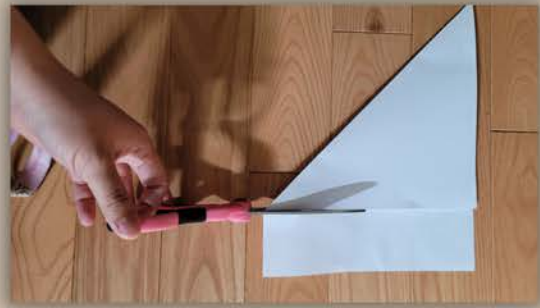


## HOW TO MAKE SQUARE ORIGAMI PAPER:

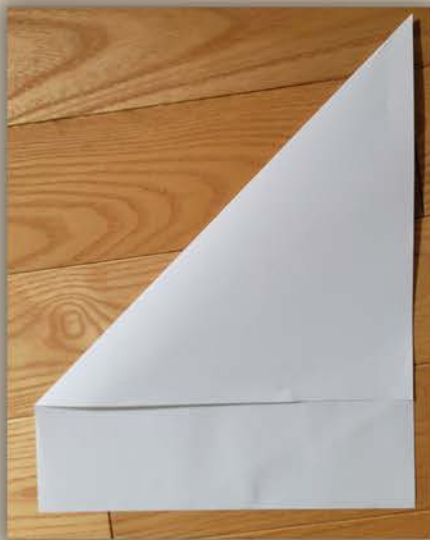
- 1** Fold along the green line to make a triangle.



- 3** Cut or tear off the rectangle. If you are tearing the paper, we recommend making a crease, forward and backward, where the triangle connects to the rectangle. This will make it easier to tear.

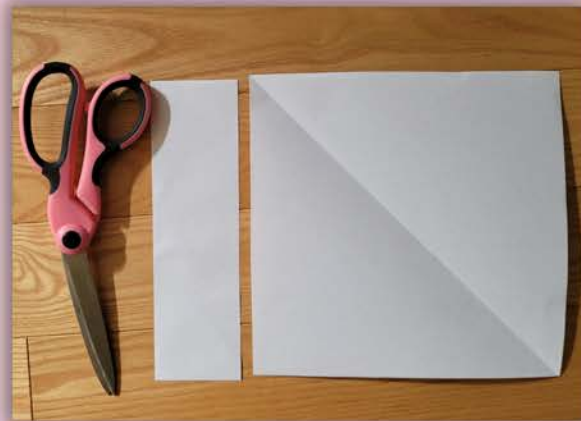


- 2** Crease the fold and make sure that the edges are even. There should be a rectangle of paper at the end.



- 4** Unfold and you should have a square!

Now that you have all your materials ready, let's get to folding.



# Origami: Cat Face

Difficulty Level: Easy

Paper Shape: Square

Link: [bit.ly/bbp-easyorigamicat](http://bit.ly/bbp-easyorigamicat)

1

Place your paper in a diamond shape and fold the paper in half by folding the bottom corner to the top corner.



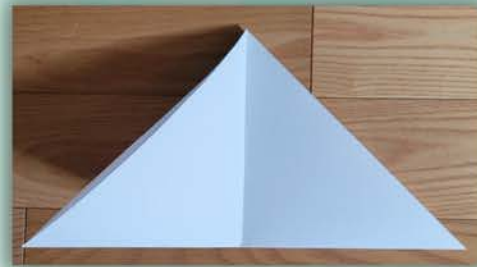
2

Fold the paper in half again by folding the left corner to the right corner.



3

Unfold your paper and you should see the fold you just made.



4

Form the ears by folding the left and right corners of the triangle up at an angle, just like what you see in the picture below.



5

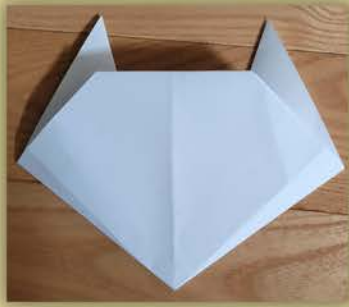
Fold the top middle corner down.





6

Turn your paper over.



If you'd like to learn more about origami or want more resources see the links below.

7

Draw some eyes and whiskers and you are done! Decorate your cat as much as you'd like!



### More Resources

<https://bit.ly/bbp-easyorigami> - Here are some more easy origami to practice. This is especially good for kids. The cat origami you just made came from this site! If you click the tabs located on the right side, you can find other types of origami. Some are medium difficulty designs.

<https://bit.ly/bbp-intermediateorigami> - Need more medium difficulty origami ideas? This website has many you can work on. They also have other types of origami if you click the links on the side.

<https://bit.ly/bbp-origamichildren> - This YouTube channel has many origami that are good for kids. Their channel also contains many arts and crafts activities that can be done with kids!

<https://bit.ly/bbp-intermediateorigamiplaylist> - In this YouTube playlist you can find a lot of medium difficulty origami. Their channel also has many other origami tutorials.

### Want to Share Your Origami with Us?

We'd love it if you'd share your origami creations with us! Upload your pictures here for a chance to be featured in our Bounce Back Philly Creative Corner Newsletter at this link: [bit.ly/bbp-cc-forms](https://bit.ly/bbp-cc-forms)



# Drexel Urban Growers and the COVID-19 Pandemic



BY MADI ROCKETT

**Drexel Urban Growers (DUG) is a student and community organization growing and donating organic produce to the Mantua community, connecting people to gardening education and supplies, building community partnerships, and developing projects related to nutrition education, aquaponics (using fish to fertilize aquatic plants), and vermiculture (the keeping of worms to help grow plants).**

**DUG was restarted in August of 2020, and we broke soil in our garden for the first time in March of 2021. It was challenging to grow our community in the midst of the COVID-19 pandemic, and we're grateful to have worked with so many dedicated people in the garden. Because of the COVID guidelines set by the CDC and Drexel University, we could only have 10 people in the garden at one time and, outside of the garden, we could only meet virtually for meetings and presentations. We hosted garden maintenance days every other Saturday from March to November, making sure volunteers wore masks and worked in separate raised beds when sharing the garden space. This was particularly difficult for us, as getting to know new people and connecting with neighbors is one of the biggest benefits of our work. We began using Discord to communicate with our members about upcoming events, garden updates, and eventually as a platform for our various committees to organize, and we continue to use it as our main platform for communication today. Despite our challenges, we grew 976 pounds of organic produce and donated nearly all of it directly to residents of Mantua and the Powelton Community Fridge.**



**Transitioning out of the pandemic was exciting for our team, and it's been a lot of fun (and a lot of work) to make changes to how we approach the work and each other. We've been able to invite more people into the space, engage with people picking up produce, and put on more creative, large-scale events than ever before. We're always evolving as an organization and can't wait to find more ways to support communities, food justice, and community control of food.**



# Point of View Poetry

By Vrushali Patil

**DIRECTIONS:** Ever felt like writing a story in poetry form? Let's try it now! Point of view poetry is a type of poetry where the speaker is the poet. In the point of view poem below, I write the story based on my observations.

Want to learn? Think of a story you really want to write about and form it into a poem. It doesn't have to rhyme, and it doesn't have to be long. It doesn't even have to make sense at first. This is your first draft. Once you write your story – try to shorten the sentences to make the story sound like a song or poem. Remember it doesn't have to rhyme, so have fun!

## EXAMPLE

Stolen Innocence  
she  
so innocent in age  
eloquently dancing  
with her blistering feet  
staging her soul  
with no look of defeat

she  
so innocent in age  
laying her heart  
all for the mass of ignorance  
that mock,  
that tease,  
sinfully unaware  
oh and let's not forget  
paid, for her heart's desires

she  
so innocent in age  
for her there is no rest  
no justification  
to be,  
trapped by such a situation

she  
so innocent in age  
I cry a tear  
do they not see,  
as me?

her classic beauty  
her tiny chocolate hands  
her scratched up toes  
her sweet wrinkly nose  
her brave spirit  
those brown eyes  
filled with hope

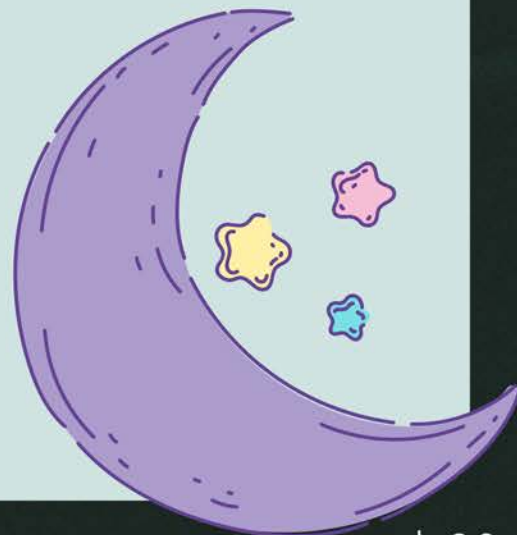
she  
so innocent in age  
the night's sky has fallen  
I see  
her heart tired of dancing  
longing for freedom

I see  
those BIG brown eyes  
gleaming with hope

she  
so innocent in age

I catch a smile  
and cry a tear  
for in that moment,

she  
so innocent in age  
is sweetly surrendered, to the  
magic of play









# MINDFUL SLEEPING

BY MARREN HOPELY

## Importance of Sleep

Sleep is a necessary part of our daily lives. Sleep allows our bodies and minds to rest and recharge, so that when we wake, we are ready to take on a new day. Getting enough sleep makes our minds sharper and promotes better concentration and memory. Quality sleep also helps us stay healthy and fight disease. Prioritizing your sleep can even improve your mood.

Most adults need between 7-9 hours of sleep each night. While this requirement may be hard for many to achieve, it is one we should aim for as we set healthy sleep goals.

## Using Mindfulness for Sleep

As many know, getting quality sleep can sometimes be a challenge. For some, stress and tension make falling asleep the most difficult part of the process.

Mindfulness and meditation can be a powerful tool to help calm the body and mind, so it is ready for sleep. According to researchers, meditation before bed can help improve your relaxation response.

If you struggle with falling asleep, or just enjoy meditation, try following these steps next time you want to rest your body and mind.

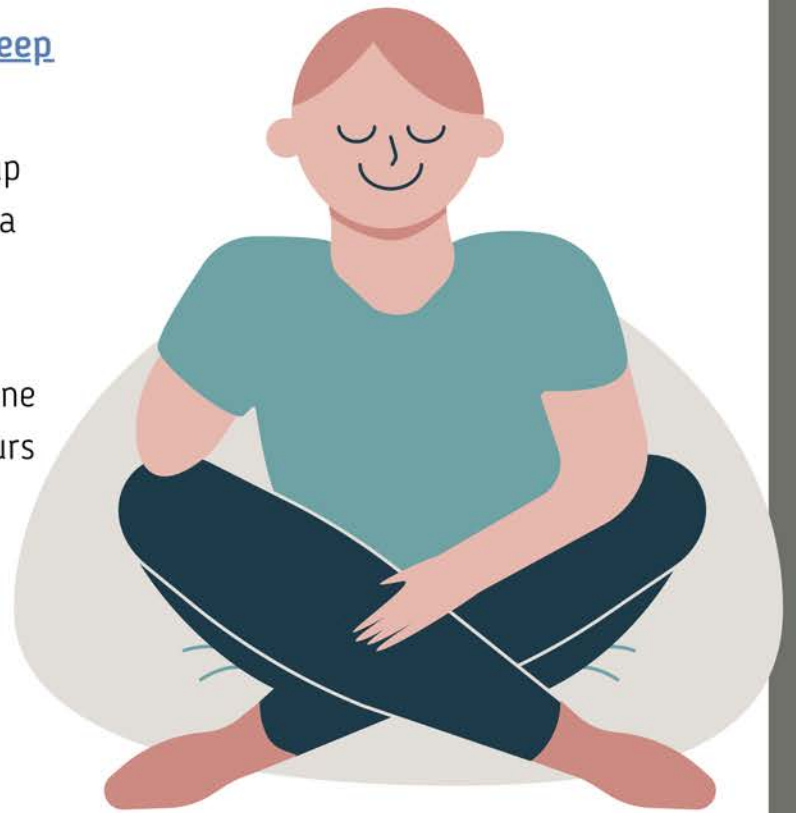




## Setting up the Perfect Conditions for Sleep

Before starting a meditation session and getting ready for bed, it's important to set up the right conditions for yourself to promote a good night's rest. Some of these conditions could include:

- Creating and sticking to a bedtime routine
- Turning off bright lights a couple of hours before bedtime
- Making sure your sleep environment is comfortable and free from distractions
- Putting away electronic devices and avoiding screens in the hour before bedtime
- Journaling to help clear your mind
- Avoiding caffeine and large meals before bedtime

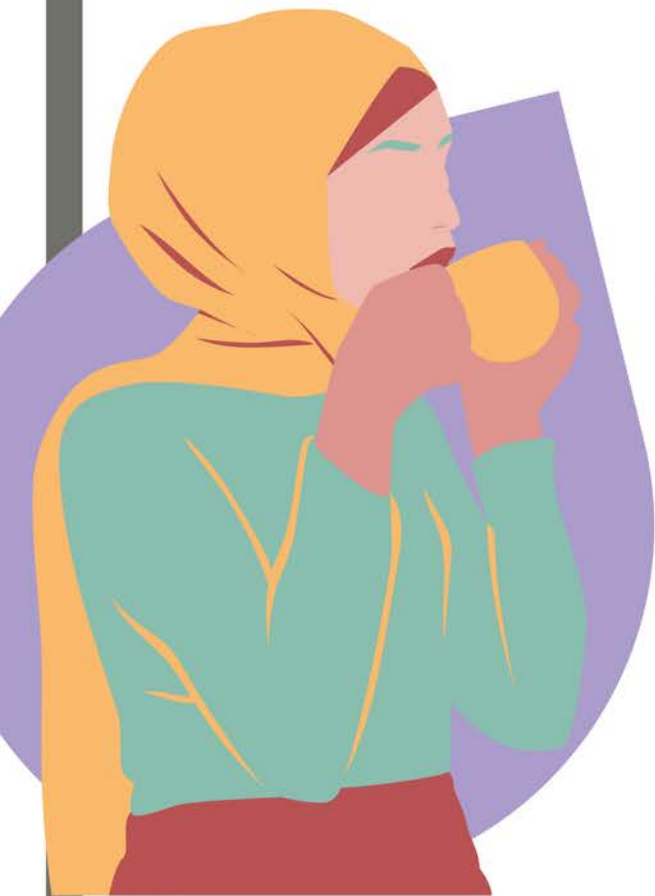


## Beginning Your Sleep Meditation

Once you have created ideal sleeping conditions for yourself, follow the steps of one or both mindfulness sessions to start your sleep meditation:

### Inhaling and Exhaling

- Slowly and gently bring your attention to your breath. Breathe in for 10 seconds, hold for 10 seconds, and exhale for 10 seconds. Repeat five times.
- On the next inhale, tense your muscles. Take a pause, relax your body, and exhale. Repeat five times.
- Focus on your breathing and how your body feels. If you feel tension in your body, try to relax it.
- If your mind wanders, bring your attention back to your breath.

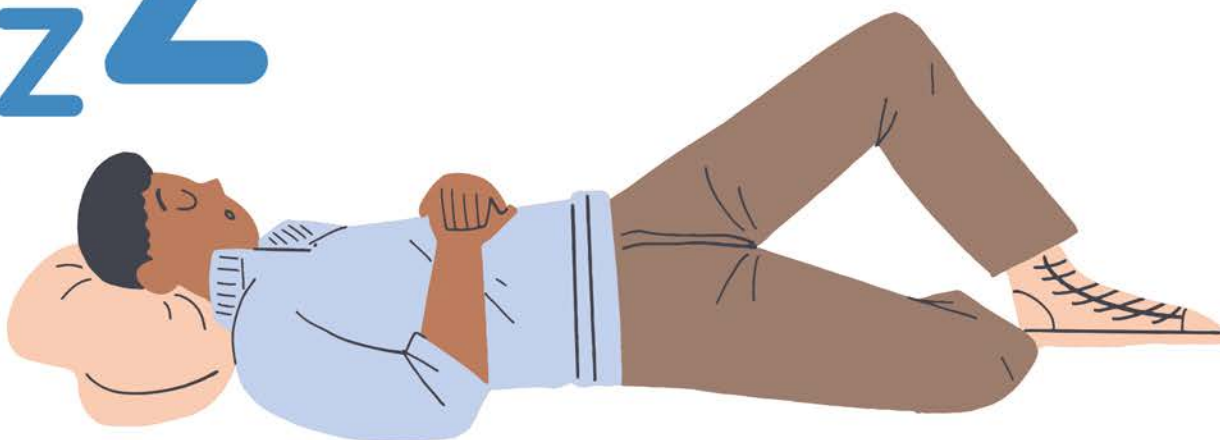




### Being Present in your Body



- Close your eyes and bring your attention to your breath. Breathe slowly.
- Gently notice the feeling of your body on the bed.
- Bring your focus to the muscles in your face. Unclench your jaw and relax the muscles around your head, eyes, and cheeks.
- Move your focus to the muscles in your neck and shoulders. Gently let go of any tension.
- Continue moving your focus down the rest of your body. Relax your arms and fingers, your back, your stomach, your legs, and feet.
- If your mind goes elsewhere, gently bring your focus back to your breathing, and then back to your body.



**\*Disclaimer:** If you are having any issues with breathing or have been advised by a doctor to avoid physical activity, please wait until you are feeling better or have been cleared by a doctor to engage in strenuous activities.

**Sources:** <https://www.healthline.com/health/meditation-for-sleep#how-it-helps>  
<https://www.sleepfoundation.org/how-sleep-works/why-do-we-need-sleep>



# Puzzles

## Sudoku

EASY #016

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

MEDIUM #016

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

HARD #016

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

## Word Search

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

**MEDITATION**  
**INNOCENCE**  
**MAUSOLEUM**  
**VICTORIAN**

**SUNFLOWER**  
**NUTRITION**  
**TRANSFORM**  
**CEMETERY**

**BREATHE**  
**BALANCE**  
**JUSTICE**  
**ORIGAMI**

**GARDEN**  
**BUTTER**  
**BURIAL**  
**SLEEP**

**CRANE**  
**RHYME**  
**SPICE**  
**FOLD**



# taste of home

## Sunflower Butter Curry:

Recipe by Ibim SoibiHarry

**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**Number of Servings:** 2-4

**Total Time:** 35 minutes

### INGREDIENTS

- Bell Peppers
- Jalapeno Peppers  
(more jalapenos more spicy)
- Onions
- Water
- Sunflower Butter
- Veggie mix  
(corn, carrots, lentils, etc)
- Mushrooms
- Cornstarch
- Soy Sauce

### INSTRUCTIONS

Savory and spicy makes everything nice. This comfort food dish is super easy to make, versatile, and tastes like a million spicy dollars. I am a big season-by-sight-and-taste rather than measure it out type of person, so just make sure to keep tasting your food so the taste and spice levels are good for you.



1. Chop up peppers into small pieces and put in blender
2. Add sunflower butter (2-3 tablespoons) and water to blender
3. Blend until smooth
4. Sautee onions and mushrooms in oil and soy sauce
5. Add blended mix to the pan.
6. Seasoning: Add 2 bouillon cubes, black pepper, salt, and curry seasoning
7. Add 2 tablespoons of cornstarch to half a cup of water and add to the pan
8. Heat until the curry has a rich, slightly thick consistency.  
Taste it to make sure it's good for you
9. Serve hot and enjoy with a bowl of white rice



# taste of home

## Guiso/Base Seasoning

Recipe by Raquel Ramos

### Espanol

- Cebolla larga cortada en pedazos
- Tomates cortados en pedazo
- 2 dientes de ajos cortados
- Cilantro
- Hojas de laurel
- Mantequilla
- Color
- Comino
- Sal
- Pimenta

### English

- Scallions cut in pieces
- Tomatoes cut in pieces
- 2 garlic cloves in pieces
- Cilantro
- Bay Leaves
- Butter
- Paprika
- Cumin
- Salt
- Pepper



### ***Why does this recipe remind you of home?***

This is a seasoning used from my family in Columbia. We use it for any occasion. You put all the ingredients in a pan first to let it cook before you make eggs, meat, pasta, stew, etc. There are no specific measurements because it's about how much you want of each ingredient. Since starting a garden with my mom, we always make this seasoning fresh from our garden.

Want to share your Taste of Home recipe?

Submit your recipe online at [bit.ly/bbp-cc-forms](https://bit.ly/bbp-cc-forms)



# Creative Writing

Creative writing allows you to run wild with your imagination, share ideas, and encourage artistic expressions. Let's begin!

1. Choose one event that happened recently (today, yesterday, or earlier in the week).
2. Use all five of your senses (sight, touch, smell, taste, and hearing) to describe the event in a vivid way.

A large sheet of lined paper with horizontal black lines. The background of the paper features a colorful illustration of a person with dark hair, wearing a purple sweater and blue pants, sitting on the floor with their chin resting on their hand, appearing to be in deep thought. The background also has some abstract, colorful shapes and lines.

After creating your story, submit it for a chance to be featured in the next newsletter. Have other original stories you'd like to share? Send them our way! Submit your stories at [bit.ly/bbp-cc-forms](https://bit.ly/bbp-cc-forms)





# Pandemic Art Story

BY MELISSA PANG  
INSTAGRAM: INSTA\_\_PANG



In January 2020 I made a few New Year's resolutions: do more creative things, buy a house, cook more, and... spend more time alone. The last few years have allowed me to slow down and rediscover my creative side, through small and larger projects, from participating in #onephillyart projects and posting them in the window of my one-bedroom basement apartment, to painting a mural in the backyard of my newly purchased pandemic home, along with two children's books for family and friends, a lot of homemade birthday cards, a wreath, painted coasters and earrings, nail art, Christmas ornament crafts, and food art along the way.



One of my favorite projects was creating over 60 Gritty ornaments in December 2020 with the help of some of champagne corks, fake flowers, and googly eyes. The best part about making these was hand delivering them to friends all over the city. This was before vaccines and with freezing temperatures, it was hard to get motivated to leave the house, but these gave me an excuse to walk, a way to see friends even if it was just for a few minutes on their stoop and masked, and the joy of spreading Gritmas cheer!



I even managed to combine two of my resolutions into one by creating food art like this brunch bunny, charcuterie chalet, and skeleton cheese board. It made cooking for one just a bit more fun. When things started to open up and we were able to celebrate my niece's birthday, we made her a hungry caterpillar cake.





Like many of you, a lot of my friends and family members had babies during the pandemic. Another creative project was illustrating children's books as a special gift. We spent a few hours on Zoom coming up with the story of Baby J's Quest for the World's Best Shrimp, and then I spent hours drawing pictures. I dropped off the pages for others to color and then scanned them and created a book with a picture site. Last year, my sister and I created a French-English Alphabet book for our niece, who is being raised bilingual, with all words that start with the same letter in French and English.

Perhaps my most over the top ongoing project has been on the tiniest canvases: my nails. I've been doing nail art for fun since I was in high school, but my pandemic nails were some of my most artistic and detailed. I like to reflect what's going on in the world with my nail art, so in the beginning of the pandemic, I did coronavirus nails, and then a year later it was vaccine nails. In between, there were Gritty nails, Wordle nails, and new house nails. Now I'm working on doing all different Philly neighborhoods and just did the Italian Market.

From a tiny canvas to a much larger one, my biggest project was painting a mural in my new home. I sketched it out first and bought outdoor paint and then spent a few days painting, with the help of my sister. Sometimes I was painting until late at night, in the zone listening to music. Now, it's so nice to sit and eat lunch or hang out with friends out here.

Art has been a great way to manage my anxiety and process all the terrible things that have happened over the last few years. It forces you to stop and focus on something without distractions. It's a great conversation starter and something you can do just for you and nobody else.





# Justice

By Nora Trejos

Illustrated by Ginny Robison



The tarot card for October is Justice. It is represented by lady justice with a balance scale, and it is correlated with the sign of Libra. This card is direct. The message is that you will get justice if you have been harmed or are seeking to hold someone accountable for their actions. If you have any kind of legal matters pending, this card could mean that you will have a fair outcome.

The Justice card also has a meaning of Karma, or "What goes around comes around." You will be facing the consequences of your actions soon, whether those are good or bad depends on you. Karma is not necessarily a negative thing. If you have spread seeds of love and compassion, those same feelings will come back to you and grow. If you have harmed people (intentionally or not), life will make sure you pay for your mistakes.

In the search for Justice, you may be challenged with the truth. However, the truth is not always as black and white as we want it to be, and there may be many truths to every situation. Make sure you are open to hearing many sides of a story and being mindful of your own bias. Do not make a judgement until you have looked into all facts with a clear mind.

In terms of the future, the Justice card wants you to consider the consequences of the decisions you are making right now. Consider your options with an open mind and be honest with yourself about what each path will bring you. Be careful with romanticizing your desires to the point that you are not being realistic with what the outcome will actually be. Listen to your intuition but also look at your desires in the light of reality. Will that thing you want really make your life better?

Often, in our personal relationships, it's hard to seek restoration when trust has been broken and someone has been hurt. The Justice card invites you to let go of resentment and leave it up to the universe to balance the scales. Finding your own revenge may seem like a satisfying option, but it can bring more negative karma towards yourself. Let the universe take care of those who hurt you and trust that they will be held responsible by life in due time.

We live in a society in which we see injustice every day. It's hard to believe that justice can be possible in our country with so many systems of oppression in place. Injustice cannot be undone. However, the Justice card offers the strength to fight against the powers that be. If you are standing up for what's right and challenging century old structures, this card is for you. Keep doing the work necessary to lift the truth and seek justice.





# Death

Illustrated by Ginny Robison

By Nora Trejos



For November, we will be working with the Death card, which is the assigned card for the sign of Scorpio. Although this card is feared due its graphic nature and creepy look, it is not necessarily a negative card. It rarely ever means a physical death. More often, it means the death of an old self to give space for a new you. The end of the year is coming near, and as we take a look into our successes and failures from this year, we can also consider what aspects we need to let go of and new goals to aim for.

The Death card is bringing a major transformation to your life. The first step is to let go of old patterns of thought and behavior to make room for the things you need to learn. It's possible you encounter inner resistance since you have been doing things the same way for a long time, which does not mean that is the best way to do things right now. Allow yourself to mourn old relationships, friendships, habits, hobbies, jobs, etc. Take time to process the loss of releasing your old self. Only after you accept what is gone, will you experience the re-birth that the Death card promises.

When it comes to love, the Death card does not need to mean the end of a relationship. It can be the end of a stage and a transition to a better version of the bond. It will take time and effort to make an old relationship work with new boundaries and expectations, but if both parties are willing to change, then they will be able to grow together. You have a choice to accept the challenge and transform your relationship, or simply let it go. If your friend or partner does not want to commit to change, you may also have to let it go.

When it comes to finances, Death may bring a big loss of resources. This will trigger a period of re-learning how to manage your time and money to maximize profits and avoid burn out. Do not spend your time crying over spilled milk. Money goes and money comes. You will recover from this loss and learn how to avoid them in the future.






Overall, Death brings good news to every aspect of your life, with the caveat that something has to go for something else to come in. A door will open after one has been closed. The secret is in your openness to transformation and new energy.

**KEYWORDS:** TRANSITION, TRANSFORMATION, LOSS, NEW BEGINNING

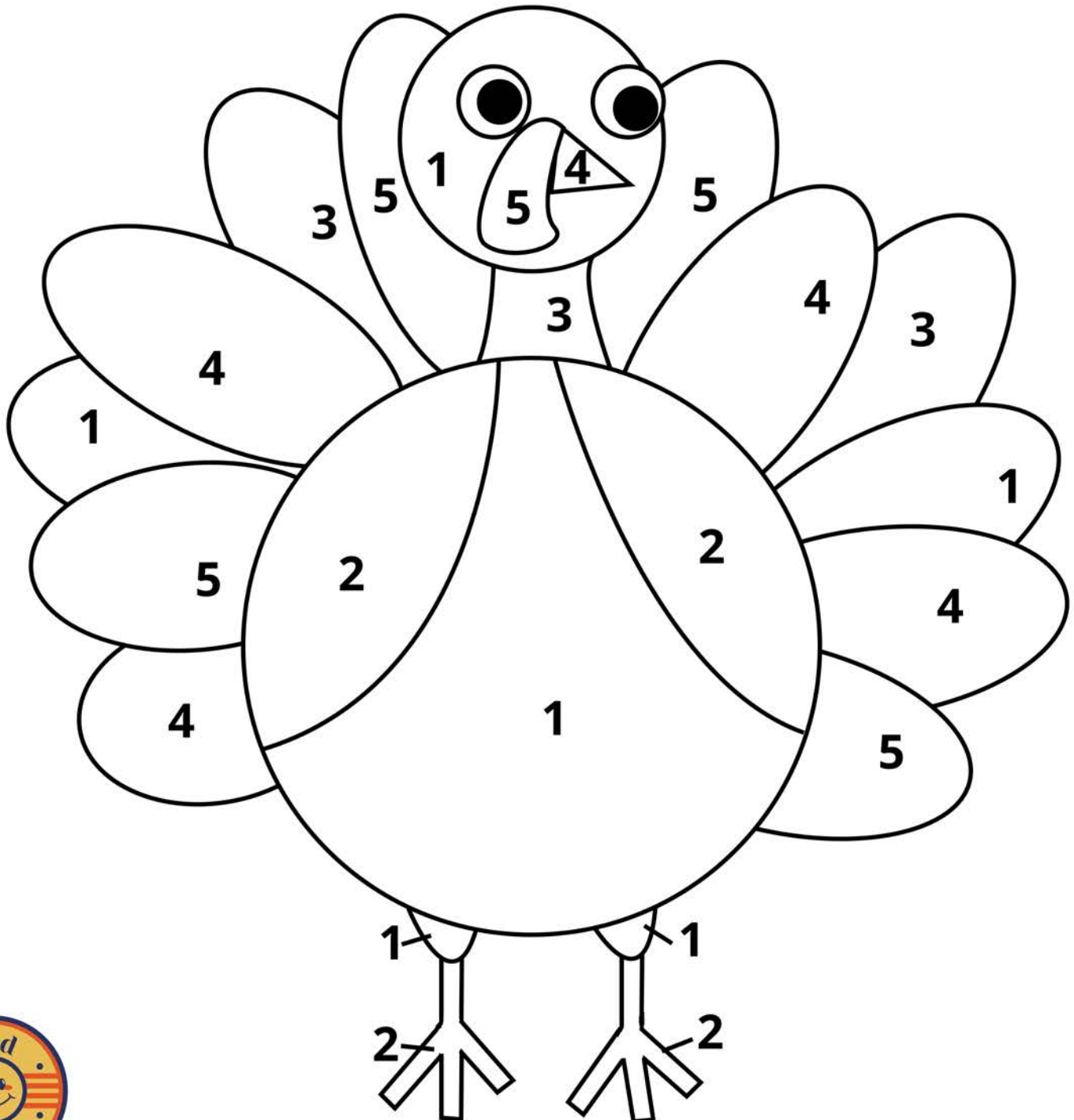


# COLOR BY NUMBER

**Directions:** Let's practice numbers and colors with this fun activity. Start by coloring each shape with the matching number.

1.  BROWN
2.  ORANGE
3.  BLACK
4.  YELLOW
5.  RED

ALL SHAPES WITHOUT A NUMBER ARE WHITE.





# DOT TO DOT

Start at the number 1 and follow the dots in numerical order until you reach the number 50.

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





# Puzzle Answers

## Sudoku

**EASY #016**

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

**MEDIUM #016**

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

**HARD #016**

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

## Word Search

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