

Puzzle Page

SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Beginner

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

STRESS AWARENESS WORD SEARCH

WORDS

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

ACCELERATION MASSAGE
 ADRENALINE MEDITATION
 ANXIOUS MESSAGE
 BREATHING PALPITATIONS
 CONCENTRATION PANIC
 CONTROL PERSPIRATION
 COPING PHOBIA
 DEADLINES PHYSICAL
 DEGRADES PSYCHOLOGICAL
 DEPRESSION RELAXATION
 DISEASE STRESS
 EMOTIONAL TENSION
 EMPLOYMENT THERAPY
 ENERGY TRAUMA
 EXERCISE TREATMENT
 HORMONES UNPLEASANT
 INSOMNIA WEAR
 MANAGEMENT WORRY

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

See puzzle solutions on page A&L6.

This week's crossword

CLUES ACROSS

- A braid
- Print errors
- Any of 3 avatars of Vishnu
- Odor masking toiletry
- Abba __, Israeli politician
- An enlisted person
- Any speed competitor
- Manitoba hockey team
- The Bay state
- Trees with conelike catkins
- Central area of a church
- 2 year old sheep
- Interpret written words
- Greek goddess of youth
- Bullfighting maneuver
- Shapes
- Decreased
- Fly
- Unbelief
- Traditional Hindu rhythms
- Yemen capital
- Prayer leader in a mosque
- A sheep up to the age of one year
- Soldier in an airborne unit
- What a cow chews
- K particle
- 50 cent pieces
- Trauma center
- 2011 Stanley Cup winners
- Inner bract of a grass spikelet
- The Show-Me State
- Self-immolation by fire ritual
- Offshoot interests
- Amounts of time
- Salty
- Guinea currency 1971-85

CLUES DOWN

- Existing before a war
- Open to change
- Gunsmoke actress Blake

1	2	3	4		5	6	7	8	9	10				
11						12					13	14	15	
16						17			18					
19					20	21		22	23				24	
25							26					27		
28						29					30			
				31	32					33				
34	35	36	37						38					
39						40	41	42						
43					44						45	46	47	48
49					50					51	52			
53			54						55					
56		57						58					59	
60						61	62						63	
						64							65	

- Converted into leather
- Boundary
- Predominated
- Royal Observatory
- Promotion
- Rich multilayered cake
- River between Iran and Armenia
- Carrier's invention
- Banes
- Catastrophe
- Atomic #77
- A note appended to a letter
- Licks
- Adam's wife
- Counterbalance
- Brokeback star's initials
- Golf score
- Manuscripts (abbr.)
- Old English
- Pod legume
- Upper arm muscle
- Japanese warrior
- Oh, God!
- A Scottish cap
- Expresses surprise
- Carbon particles
- 4th cognomen
- "Joy Luck Club" actress Irene
- Holds
- Favorable factors
- Bird enclosure
- Act of pay for usage
- St. Francis of __
- Aussie bear
- Day-O singer's initials
- One of the six noble gases
- Apiary inhabitants
- Proboscis
- "Titanic" star's initials
- Lincoln's state
- Atomic #28

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