

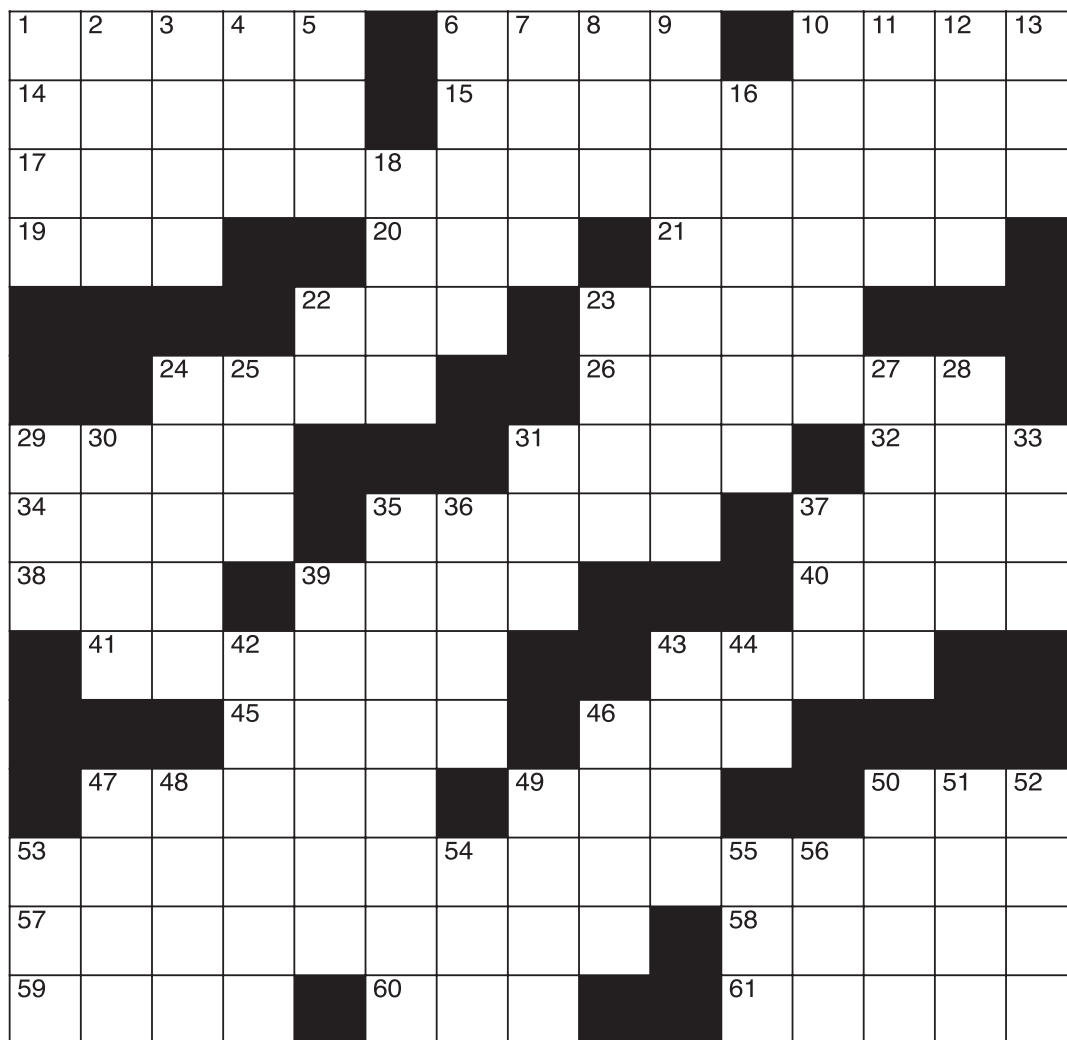
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of the Sentinel-Echo & Times-Tribune*

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The SENTINEL ECHO



TIMES-TRIBUNE
Your Life. Your Paper.



40. Exam
41. Making less difficult
43. Without
45. Dravidian ethnic group
46. A baglike structure
47. Buenos Aires capital La ____
49. Dab
50. Singers who perform together
53. Pirates' saying
57. OK to allude to
58. Somaliland diplomat
59. Has to pay back
60. Felix is one
61. Intestinal pouches

CLUES DOWN

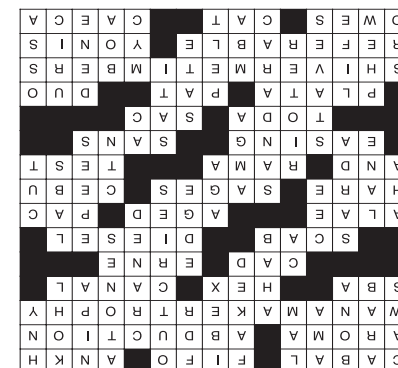
1. Harsh cries of a crow
2. Type of horse
3. ____ fide: authentic
4. Doctors' group
5. Fugitives are on it
6. Forged
7. Wild goat
8. Influential American president
9. Calls for help
10. Repents
11. Palm tree with creeping roots
12. Black powder used in makeup
13. Happy New Year

16. Stretched out one's neck
18. Whale ship captain
22. Atomic #20
23. Border
24. River that borders India and Nepal
25. After B
27. Fencing swords
28. Where researchers work
29. Expression of satisfaction
30. Broadway actor Nathan
31. Heavy, heat-retaining stove
33. A way to eliminate
35. Type of tree resin
36. Russian river
37. Children's TV network
39. Troublemaker
42. Averts or delays
43. Self-immolation by fire ritual
44. It cools your home
46. Satisfy to the fullest
47. Stinks!
48. Popular board game
49. Attack by hurling
50. A vale
51. Type of acid
52. Tasmania's highest mountain
53. No seats available
54. Licensed for Wall Street
55. Family of genes
56. Constrictor snake

CLUES ACROSS

1. Secret clique
6. Earliest in and out
10. Ancient Egyptian symbol of life
14. Olfactory property
15. Kidnapping
17. Golf prize
19. Helps little firms
20. Cast a spell on
21. Panama is one
22. Dishonorable man

23. Sea eagle
24. Part of the healing process
26. Vin's last name
29. Wings
31. Made older
32. Political device
34. Looks like a rabbit
35. Gurus
37. Philippine Island
38. Not or
39. Hindu model of ideal man



PUZZLE SOLUTION



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HEART HEALTH WORD SEARCH

WORDS

A-FIB
ANGINA
ANGIOGRAM
ANGIOPLASTY
ANTICOAGULANTS
AORTA
ARTERIES
ATRIUM
ATTACK
CAPILLARIES
CARDIOLOGIST
CATHETER
CHAMBER
CHEST
CONGENITAL
CORONARY
ECHOCARDIOGRAM
HEART
HYPERTENSION
ISCHEMIC
PACEMAKER
VALVES
VEINS
VENTRICLE

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

Puzzle Solution
on page 15

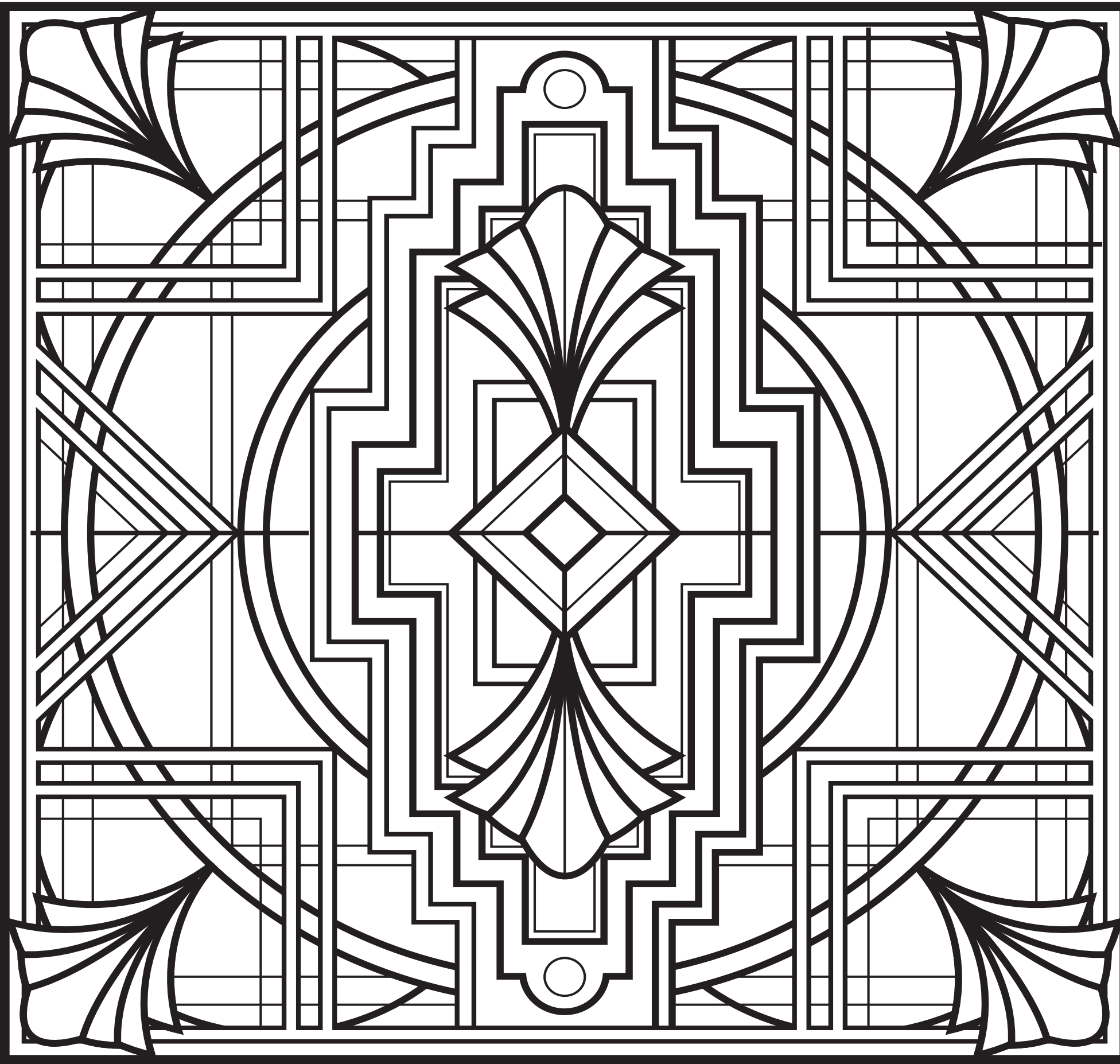
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SUDOKU

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

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!

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!

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

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WORDS

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

ACNE
ATHLETE'S FOOT
BACTERIA
CANDIDA
CARCINOMA
DRYNESS
ECZEMA
HIVES
ITCHY
MELANOMA
MOLES
PIGMENTATION
POISON IVY
PSORIASIS
PUSTULES
RASHES
ROSACEA
SCALY
SEBORRHEIC
SHINGLES
STEROIDS
SUNBURN
VITILIGO
WARTS

Find the words hidden vertically, horizontally, diagonally, and backwards.

Puzzle Solution
on page 15

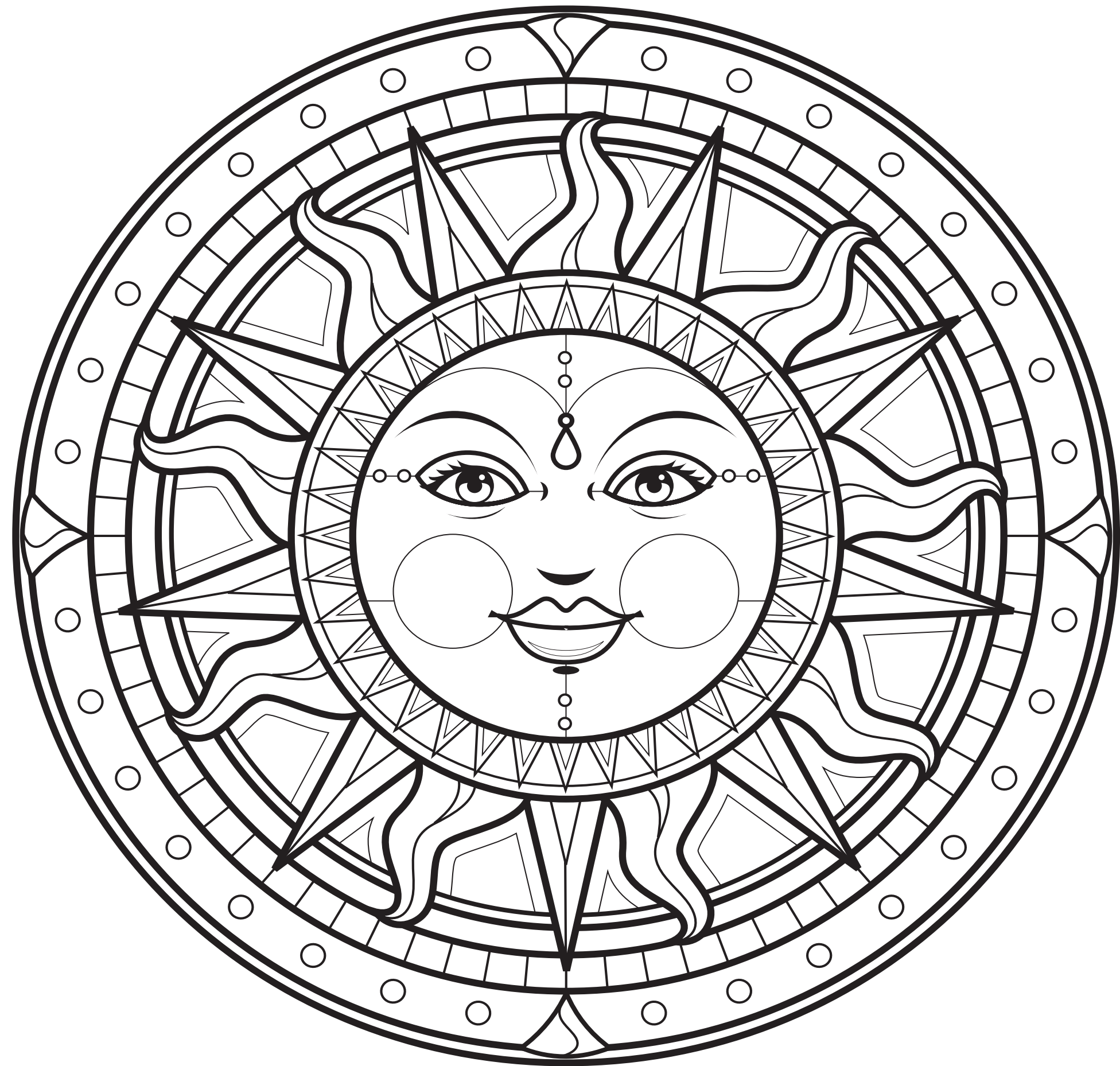
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WORDS

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BACKCOUNTRY
BACKPACK
BIVOUAC
BOOTS
CAMPSITE
CARABINER
CORD
FIELD
FOOTPRINT
GEAR
GIARDIA
GROUNDSHEET
HYPOTHERMIA
LANDSCAPE
LANTERN
LAYERING
NAVIGATION
ORIENTEERING
PEAK
RIVER
RUCKSACK
SKI
TRACKS

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

Puzzle Solution
on page 15



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ENVIRONMENTAL TEST

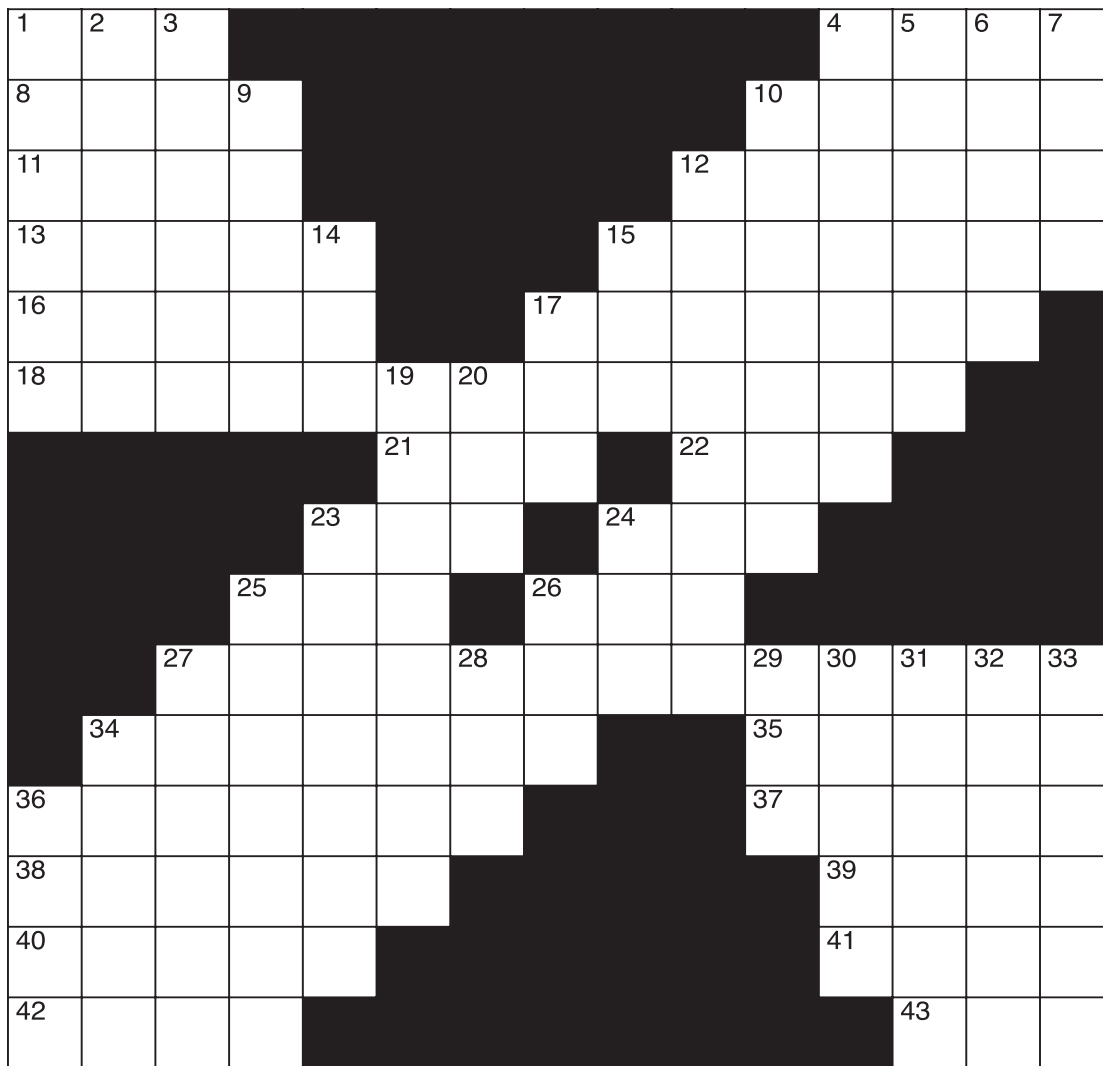
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35. It can be sounded
36. Making dirty
37. Romanian city
38. Baking ingredient
39. Share a common boundary with
40. Succulent plants
41. Penny
42. Jr. U.S. Senator Paul
43. "Laurie Partridge" actress Susan

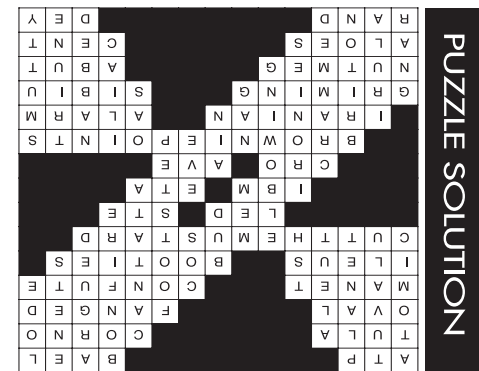
17. Popular beer
19. Jabbing
20. Historic Swedish castle
23. Humorous expressions
24. Christmas and New Year's Day each have one
25. Filled up
26. Nerve that serves the forearm (abbr.)
27. One of British descent
28. A way to get at
29. Food-related allergic reaction
30. Group of arteries near the pelvis
31. Picked up
32. Being three in one
33. Obscene
34. Dravidian language
36. Growl

CLUES DOWN

1. A type of bomb
2. Pacific island country
3. Earth is one
4. A place to gather around
5. Expressed opposite views
6. Group that lives near Siberia
7. Ore deposit
9. Language related to Eskimo
10. Narrative piece of music
12. The distance covered by normal stride
14. Glycoprotein hormone (abbr.)
15. Mathematical term (abbr.)

CLUES ACROSS

1. It governs Federer and Nadal's sport
4. Golden apple tree
8. Central Mexican river
10. Horn
11. Egg-shaped
12. With tooth
13. French modernist painter
15. Disprove
16. Painful intestinal obstruction
17. Baby shoes
18. Make the grade
21. Type of screen
22. Christian fraternal organization (abbr.)
23. Computer giant
24. When you hope to get there
25. Corporate executive title (abbr.)
26. Shout of welcome or farewell
27. Imaginary awards for good deeds
34. A citizen of Iran



PUZZLE SOLUTION

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VICKIE KING,
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9	7					1		
					6			
	8						9	
							3	
4				6				
		3			1	9		8
	3	8				4	1	
		5			3	6		
			1		2	7		

Level: Advanced

SUDOKU

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!

Fun By The Numbers

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

ANSWER:

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to employment.

Y P L O A L R

--	--	--	--	--	--	--

Answer: Payroll

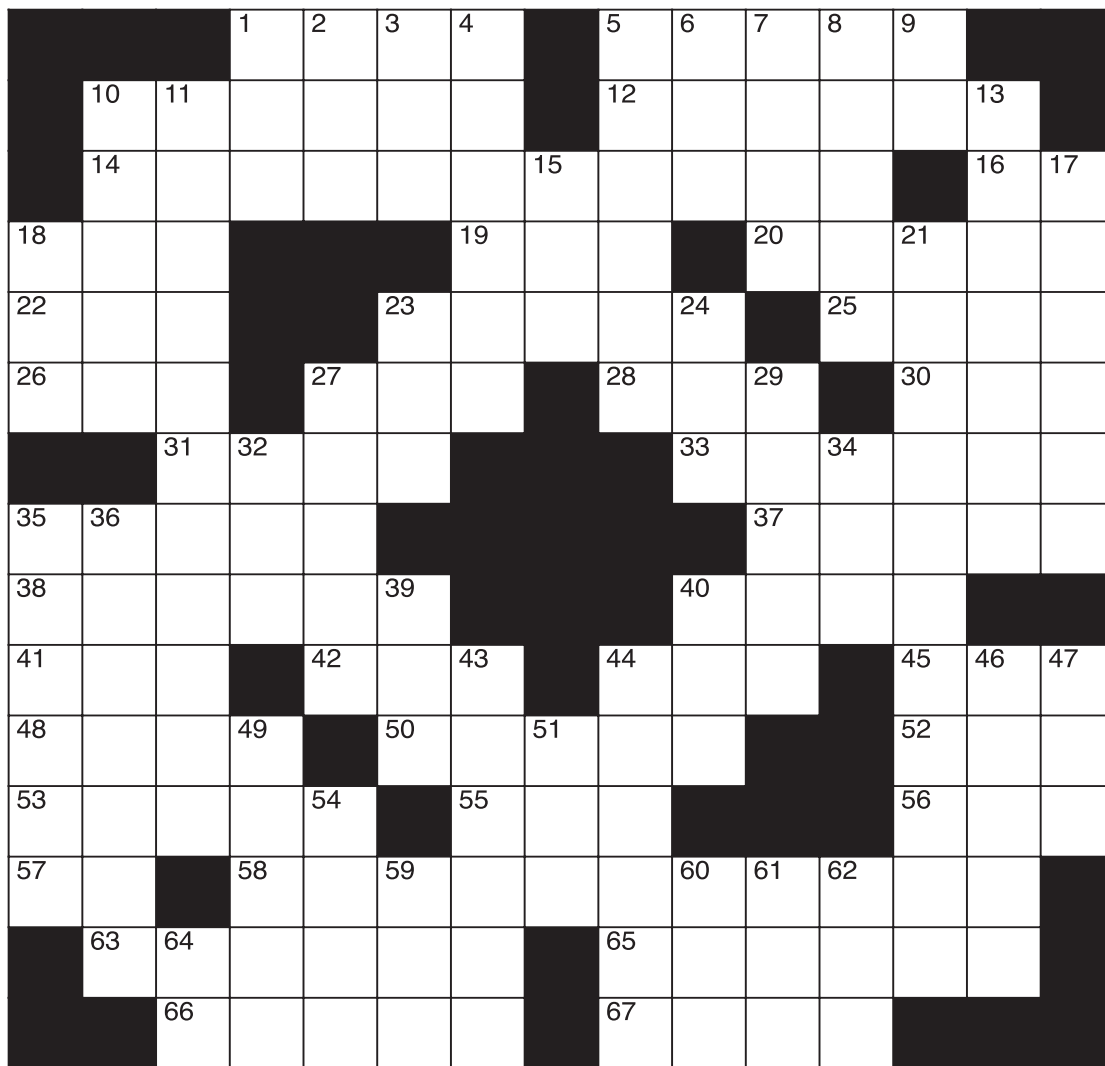
WORD SCRAMBLE

Rearrange the letters to spell something pertaining to farm safety.

A C R T O R T

--	--	--	--	--	--	--

Answer: Tractor



40. A line left by the passage of something
 41. Indicates near
 42. Where wrestlers compete
 44. Prosecutors
 45. Body part
 48. Soluble ribonucleic acid
 50. Indicates silence
 52. NFL's Newton
 53. Ancient Roman garments
 55. Drunkard
 56. Expression of satisfaction
 57. Thus
 58. Noisy viper
 63. Plants of a particular region
 65. Communicated with
 66. Latches a window
 67. Swarm with

15. Cool!
 17. "___ than a doornail"
 18. Popular literary form ___ fi
 21. Be the most remarkable
 23. "Final Fantasy" universe character
 24. Buffer solution
 27. Muslim physician using traditional remedies
 29. Fantastical planet
 32. S. American plant
 34. Domesticated animal
 35. The tops of mountains
 36. Expression of disapproval
 39. Skeletal muscle
 40. Game show host Sajak
 43. One's interests
 44. Identify the existence of
 46. Partner to "oohed"
 47. Does not accept medical help (abbr.)
 49. Hammerin' Hank
 51. Lowest point of a ridge between two peaks
 54. Elaborately draped garment
 59. Check
 60. Car mechanics group
 61. One point east (clockwise) of due north
 62. Austrian river
 64. A command to list files

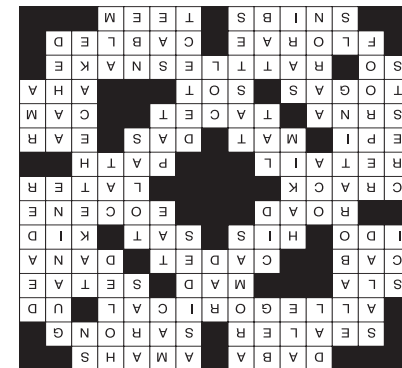
CLUES DOWN

1. Split pulses
 2. Brew
 3. Ask humbly
 4. Distinctive smells
 5. Digressions
 6. Partner to cheese
 7. Father of Araethyrea
 8. Made a cavity
 9. Tin
 10. Appetizer
 11. Presenting in detail
 13. Compound in guano and fish scales

CLUES ACROSS

1. Religion native to some in China
 5. Nursemaids
 10. Coats a porous surface
 12. Garment of long cloth
 14. Containing a broader message
 16. University of Dayton
 18. Patti Hearst's captors
 19. Insane
 20. Bristlelike structures in invertebrates
 22. Taxi

23. Trainee
 25. Comedian Carvey
 26. Some couples say it
 27. Belong to he
 28. High schoolers' test
 30. Young goat
 31. You drive on one
 33. Denotes a time long ago
 35. Space between two surfaces
 37. By and by
 38. A way to sell



PUZZLE SOLUTION



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⊙**☐☹☼~●🌀✧*⬢X☼+☼*▲☾*♂★☼ከ☐☐☹

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

☐☾☐☼♂☼~★+

Determine the code to reveal the answer!

Solve the code to discover words related to water quality.
Each number corresponds to a letter.
(Hint: 12 = E)

A. 17 22 1 19 5 26

Clue: Part of the heart

B. 3 17 1 13 19 17 3

Clue: Relating to the heart

C. 9 12 6 6 12 8

Clue: Vein, artery or capillary

D. 6 22 1 12 23 10 22 18

Clue: Quality of being strong

Answers: A. atrium B. cardiac C. vessel D. strength

⊙**☐☹☼~●🌀✧*⬢X☼+☼*▲☾*♂★☼ከ☐☐☹

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

☐☾☐☼♂☼~★+

Determine the code to reveal the answer!

Solve the code to discover words related to acne and skin.
Each number corresponds to a letter.
(Hint: 15 = I)

A. 20 15 2 20 24 1

Clue: Skin inflammation spot

B. 8 1 11 3 1 12 12

Clue: Skin irritation

C. 15 8 8 15 13 25 13 15 22 3

Clue: Product of inflammation

D. 12 5 15 3

Clue: The largest organ

Answers: A. pimple B. redness C. irritation D. skin



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WORD SCRAMBLE

Rearrange the letters to spell something pertaining to water quality.

I R S A N

--	--	--	--	--

Answer: Rains

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to learning.

G C L E L O E

--	--	--	--	--	--	--

Answer: College

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to eyesight.

R I S I

--	--	--	--

Answer: Iris

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the heart.

L E U P S

--	--	--	--	--

Answer: Pulse

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WORD SCRAMBLE

Rearrange the letters to spell something pertaining to skin.

S R P E O

--	--	--	--	--

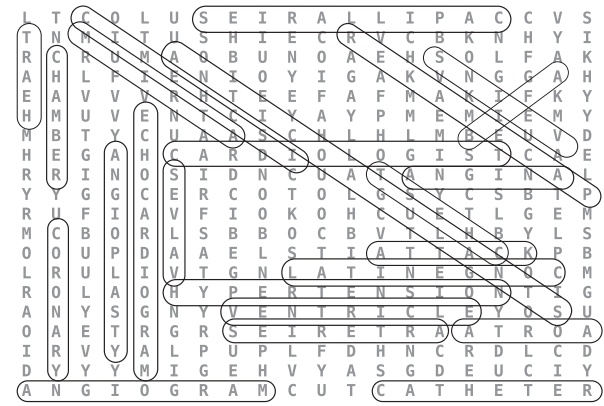
WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the wilderness.

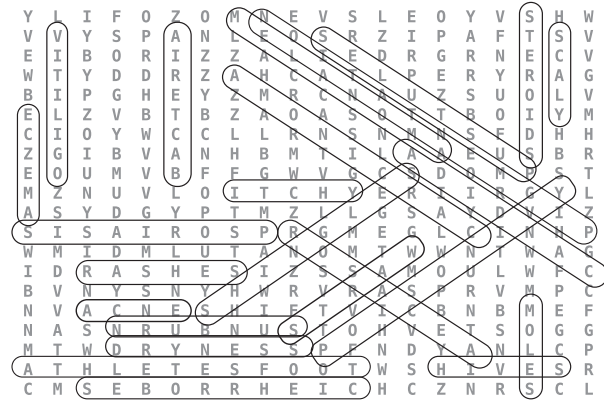
R W F E O L

--	--	--	--	--	--

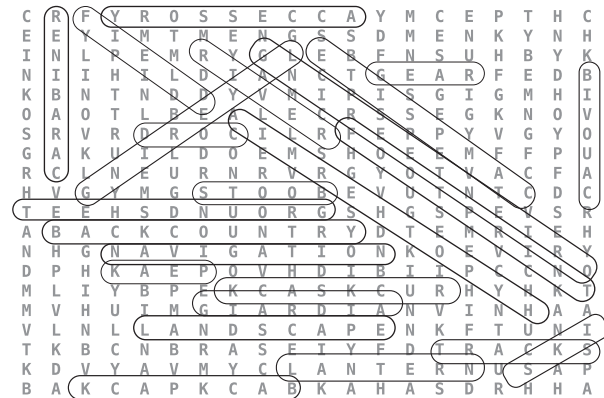
Answer: Flower



Puzzle Solution on page 3



Puzzle Solution on page 6



Puzzle Solution on page 8

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Hours of Operations: Mon-Fri 7:30 am - 4:30 pm



Board games are family-friendly boredom busters

Families spend a lot of quality time together. While there are many ways to fill that time, sometimes the best activities are those that inspire a bit of nostalgia.

Board games have been a tried and true family activity for centuries. In fact, Senet, which is believed to be the world's first board game, was enjoyed in Ancient Egypt as far back as 3500 BCE. Checkers, chess and backgammon are some other beloved board games that have withstood the test of time.

Many family-friendly board games that have been developed through the years are just as fun to play today as they were when they were first introduced.

- **The Game of Life®:** The idea behind this game is to go through life making smart decisions. The player who retires first and with the most money is the winner. It can be a great way to teach youngsters about money management and sound decision-making.

- **Scrabble®:** Players strategically place letter tiles on the board in a crossword puzzle format. These letters form words, and each letter is valued differently, creating a score for each word. Families can enjoy this fun competition while expanding their vocabularies.

- **Clue®:** Clue is the original "who



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done it" mystery game. Players attempt to figure out which suspect was involved in the crime against Mr. Boddy, naming the room in which it took place as well as the weapon used during the crime. Although it's somewhat macabre, the game can instill thoughtful problem-solving skills as players try to narrow down the possibilities.

- **Monopoly®:** The first Monopoly game was released in 1935, and since then there have been various incarnations. The game involves buying and trading properties and requires both risk and luck. Monopoly is fun to play and teaches great lessons regarding real estate, bud-

geting and other financial skills.

- **Battleship®:** What started out as a pen-and-paper game during World War I evolved into a successful strategy game. Two players attempt to target and sink their opponents battleships on a 10 x 10 grid.

- **Chess:** Players have to maneuver 16 pieces across a 64-square game board with the ultimate goal being to checkmate the opponent's king piece. This game has endured nearly 1,500 years and has many different fans.

Board games can be an ideal activity that the entire family can enjoy together.