



DID YOU KNOW?

Canada's Iconic Comfort

Poutine is a classic Canadian dish made with potatoes, cheese, and gravy. Originating in Quebec during the 1950s, it has become one of Canada's most beloved comfort foods. Its creation is disputed, with some attributing it to Fernand Lachance and others to Jean-Paul Roy. Despite its messy nature, poutine remains a favorite dish throughout Canada and is worth a try.

TRIVIA

The Procter and Gamble company first sold its unsinkable bar soap in 1879. What was it called?

A Pine Tar

B Dud's

C Dial

D Ivory

TODAY'S FUNNY

So Bert goes up to Ernie and says, "Want some ice cream?" Ernie replies....

"Sherbert."

TODAY'S WISDOM

*"Share your smile with the world.
It's a symbol of friendship and peace."
- Christie Brinkley*

WORD SEARCH

Computer Jargon



Monitor

Keyboard

Mouse

Printer

Speaker

Keys

Browser

Folders

Software

CPU

Icons

USB

SUDOKU

How To Play:

Each 9x9 box is comprised of 9 smaller 3x3 boxes. Each of these smaller boxes must be filled in with numbers from 1-9. Each row and column of the larger 9x9 box should not have any numbers repeated.

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

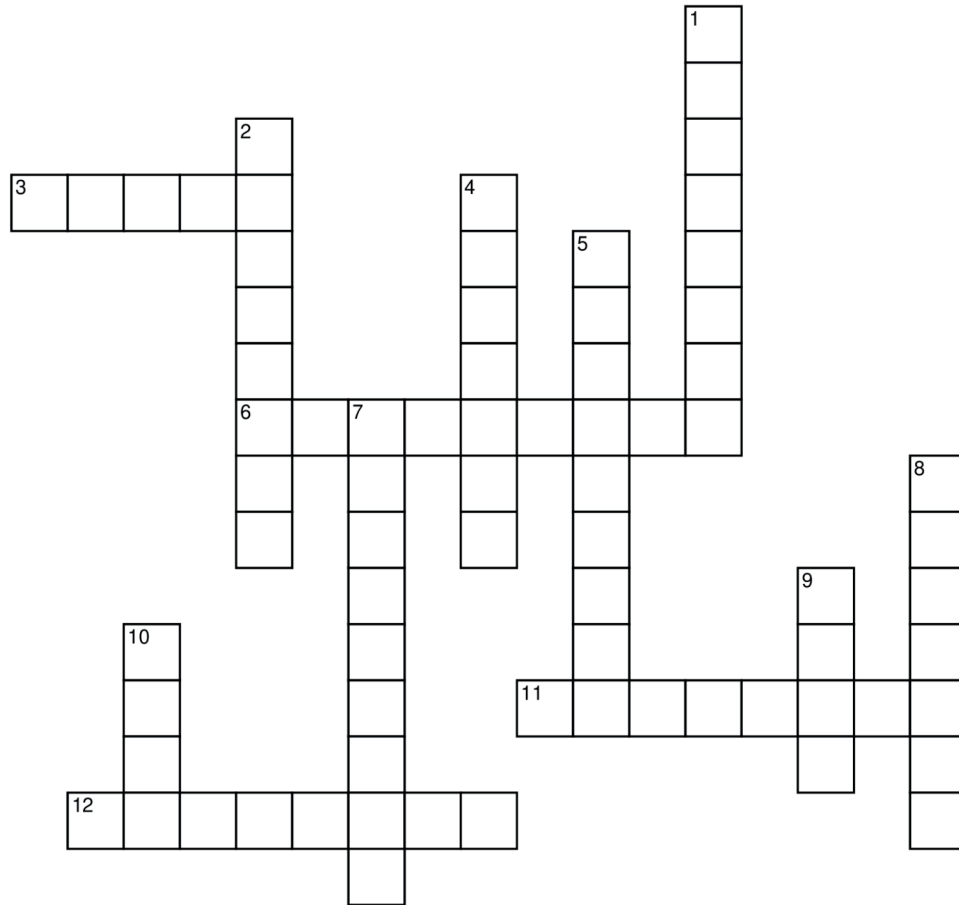
	7					8		
9	5					1	2	3
			6		3	9	4	
	8	7		6		4		
1	4	9	7	2	5			
	3		9	4		7		5
		8		7	9	5	6	
2							7	
7		4		3		2		1

Helpful Tip:

If you get stuck, try asking yourself "Where can I place number X in this row or column?" Scan to see if the number is already in that row, column, or box.

MINI CROSSWORD

Mindfulness



Across

- [3] McDonald's _____ meal
- [6] Consciousness
- [11] Emotions
- [12] Individual

Down

- [1] Impediments
 - [2] Personal Wellness
 - [4] Here and now
 - [5] Way of Life
 - [7] Tolerant
 - [8] Attentive
 - [9] Compassionate
 - [10] Dote on
-

Connect the Dots





SOLUTIONS

Trivia Answer: D.

The classic soap was established to have a pH value of 9.5 and claimed to be 99 44/100 percent pure.

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

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

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

