

A sister publication to **The Review**, Redwater, Alberta

Morinville's Charpentier taking to the bodybuilding stage for breast cancer awareness

By Stephen Dafoe

Morinville resident and bodybuilder Tammy Charpentier will take to the stage again this June to support two friends battling breast cancer.

Charpentier has had a powerful journey through the sport. Two years after her divorce, she had gained a lot of weight, which started her on a path of fitness that led to her qualifying as a National Figure competitor, Physique competitor, and Physique Nationals qualifier.

A cancer diagnosis threw a curve into competing for a while. Since conquering cancer, Charpentier trained to return

to the competition stage and in 2022, Charpentier competed in Toronto and took second place in Masters 45 and 6th in open class and Masters 35 categories.

This June 30, at the TNT Muscle Show in Edmonton, Charpentier will compete in Masters 45 / Masters 35 and Open Class.

However, the return to the stage was not something Charpentier was considering doing.

Last March, the bodybuilder met a woman from Morinville who had followed her weight loss and cancer journey on Facebook. She was also on a weight loss journey and lost 91 pounds between that initial March meeting

and August.

"One day she asked me if I'd do a show so she could see me in person on stage and not just social media," Charpentier recalled, noting she'd initially declined the request as she was done with competing. "I had to go for my three-year check-up to see if I was cancer-free still. She asked if she could come with me. I said sure."

Charpentier asked her friend if she'd ever had a mammogram done, and hearing she had not, the bodybuilder recommended she consider doing so.

"A few weeks later, I got a text from her saying everything happens for a reason. If we had never met,



Tammy Charpentier with coworker Grace Avila who learned she had stage 2 breast cancer.

I never would have gotten checked or known I have stage 1 breast cancer," Charpentier explained. "I cried. I told my kids I

have to give her [that] one request to see me on stage in person because I know what she will be going through because I

went through it."

When Charpentier told a coworker, Grace Avila, she was doing a

Continued on **page 2**



From left: MCHS student actors Avery Pelletier, Casper McClain, and Bri Farough rehearse a scene from *Where the Sky Meets the Sea*, as Director Dalice Brown observes. - Stephen Dafoe Photo

MCHS is bringing two one-act plays and a special bonus to the stage

By Stephen Dafoe

Morinville Community High School is returning to the One-Act Festival this spring with two student-directed shows, and area residents will have a sneak peek opportunity.

The school will host a Friends and Family Night of One Acts on Saturday, April

13, at 7:30 p.m. to gather feedback before the upcoming competition.

The two one-act plays are *Booby Trap*, directed by Jillian Andrews, and *Where the Sky Meets the Sea*, directed by Dalice Brown.

Booby Trap, the first of the one-act plays to run on April 13, is a 2001 play by

playwright Ed Monk.

"It's about a soldier who sits on a landmine and deals with the psychological effect of knowing that you're going to die," said MCHS Drama Teacher Vanessa King.

"It's flashbacks from his life and predictions for the

Continued on **page 3**



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Cancer awareness

Continued from page 1

show for the lady and to show solidarity as a breast cancer survivor, her coworker said she had found a lump and it was growing.

"She was scared to go get it checked, but she did," Charpentier said. "A few weeks later she came to me and gave me a big hug and said, 'I'm going to need your hugs more than ever now. You're now not just doing the show for her; you're doing it for me, too.'"

Charpentier learned her coworker has an aggressive stage 2 breast cancer.

"I have chosen to give these two amazing ladies the show," she said. "People do runs for breast cancer. I'm hitting the stage for these two ladies for breast cancer."

St. Albert's Planet Fitness donated a one-year black card membership and a bag of gym materials. Coworkers at St. Albert Sobeys bought tickets, and



St. Albert Planet Fitness donated a one-year black card membership and gym materials to help raise funds for tickets to the upcoming bodybuilding show.

enough was raised to buy show tickets for both ladies and their husbands, with additional funds donated to the Cross Cancer Institute.

With the show coming up in three months, Charpentier has been training with her coach, Juan Nitti, and focusing on leaning out her body by reacquainting herself with a diet of lots of fish and conditioning her body with

cardio.

"I feel this will be one of my best packages I take to stage," Charpentier said. "It would be nice to win it for these girls, but just seeing the smiles on their faces that I gave them their one request is a win already. If I place top three in this show, I will have the opportunity once again to compete nationally for my Pro card again."

CROSSWORD												
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49				50	51			52		53	54	55
	56					57		58				59
					60							
										62		
											63	

SEE SOLUTIONS PAGE 6

- Dutch cheese
- 13. S. California town
- 16. Suffix plural
- 17. Painting technique
- 20. Small Eurasian deer
- 22. Mr. T character
- 25. Microsoft
- 26. Shock therapy
- 27. Able to be sold
- 29. A doctrine
- 31. These three follow A
- 34. Pulse
- 36. Quantitative fact
- 37. Doctor __: children's book author 3
- 8. Hebrew calendar month
- 40. Designated hitter
- 43. Norther Poland village
- 45. A passport is one form
- 48. Hand (Spanish)
- 50. Hit with the open hand
- 51. Actor Idris
- 53. Shakespeare's nickname "The ___"
- 54. Northern U.S. lake
- 55. Marvin and Horsley are two
- 57. Soak
- 58. Partner to cheese
- 59. Expression of disappointment
- 61. College dorm employee

CLUES ACROSS

- 1. A minute amount (British)
- 5. Mystical or magical
- 11. Shortening
- 14. More satisfying
- 15. Other side
- 18. Philippine island
- 19. More unnatural
- 21. Mutual savings bank
- 23. Famed designer Chanel
- 24. Makes less wild
- 28. At some prior time
- 29. The cops who investigate the cops
- 30. Immune system response
- 32. Distress signal

- 33. Engine additive
- 35. "No Scrubs" trio
- 36. Very fast airplane
- 39. A reward (archaic)
- 41. Commercial
- 42. Spots where golfers start
- 44. Polite form of address (Indian)
- 46. French river
- 47. Reduce the light
- 49. Blood-sucking fly
- 52. A way to categorize
- 56. Procrastinates
- 58. Tall slender tower
- 60. Where researchers work
- 62. Office of the

- Pope
- 63. Office furnishing

CLUES DOWN

- 1. Possesses
- 2. American Board of Orthopedic Surgery
- 3. Ancient Syrian city
- 4. Clip
- 5. In a way, misleads
- 6. Human gene
- 7. The Golden State (abbr.)
- 8. Lizard genus
- 9. Parasites that invade the skin
- 10. Took apart
- 12. Mild yellow

Sturgeon County Centre Open During Renovations



The County Centre renovations include barrier-free washrooms, increasing the size of the main boardroom, and front counter enhancements.

- ▶ Those needing to access County Centre for public hearings, account payments, or attending Council meetings can do so during construction.
- ▶ The main entrance will remain open to the public with front counter staff available to assist you during our regular business hours of 8:30 a.m. – 4:30 p.m.
- ▶ Construction will begin April 2, 2024 with an anticipated completion date in Summer 2024.
- ▶ Public parking will be limited with signs identifying where public parking is available.

9613 100 Street, Morinville
For more information: 780-939-4321
www.sturgeoncounty.ca



COMMUNITY NOTICE

ANNUAL VEGETATION MANAGEMENT PROGRAM

Each year, CN is required to manage vegetation on its right-of-way. Managing this vegetation contributes to mitigating fire risks and enhances the efficiency of inspection of track infrastructure.

To ensure safe railway operations, the annual vegetation management program will be carried out on CN rail lines in the province of Alberta. A certified applicator (Davey Tree Expert Company Ltd., 1-800-465-6367) will apply herbicides on and around the railway tracks (primarily along the 24-foot graveled area/ballast). Product requirements for setbacks in the vicinity of dwellings, aquatic environments and municipal water supplies will be met.

CN only uses herbicides that have been approved for use in Canada and in the province within which they are applied.

The program is expected to take place from May to October 2024.

Visit www.cn.ca/vegetation for more information or to make an inquiry, contact the CN Public Inquiry Line at contact@cn.ca or 1-888-888-5909.

CONTINUED FROM PAGE 1

MCHS is bringing two one-act plays and a special bonus to the stage



From left: MCHS students Katelynn Engel and Amy Begg rehearse Booby Trap, one of the two one-act plays taking to the MCHS stage on Saturday, April 13. - Stephen Dafeo Photo

experience, and Jill is very ambitious and wanted to give it a go," King said. "So, the two of them were tasked with finding a show that spoke to them. They both read a tonne of shows and it's not really surprising that they came up with the shows that they came up with."

Auditions for the two student-run shows were in February.

The students rehearse every day after school, and there have been some weekend rehearsals.

Each show is approximately 35 minutes long. The first show will run at 7:30 p.m. and the second at 8 p.m.

However, King is particularly excited about Fool's Gold: The Musical, a third and special act for the evening of one-acts.

Former MCHS student Daphne Charrois graduated in 2019 and trained to be an actor

in New York before working as a singer in Europe for the past year.

Charrois wrote the musical about the Gold Rush in the Yukon over the past year, which will be performed at the Edmonton Fringe Festival this summer.

King said that prior to holding auditions and solidifying the script, they wanted to do a public reading to get fresh perspectives and feedback from the community.

"The panel of actors that we've gathered to read the script are all MCHS theatre

alumni reaching back to 2014," King said. "We're very excited to share this experience with past and present MCHS theatre enthusiasts."

Tickets for the three plays are \$10 and available at the door. Advance tickets are not available.

King is hoping to fill the seats at MCHS on April 13.

"At MCHS, we have so much fun in the theatre, and these kids are working so hard that it is not something you want to miss out on," King said.

"They continually

raise the bar. This group is so exciting and passionate. These shows are going to be amazing."

The student-run plays will compete in a theatre competition in Westlock on Apr. 18 and 19. MCHS will compete against seven other schools.

Directors will use audience feedback from the April 13 performances to tweak things ahead of the two-day competition.

More information about Fool's Gold the Musical is online at foolsgoldthemusical.com.

future. His peers are trying to figure out what to do next."

The second performance is Where the Sky Meets the Sea by playwright Mandy Conner.

"It's Greek mythology-based," King said of the one-act. "It's five Greek children stuck in a type of

purgatory, trying to figure out how to appease the gods."

King said she knew who the directors would be before they knew what the shows would be, as both students had expressed interest in directing.

"Dalice competed at the festival last year and had a great



Edmonton Stamp Club member and Morinville resident David Pattison stands at the display of the Royal Visit of George VI and Queen Elizabeth to France during the 2024 Spring National Stamp Show hosted by the Edmonton Stamp Club in Edmonton on March 23. - Lucie Roy Photo



STURGEON COUNTY COUNTRY LIVING EXPO

April 13, 2024 | 10:00 a.m. - 3:00 p.m.

Morinville Community Cultural Centre
9502 100 Ave, Morinville, AB

Join us to:

- Explore market vendors offering locally grown and created products.
- Speak with exhibitors and experts from various companies and associations providing resources to rural residents.
- Pop by the kids corner: build a tea cup planter, face painting, scavenger hunt, and bunnies!
- Connect with neighbours and other members of your community over coffee and a free hotdog.
- Watch a presentation at the workshop corner to learn about a rural living topic of interest!

sturgeoncounty.ca/country-living-expo



Sturgeon County Dust Suppression



Sturgeon County offers three options for dust suppression to help reduce the impact of dust created by vehicle traffic on gravel roads.



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April 16, 2024

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Download application forms:

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Alberta continues to lead all provinces in population growth

By Rob Roach,
ATB ECONOMICS

Annual growth remains red hot

Alberta added 202,324 residents – roughly the population of two Red Deers – between January 1, 2023 and January 1, 2024 for a growth rate of 4.4%.

You have to go back to 1981 to find a higher pace of annual growth.

That 4.4% was also the highest of any province and well above the national rate of 3.2% – the highest it has been since 1957.

Just under two-thirds of Alberta's growth since January 2023 came from net international migration with net interprovincial migration accounting for 27% of new residents and natural increase (births less deaths) for 8%.

Strog gains from non-permanent international residents* continued to be a key driver of population growth in Alberta.

Of the 130,870 residents gained from

international migration last year, 60% (78,370) were in the non-permanent category.

Ontario was the main source of interprovincial migrants to Alberta, accounting for 42% of Alberta's net gain from the rest of the country last year.

British Columbia was the second largest source at 28% of the total followed by Saskatchewan at 9%.

While job opportunities are always a key factor keeping people in Alberta and attracting them to it, the relative affordability of housing has emerged as a driving force with average house prices several hundred thousand dollars higher in B.C. and Ontario than in Alberta.

Quarter-over-quarter growth slower, but still strong

Zeroing in on the change between the third and fourth quarter of last year, the pace of population growth in Alberta slowed from 1.3% to 0.9%.

Nationally, the growth rate also

slowed, going from 1.1% to 0.6%.

Interprovincial migration, which can be quite sensitive to seasonal factors, fell from a net gain of 17,094 for Alberta in the third quarter to 9,913 additional residents in the fourth quarter (-42%).

Despite the smaller gain, this was the 10th quarter in a row in which Alberta's population grew from interprovincial migration, a turnaround from the quarterly losses that marked the period between mid-2015 and mid-2021.

The pace of growth from other countries also slowed, falling from the record high of 39,212 to 31,037 – the third highest gain on record – for a drop of 21%.

The pullback was much larger at the national level at -42%.

Our latest forecast (which uses the standard July 1 to June 30 period to assess annual population change), sees the slowdown evident in the fourth quarter of 2023 continuing with the result being more moderate population growth in 2024 and 2025 than we saw last year.

Alberta's population gains going forward will, however, still be strong compared to most other parts of Canada and developed economies around the world and, in turn, help drive ongoing economic expansion in the province.

**A non permanent resident is a person from another country with a usual place of residence in Canada who has a work or study permit or who has claimed refugee status. Family members living with work or study permit holders are also included, unless these family members are already Canadian citizens or landed immigrants or permanent residents.*



Sturgeon Rural Crime Watch held their Annual General Meeting and Elections on March 19 in Gibbons. Kelvin Kozak (shown right next to SRCW Secretary Sherry Menard) accepted the position of association president, which had been vacant. Additionally, in the absence of any nominees for the position of treasurer, Susie Derouin (not shown) let her name stand.



Last week, Sturgeon County peace officers Bill Willocks and Susie Pestana, accompanied by Deputy Mayor Deanna Stang, presented the Sturgeon Rural Crime Watch Association with a \$2,500 cheque to support the association's vital initiatives. The Sturgeon Rural Crime Watch Association, which has been operational in the County for 40 years, collaborated with law enforcement agencies to deter crime and foster secure communities. Nearly 800 members actively monitored their neighborhoods and reported any suspicious activities. For those interested in learning more or joining, visit SturgeonRural-CrimeWatch.org.



On March 20, Morinville's École Georges H. Primeau Middle School played host to the French Immersion students from END and MCHS for their annual CARNIVAL! The event was filled with laughter and excitement as everyone enjoyed themselves to the fullest.

ON THE FARM WORD SEARCH

SEE SOLUTIONS PAGE 6

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

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

WORDS

- | | | | |
|--------------|-------------|-------------|------------|
| ACRE | AGROECOLOGY | CALVES | GRAINS |
| AERIAL | BALE | CARRYOVER | IRRIGATION |
| AEROPONICS | BIODYNAMIC | COMPOST | LAND |
| AGRICULTURAL | BORDER | CULTIVATION | ORGANIC |
| | BROADCAST | CYCLE | PESTICIDE |
| | BUCKING | FARMING | SEEDING |
| | BUSHEL | FIELDS | |

Where to find extra cash with your name on it

(NC) Many of us are finding it hard to manage the rising costs of living like rent, groceries and other necessities. It may feel like you can't make ends meet, let alone get ahead. But what if there is cash waiting for you? The Canada Revenue Agency (CRA) calculates that it has distributed approximately \$1.4 billion in cheques that have not been cashed yet, and one of these could have your name on it. Some of them date back to 1998 – a bit like finding an unclaimed lottery ticket in a drawer or \$20 in your old coat pocket.

In 2020, a grandparent discovered they had over 100 uncashed cheques worth almost \$50,000. As a pensioner and primary caretaker for their grandchildren the money was very much needed and appreciated. The

amount was a combination of many benefits. Make sure you check with the agency for any uncashed cheques you may have on file.

These cheques never expire, and if you've already signed up for My Account, you should be able to see if you have one right away.

If you haven't signed up for the online account yet you can do it on the CRA website or by calling their general enquiries line at 800-959-8281.

While you're at it, you may want to sign up for direct deposit to have your money securely deposited into your bank account. That way, you'll never miss a cheque again.

You can find more information on how to claim uncashed cheques at canada.ca/cra-uncashed-cheques.

Three tips to keep your home-based business safe and secure

(NC) Your home is your sanctuary. But if you run a home-based business, it could also be your office, showroom, storage locker and more.

Therefore, it is doubly important to protect it and its contents. Here are three ways to protect your home and business.

Protect your vehicle

Whether you need it for deliveries, to source supplies or to get to client meetings, your vehicle could be essential for you to run your business. To reduce the risk of theft, park it in a locked garage if possible. If not, steering wheel locks can act as a deterrent. And always double-check that you've locked the doors when you leave the vehicle.

An after-market

anti-theft tracking device can help police quickly recover your vehicle if it gets stolen. It also helps if the keys to your vehicle are kept away from the main entrance to your home.

Spring clean the exterior

No one wants to deal with flooding in their home. But a flood can be especially problematic if you have a basement home office or supply room in your

house. Make sure your eavestroughs are cleaned each spring and fall. Also, check that the downspouts extend at least four feet from the foundation, and the yard should be graded to slope away from the building. If you have any window wells, keep them clear of leaves and other debris as well.

Get proper business insurance

If your business is based out of your

home, know that while some home insurance policies may cover certain activities for your business, a standard home insurance policy may not be enough for a home-based business.

There are a variety of policies and add-ons available for small businesses.

Business interruption insurance, for example, covers expenses or loss of income during a temporary closure of the business due to something covered by the insurance policy.

A provider, like TD Insurance, can customize your insurance plan with different coverage options based on your needs.

Learn more about coverage options at tdinsurance.com.



SUDOKU

4				9		5		
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					3			
	4				5		3	
		3		7		2	9	

SEE SOLUTIONS PAGE 6

Here's How It Works:

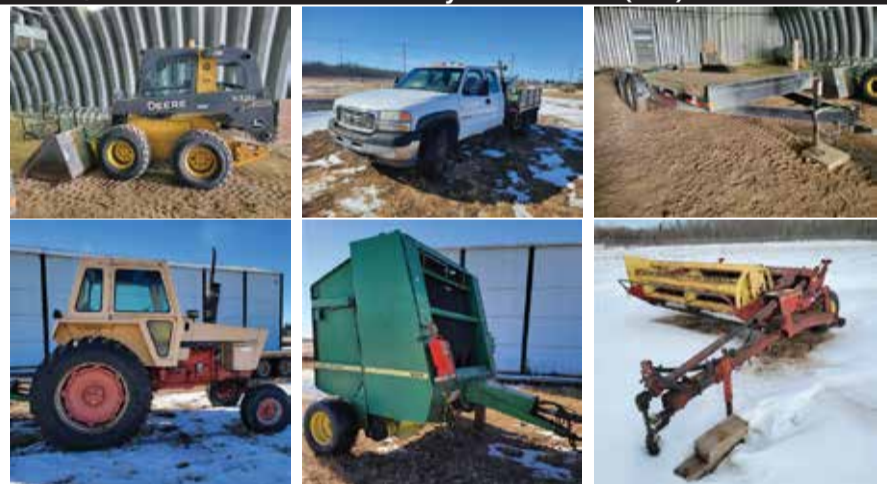
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric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

Level: Intermediate

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!

UNRESERVED TIMED ONLINE AUCTIONS

Estate Auction for Annie & Gerald Webster. Bidding Closes April 9th Just 1/8th South of Redwater on Hwy 38 PH Darrel (780) 699-0051



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kids' corner

BOOK FACT!

IT IS BELIEVED THAT THIS FORM OF LITERATURE CAME BEFORE LANGUAGE ITSELF, PROBABLY BECAUSE IT HAS CLOSE TIES TO MUSIC.

ANSWER: POETRY

Math Blocks
Fill in the missing blocks with numbers between 0-20. The numbers in each row add up to the totals on the right. The numbers in each column add up to the totals on the bottom.

	10	2	16
20		1	29
	15		26
30	33	8	

Solution

5	15	9
1	9	20
4	10	2

Get Scrambled

Unscramble the words to determine the phrase.

HRYGNMI DSOWR

ANSWER: Rhyming words

CANADA HISTORY

1785

THE CITY OF SAINT JOHN, NEW BRUNSWICK IS INCORPORATED.

New word

METER

the rhythm of a piece of poetry

HOROSCOPE

ARIES

(March 21 - April 20)



Grit and guts will get you what you deserve this week, Aries. You may have an opportunity to make a good deal of money, so give this plan careful consideration. Ask for advice if the need arises.

TAURUS

(April 21 - May 21)



Taurus, there has been change in your life and you may want to blame the stars. Things will move out of your comfort zone and you will have to sharpen your ability to adapt.

GEMINI

(May 22 - June 21)



Gemini, you may be questioning the relationships in your life at the time being, but don't worry too much. If you hit a rough patch, things will clear up in a few days.

CANCER

(June 22 - July 22)



A big shift in your perception and attitude will bring new components to your life that you may not have anticipated. This week you'll certainly have a few eyes-wide-open moments.

LEO

(July 23 - August 23)



There will be no hiding out this week, Leo. You will soon learn that things will come your way at a rapid pace. Do your best to keep up, mighty Lion, as it's bound to be exciting.

VIRGO

(August 24 - September 22)



Virgo, you might be willing to throw caution to the wind and get away on a moment's notice. There are affordable ways to do this if you are willing to do your homework.

LIBRA

(September 23 - October 23)



Libra, even though some drama may be swirling in your universe, you find it tolerable because it's coming at you in small portions. Just stay on the sidelines as much as possible.

SCORPIO

(October 24 - November 22)



Scorpio, if boredom has set in, it's better to look to new experiences instead of doing something rash just for the thrill. See which classes you can take or find new restaurants to explore.

SAGITTARIUS

(Nov. 23 - Dec. 21)



Self-care and healing are what you should focus on right now, Sagittarius. You may have been pushing your needs to the side lately and you need to make this a priority.

CAPRICORN

(Dec. 22 - Jan. 20)



You are not normally characterized as "impulsive," Capricorn. But you may surprise everyone this week. An opportunity to travel or another adventure could drop in your lap.

AQUARIUS

(January 21 - February 18)



Try to create some tranquil spaces at home, Aquarius. You can use a haven, especially when a lot of stuff is thrown at you outside your home.

PISCES

(February 19 - March 20)



Pisces, you may be on a mission this week to get things done. Don't rush in your efforts to complete everything or you are bound to make mistakes that are not easily fixed.

How they SAY that in...

- ENGLISH:** Verse
- SPANISH:** Verso
- ITALIAN:** Verso
- FRENCH:** Strophe
- GERMAN:** Verse

Did You Know?

POETRY CAN BE TRACED BACK TO ANCIENT CIVILIZATIONS SUCH AS MESOPOTAMIA, EGYPT AND GREECE.

Poetry Month

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: HARDCOVER BOOKS

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SOMETIMES I CAN'T TELL IF MY LATEST IDEA IS BRILLIANT OR INSANE.

I THINK IT'S A SAFE BET TO GO WITH THE LATTER.

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PUZZLES SOLUTIONS

I	T	B	O	D	A	G	R	E	V	O	Y	R	R	A	C	N	A		
E	Y	M	M	S	G	G	R	M	F	M	K	B	A	L	E	A	B	B	D
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WORD SEARCH

SUDOKU

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

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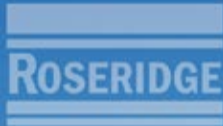
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