

What do you say, FHA?

By Marie Palmer, Resident Service Coordinator

Volume 6, Issue 9

January, 2021

www.falmouthhousing.org

T. (508) 548-1977

E. info@falmouthhousing.org

Drive-Up Asymptomatic COVID-19 Testing Now Available at Falmouth CHC Office

November 30, 2020 www.chcofcapecod.org

Community Health Center continues to help individuals on the Cape, Islands and beyond by offering asymptomatic COVID-19 testing for anyone in the community. The Health Center is currently offering testing in their Falmouth and Mashpee offices and is grateful to Martha's Vineyard Bank for helping to make this asymptomatic COVID-19 testing program possible. Thanks to a generous donation from the bank's charitable foundation, the Health Center has been able to add an online scheduling tool, making it easier for patients and others in the community to view testing availability and to schedule an appointment. Individuals can also call (508) 477-7090 to make an appointment or to learn more.

Karen Gardner, Chief Executive Officer at Community Health Center of Cape Cod and Christine Conrad, Vice President of Marketing and Solution Development for Martha's Vineyard Bank kicked off the program at the Health Center's Falmouth office on Wednesday, November 4. "During this COVID-19 pandemic, so many individuals have expressed an overwhelming fear of the unknown, and uncertainty of the current situation," Gardner said. "We want to do our part to make it easy for these people in our community to receive testing, and to cope with the challenges presented by COVID-19."

The Health Center will continue to provide symptomatic tests for our patients as well. This program will now allow anyone the ability to be tested for COVID-19 at the Health Center. This is in response to increased demand from the community for testing, especially with the holidays approaching. If you have any questions about this program, or would like additional information, please call (508) 477-7090 or visit our website at www.chcofcapecod.org.

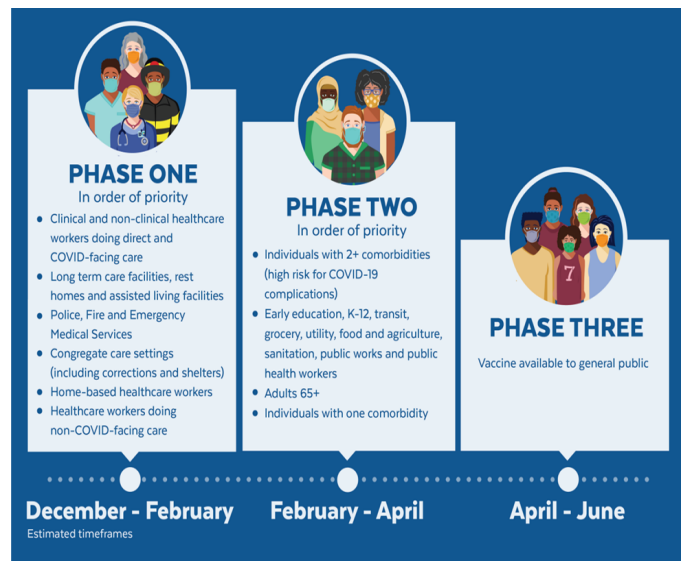
When can I get the COVID-19 vaccine?

COVID-19-Vaccine-Plan-MA@mass.gov.

Learn where you will fit into the COVID-19 vaccine distribution timeline. The Baker-Polito Administration and the Department of Public Health developed a vaccine distribution timeline after extensive consultation with the [Massachusetts Vaccine Advisory Group](#), made up of leaders from health care, the faith community, community organizations, local government, and others.

The timeline reflects several priorities: protecting our most vulnerable, maintaining health care system capacity, and addressing inequities in health care access and COVID-19 burden.

MA Vaccine distribution phased approach:



Tip Sheet: Winter Safety for Older Adults

Expert Information from Health Care Professionals
Who Specialize in the Care of Older Adults

www.healthinaging.org

Baby, It's Cold Outside! When the temperature drops, older adults run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow. Like most things in life, it is better to be prepared. Here are a few precautions everyone should take, especially older adults, during the winter.

Hypothermia

Hypothermia occurs when your body temperature drops to a dangerous level. Your body temperature can drop when you are out in the cold for an extended time because it begins to lose heat quickly. Older adults are at an increased risk of hypothermia due to changes that happen to your body with aging.

Warning Signs: cold skin that is pale or ashy; feeling very tired, confused, and sleepy; feeling weak; problems walking; slowed breathing or heart rate. Call 911 if you think you or someone else has hypothermia.

Note: Shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops.

Precautions to Take

- Stay indoors (or do not stay outside for very long).
- Keep indoor temperature at 65 degrees or warmer.
- Stay dry because wet clothing chills your body more quickly.
- Dress smart – protect your lungs from cold air. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Think about getting your thermals!
- Essential winter wear: hats, gloves (or preferably mittens), winter coat, boots, and a scarf to cover your mouth and nose.

Frostbite

Frostbite occurs when your body experiences damage to the skin that can go all the way down to the bone. Not surprisingly, extreme cold can cause frostbite. It is most likely to occur on body parts farthest away from your heart. Common places include your nose, ears, cheeks, chin, fingers, and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are at a higher risk.

- **Cover up!** All parts of your body should be covered when you go out in the cold. If your skin turns red or dark or starts hurting, go inside right away.
- **Know the warning signs of frostbite:** skin that's white or ashy or grayish-yellow; skin that feels hard or waxy; numbness. If you think you or someone else has frostbite, call for medical help immediately.
- **If frostbite occurs,** run the affected area under warm (not hot) water.

Injury While Shoveling Snow

It is one of the evils of winter – snow shoveling. If you choose to shovel, take some precautions. Remember, when it is cold outside, your heart works double time to keep you warm. Strenuous activities like shoveling snow may put too much strain on your heart, especially if you have heart disease. Shoveling can also be dangerous if you have problems with balance or have “thin bones” (osteoporosis).

Ask your healthcare provider whether shoveling or other work in the snow is safe for you.

Falls

It is easy to slip and fall in the winter, especially in icy and snowy conditions.

Precautions to Take

- Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.
- Clear away snow and salt your walkways at home or hire someone to do it.
- Wear boots with non-skid soles – this will prevent you from slipping.
- If you use a cane, replace the rubber tip before it is worn smooth.
- Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

*We will be holding a Zoom meeting with Resident Safety Committee volunteers on January 26th at 2:00 PM. I will be contacting our Committee members from each property to discuss connecting via Zoom and proposed agenda items.

Harborview Pipe Project



The Harborview pipe project is approaching quickly. The first round of tenant relocation will begin in the middle of January. Most tenants have spoken to Marie at FHA regarding their individual and unique needs and plans to be out of their homes for this short period of time. The period of time a household may be displaced can be anywhere from 5-12 days, depending on the flow of work from the contractor. The various options for relocation housing such as hotel, vacant unit at another FHA property, or residing with a family member will be/has been discussed. Thank you for working with FHA to help make your stay away from home as safe and comfortable as possible.

As for the first wave of the pipe work, estimated to begin on January 15th, contractors will be working on two stacks at a time. **The first stack consists of apartments 101, 201, 301 and 401 and the second stack includes apartments 103, 203, 303 and 403.** FHA will coordinate relocation plans with these residents directly to finalize lodging plans.

When the housing authority gets the second calendar for the next wave of work, FHA will contact those residents who fall within the stack to firm up their lodging needs and plans. The newsletters will continue to include information about the project.

DIY Washable Shopping Cart Handle Cover

By Beth Huntington, May 13, 2020 www.ehow.com or visit YouTube Video for article: https://www.youtube.com/watch?v=Jilxa_W957I

When the time comes to venture out and stock up on essential groceries, there are a few things you can do to keep yourself safe. In addition to social distancing, wearing a mask and having a list to reduce your time in the store, attach a washable handle cover to give yourself one more line of defense. Keep it in a plastic zipper bag until you're ready to use it. After sanitizing the handle with a disinfecting wipe, attach the cover. When you're finished shopping, just fold the cover up and put it back in the bag. Throw it in the wash when you get home and your handle cover will be all ready for the next time you need to head to the store.

Things You'll Need

- Two 5 3/4-inch x 15-inch pieces of fabric
- Pins
- Sharp scissors
- One 14-inch piece of hook and loop fastener

Step 1

Put the right sides of the fabric together and pin in place. Sew around all the edges, leaving a 5-inch opening in one of the long sides. Be sure to remove the pins as you sew.

Step 2

Clip the corners. Turn right side out through the opening. Use a pencil or a chopstick to push out the corners.

Step 3

Press all the edges for a nice crisp finish. Tuck in the raw edges of the opening and press. Continue pressing all the edges for a nice crisp finish. Pin the opening closed.

Step 4

Topstitch around all the edges. Be sure to remove the pins as you sew.

Step 5

Place one half of the hook and loop fastener on the long edge of the fabric next to the topstitching line. Pin in place. Turn over and place the other half of the hook and loop fastener on the other long edge next to the topstitching line. Pin in place. The fasteners will be on opposite sides and opposite edges.

Step 6

Sew around all four sides of the hook and loop fastener. Turn over and sew around all four sides of the other hook and loop fastener.

Now, after cleaning with a disinfecting wipe, wrap the cover around the grocery cart handle for an extra layer of protection while you shop!





FHA Trivia Contest!

With a long, pandemic winter approaching, you're going to need some entertainment options other than Friday night at Stop & Shop. That's why we are hosting a Zoom trivia call.

This is a perfect way to connect with friends and neighbors! We will be providing the questions and the prizes and you will be providing the fun!

Join us on January 26th at 2:00 PM. The computer login (Zoom) and phone code, if you prefer to call in, will be provided to anyone interested. Please call Marie to register to participate. It will be fun!!!

National Compliment Day – January 24, 2021

By National Today

<https://nationaltoday.com/national-compliment-day/>

WHAT IS NATIONAL COMPLIMENT DAY?

On January 24, celebrate National Compliment Day by going all out with praise. The power of a compliment is remarkable: either giving or receiving one can boost your happiness and confidence — making the act a win-win. You never know when someone could use some good vibes, so spread the positivity by giving someone a reason to smile!



NATIONAL COMPLIMENT DAY

40% of compliments accepted

A study found that when women received compliments in general, they only accepted them 40% of the time. However, when women received compliments solely from other women, the number lowered to only accepting them 22% of the time. Researchers conducting this study considered a compliment accepted when it was acknowledged or agreed to with a response such as “Thank you.” However, they found there were three main ways women deflected compliments: with a return compliment (“No, you’re the amazing one!”), minimizing their achievements (“It was nothing”), and attributing their success to someone else (“It was really my co-worker who did all the tough work.”)

61% say it embarrasses them

So why do most women find it hard to accept compliments? Well, 61% of women say the main reason is embarrassment, followed by not wanting to draw attention to themselves at 55%, feeling uncomfortable at 47%, and 38% thinking the words weren’t meant sincerely. The thing is, many women feel that accepting a compliment makes them look conceited or full of themselves, which puts them in a tight space when they actually want to accept the compliment but aren’t sure how. The next time your friend deflects your compliment with a self deprecating response or a compliment aimed back at you, let them know that accepting your compliment, and them acknowledging something good about themselves, doesn’t make them a bad person.

63% accepted by men

Men may like receiving compliments more than women do, with studies showing that men only reject compliments 37% of the time. However, where women are usually complimented on their looks, men are often complimented on their skill. Many men have reported wanting to receive more compliments based on their appearance. But where the largest group that women receive compliments from is other women, most men don’t give other men compliments on their appearance. Though it isn’t common practice to do so, that can always change now. If you have a male friend that you haven’t complimented in a while, tell them something you appreciate about their appearance to raise their self-esteem and show them you’re paying attention to their fashion efforts



~Continue to next page~

NATIONAL COMPLIMENT DAY FAQs

◆ What day is National Compliment Day?

National Compliment Day comes around every year on January 24. On this day, take the time to give someone a genuine, pure hearted compliment. It just might make their day!

◆ What is the difference between compliment and complement?

A compliment is an expression of praise or admiration. A complement is something that completes or brings to perfection.

◆ What makes a good compliment?

A good compliment comes from a genuine source of admiration and recognition. If you really mean what you say, and it is polite and pure, the compliment you deliver will always be a good one.

NATIONAL COMPLIMENT DAY ACTIVITIES

Compliment a stranger

Complimenting friends and co-workers on National Compliment Day is a given but step out of your comfort zone and compliment people you do not even know. Gas station attendants, Starbucks baristas, bank tellers, the grumpy worker at the DMV — everyone's worthy of receiving a compliment!

Spread the good vibes on social media

Even though an in-person compliment may seem more genuine, what matters is making people feel good about themselves. Be sure to use the hashtag #NationalComplimentDay to reach more of them.

Challenge friends, family, and coworkers

See if you can get friends and family to compliment at least one person. Spreading good cheer is contagious.

WHY WE LOVE NATIONAL COMPLIMENT DAY

It can build confidence

Receiving a compliment can certainly brighten your day. Having someone notice positive traits can instantly make you stand a little taller and walk more confidently.

Everyone can celebrate

Compliments are free. Plus, anyone can give a compliment — regardless of what is in your bank account.

Compliments work — in the workplace

Here is some helpful advice for bosses and supervisors: Compliments are a powerful way to motivate continued employee efforts. Studies show that rewarding a person with either compliments or money activate the same area of the brain. Thus, compliments can increase on-the-job performance.



DHCD Expands free legal services for tenants facing eviction

Massachusetts Municipal Association

News release, December 14, 2020

www.mma.org/dhcd-expands-free-legal-services-for-tenants-facing-eviction/

The Department of Housing and Community Development has announced the next phase of the Eviction Diversion Initiative, an extensive expansion of free legal services for tenants facing eviction.

The [COVID-19 Eviction Legal Help Project](#) supports low-income tenants, as well as low-income owner-occupants of two- and three-family properties navigating the eviction process, before the eviction process or in concert with mediation services.

These services can be used before the eviction process begins, as well as once a notice has been received, and can be used in coordination with community mediation services offered through [Resolution Massachusetts](#).

For the legal services, income eligibility is capped at 200% of the federal poverty level. Legal services will be available in every region and can be found on a new website built for this initiative: evictionlegalthelp.org. Households can also call 2-1-1, and learn more at the [COVID Housing Help website](#).

The DHCD is asking local officials to post and share information about expanded legal services. [Public information campaign materials](#), including a new video in English and Spanish, social media posts and new flyers in seven languages, can be found online.

The DHCD is encouraging tenants and landlords to learn about legal help as well as community mediation resources. Eligible tenants and landlords are urged to seek help as soon as possible before a court filing occurs.

IMPORTANT UNEMPLOYMENT FRAUD SCAM ALERT:
Please be aware of a current phishing scam that is occurring in Massachusetts and similarly in other states.

www.mass.gov

Please be aware of a current phishing scam that is occurring in Massachusetts and similarly in other states. Massachusetts constituents have received text messages that includes a link requesting unemployment claimants to enter their login and password on a site similar to Unemployment Insurance (UI) Online. If you have received this text, **please do not respond**. Responses to requests from Disaster Unemployment Assistance (DUA) should only be uploaded through your secure account at <https://uionline.detma.org/Claimant/Core/Login.ASPX> or <https://duverify.eol.state.ma.us>. DUA will never ask you to reply to a text or email with your personal information.

*Additionally, Social Security scams have been up since the start of the pandemic. Avoiding Social Security scams could boil down to following one key rule: **Never give out your Social Security number or other personal data when you get an unsolicited call, text, or email.**



Joe Q. Coffee Break Project

If you are a veteran, the spouse or family of a veteran and would like to participate in a survey to help the Joe Q. Coffee Break project visit the JoeQVeteranCoffee.org and follow the link. If you do not have access to a computer and would like a hard copy of the survey please call Marie Palmer at 508-548-1977 ext. 212 and one will be sent to you.

Zoom Cooking demo with Dena Irwin, Nutritionist from the Community Health Center

January 22, 2021 at 2:00 PM. An interactive food demonstration for FHA Residents. If you are interested in joining via computer, tablet or smart phone, follow this link:

<https://zoom.us/j/8230976780>

Hearty Rainbow Winter Nourish Bowl

A well balanced fiber packed antioxidant rich bowl of yumminess! Vegan and gluten free and dairy free too.

Tahini Drizzle Ingredients

¼ cup Tahini (Sesame Seed paste)

¼ cup Olive Oil

Juice and zest of 1 Lemon or ¼ cup Lemon juice

¼ teaspoon Cumin

Salt & Pepper to taste

¼ cup fresh minced Parsley or Cilantro, optional

Water if needed

Whisk or blend ingredients together, adding water if needed to thin to a pourable consistency. Drizzle will thicken as it sits. Set aside.

Bowl Ingredients

A few big handfuls of mixed Greens

15 oz can Chick Peas no salt added or 2 cups cooked Chick Peas

12 oz bag Broccoli Slaw or Super Greens Slaw mix or 5 cups shredded raw Veggies

1 package vacuum packed Beets or 4 cooked Beets, chopped

1 Grapefruit or 2 Oranges, peeled and segmented

2 cups cooked Quinoa

½ cup Pumpkin seeds or Sunflower seeds

Fermented veggies like Pickles or Sauerkraut, optional for garnish

Spread the mixed greens in the bottom of a large serving plate or bowl. Assemble the remaining ingredients attractively on the greens, sprinkling the seeds and fermented veggies over the top. Add tahini drizzle last. Makes 4 servings.

*Getting the ingredients ahead of time will allow you to prepare this dish along with Dena!

Enjoy!



Housing Assistance Corporation Financial education classes

Housing Assistance Corporation is offering **Free** financial literacy classes. Please contact Community Educator, Shannon Pyne, at (508) 771-5400.

Money Matters Virtual Workshop is a free, two-night workshop which will help you set financial goals and identify ways to create an emergency fund and a spending plan. You will learn how to get free credit reports and guide best behaviors to meet your short- and long-term credit goals.

2021 Money Matters Virtual Workshop Schedule

- January 19 & 26 from 5:45 – 7:45 PM
- February 23 & 25 from 5:45 – 7:45 PM
- March 29 & 31 from 5:45 – 7:45 PM
- April 20 & 27 from 5:45 – 7:45 PM



To register for a class, you must:

1. Register online at haconcapecod.org or call (508) 771-5400
2. You will receive a confirmation e-mail a couple of weeks prior to the class you signed up for.

Falmouth Public Library Zoom Meeting Series offered for FHA Residents

- Mon, Jan 11, 2021 at 10:30 AM - Non-digital Library Services

Attend by Zoom or by telephone. Must register.

Join Laura Wool, Falmouth Public Library's Homebound Librarian, to learn about how the library can help you get books, movies, or magazines without the need for a computer or internet access. FPL is currently providing outside-the-building services at the Main Library, the East Falmouth branch and the North Falmouth branch, as well as right to your door if needed. Tammy Amon, Head of Circulation, will also be on hand to answer your questions.



- Mon, Jan 25 at 10:30 - Digital Library Services

Attend by Zoom or by telephone. Must register.

Join members of the Reference Staff of the Falmouth Public Library for an overview of Overdrive & Hoopla Digital Services. Both services allow you to read eBooks or listen eAudiobooks using your own computer, tablet, iPad or smartphone. We will also introduce you to Nick McCavitt, FPL's dedicated eBook assistant.

***Both sessions require registration.** If you plan to attend by Zoom or by phone the Library will need you to pre register at the following webpage by January 8th.

<http://www.falmouthpubliclibrary.org/learn/>

South Coastal Counties Legal Services Zoom Conference
offered for FHA Residents



Tuesday January 19, 2021 at 10:00 AM
Topic: Your tenant rights and how to legally navigate the CDC's Eviction Moratorium..
Zoom meeting will be facilitated by Raymond A. Yox, Managing Attorney at South Coastal Counties Legal Services Inc. Please call Marie to register to participate. Information for how to join the forum will be provided upon registration.

Monthly FHA Board Meeting

We invite you to attend the FHA board meetings and keep up-to-date of the goings on at the housing authority. Join us, via Zoom, on Tuesday January 19, 2021 at 4:30 PM at <https://us02web.zoom.us/j/81612379938> . To call in, dial 1-646-558-8656 and enter meeting code 816 1237 9938. We look forward to your participation.

We Can One-to-One Services
Just a call away!

WE CAN offers free and confidential one-to-one appointments with expert volunteers. Get the guidance you need to help reach your goals.

- Volunteer attorneys can advise you on your legal rights in a free, 30-minute consultation. Issues can include family law, custody, elder law, landlord-tenant, bankruptcy, immigration, and more.
- Expert career support volunteers can help with a job search, resume building, interview skills, or education & training.
- Financial counseling and empowerment can assist with budgeting, debt management, mortgage, and foreclosure issues, and more.
- Business support volunteers guide women business owners on such topics as marketing, business recovery plans, financial planning, and sustainability.

Call 508-430-8111 to speak with a caring staff member, who will help set up the right appointment for you. Or email info@wecancenter.org.

Bike Storage at Harborview Apartments



Calling all bike owners that have a bike parked at Harborview. Please contact FHA to update/register to park your bike in the bike rack. All bikes that are not stored in your home, but are stored in FHA's bike rack(s) must be registered. Each bike will receive a tag this month. We are asking that the Owners of the bikes complete the tags and return them to Marie via the drop box located at the front of the main office (black box affixed to brick wall). Unclaimed/unregistered bikes will be reviewed, removed and ultimately disposed of according to the property abandonment law of MA.

FHA Activities Packet 1/2021

By Marie Palmer, Resident Service Coordinator

Can happiness help keep you healthy?

By Cape Cod Health News December 8, 2020 www.capecodhealth.org

Negative thoughts may be unavoidable, especially during a pandemic, but studies show that staying positive is good for your health.

Science has linked happiness to lower hypertension (blood pressure) and increased immune function that helps us fight off illness. A recent study linked “repetitive negative thinking” to cognitive decline, anxiety, depression, and memory loss, so think about making happiness a priority while riding out this pandemic.

Neurologist Sean Horrigan, DO, who practices at Neurologists of Cape Cod in Hyannis, explained that emotional health can have a profound impact on brain health. Severe anxiety and depression over the years have even been shown to result in structural changes to the brain.

“Meeting so many patients though my clinic, I hear so often, “What can I do to protect my brain as I age? I want to maintain the best health possible for my brain and my body. What can I do better?””

The first part of the answer he gives patients is familiar to most people: take care of your physical health through good nutrition and exercise, watch your cholesterol, weight, sugar intake and blood pressure.

Secondly, but just as important, are the three things Dr. Horrigan tells everyone to do to help maintain cognitive function:

1. Stay socially engaged
2. Stay mentally sharp
3. Maintain a positive attitude

Doing these three things can help you age successfully, even though they are difficult to accomplish during a pandemic. Finding creative ways to stay social like Zoom meetings, video chats with family and friends, and drive-by socializing help during these difficult times. We need to take care of our physical and mental health.

A boy was at a carnival and went to a booth where a man said to the boy, "If I write your exact weight on this piece of paper then you have to give me \$50, but if I cannot, I will pay you \$50." The boy looked around and saw no scale so he agrees, thinking no matter what the carny writes he'll just say he weighs more or less. In the end the boy ended up paying the man \$50. How did the man win the bet?



Answer to riddle:

The man at the carnival wrote “your exact weight” on the piece of paper.

Riddle of the month



There were five children in a room. John drew a picture, Jacob played video games, Anthony played chess, and Christina read a book. What is the fifth child, Melony, doing?



Call into the housing authority at 508-548-1977 with your answer.

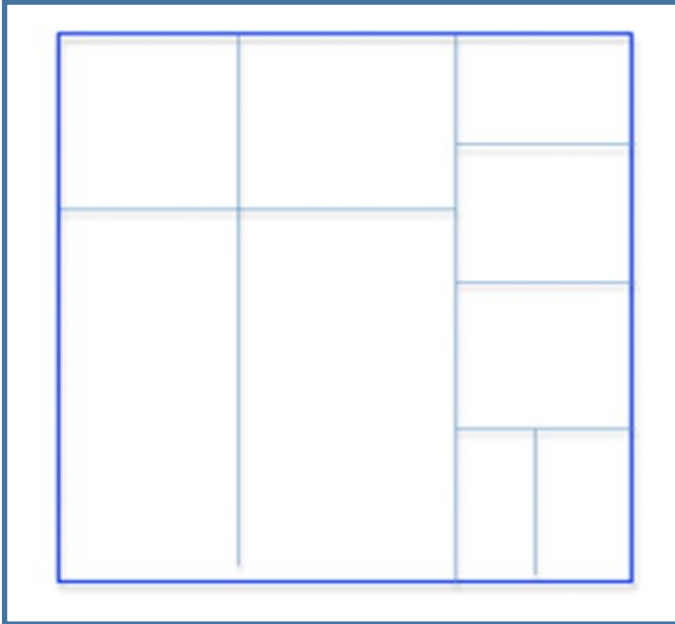
If you leave a message make sure you give your name and phone number, also leave the time and date that you call.

The first five people with the correct answer will get a prize!

What is visual thinking puzzle?

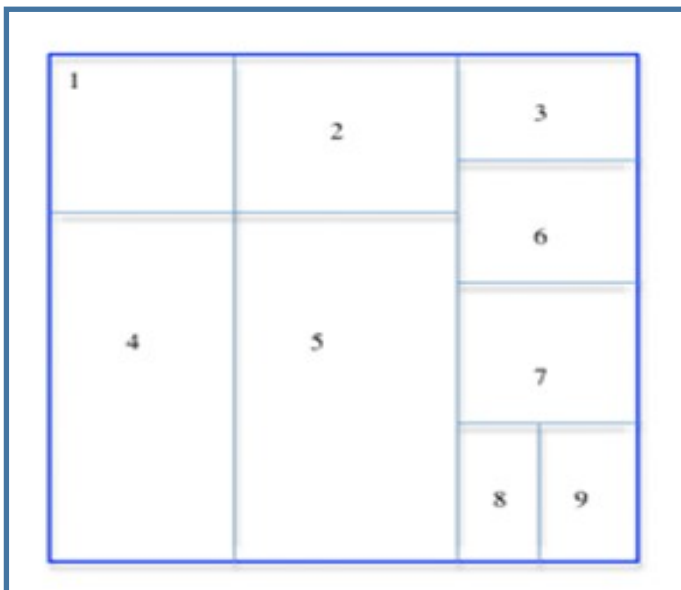
There are many puzzle genres that entail the use of visual thinking. One involves geometrical figures (triangles, rectangles, etc.) that embed within them a number of similar smaller figures (triangles, rectangles, etc.). The challenge is to identify how many such figures there are in total.

How many four-sided sided 900 figures (squares and rectangles) do you see in the diagram below?



Often, the best approach to solving puzzles like this is to number the segments (or embeds) in the figure, and then use the numbers to identify: (1) the "stand-alone" segments (rectangles in this case), and (2) the segments that can be assembled to produce the required figure.

This puzzle can be numbered as follows:



The answer to this visual puzzle is:
There are 23 stand-alone segments and assemblies that produce the solution

Stand-alone rectangles:

(1) 1

(2) 2

(3) 3

(4) 4

(5) 5

(6) 6

(7) 7

(8) 8

(9) 9

Assembled rectangles:

(10) 1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 + 9

(11) 1 + 2

(12) 1 + 2 + 4 + 5

(13) 1 + 4

(14) 2 + 5

(15) 3 + 6

(16) 3 + 6 + 7

(17) 3 + 6 + 7 + 8 + 9

(18) 6 + 7

(19) 6 + 7 + 8 + 9

(20) 8 + 9

(21) 4 + 5

(22) 2 + 5 + 3 + 6 + 7 + 8 + 9

(23) 7 + 8 + 9

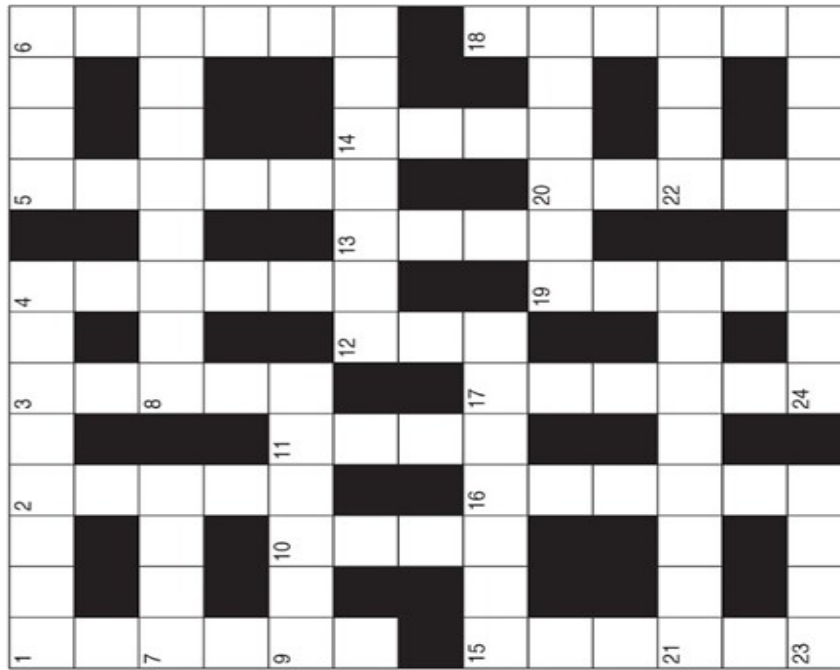
Around The World

ACROSS

1. US volcano, Mount ... (2,6)
5. Supersonic planes
7. Taj Mahal city
8. Cambridge & Oxford universities
9. Treeless Arctic zone
12. Coniferous tree found in Europe
15. Vienna is there
19. Croatian capital
21. Peninsula in southwest England
22. Manchurian river
23. Central attraction of Piccadilly Circus
24. Region that includes Japan, China and Korea (4,4)

DOWN

1. Roughly built settlements, ... towns
2. Large African antelope
3. Nasty disease named after a river in the Democratic Republic of the Congo, ... virus
4. Underground train system
5. City of northwest India
6. People from Stockholm
10. Scotland's monster lake, Loch ...
11. German industrial region
12. Washington-based spy group (1,1,1)
13. Italy's Leaning Tower of ...
14. Kuwaiti ruler



15. Native American tribe
17. Earth's glacial period (3,3) of Natal
19. Bantu peoples
16. Sport played at Wimbledon
18. Portugal and Spain
20. West African nation
21. The puzzle experts™
22. The puzzle experts™
23. The puzzle experts™
24. The puzzle experts™

In an attempt to make this a real challenge the “cheat sheet” for this crossword puzzle is not included... ok, I couldn’t find one.

Fortunately, you have quite a few neighbors who undoubtedly will have the correct answers.

We can have some fun with this; if you are stumped call Marie Palmer at 508-548-1977 ext. 212 and I will seek the input of our resident experts.

4x4 Sudoku Mind Game

| | | | |
|---|---|---|---|
| | 1 | | 3 |
| 4 | | | 2 |
| | 2 | | |
| 3 | | 2 | 1 |

4x4 Sudoku Mind Game

| | | | |
|---|---|---|---|
| 1 | | | 4 |
| | 2 | 1 | |
| 3 | | | 2 |
| 2 | | 3 | |

| | | | |
|---|---|---|---|
| 1 | 2 | 4 | 3 |
| 4 | 3 | 2 | 1 |
| 2 | 1 | 3 | 4 |
| 3 | 4 | 1 | 2 |

| | | | |
|---|---|---|---|
| 1 | 3 | 4 | 2 |
| 2 | 4 | 1 | 3 |
| 3 | 1 | 2 | 4 |
| 4 | 2 | 3 | 1 |

4x4 Sudoku Mind Game - Solution

4x4 Sudoku Mind Game - Solution