WeatherfordNOW

January 2022

Steward of the Land

Jay Kingston shares knowledge with Parker County residents

Man of Mystery

David Smith spends his days in character

In the Kitchen With Donna McKinley

Also inside:

Crossword/Sudoku

Featured Business: Better Health Market

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STEWARD OF THE LAND

Agriculture and natural resources classes help people take proper care of the land.

28 MAN OF MYSTERY

Whether acting or writing, David Smith is up for the challenge.



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EDITORIAL

Managing Editor, Becky Walker | Weatherford Editor, Lisa Bell Office Assistant, Kristin Bato Writer, Amber D. Browne Editors/Proofreaders, Lisa Bell . Rachel Rich . Virginia Riddle

GRAPHICS AND DESIGN

Creative Director, Chris McCalla | Artists, Kristin Bato . Martha Macias Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Chris McCalla Photographer, Constance O'Bryan

ADVERTISING

Advertising Representatives, Constance O'Bryan . Cherise Burnett Dustin Dauenhauer . Bryan Frye . Linda Moffett . Lori O'Connell William Perron . Linda Roberson . Melody Schmidt

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ON THE COVER

Teaching community members makes Jay Kingston's job fun.

Photo by

Constance O'Bryan.

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EDITOR'S NOTE

Hello 2022!

We waited, held our collective breath, waited some more. Finally, the calendar turned, and, perhaps, we all exhaled. A new year, fresh start, hopeful beginnings to something better. Among those who study the meanings of years, 2022 promises new beginnings. What does that mean to you? Early in October, I spent the weekend with a friend. As we explored our personal word for 2022, I chose new beginnings, although my friend envisioned progress for me. Ideally, new beginnings bring progress.

Nothing inspires me like a new project, whether in writing, sewing or some other hobby. The ability to keep that inspiration going doesn't always come easy. I look at goals from last year. I achieved some, but why not all? You want excuses? I have plenty of those. Authentic reasons? Not so much. When I honestly answer that question, I have only one reason — myself. I simply didn't make that elusive goal a priority. Maybe it didn't fall in the right place on God's timetable. Perhaps I didn't honestly want to achieve that goal. Either way, I take responsibility and choose the next steps with reviving goals and setting new ones.

As I look forward to this year, I expect challenges. Life inherently brings those no matter what path we travel. Some, harder than others, take perseverance to overcome. In the wake, we emerge stronger, better than before. Despite trials in 2022, I choose to focus on personal goals and make this the best year of life so far. I welcome you to join me.

Have a prosperous and happy 2022!



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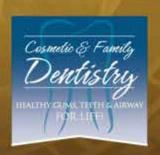
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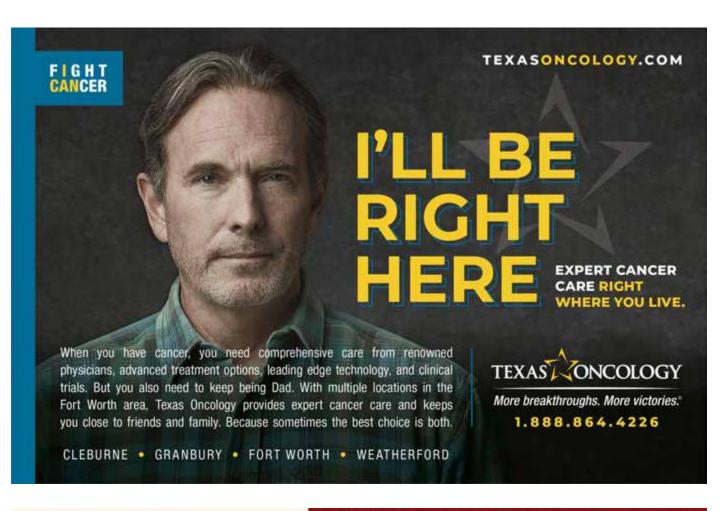
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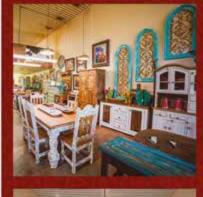
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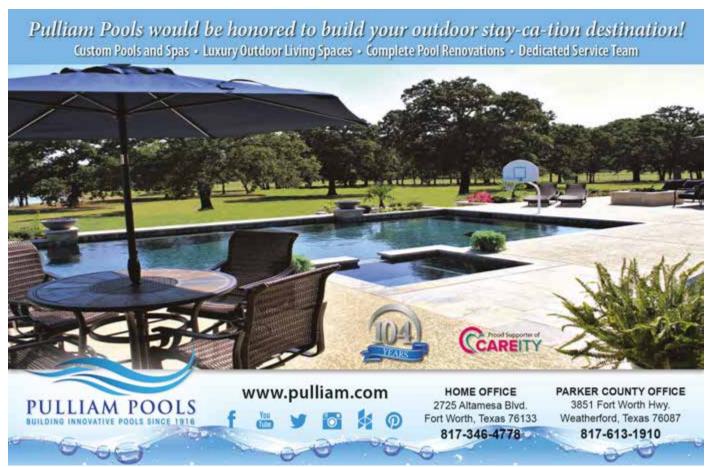




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may offer solutions about preparing livestock and winterizing yards to survive the winter season. The classes differ each month based on need. Depending on the subject and how in-depth the information, three to four classes may be offered over one to two months, or two classes might be offered throughout the year. Classes can be held during the day, evenings or Saturdays. "We try to pick an optimal time, so people can attend." Although the classes moved to an online format during the COVID-19 pandemic, in-person courses are now available.

New land owners with less than 50 acres can take advantage of programs that share information about how to fertilize properly, tree care and gardening. Other issues could include how the feral hog population is impacting residents and what residents can do to improve the situation. Water quality and quantity are recurring issues, especially with larger acreage being divided into smaller acreage for new home builds. Jay hopes to one day work directly with land developers in Parker County to create a landscaping plan that preserves water through mulch and compost use. With the courses offered through the Extension office, Jay hopes the information will teach area residents to be good stewards of the land. "We are just as much protecting the environment as we are helping people," Jay shared.

The largest class of the year is the Parker County Ag Conference, typically held in January or February. It is geared to mostly farmers and ranchers in Parker County and covers ag production and pesticide use. The



one-day conference normally boasts 200-plus in attendance, mostly for those receiving continuing education or needing a license to apply insecticides or herbicides on their properties.

One of Jay's favorite classes to teach is vegetable gardening. "I like helping people. I didn't know that to begin with. Through the years, looking back, I've realized it is fun helping people solve problems, figuring out what the issue is and what other things we can do to make it better."

Jay started his journey with the AgriLife Extension Service during an internship while attending Texas A&M University. "That really got me hooked," he admitted. He received a Bachelor of Science degree in animal science and has been with the Extension office for 21 years. His current position with AgriLife Extension drew Jay and his family from West Texas to Weatherford in 2016. He previously raised cattle and would like to eventually buy property to continue that passion once his children are out of school. Two of his children attend Peaster High School, and the third is currently a sophomore at Jay's alma mater, Texas A&M University. "We're very proud" Jay said.

For now, he will continue sharing his decades' worth of agriculture and natural resources know-how with the local community. "I have a really good set of co-workers. And, really, the community is interested in learning. It's fun to be a part of it." NOW

Editor's Note: For class information, visit parker.agrilife.org.



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3A Division 1 Bi-District Finalists GREYHOUNDS







Photos courtesy of Jesse Martinez.























BusinessNOW

Better Health Market

— By Lisa Bell

Better Health Market

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June 17, 2019, Kathleen Campbell reopened Better Health Market. A stable business in the community for more than 40 years, her two employees, Rosalind Lamb and Susan Freeman, continued working with the new owner. Kathleen considers herself blessed to have a staff that shares her passion for helping people become and remain healthier. "I love helping

people and am more passionate than when I started," she admitted. "All three of us truly want to help. We spend as much time as needed with each customer."

With over 10,000 health and wellness products, Better Health Market strives to meet needs for Parker County residents. They carry a wide variety of supplements, skin and body care, essential oils, CBD, homeopathic and other natural items. They continue building their selection of teas, coffees and healthy food choices. Kathleen works to keep immunity supplements available, addressing current needs.

"If we don't have something in stock, we try to find and order it, if possible," she shared. "We're always expanding, bringing in new brands." They also carry a few gift items such as lava bracelets and copper jewelry, diffusers and goat's milk soaps.

Soon after opening, Kathleen used space within the building for exercise and educational classes. "COVID-19 paused classes, but we're ready to offer those again, so people can

learn about natural health," she said. Over the last two years, Kathleen introduced multiple new products, an on-site massage therapist and the newest addition, an infrared sauna.

The dry sauna uses heaters to emit infrared light, a safe and natural wavelength from the sun. The sauna provides multiple health benefits at a reasonable price. With options for detoxification, relaxation, weight loss, heart health, pain relief, anti-aging, muscle recovery, cell health/immunity and wound healing, most anyone can benefit from this new technology. Because of personal experience, Kathleen believes in the infrared sauna's power to help her customers. Including options to pass the time, an hour basking in the relaxing atmosphere seems like only a few moments.

With a desire to help, rather than simply sell more products, Kathleen enjoys spending as much time as possible on the floor. Rosalind, store manager for 19 years, offers valuable expertise, sharing her natural health/ supplement knowledge with customers. Susan primarily works on the floor, where she greets repeat customers by name and quickly gets to know new visitors to the store. Each of these ladies listens and offers assistance as required, although they enjoy allowing people simply to browse, answering questions when asked.

"We love our customers. Our goal is to build lasting relationships with each person and serve them well. This is what I believe sets us apart," Kathleen said.

Rather than selling extra items, we prefer helping someone identify roots of a problem. We suggest trying one remedy at a time instead of buying several things, then wondering which one worked. We recommend taking prescriptions and supplements at least an hour apart, so both works effectively. Not being physicians, we encourage customers to check with their doctor before starting a new product.

Stop by Better Health Market and take advantage of their daily senior discount or the first Monday of each month sale day — a perfect time to check out your local health food store in Weatherford. Watch for the Weatherford Chamber Ribbon Cutting in January. NOW





Congratulations

5A Division 2 State Regional Finalists

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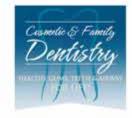
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Around Town



A large number of Weatherford citizens

gather for the tree lighting cermony.

Zoomed In: Dawn McBride

Soon to graduate from a 12-month program at Sanctified Hope Home for Women, Dawn McBride beams during an opportunity to share her story. "The program means the world to me, turning my life around," she said. "I found out who am in God's eyes and got my faith back." Sanctified Hope helps women transition and live differently when they come out of the prison system. Founder Janet Duvall (not pictured) said, "They aren't ashamed of their stories. We tell them, 'Make your mess your message."

"And make your test your testimony," Dawn quipped. "It's so awesome I never want to leave." After she graduates and moves on, Sanctified Hope remains as part of her support system, helping her live well in society.



Young author, Kathryn Braddock, autographs her novels.



The Weatherford High School drumline has fun at Christmas on the Square.



Gretchen and Garrison Saunders enjoy spending time at Golden Rewards Sanctuary's open house.

By Lisa Bell



Finding pure joy at the park, Isla D. giggles at her mom (not pictured).



View the art of November's 1st Place Artist of the Month, Cindi Neverdousky, at the Doss Center.



Santa and Mrs. Claus greet their fans in Weatherford.



Daniel and Shoshana Jordan and their dog, Bruce, love Weatherford.







As a little girl, not tall enough to reach the stove, Donna McKinley grew up helping in the kitchen. "My mama would push a chair up to the stove, so I could stir the banana pudding," she shared. "An all-time favorite at my house, growing up, my dad got caught sneaking more than his share in the middle of the night."

As newlyweds, 29 years ago, Donna and her husband lived with her inlaws while building a house. Her mother-in-law loved cooking and passed on her skills. "My husband called it 'boot camp.' I truly enjoyed learning to cook from my mother and mother-in-law, two amazing old-fashioned cooks," she said. Some of her recipes come from cookbooks, but both sides of the family passed down many. NOW

Quick Banana Bread

This is a handed down family recipe.

1/2 cup butter-flavored Crisco

1 cup sugar

2 eggs

4-5 medium ripe bananas

1/2 tsp. vanilla

2 cups all-purpose flour

1 tsp. baking soda1/2 tsp. salt1/2 cup pecans, chopped

- **I.** Preheat the oven to 325 F. Cream the Crisco; add the sugar (best results in a free-standing mixer).
- **2.** Continue beating, adding one egg at a time. Mix until well blended. Add the bananas

and vanilla to the mixture; blend well.

- **3.** In a separate bowl, sift together the dry ingredients; fold them into the wet mixture, beating as little as possible. Fold in the pecans.
- **4.** Place in a lightly greased loaf pan; bake for 40-50 minutes. Note: Test for doneness by inserting a toothpick in the center of the loaf. If the toothpick is wet with batter, bake for 5 more minutes, or until the toothpick comes out clean.

Beef Stew

Donna's Recipe.

- 4 pkgs. frozen soup bones or 2 lbs. your choice of meat
- 2 32-oz. boxes chicken broth, enough to cover all ingredients (divided use)
- 1 16-oz. pkg. frozen carrots and peas
- 1 16-oz. pkg. frozen corn
- 1 16-oz. pkg. frozen green beans
- 2 stalks celery
- 1 4-oz. can green chilies
- 3 yellow potatoes, diced

- 1 Tbsp. minced garlic
- 2 pkgs. beef stew seasoning mix (You can substitute with taco seasoning.)
- 1 10.75-oz. can tomato soup
- I onion, chopped (optional)
- **I.** Place the frozen soup bones and 1/2 box of the chicken broth in an Instant Pot.
- 2. Cook on high pressure for 15 minutes; natural release 15 minutes. Remove the beef; shred the meat and discard the bones.
- 3. Place the remaining ingredients and shredded beef in the pot. Cook on manual high pressure for 10 minutes; set it on natural release for 15 minutes.
- 4. Note: You can substitute the individual vegetables with a 48-oz. bag of frozen mixed vegetables if desired.

Pizza Casserole

Serves 6-10 people.

2 lbs. ground beef

2 lbs. Italian turkey sausage

2 14-oz. jars Ragu Pizza Sauce

2-3 5-oz. pkgs. turkey pepperoni Red onion, thinly sliced

Bell pepper, sliced into bite-size pieces

2 4-oz. cans sliced mushrooms

2 2.25-oz. cans ripe olives

2 lbs. mozzarella cheese, shredded

- **I.** Preheat the oven to 350 F.
- 2. Brown the beef and Italian sausage; drain the grease. Crumble onto 2 large cookie sheets with sides.
- 3. Pour 1 jar of Ragu Pizza Sauce evenly over each pan of meat. Spread pepperoni over the meat and sauce. Layer the veggies and olives on top.
- 4. Cover with mozzarella cheese: bake until the cheese melts completely. Note: Leftovers make a great breakfast.

Taco Salad

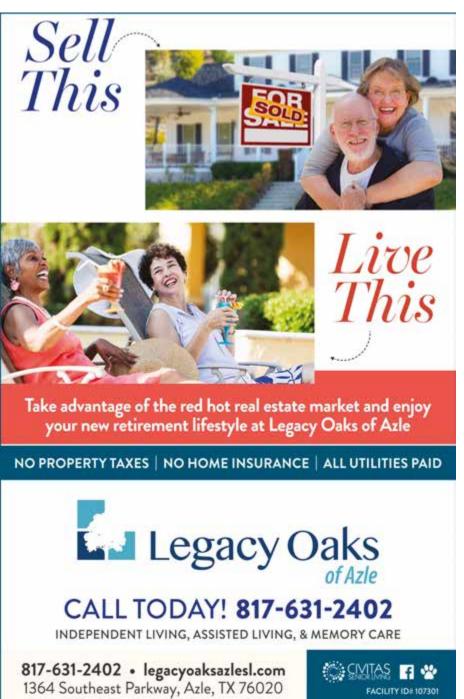
A family recipe.

- 1 16-oz. can Bush's Dark Red Kidney Beans, drained and rinsed
- 2 lbs. ground beef, cooked and crumbled
- 2 heads green leaf lettuce, washed and torn into bite-size pieces
- 2 medium tomatoes, diced
- I medium onion, chopped

16 oz. cheddar cheese, shredded

- 1 15-oz. bottle Wishbone Thousand Island dressing
- 1 9.25-oz. Nacho Cheese Doritos Salsa (optional) **Black olives (optional)**
- 1. Mix the beans with the beef; set aside to cool.





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- **2.** Place the torn lettuce, diced tomatoes, chopped onion and cheese in a large bowl. Pour the dressing over the lettuce mixture; toss well.
- **3.** Once the beef mixture is cool, toss into the lettuce mixture.
- **4.** Chips can either be crushed and tossed into the salad, crushed and served under each serving of salad or completely left out for a healthier option.
- 5. Top with salsa and black olives as desired.

Family-size Vanilla Pudding

2 1/4 cups sugar 3/4 cup flour 6 eggs 7 1/2 cups milk 2 tsp. vanilla

- **I.** In a medium pot, mix all ingredients in the order listed.
- **2.** Cook over low heat, stirring constantly until the mixture thickens.
- **3.** You can eat it warm, or chill before serving. Layer with bananas and vanilla wafers for a yummy banana pudding.

Rat Cheese Log

Makes 4 logs. Very old family recipe – Donna's translation in parentheses.

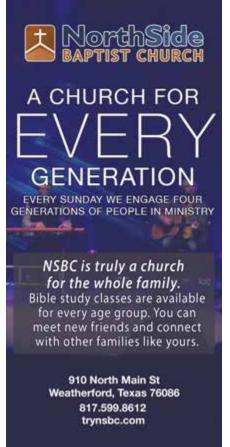
I lb. rat cheese (cheddar cheese)I 8-oz. pkg. cream cheese

Dash salt
Dash garlic
1/2 cup pecans, chopped
1/2 cup jalapeño peppers, chopped
Chili powder, to taste
Your preferred crackers, to taste

- **I.** Grate the cheese; mix it with the cream cheese, kneading it by hand. Add the next 4 ingredients; form the mixture into logs.
- **2.** Pour chili powder on waxed paper; generously coat each log.
- **3.** Wrap each log in waxed paper, and then in aluminum foil. Store in the refrigerator. Slice and serve on crackers of your choice.













— By Amber D. Browne

Mystery intrigues the most critical of minds. The challenge of solving the case keeps people searching for clues and making educated guesses about "who done it." For Hudson Oaks resident, David Smith, it is the mystery of the moment that sparks his interest. Whether reading or writing mysteries, learning a few things about new friends during improv or acting onstage, David is up for the challenge.

No stranger to the stage, he has been acting for decades — since discovering a theater group while working in advertising in Dallas. "I love horsing around and having fun, so I was in one of their plays," he shared. He got hooked. A job offer led him to Fort Worth, where he discovered W.E. Scott Theatre. He decided to try out and started getting acting opportunities. "I like small parts," David admitted. "I've had a couple of majors, but it's too much time and too much effort."

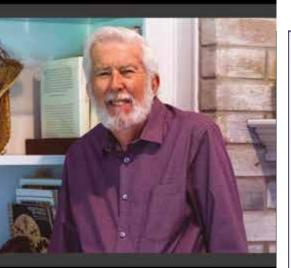
David now spends many an evening playing the mortician at Weatherford's Painted Pony Tea Room and Cafe — Musical Murder Mystery Dinner Theater. David, a.k.a. Dudley E. Digwell the Mortician, interacts with the audience before the mystery theater begins. "I love to talk to people," David admitted. "I just enjoy being with people, making that connection and feeding off of them. I like to draw them out. I want to know as much about them as I can."

Improv can be difficult, but David honed his gift of gab while starring as a gunfighter during murder mystery theater aboard a Texas State Railroad train in Palestine. When he retired from advertising, he and his late wife, Sue, a retired teacher, decided to pick up and move to Palestine in 1990. They opened a

book store, and David got involved with the local community theater. The couple volunteered for the Palestine Public Library, and David developed the idea to write and produce murder mystery fundraisers to be performed on the local train.

Each fall, the annual murder mystery fundraiser had a different theme. David's favorite is "Gung Ho, USO," which was about World War II. Along the route from Palestine to Jarvis and back, a demolition expert from Dallas would cause explosions. World War II-related equipment and properly uniformed soldiers, who came up from the National Museum of the Pacific War in Fredericksburg, took the 300-plus attendees back in history as they tried to solve the mystery.

David often played a gunfighter aboard the murder mystery train and also traveled across Texas, Arizona and other states to perform. "We had to tell stories and be convincing," he shared. "I just really loved it." In 2007, the Smiths moved to the Weatherford area to be nearer their daughter, and David continued acting. He has played Scrooge several times at various locations including the Painted Pony, Clark Gardens and on The Polar Express. "To be an actor, you have to be a person who loves people. You have to be a person who doesn't mind standing up in front of people



and letting them see you as you are or as a character."

He also plays Digwell during the Talking Tombstones Tour at Greenwood City Cemetery in Weatherford. It is getting more difficult for him to walk on uneven surfaces, especially at outdoor events, so David incorporated canes into his performances. "I have a collection of canes," he shared. "I have a special cane that I use for Scrooge and for the mortician."

Acting keeps David busy, but he is also putting his mystery-writing talent to good use with a novel in the works. His love of mystery stems from reading Agatha Christie's books. "You think you know the answer — wrong," David said, laughing. "You'd think you'd learn that after reading many, but it still messes with your mind, and you don't get it."

David plans to continue his acting and improv career as he finishes his novel. "If I can make it to the next day doing what I like to do, what I need to do, I'm fine," David said. "When I leave this world, if I've left people smiling or laughing or with a light heart, then I've done what God put me on the earth to do." NOW





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- 6 Kitchen king
- 10 Memorable 2011 hurricane
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- 12 Dolphins' home
- 13 Photographer's request
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- 21 All future generations
- 23 Napa Valley sight
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- 25 Usher inside
- 28 CBS journalist Lesley ---
- 31 Lot left it
- 33 Crude cartel
- 34 Home of the Golden Hurricane
- 35 Lascivious
- 36 Very expensive

Down

- 1 Goal
- 2 Type of lock?
- 3 Approach
- 4 As a group
- 5 Onerous
- 6 Pharmacy chain
- 7 Amateur radio enthusiast
- 8 Draw out
- 9 Serious offense
- 14 Fabergé creation
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Sudoku Puzzle

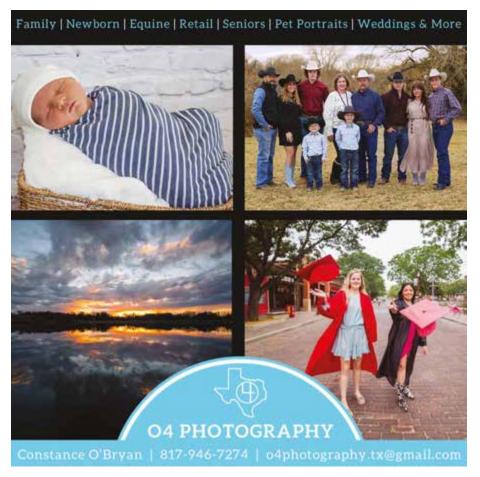
Easy	Easy										m							
			1	3									6				9	
4	9							5			7			5	3			
2						9					8			4				1
					3	5		2		5		6	2	8				
		3		2				1				2		9				
		5		9				6								8		4
8		2					6			4	6	3						
1			2		6											1		
					5		1				1		7	6				5

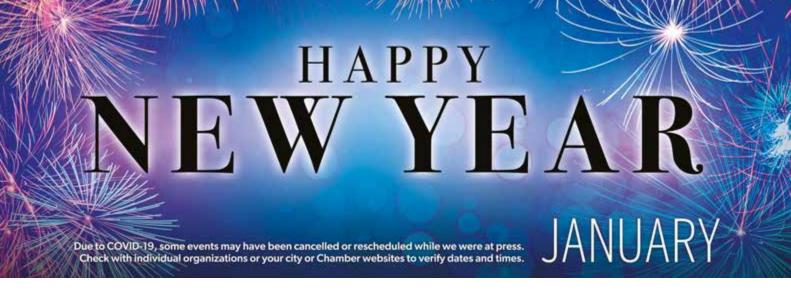
For online versions, visit nowmagazines.com

Crosswordsite.com Ltd

Solutions on page 36







1/1-1/2

Holiday in the Park:

Final days to see the pathway of lights. 6:00-9:30 p.m., 378 Jack Borden Way. www.experienceweatherford.com.

СОНОНО

Christmas Corridor:

Final nights, free light display brought to you by Home Zone, H-E-B and Nextlink. 6:00 p.m., Gene Voyles Park, 210 Hudson Oaks Dr., Hudson Oaks. www.facebook.com/ events/344855224075952.

1/6

American Red Cross Blood Drive:

Visit the library and help save a life. Must make appointment. 11:00 a.m.-5:00 p.m., Weatherford Public Library. For appointments visit: www.redcrossblood.org and search for sponsor code parkercountyarc or call 1-800-REDCROSS.

1/13

Golden Rewards Sanctuary Fundraiser:

Logan's Roadhouse will donate proceeds to GRS. The GRS team will be there with pictures and to answer questions. Enjoy good food for a good cause. 5:00-8:00 p.m., Logan's Roadhouse, 325 E. I-20. www.fb.me/e/24IPihmvG.

1/25

FW Stock Show Careity Day:

Half of rodeo ticket and general grounds admission sales benefit Careity. 8:30 a.m.-9:30 p.m., Dickies Arena, 1911 Montgomery St., Fort Worth. www.fwssr.com.

1/28-2/13

Tuna Does Vegas:

Live stage play presented by TOTS. **Fridays and Saturdays:** 8:00 p.m.; **Sundays:** 2:00 p.m., Theatre Off the Square, 114 N. Denton St. (817) 341-8687, www.theatreoffthesquare.

2/3-2/5

Spongebob Musical:

The stakes are higher than ever in this dynamic stage musical presented by WHS Theatre. \$10 general admission.
7:00-9:30 p.m., Weatherford High School, 2121 Bethel Rd. For more information, visit www.experienceweatherford.com.

Weekend Prior to First Mondays

Weatherford First Monday Trade Days:

Event held on Friday-Sunday prior to the first Monday. One of the oldest open-aired markets in Texas steeped in tradition and located in the heart of the

historical district. 9:00 a.m.-4:00 p.m., 200 Santa Fe Dr. rhamilton@weatherfordtx.gov or (817) 598-4359.

Mondays

Aledo Farmers Market:

Now open all year long (weather permitting). Farm fresh items and homemade novelties available for purchase. 3:00-7:00 p.m., Aledo Community Center Parking Lot, 104 Robinson Ct., Aledo. For more information, visit www.aledo-texas.com.

Third Thursdays

Evergreen for Senior Adults:

Hosted by Northside Baptist Church, senior adults enjoy a monthly meeting followed by a potluck lunch. 10:30 a.m., Northside Baptist Church, 910 N. Main Street.

Quilter's Guild of Parker County:

Meeting in-person and on Zoom. Come early to socialize. 6:45 p.m., Lakeshore Drive Baptist Church, 200 Lakeshore Drive, Hudson Oaks. www.quiltersguildofparkercounty.org.

Fridays

Dinner at American Legion Post 163:

Dinner served for nominal fees depending on meal of the week. Call or email for menu. Proceeds support local veterans. Post opens: 5:00 p.m.; dinner: 6:00 p.m., 200 Cartwright Park Rd. (817) 594-4101, ALPost 163vc@gmail.com.

Second Fridays

Parker County Women's and Newcomers Club:

Social hour, Club Shop, a special program and lunch. \$11 for lunch. Social hour: 9:30 a.m.; meeting begins: 10:30 a.m., FUMC Family Life Center, 301 S. Main Street. Make lunch reservation by contacting Bea Cochran at (817) 723-1054. www.pcwnc.org.

Living Waters Writers:

Christian writing group for encouragement and feedback. Free open group. 2:00-4:00 p.m., Hood County Library, Granbury. For more information, contact Lisa at (817) 269-9066 or LisaBell@bylisabell.com.

Spring Creek Musical:

Old-time musical with bluegrass, gospel and country music.
Concession stand available with all proceeds going toward expenses. Free and open to the public. 6:00 p.m., 100 Spring Creek Rd. Spring Creek Musical on FB.

Submissions are welcome and published as space allows. Send your current event details to lisa.bell@nowmagazines.com.









Crossword Sudoku Solutions



Easy

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

Medium

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



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