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M A G A Z I N E

August 2021



Barrel Racing Fun

Jakup Bender's horses
like winning as much
as he does

Healing Vibrations

Using sound, Sara Nicole
Tynan helps people
feel better

In the Kitchen With Scot Cloud

Also inside:

Scavenger Hunt

Crossword/Sudoku

Featured Business:
Southern Oaks Golf
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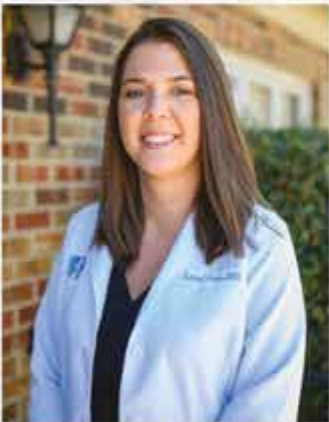
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Dr. Greene completed her undergraduate degree in Biochemistry with a minor in Biology at Roanoke College. Following this, she graduated from VCU School of Dentistry in 2018 and went on to do additional training in general dentistry at the Washington DC Veterans Affairs Hospital. Dr. Greene enjoys practicing all areas of restorative and cosmetic dentistry. She is focused on keeping up with the latest dental technology and practices and she continues to exceed the hours of continuing education each year. During her free time, Dr. Greene enjoys running, volunteering at dental service projects, trying new recipes, and spending time with family.



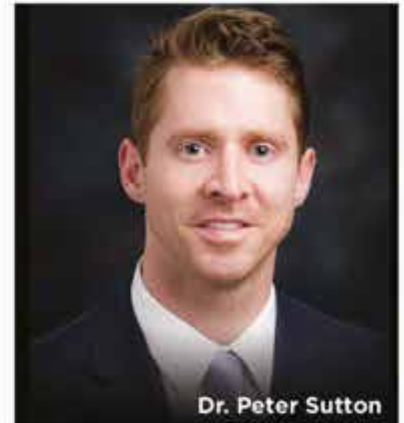
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EDITOR'S NOTE



Lisa

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Every day is worth celebrating!

And that includes those days when we prefer lounging under combined air conditioners and fans over sweating beside or in a swimming pool. August represents last days before children return to school, primed for another year of learning. Some parents celebrate heartily and already have plans lined up for that day. Admit it. You know you do a little happy dance after dropping them off. No more referee duties between siblings who always need a rivalry, at least until they need each other as best friends.

For me, August represents a critical milestone in my past. Embedded in my brain forever, the 19th holds a memory of starting the day with an excruciating pain in my head and ending with a diagnosis of a hemorrhagic stroke. I never saw it coming, didn't know enough symptoms. Nevertheless, I survived with only slow information processing showing sometimes. I'm more than blessed, and I know it.

It's amidst the plethora of "holidays" in August, I'll celebrate. I shouldn't indulge in raspberry or lemon cream pie days, or ice cream sandwiches and root beer floats. Watermelon day? I should add that one to my calendar. Catching a theme here? Many "national days of" include something freezing or at least cold enough to chill the body's system. I admit, when my personal celebration day arrives, you can bet I'll have a bit of soft serve ice cream and thank God for showing His mercy in my life.

Happy August!



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A horse named Sneaky Man gave 3-year-old Jakup Bender his first riding lessons when a little ranch in Stephenville was their home. “Going bareback taught me how to ride and keep my balance,” Jakup said. His mother, Ashley Shelley, was right there with them, showing Jakup how to mount and dismount, as well as how to feed and care for horses. Eight years later, Jakup is a dedicated ranch hand on the family’s property in Burleson, caring for 12 horses in two barns. He’s also a rodeo champion. Competing against youth as old as 19 years, Jakup wins. In March, he finished the Jr. American Rodeo 19th out of 308, qualifying for the Jr. World Finals three consecutive times. The Jr. World Finals is held in December.

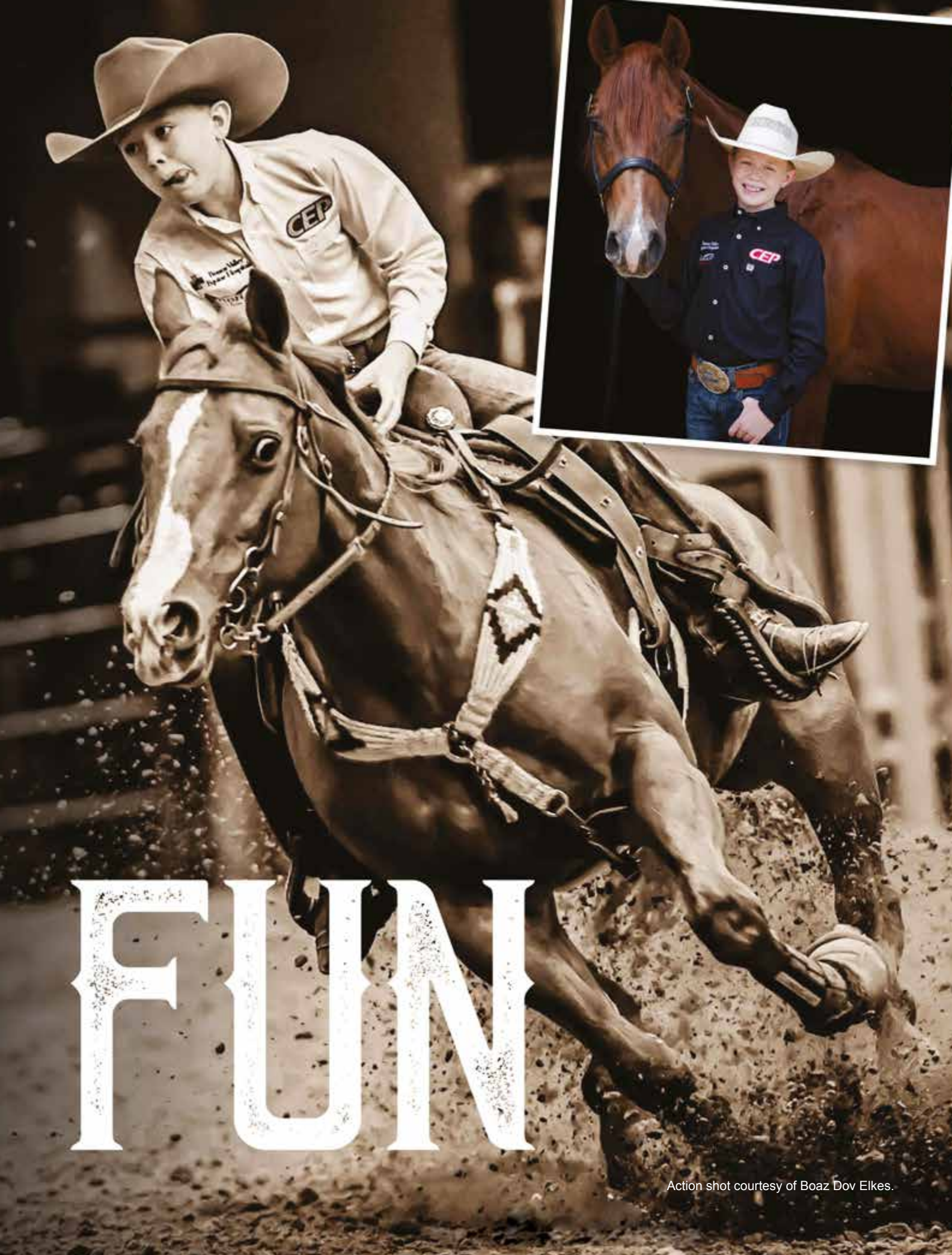
This cowboy has a way with horses. They love Jakup, and he loves them. His little white project pony named Caspar received special attention this summer after Jakup’s daily training sessions with Roscoe, Wookie and Molly, the three horses he generally competes with. It was his 22-year-old Quarter Horse, Wookie, however, who initiated him into the joys of competitive rodeo.

“That’s why she’s my favorite,” said Jakup, who at first enjoyed playing around on Wookie. They would ride trails together, and sometimes he would just lie back on her while she ambled. “One day, I rode her at a little jackpot. Whenever she took off to that barrel, it was so fun how she was running so fast. After that run, I wanted my mom to teach me how to ride her and get into big races and compete. A couple months later, I went to a rodeo and won. It was fun, fun, fun how fast she ran, and then going around the barrel so quick.”

Ashley began giving Wookie a lot more therapy before competitions, like icing her legs, rubbing her with liniment or giving her a mud soak after barrel racing. “I have a MagnaWave machine, which is pulse electromagnetic therapy,” Ashley said. “Anytime we compete, she gets the therapy done, so she is feeling her absolute best. We push our horses to peak performance, just like any athlete.”

BARREL RACING

— By Melissa Rawlins



FUN

Action shot courtesy of Boaz Dov Elkes.



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Eventually, Ashley and Jakup decided Wookie should be allowed to slow down. "Although I won't run her, we have made a bond over the last four years that we will always love each other," Jakup said. "I have to thank Brooklyn Owens for loaning me Molly, and Jeannie Baldwin for letting me ride Roscoe, a younger, faster horse, so I can compete at other places."

Jakup is well aware, and grateful, for the people in his life who provide the support he needs to be a champion. His entire family has always rodeoed, so he can rely on their coaching. "My dad helps me with roping. If I'm not riding my horse enough, he'll tell me to ride him more, and to kick him without being mean to drive him more to the calf," Jakup said. "I have three really good sponsors who keep our horses in shape and feeling good: CEP, Brazos Valley Equine Hospitals and Stidham Therapy. If my horses are sore, my mom tries to make their muscles looser and easier, so they can run more. And my younger sister? I get to teach her what we've learned."

Since it's of utmost importance to stay balanced, Jakup uses the same saddle every time and makes sure Molly or Roscoe steer clear of both the barrel and the wall. "Every time I rode, I got in the middle of the saddle and found on each horse how it rides and how to not get thrown or to fall. I know how fast my horse runs, so I don't get jerked back," Jakup said, remembering the time he developed a move that scared his mom, even though it kept him in the race.

"At Ruby Buckle in Guthrie, Oklahoma, I was fixin' to hit the barrel," he said. "I picked my leg up, so I would not hit the barrel, and I won second, so reserve."





"Mama's heart dropped when he threw that leg up," Ashley said. "I really thought he was coming off that horse, because he threw his leg so far back behind that saddle. I did not know he'd done it on purpose."

Jakup believes one of his strengths is his preference for structure. That's why math and science appeal to him, and why he has always done well in his schoolwork. He expects to excel next year as he goes into sixth grade at Laughlin Middle School. When he rides, however, he prefers to stick with the basic techniques learned from his mom.

Each event Jakup enters is different, and each is fun. "My favorite is barrels. You stay on the horse the whole time. You go around three barrels, and then go home. But for calf roping, you have to use a rope, get off, get the calf down, tie it. The calves are stronger and run faster than goats, and for goat tying, the goat is on a rope, and you have to get off the horse and run down the rope to get the goat," Jakup said. "For poles, in which you go through six poles and then go back through, it's all about trying not to hit one in the fastest time you can."

Jakup found that hard work is the key to his rodeo success. "If your horse feels good, and you try your best, you will win," he said. "Getting the horses ready to win, taking care of the horses, making sure they do not get sick or hurt — all that is hard work." He plans to accomplish big ropings, big barrel races, national and world adult rodeos. Determined to push himself harder to be a champion, Jakup knows whatever the future holds, he'll always be a cowboy. **NOW**

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HEALING VIBRATIONS

— By Lisa Bell

Have you ever heard a harsh sound and immediately felt your entire body tense? Over the past year or two, Sara Nicole Tynan discovered these visceral reactions happen with any sound — sweet or sour. The way sounds impact the physical body became a fascinating subject for the young mother of two — one she wanted to share with others to help them find healing for stress and pain.

She's not a doctor, but Sara completed training and earned certification for sound therapy and yoga. She provides sound baths, a session where she literally bathes a client in sound, which starts emotional healing and stress relief. Although the sessions can help, some clients need psychological or physical doctors to complete their healing, and Sara doesn't hesitate to recommend professional assistance when needed.

Healing with sound utilizes many instruments as well as sometimes incorporating soft music. From crystal and metal bowls to rainsticks and windchimes, each produces a distinct

sound that can affect a response from within. "Sound therapy uses instruments to send relaxation into bodies and minds," Sara explained. "Scientifically, sounds cause vibrations. Certain vibrations carry into the body and into each cell inside our bodies. The vibrations create sensations that allow us to feel certain ways depending on the frequency."

The simple concept appealed to Sara, who struggled with emotional stress from the age of 11 when doctors diagnosed her as bipolar. "Most of my life was imbalanced," she said. She worked through issues with God and yoga, learning about sound therapy later. She no longer needs medications for bipolar disorder.

Because yoga helped her, Sara became certified to teach, but when an older woman questioned yoga in perspective to Christian faith, she took a fresh approach. Admittedly, she leaves out part of yoga teachings. "I approach yoga and sound therapy with peace, positivity and the accepting love of Christ," she shared. "Inattention can be dangerous spiritually. I'm unique because of my Christian perspective, and I don't use chanting either." At times, her unusual approach cost positions at studios and reprimands from owners who didn't want her to talk about the love of Christ. It didn't stop her because that part remained at the core of her philosophy.

As a new yoga instructor, she entered a "hippy store" and found a beautiful golden bowl with a wooden mallet

topped with red velvet. "It was perfect to make me an 'official' yoga teacher." By watching YouTube videos, she learned to make the bowl "sing," and when she did, peacefulness washed over her. "It was the most beautiful sound I ever heard," she stated. After that, she dug into learning more about the sound bowls and eventually earned her certification. The training gave her understanding of the science behind sound therapy. While she uses several instruments, she prefers the resonance of the crystal bowls.

As distinct sounds vibrate through a body, the frequencies connect to various organs, bringing relaxation. The sounds stir a part of the body, which stirs healing. Important to begin in a relaxed position, the musical vibrations then assist a person to relax more, and the body releases stress. As documented by many studies, stress causes heart attacks and strokes. But it can also cause pain throughout the body. Thus, the ability to release stress becomes critical for every person, and Sara believes sound therapy provides a great means to rid a body of tension.

While sound therapy doesn't include healing for a broken bone, it can heal internally, or at least begin that process. The frequencies of her various instruments correlate to seven distinct points within the body. Each one evokes a response that hints at where a person should focus. "Sounds magnify things," Sara said. "People come to me because I can help them sort through emotions."

Ironically, using sound to promote relaxation stirs thought processes and creativity. She encourages keeping paper and pen nearby for recording whatever comes out during the time. "Training helped me explain why people often see colors or feel long-hidden emotions, and physical pain may go away," she expressed. "We're not opening strange portals or using any type of magic or witchcraft — just the simple science of sound and its affects."

Sara enjoys helping others and sharing her story. Through sound therapy, she plays instruments, sending out "good vibrations" and allows Jesus to work through the sounds to produce natural healing. **NOW**



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Zoomed In: Kayla Worsham

By Lisa Bell

Kayla Worsham never dreamed learning something new would quickly turn into a delight. “I just wanted to learn something fun to do,” she said. “YouTube is fantastic.” About five-and-a-half years ago, she started searching and taught herself to crochet. Not content with ordinary, she combined traditional crochet styles with Tunisian stitches, creating unique looks in her art. “I wanted to do something tapestry style but not large,” she shared. Going for a Boho feel, she grew impassioned about creating smaller pieces, incorporating some weaving styles along with the crochet stitches. She uses mostly organic cotton for her art. When not creating something, Kayla works as a scheduler for an air conditioning company and a birthing center where her sister works as a midwife.



Emily Guehne, Nannette McLean and Barbara Sisk welcome patients to Texas Health — Hoffman Family Practice Associates.



Christina Stanton and her daughter, Anika, enjoy a Friday night in Old Town.



The city of Burleson dedicates a tree at Bailey Lake Park in honor of Jim Bailey.



At Fun on the Farm Camp, Sadie the donkey loves attention from the children.



Dirk and Lori Hodges enjoy reading outside on a surprisingly cooler summer day.



James G Acoustic Trio sets the mood for a Farmers Market Friday date night.



Little miss Everly Arnold displays her fresh painting project.



The Perez family (far right) welcomes friends from El Paso to Burleson.

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— By Lisa Bell

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The golf course is a product of the 1990s golf course boom. Mark Brooks designed the course to complement nature surrounding the club. Since 2015, they have renovated bunkers and irrigation systems, updating the championship tournament-style, 18-hole golf course. During the last five years, they added state-of-the-art tennis courts, which also support the fastest growing sport today: pickleball.

Because the driving range and tennis courts have lights, members can use some facilities after dark. This is especially

important during winter months when the sun sets early in the evening. Two PGA Professionals work on-site, offering lessons to juniors and adults.

"We welcome all levels, from beginners to advanced golfers," Wes said. "It's easy to lose sight of that next-generation golfer, so we try to target families and the junior golfer. We strive to be more inclusive of all skill levels."

Southern Oaks also offers tennis and pickleball lessons for all levels and ages of players. Multiple courts provide ample space for multiple teams playing at the same time and allow the facility to host tournaments. Bleachers and bistro-style tables provide seating for fans to watch.

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With pros always on-site, the club provides a full-service pro shop. They repair both golf clubs and tennis rackets, restringing rackets and fitting clubs. The pros can tweak a set of clubs, whether newly purchased or already owned.

As part of Burleson, Southern Oaks gives back to the community largely through the school district. Home to both high schools, they sponsor teams and give the student athletes playing privileges. They host tournaments for both sports. In addition, the club offers special rates to charities who wish to hold a fundraising event. Plus, first responders and active or retired military receive preferred rates.

Although Southern Oaks Golf & Tennis Club lies within a planned community, they offer public access. Membership does not require a home within the un-gated development, and anyone can visit the facility.

"During these times, being able to enjoy outdoor recreational sports like golf, tennis and pickleball becomes critical," Wes shared. "These represent sports you can do with your family for a lifetime."

He encourages people to stop in and meet their friendly staff. Whether you visit daily or come for the first time, they welcome everyone with the same smile. **NOW**



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CookingNOW

In the Kitchen With

SCOT CLOUD

— By Lisa Bell



After 30 years as a professional musician, Scot Cloud recently became a real estate agent, which he really likes. He loves cooking as a way for his family to enjoy something together. “When it’s ready, we sit at the table and talk about our day or things in our lives that are important,” he shared. He learned from helping his grandmother cook holiday meals. “My mom taught me her recipes for stew and chili.” Scot also learned from a show called *Good Eats*.

Making tacos one day, he placed a Pyrex dish of crispy shells on a smooth-surface stovetop, not realizing the burner was turned on. The shells began burning, so he moved the dish to a granite countertop. “It shattered. Taco shells and red-hot busted glass shards everywhere!” **NOW**

Chicken Thighs With Mushrooms and Avocado

1 cup flour
1/2 tsp. salt
1/4 tsp. fresh ground pepper
1/4 tsp. smoked paprika
1/2 tsp. onion powder
1/4 tsp. dried parsley
1/2 tsp. Italian seasoning
1/2 tsp. garlic powder
2 lbs. fresh boneless, skinless chicken thighs

1/4 cup olive oil
1/4 stick butter
1/2 onion, chopped
4 cloves garlic, minced
8 oz. white mushrooms, sliced
1/4 cup dry Chardonnay
1/2 cup chicken stock or broth
1/2 cup heavy cream
1 tsp. fresh parsley, chopped
1/4 cup Parmesan cheese, freshly ground
1 medium avocado, sliced

1. Combine the flour, salt, pepper, paprika, onion powder, dried parsley, Italian seasoning

and garlic powder in a gallon-sized Ziploc bag. Seal the bag; shake to combine.

2. Add the chicken thighs; shake to coat well. Remove the coated chicken from the bag; set the pieces on a wire rack for 15 minutes.

3. Pour the oil into a stainless-steel pan over medium heat; add the butter. Let the butter melt; add the chicken thighs, a few at a time. Cook until browned.

4. Remove the pieces after browned; finish browning all of the chicken. Set the browned chicken aside on a separate plate.

5. Add the onion to the same pan; cook on medium-low heat until translucent. Add the garlic; cook for 2 minutes. Add the mushrooms; cook until softened.

6. Add the wine and deglaze the pan. Add the chicken stock; reduce by half. Return the chicken to the pan; let cook for 7-8 minutes. Remove the chicken.

7. Turn off the heat; add the heavy cream. Stir to combine. Pour the sauce over the chicken; garnish with fresh parsley, Parmesan cheese and freshly sliced avocado.

Beef and Vegetable Stew

- 1 3-lb. beef chuck roast, cubed
- 1 large white onion, roughly chopped
- 1/3 lb. celery, sliced
- 1/2 lb. carrots, peeled and sliced
- 1 Tbsp. kosher salt (divided use)
- 1 6-oz. can tomato paste
- 1 14.5-oz. can stewed tomatoes
- 1 14.5-oz. can diced tomatoes
- 1 10-oz. can Ro-Tel
- 4 cubes beef bouillon
- 1 tsp. black pepper, freshly ground
- 6 large bay leaves
- 1 1/2 lbs. redskin potatoes, cubed
- 12 saltine crackers, crushed
- 1 14.5-oz. can sliced green beans
- 1 15.25-oz. can corn

1. In a 5-qt. stew pot, brown the cubed beef in 1-lb. batches until all the beef is very browned. Set aside on a plate; cover with foil.
2. To the same pot, add the onion, celery, carrots and a large pinch of salt; cook on medium until softened, about 5 minutes.
3. Add the tomato paste, stewed tomatoes, diced tomatoes and Ro-Tel; put the beef back into the pot with enough water to cover by 1 inch.
4. Add the bouillon cubes, remaining salt, pepper and bay leaves. Boil on medium-high heat for 1 hour, stirring occasionally.
5. Check seasoning; add more salt or pepper to taste. Add potatoes; simmer for 1/2 hour until soft. Add crushed saltine crackers; simmer until thickened.
6. Rinse the green beans and corn through a strainer; add to the pot. Serve hot.

Salmon With Citrus Glaze

- 1/3 cup brown sugar
- 2 Tbsp. lemon zest, finely grated
- 1 1/2 tsp. kosher salt
- 1/2 tsp. pepper, freshly ground
- 1 1 1/2- to 2-lb. skin-on salmon fillet
- 1/2 Tbsp. Italian parsley, chopped
- 6-8 lemon wedges, for garnish

1. Combine the brown sugar, lemon zest, salt and pepper; mix well.
2. Place the salmon, skin side down, on a broiling pan lined with foil; coat entirely with the brown sugar mixture.
3. Tent, very loosely, with foil; let sit at room temperature for 45 minutes. Uncover the salmon; turn on oven broiler until hot.
4. Place the salmon on the closest rack to the heating elements; let cook for 7-8 minutes. (Internal temperature should be 134 F)



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Beef and
Vegetable Stew

5. Remove the salmon; let rest for about 10 minutes. Sprinkle with chopped parsley. Serve immediately with lemon wedges.

Zuppa Toscana

8 oz. bacon, chopped
1 lb. hot Italian sausage
1 medium onion, chopped
1/2 tsp. salt
1 head garlic, minced
32 oz. chicken stock
6 cups water

2 large chicken bouillon cubes
1 1/4 lbs. russet potatoes, cubed
1 head kale leaves, stripped of stems and chopped
1 cup heavy cream
1/2 tsp. black pepper
Parmesan cheese, grated, for garnish

1. In a large stew pot, brown the bacon until crisp. Remove the bacon and about half the bacon fat. Add the Italian sausage; brown.
2. Remove the sausage; add the onions and salt. Cook on medium heat until softened.

Add garlic; cook for about 2 minutes.

3. Add the chicken stock, water and bouillon. Bring to a boil; add the potatoes. Cook until slightly softened; add the kale and sausage.

4. Bring to a low boil; add the bacon and cream. Stir; remove from heat. Add the black pepper.

5. Garnish with Parmesan cheese; serve immediately.

Salmon Ceviche

1 fresh Roma tomato, quartered and sliced into thin strips
1/4 lb. fresh sashimi-grade salmon
1 lime, halved
1/4 fresh mango, thinly sliced
1 fresh jalapeño, thinly sliced
1/2 cup fresh cilantro leaves
1 pinch Hawaiian lava salt

1. Place the tomato slices in a single layer in a straight line on a serving plate. Thinly slice the salmon; lay it on top of the tomatoes.

2. Squeeze the lime juice over the salmon. Add mango slices on the salmon; top each piece with a jalapeño slice.

3. Garnish with cilantro and salt; serve immediately.

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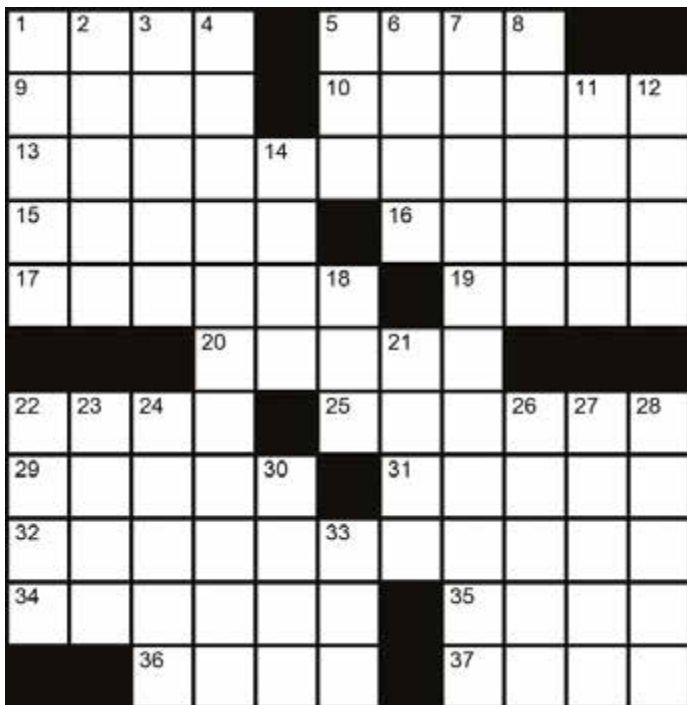
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Across

- 1 Nagging fish?
- 5 Sisters
- 9 Composer --- Novello
- 10 There is one every year for many sports
- 13 Echo
- 15 Set of opinions
- 16 Scarecrow stuffing
- 17 Skylit lobby
- 19 Pianist Dame Myra
- 20 Range
- 22 Enfold
- 25 Shell lobster
- 29 Trustworthiness
- 31 Every golfer likes this kind of hole
- 32 Motley assortment
- 34 Often opposed to Venus on court
- 35 Houston university
- 36 Uptight
- 37 Like Sean Connery

Down

- 1 Roughly
- 2 Stave off
- 3 Random archery target
- 4 Inclined
- 5 Kernel
- 6 Applications
- 7 Yankees in Dixie
- 8 Superfluous
- 11 Airline guesses
- 12 The latest
- 14 Defeat soundly
- 18 Lady of the house
- 21 Vacuum
- 22 "--- sorry now?"
- 23 Hopped a freight
- 24 --- Agassi
- 26 Pick-me-up
- 27 Corporate conclusion
- 28 Steer a new course to start again
- 30 Told
- 33 Dissenting vote

Solutions on page 36

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

Medium

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

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Solutions on page 36

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AUGUST

8/3-8/5

Endless Summer, Kids Art Camp:

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8/5

Endless Summer Art Show:

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www.burlesontx.com/1215/Russell-Farm.

8/10

Teen Movie Day:

Join other teens for a free movie. Popcorn and drinks provided.
4:00-6:00 p.m., Burleson Public Library, 248 SW Johnson Ave.
www.burlesontx.com/72/Library.

8/14

Free Family Play Day:

Fun activities and equipment set up for your use. Make a great summer memory.
9:00 a.m.-noon, Centennial Park, 1100 Scarlet Sage Pkwy.

Medicare — Turning 65:

Free seminar presenting how to apply for Medicare, what it does and doesn't cover. Presented by Gib Kassing. Call or email to register. 10:30 a.m.-noon, Burleson Public Library, 248 SW Johnson Ave. (817) 995-2774 or gibkassing@yahoo.com.

Young Builders Club:

Kids build from their imagination or learn from Ms. Becky how to create secret codes with building blocks. Free event but must register through Eventbrite.
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8/18

Glow Disc Golf Tournament:

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Shotgun start: 6:00 p.m.,
Bailey Lake Disc Golf Course.
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8/31

Teen Craft Day:

Ages 10-16 spend time decorating school supplies.
4:00-6:00 p.m., Burleson Public Library, 248 SW Johnson Ave.
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9/4

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Bring the entire family to the Police Department's open house. Explore police vehicles, SWAT trucks, police motorcycles and get information on keeping your family safe.
10:00 a.m.-2:00 p.m.,
1161 SW Wilshire Blvd.
For more information, call (817) 426-9913 or visit
www.burlesontx.com/1769/Police-Department-Open-House.

Third Tuesdays

Heart & Soul Writers:

A Christian writers' group designed to encourage, support and improve skills. Zoom option may be available. 7:00-9:00 p.m., Alsbury Baptist Church, 500 NE Alsbury Blvd.
Contact lisabell@bylisabell.com, (817) 269-9066.

Second and Fourth Wednesdays

Burleson Writers Group:

Join writers from the Burleson area every month. Mini workshops on various topics relating to aspects of writing and publishing offered, as well as an in-depth review of member's works.
6:00-8:00 p.m., Burleson Public Library. For details, visit
www.burlesonwritersgroup.com.

Thursdays

Public Library Storytime:

Stories and fun craft to take home. Due to COVID-19, may require registration through Eventbrite – one ticket for the family. 9:30-10:00 a.m., Burleson City Hall-Council Chambers, 141 W. Renfro.
www.burlesontx.com/72/library.

Fridays

Story Time at the Farm:

Story-time readings in the garden or inside depending on the weather. Bring a lunch and stay afterward.
11:00-11:30 a.m., Russell Farm.
www.burlesontx.com or
www.facebook.com/RussellFarmArtCenter.

Second Saturday

Coffee Talk

Women's Ministry:

Dedicated to inspire, motivate and move women closer to God. Free breakfast. All are welcome. 8:45-10:30 a.m., Lucas Lil White Chapel, 518 SW Johnson Ave.
www.facebook.com/coffeetalkwomen.

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



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Crossword - Sudoku Solutions

1	C	A	R	P		5	N	U	N	S	
9	I	V	O	R		10	U	S	O	P	E
13	R	E	V	E	R	14	B	E	R	A	T
15	C	R	E	D	O		16	S	T	R	A
17	A	T	R	I	U	M		18	H	E	S
						20	S	T	O	V	E
22	W	R	A	P		25	M	O	R	T	A
29	H	O	N	O	R		30	I	N	O	N
32	O	D	D	S	A		33	N	D	E	N
34	S	E	R	E	N	A		35	R	I	C
						36	E	D	G	Y	
										37	S
											C
											O
											T

Easy

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

Medium

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

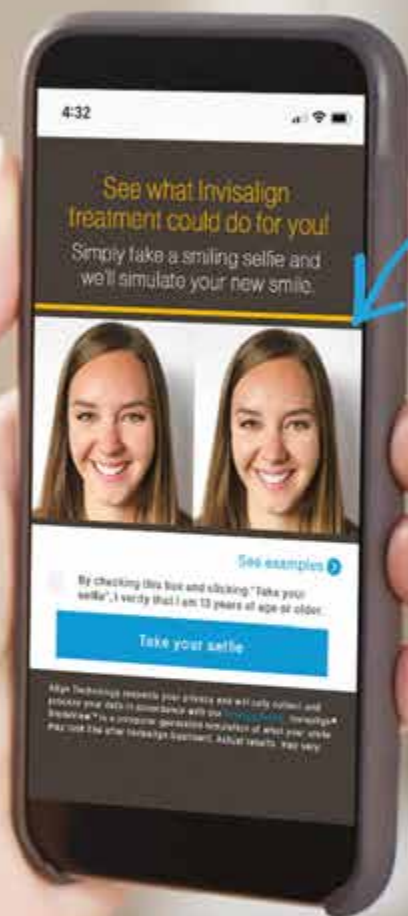
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