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## Pocket Edition

## Brain Games

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Timothy Parker

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# Brain Games 

FOR
DUMMIES ${ }^{\circ}$

> POCKETEDITION

by Timothy E. Parker

Wiley Publishing, Inc.

## Brain Games For Dummies, Pocket Edition

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## Introduction

$s$ure, puzzles are fun. They're a great diversion when you're sitting on a plane or getting sneezed on in the waiting room at the doctor's office. And if enjoyment is your one and only reason for picking up this book, you'll get no argument from me. (After all, I enjoy a good puzzle myself!)

But here's the great news: This kind of fun is actually good for you. Specifically, it's good for your brain. So welcome to the mental gym, where the equipment is portable, your exercise area is private, and the afterworkout shower is completely optional.

## About This Book

I bet that when you were a kid, you didn't schedule physical exercise into your day. You kept your body strong by doing what felt natural: riding your bike, skipping rope, climbing trees. . . . But these days, to stay in shape, chances are you're much more deliberate. You probably don't climb trees the way you used to, so you have to actively seek out exercise or accept that you'll be a little weaker and slower with each passing year.
Countless articles, books, and Web sites are now devoted to the idea that if you don't want to lose it ("it" being your mental sharpness), you'd better use it ("it" being your brain). And sure, you could give your gray matter a decent workout by dusting off that anthology of 19thcentury literature that's been sitting on your shelf since college, but doesn't a puzzle sound more fun?

That's why I created this book: to give your brain a challenge, so you can get on the path to greater mental fitness and truly enjoy the workout.

## Conventions Used in This Book

Before I get to the meat of this book - the puzzles themselves - I spend some time touting the benefits of mental exercise in Part I. I include a handful of Web site addresses so you can explore additional resources if you'd like. The Web addresses appear in monofont, which makes them easier to locate if you want to go back and find them after you're done reading.

## How This Book 1s Organized

The bulk of this book is devoted to what you came looking for: puzzles (and their answers). But in case one or more of these puzzle types are new to you, I first spend some time explaining each and suggesting some strategies for working them.

## Part I: Preparing Your Puzzle Strategies

My first task in this part is to introduce you to the reasons for spending some quality time with this book. I explore what recent research says about the importance of mental exercise and the impact it can have on your cognitive abilities - including your memory - as you age.
I then introduce each type of puzzle that appears in this book and provide tips for solving it. From crosswords and word games to Sudoku and logic puzzles, I help you prepare for the workout that's coming.

## Part II: Getting a Puzzle Workout

Here's what you've been waiting for: the puzzles themselves.

For each type of puzzle, I offer various levels of difficulty; the easier puzzles come first, followed by fairly tough puzzles, and then by downright treacherous ones - the kind that will keep you awake until the wee hours, cursing my name!

## Part I11: Checking Your Answers

Pretty please, no matter how much you're tempted, don't look at this part until you've spent some quality time with Part II. Think of it as exercising your willpower at the same time you're pumping those brain cells.

## Icons Used in This Book

In Part I, you'll notice two icons in the margins that help you navigate the text:

When you see this icon, know that the text next to it contains a helpful hint for solving puzzles.

This icon points out information that you want to tuck into your mental filing cabinet - it's worth holding onto.

## PartI

## Preparing Your Puzze Strategies

## In This Part

Taking a peek inside your brain
Storing up ammunition against Alzheimer's
Getting your body and mind in tip-top shape
Choosing your puzzle poison

$\mathcal{B}$e honest: Do you feel as mentally sharp today as you did when you were 20? (If you're 20 now, or even younger, indulge me for a moment while I address your elders.) Can you retain information as easily as you did at that age? Or do you suspect that you don't learn as quickly as you once did, and worry about occasional fuzzy moments when you can't recall things that used to be second nature?
If you're in the "fuzzy" category, even on rare occasions, you may feel a bit anxious about the changes that seem to be taking place in your brain. And you may wonder what, if anything, you can do about them. I suspect that may be why you're reading this part right now, as
opposed to jumping straight into Part II of this book and trying your hand at the puzzle of your choice.
As an isolated activity, working a crossword puzzle or untangling a word scramble may not dramatically change anyone's cognitive ability. But combined with other lifestyle changes, working puzzles - or doing other types of mentally stimulating activities - may have profound long-term effects on memory and overall cognitive ability. That's why I devote this first part to the big picture of working puzzles: why they're potentially beneficial, and what else you can do to try to recapture your 20 s (if only in your mind!).

## Pumping Up Your Synapses

You may suspect that I'm the one who needs some mental help, writing about synapses in a puzzle book. But bear with me - I'll try to demonstrate that I haven't gone around the bend.
On the off chance you aren't a neurologist, let me start with a couple definitions. Neurons are cells that control your central nervous system: your brain and spinal column, and the nerves connected to them. Synapses are tiny gaps between the neurons in your brain. When synapses are working correctly, they allow your neurons to communicate with each other, which keeps your nervous system functioning the way it should.
Your nervous system must function properly in order for you to learn new things, retain information, and use your powers of logic and reason.
You're feeling some love for your synapses now, aren't you?

You have about 100 billion neurons in your brain. And you have literally trillions of synapses - possibly even
a quadrillion (that's a 1 followed by 15 zeroes). It sure seems like you have plenty to spare, but as you age, your synapses deteriorate. And because your brain activity takes place courtesy of synapses, their deterioration equates to a decrease in your brain function, including memory.
The take-home lesson here is that if you want your mind to live to a ripe old age, you need to do more than just take care of your body (although that's crucial too, as I explain later in this part). You need to keep your synapses in top condition. How do you do that? Keep reading!

## Building a Cognitive Reserve

Obviously, no one is offering guarantees here. I can't promise that anything I suggest in this book will add X number of years to your life, and that those years will be free of any symptoms of memory loss or other mental decline. But study after study in the past two decades has shown that mental activity can - and often does - have a positive effect on your quality of life in the long run, and I can't argue with that.
How do you build a cognitive reserve? The same ways that you keep your synapses happy and healthy. Keep reading - the following section offers specific suggestions.

The key to a strong cognitive reserve seems to be to start as early as you can. The younger you are when you begin actively pursuing brain fitness, the greater the reserve you can accumulate. But if you're already past "early," don't panic - just make the commitment to
start now. Some studies have shown that even people well into their 70s can improve their cognitive health by making lifestyle changes and increasing their mental stimulation.

## Taking a Whole-Body Approach to Brain Health

The great news about the steps you can take to improve your chances of long-term cognitive health is that many of them are the same steps you take to keep your body healthy. You need to add just a couple items to a list that's probably already familiar. And the new items are fun - promise.
Here's the familiar stuff:
$\checkmark$ Reduce stress. If you've heard this advice from your doctor in relation to a physical condition, you now have double the reason to heed it. Research shows that stress causes synapses to malfunction.

Long-term stress can cause a neurotransmitter (a chemical that carries messages between nerve cells) called glutamate to build up in your synapses. If enough of it accumulates, it can become toxic and interfere with your memory and your ability to learn.
$\checkmark$ Get aerobic exercise. Aerobic exercise can help you manage and resist stress, which is enough reason to make it part of your daily routine. But among its many other benefits, studies suggest that it stimulates the creation of new neurons and strengthens the connections between them.
$\checkmark$ Eat a diet rich in antioxidant foods. If your physical health alone hasn't inspired you to stock up on blueberries and spinach, do so for your mental health. Foods rich in antioxidants may help counteract effects of free radicals in your brain. (Free radicals are molecules that contain oxygen that attack cells throughout your body. They have been linked to cancer and heart disease, as well as brain deterioration.)
$\checkmark$ Control high blood pressure and diabetes. A study published in the journal Neurology in 2001 showed that the mental abilities of participants with high blood pressure or diabetes declined more rapidly than those of other participants. High blood pressure is a risk factor for a condition called vascular dementia, in which a series of tiny strokes can affect memory and other cognitive abilities.

Ready for the steps that may be new on your to-do list?
$\checkmark$ Get lots of mental stimulation. Ahhh, this is where the puzzles come in - finally!
You may be hard-pressed to find a scientist who would claim to know exactly how much mental stimulation the average adult of a certain age needs, or what types of mental activities are best for a certain population. The science is fairly young, and I guarantee you'll hear a lot more about it in the years to come. But the general consensus is this: Mental stimulation of any kind can have positive effects on warding off memory problems and other declines in cognitive function. And lack of stimulation is a serious factor in mental decline.
So, how should you use your brain to get the maximum results? Only you can answer that question.

That's because whatever you do, it has to be enjoyable enough to truly stimulate you and to keep you coming back for more, day after day. We're talking about running a mental marathon here - not winning a sprint. So you have my permission to read War and Peace or pull out your old calculus textbook, but only if that's what you really want. Otherwise, I suggest you look for other types of activities that will keep you interested in the long term. (Anyone for sudoku?)
The bottom line: If there's a hobby you love that you haven't made time for in years, make time for it. If there's an activity you've been meaning to do but have put on the back burner because it seems less important than folding laundry, do it. If there's a subject you've been curious about for ages but haven't had time to study, study it. And if anyone (including your conscience) pesters you about how you're spending your time, memorize your new mantra: My brain needs me.
$\checkmark$ Stay curious. This is an extension of the previous point. If you've buried your curiosity about the world around you because you haven't had time to explore it since childhood, now's the time - no matter how old you are or what your life circumstances are - to rediscover how curiosity feels. Toss out the mindset that you learned everything you need to know years ago, and you can rest on your laurels for the rest of your life. We live in a fascinating, quick-changing world, and I promise you'll never run out of new things to discover.

## Picking the Type of Puzzle That Suits You

To get your mental fitness plan off to a great start, I offer puzzle options in Part II of this book. Which type should you tackle first? Only you can answer that question, but in this section, I offer a brief overview of each so you can consider what interests you most.

## Logic puzzles and riddles

If you want to test your logic but prefer to work with words instead of numbers, you may find that logic puzzles and riddles are your best bet. These types of puzzles are comforting in their familiarity - most of us have been solving them since we were kids. But that doesn't mean they're easy to solve; they can definitely help keep your mind sharp.
The great fun of logic puzzles and riddles is that you realize the puzzle constructor is trying to trick you. You're essentially matching wits, one-on-one, with the person who wrote the puzzle or riddle. And the answers are often simple, if you can weed out the deceptive language or images hiding the solutions.
If you're afraid solving logic puzzles and riddles will make you feel like you're taking a college entrance exam, I encourage you to try out the ones in Part II. I suspect you will feel like a kid again, but only in the best way.
When you tackle logic puzzles or riddles, keep the following in mind.
$\checkmark$ Each puzzle or riddle should have just one answer. If you can think of more than one answer that makes good sense, chances are you've outwitted the puzzle constructor!
$\checkmark$ The language of the puzzle or riddle may be designed to veil the answer - to deceive and distract you. That's not always the case, but when it is, your job is to study the language and figure out what's being hidden. Sometimes a single word can crack open the solution.
$\checkmark$ If you're stumped, you're better off stepping away than turning to the answer page. Come back to the puzzle or riddle later with a fresh perspective, and the answer may jump out.

## Word games

I include three types of word games in this book: word searches, scrambles, and cryptograms. Of the three, I find word searches the least taxing and most relaxing. On days when you just aren't quite up to the challenge of, for example, a crossword, a word search may fit the bill. If you're willing to be methodical (by reading each letter in each row or column), you can locate every word on the list provided by the puzzle constructor. You get the relaxation that comes with focusing on a finite task, plus the satisfaction of success when you check off the final word.
Word scrambles usually don't require a big time commitment and can be a great choice when time is limited. Some of the scrambles in this book are only five letters long, for example - you can work several of them in a matter of minutes. And when you have more than a few minutes available, the more complicated scrambles are fun to tackle. You may get stuck on some of them, but usually if you just keep scribbling possible combinations, you'll have an "aha!" moment - the best kind of moment a puzzler can experience.

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If you have the mind of a detective (and watch way too many hours of CSI and its various derivatives), cryptograms may be your puzzle of choice. In this type of puzzle, a phrase or sentence is encrypted - each letter is substituted with a different letter or character. For example, every "e" may be replaced with an "h" and every "t" replaced with a "g." To figure out what the sentence or phrase says, you have to figure out each substitution. Even the easiest cryptograms aren't necessarily easy when compared to a word search, for example. But if you like a good mystery and want the extra mental workout that comes with the challenge, these puzzles may be exactly what you need.

If your puzzle of choice is a word search, word scramble, or cryptogram, keep the following tips in mind.

When you work a word search, being methodical is your best bet. Use a straight edge to guide your eyes if necessary, and check each row or column for the first letter of the word you're looking for.
$\checkmark$ If you get stuck on a word scramble, write the letters in as many different orders as possible until something looks familiar. If you're looking at lots of letters, try to find common groupings such as sh, th, or ing.
$\checkmark$ When working a cryptogram, pay close attention to any hints provided. Look at one-, two-, and three-letter words first, and always use a pencil you're likely going to make some guesses before arriving at the solution.

## Crosswords

The concept of the crossword isn't complicated: You get a list of clues, and you have to answer each based on the number of boxes allotted for a given answer entry. But as anyone who's ever worked a crossword knows, the answers don't always come easily. Puzzle constructors create crosswords across a wide spectrum of difficulty. The easiest usually have very straightforward clues; the most difficult feature clues that seem downright cryptic. The more creative the puzzle constructor gets with the English language, the greater challenge you face.


If you're a fan of reading and/or trivia, I suspect you'll enjoy working crosswords. They're a great mental workout; they're as diverse as the English language itself; and even when they frustrate you, they won't bore you. I find there's almost always something new to learn by working a crossword. As long as you give yourself permission to be imperfect - to make mistakes, take guesses, ask a friend for help, and consult outside resources as necessary you're in for some great fun.

If you're new to working crosswords, keep the following tips in mind.
$\checkmark$ Keep key resources, such as the following, on hand (whether in electronic or hard-copy form):

- A dictionary
- A slang dictionary
- A thesaurus
- An atlas
- An almanac

Some people think that using any resource other than your brain is cheating. But a big part of the fun of working crosswords is learning new stuff, and I'd rather you search for answers in outside resources than simply flip to the answer grid.
Work in pencil. When you're an old pro, you may insist on working in pen to up the challenge. But for now, allow for mistakes (which are bound to happen).
$\checkmark$ Spend some quality time with a puzzle, even if it seems too hard at first. The phrasing of the clues determines each puzzle's difficulty, and it may take a while to get familiar with a puzzle's particular phrasing.
$\checkmark$ Look for fill-in-the-blank answers first; most people find them among the easiest to solve.

## Sudoku

I'd wager that for many people, the appeal of Sudoku is its simplicity. Most often, you're working with a $9 \times 9$ grid, and your task is to fill in the numbers 1 through 9 one time in each row, column, and $3 \times 3$ box within the grid. It seems so easy, but the devil is in the puzzle constructor's decisions regarding which numbers are provided. Depending on how many or few numbers are given, and where they appear on the grid, your job may be relatively easy or very, very difficult.

You don't need to know lots of facts or have a big vocabulary to work a Sudoku. But you do need to have a logical mind, lots of patience, and a pencil. (I can almost guarantee you'll do some erasing before settling on final answers.)

If you're ready to join the ranks of Sudoku devotees, keep the following information in mind.
$\checkmark$ It's harder than it looks! Even with the easiest puzzle, you won't fill in a Sudoku grid in a matter of minutes.
$\checkmark$ Each puzzle has a unique answer; you can't find multiple ways to solve it.
$\checkmark$ Start each puzzle by locating obvious, definite answers - those that you can solve simply by looking at what else falls within a particular row, column, and $3 \times 3$ box.
$\checkmark$ When you've exhausted the obvious answers, you need to find a systematic way to explore the lessobvious (but still definite) answers.
$\checkmark$ Myriad advanced strategies exist that aren't covered in this book. If you search for killer, advanced, or extreme Sudoku online, you'll find countless Web sites that contain strategy suggestions for the toughest of puzzles.

## Target Sudoku

If you start getting square eyes from doing regular Sudoku, I can offer some relief in the form of circular Sudoku, sometimes called target Sudoku. The target Sudoku is a four-ring circle, as you'll see at the end of Part III. Think of the puzzle as a big pie cut into

## 16

eight slices, each slice with four bites. Your goal is to place a number into each bite of pie (four numbers to a slice) so that every two adjacent slices contain all of the numbers from 1 to 8 . Every ring also must contain all the numbers from 1 to 8 .

Here's an important clue: Every other pie slice will contain the same four numbers. That has to be the case because otherwise, you'd have duplicates in some combination of two adjacent slices. However, the four numbers appear in different orders in the different slices because of the fact that each ring comes into play as well.

As with $9 \times 9$ grid Sudoku puzzles, you start a target Sudoku by trying to identify definite answers: those blank spaces that can have only one answer based on the numbers the puzzle constructor has provided. Target Sudokus are a nice change of pace from regular Sudokus and may be a touch easier because you're dealing with fewer spaces to fill.

## Part II

## Getting a Puzzle Workout

## In This Part

Puzzling out logic puzzles and riddles
Getting wordy over word puzzles
Cracking the codes on crossword puzzles
Sinking your teeth into sudoku

puzzles are labeled by type and difficulty level. Levels are Easy, Tricky, Tough, and Treacherous, "Easy" being (of course) the easiest puzzles, and "Treacherous" being the most difficult puzzles. When you finish solving all these puzzles, please see Part III for the answers. Have fun!

## Logic Puzzles

Put your thinking cap on to solve these logic puzzles! Each has just one answer.

## Tricky

A woman gave birth to two boys on the same day, in the same year, within minutes of each other, yet they were not twins. How is this possible?

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## Tough

Two people stand on opposite corners of a handkerchief. They do not stretch or alter the handkerchief in any possible way. How can they both stand on the handkerchief simultaneously without having any possibility whatsoever of touching each other?

## Riddles

Each riddle here has just one answer. Think hard!

## Tricky

Although it is always before you, what is it you can never see?

## Tough

What is impossible to hold for more than several minutes although it is lighter than a feather?

## Cryptograms

Here a phrase or sentence is encrypted - each letter is substituted with a different letter or character. To know what the sentence or phrase says, figure out each substitution. Hints are given for each puzzle.

## Easy

NOWY AJUSYSNN. AC AN COS ZWNC COLC LCCLFOSN ACNSUR CE COS GENC VZAUUALYC GSCLUN.
Hint: H appears 5 times.

## Tricky

WAG MIER CGMCEG OAM ELTWGI WM QMWA TLHGT MP S PSKLER ZVSXXGE SXG WAG IGFW HMMX IGLJAQMXT.
Hint: X appears one time.

## Tough

IYUYUSYI, XWYL MWY DYRJTJV ZMIAMZ WEZ ZMAQQ WY ZWTXZ WEZ SRJVZECY MT WRGQ MWY XTIGC.
Hint: One word ends with $O$.

## Treacherous

YD AGTTJDY TD HNNHEZCGMMS QDUT ZXH RJYK DN GMM JZT ADBHQT DN GEZJYV GYK QHGTDYJYV GT NHGQ.
Hint: $U$ appears just one time.

## Word Scrambles

Unscramble the capitalized word(s) in quotations to solve the riddles.

## Easy

How a "RESCUE" can make the saved person feel?

## Tricky

While a teacher may be "TEACHING," a student may be?

## Tough

Where's a good place to see a "SCHOOL MASTER"?

## Treacherous

Many people leave "SLOT MACHINES" with?

## Word Searches

Try to find as many words in the provided lists as you can, in each puzzle.

## Tricky

CAST
CATAPULT
CHUCK
DART
DASH
EIGHTYSIX
EJECT
FLING
FLIRT
GETRIDOF
HEAVE
HURL
JERK
LAUNCH
LETFLY

PITCH
PROJECT
PROPEL
SCATTER
SEND
SHOOT
SLING
SLOUGH
SPATTER
SPREAD
SPRINKLE
SPURT
STREW
THROW
TOSSOUT

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

## Treacherous

CALIGINOUS LOWERING
CLOUDY MISTY
DAMP
DARKENED
DREARY
DRIPPY
DRIZZLY
ECLIPSED
FOGGY
GLOOMY
GRAY
HAZY
HEAVY
HUMID
LEADEN
MOIST
MOONLESS
MUGGY
MURKY
OBSCURE
OVERCAST
SHADOWY
SOMBER
STARLESS
STEAMY
SUNLESS
UNCLEAR
vaporous


## Crossword Puzzles

Answer each question based on the number of boxes allotted for a given answer entry.

## Easy

## Across

1. Supergirl's City
2. Balloon
3. Places for pickles
4. Prefix meaning "skin"
5. Shoptalk
6. Words signifying trouble ahead
7. Quickly, quickly
8. Remove a tube top?
9. Joan Sutherland or Judi Dench, e.g.
10. Nobel Peace Prize winner of 1979
11. Have great faith in
12. Grinned from ear to ear
13. Word with Gatos or Altos
14. Really big singer?
15. $\qquad$ tune)
16. Asian peninsula
17. "Well, __-di-dah"
18. Sounds of pleasure
19. Al Capp's Pansy Yokum
20. Old-time wraparound
21. X-ray supplement
22. Fertile soils
23. Extend a subscription
24. House owner in a Martin Lawrence comedy
25. Lacking brightness
26. Term of respect in colonial India
27. Apollo's twin sister
28. Term of endearment
29. RE:
30. Cheese type
31. Run, but go nowhere
32. Fourth rock from the sun
33. It's for good measure
34. League constituent
35. Capital of Samoa
36. Like a flophouse
37. Sweet potato cousins

## Down

1. Sixth U.S. president
2. Plant new crops
3. Frame of bars
4. Belly button
5. Some dust jacket paragraphs
6. Like a dryer's trap, typically
7. Start of many Grimm tales
8. Gelling agent
9. Lift one's spirits?
10. Like the laws of kosher food
11. "Now I get it!"
12. CD follower
13. That boat
14. Ending for switch or buck
15. Overwhelm with humor
16. Bird of prey's weapon
17. Application
18. "Balderdash!"
29." $\qquad$ Mia!"
19. Poor contributions?
20. What 5 can represent
21. Frost's feet?
22. Natalie Wood portrayal
23. Chicken portion
24. Title of respect
25. Maternal palindrome
26. Fearlessness
27. The gray wolf
28. "Educating ___" (Caine film)
29. Brunch beverage, perhaps
30. "Once upon a midnight $\qquad$ ..."
31. Threw in
32. Euripedes tragedy
33. Sunni religion
34. Poppy supporters
35. Leaders in baseball, briefly
36. Pouty look
37. Season to be jolly
38. GPs' grp.
39. Vermont harvest
40. Prefix for pod

| 1 | 2 | 3 | 4 |  | 5 | 6 | 7 | 8 | 9 |  | 10 | 11 | 12 | 13 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 14 |  |  |  |  | 15 |  |  |  |  |  | 16 |  |  |  |
| 17 |  |  |  |  | 18 |  |  |  |  |  | 19 |  |  |  |
| 20 |  |  |  | 21 |  |  |  |  |  | 22 |  |  |  |  |
| 23 |  |  |  |  |  |  |  |  |  | 24 |  | 25 | 26 | 27 |
|  |  |  | 28 |  |  |  | 29 | 30 | 31 |  |  |  |  |  |
| 32 | 33 | 34 |  |  |  | 35 |  |  |  |  |  | 36 |  |  |
| 37 |  |  |  |  | 38 |  |  |  |  |  | 39 |  |  |  |
| 40 |  |  |  | 41 |  |  |  |  |  | 42 |  |  |  |  |
| 43 |  |  | 44 |  |  |  |  |  | 45 |  |  |  |  |  |
| 46 |  |  |  |  |  |  |  | 47 |  |  |  | 48 | 49 | 50 |
|  |  |  | 51 |  | 52 | 53 | 54 |  |  |  |  |  |  |  |
| 55 | 56 | 57 |  |  | 58 |  |  |  |  |  | 59 |  |  |  |
| 60 |  |  |  |  | 61 |  |  |  |  |  | 62 |  |  |  |
| 63 |  |  |  |  | 64 |  |  |  |  |  | 65 |  |  |  |

## 26

## Tough

## Across

1. New Testament book
2. Provide the grub
3. CD followers
4. Marshal Kane's deadline
5. Kicking partner
6. Give off
7. Abandoned queen of Carthage
8. Mechanical learning routines
9. Miami or London, e.g.
10. States dined, except Alaska and Hawaii?
11. Court order
12. Walker on a beat
13. Computer guru
14. Extol
15. Its symbol is an omega
16. Value system
17. Whiskey drink
18. Corn lily
19. Famous warblers making sawbucks?
20. Wine choice
21. Moreover
22. Up until now
23. Burdened beast
24. Units of wire thickness
25. Electorate
26. Big one in London
27. Big rig
28. Last one at the Round Table?
29. Gifted one
30. In the first place?
31. Dynamic start?
32. Top-of-the-line
33. Slowly, to Toscanini
34. Follow
35. Contest
36. Light-show source
37. Sphere's lack

## Down

1. Popular joiner
2. Phone cord shape
3. Fuss
4. Gal pal of seven little ones
5. King thriller
6. In the clouds
7. Milosevic predecessor
8. Always
9. Prescription for burnout
10. Go over
11. Leave out
12. Pesky arachnid
13. It's fit for a pig
14. "Love Story" author Segal
15. Hebrew letter
16. One more than tri-
17. Morals standards
18. Fischer's game
19. Rich soil
20. Camera setting
21. Type of daisy
22. Human Resources person, at times
23. Sails' staffs
24. Order to a broker
25. Be behind
26. Precipitation type
27. David's great-grandmother
28. Blanc or Torme
29. Merchant
30. Jewel holder
31. An old one may need a key
32. Commandment word
33. Sparkling, for one
34. "Take __Train" (Duke Ellington)
35. Feathered females
36. Kind of hunter
37. Math subj.
38. Roll for a high roller
39. Seville cheer


## Sudoku Puzzles

Fill in the numbers 1 through 9 one time in each row, column, and $3 \times 3$ box within the grid.
Tricky

|  |  |  | 4 |  |  | 1 |  | 9 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
|  |  |  |  |  |  |  |  |  |
| 4 |  |  | 7 |  |  | 5 | 8 | 2 |
|  | 2 |  | 6 |  | 9 | 8 | 7 |  |
| 5 |  |  |  |  |  |  |  | 3 |
|  | 1 | 9 | 3 |  | 5 |  | 2 |  |
| 1 | 6 | 5 |  |  | 8 |  |  | 7 |
|  |  |  |  |  |  |  |  |  |
| 8 |  | 3 |  |  | 7 |  |  |  |

Tough

|  | 4 |  | 1 |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| 5 | 2 |  |  |  |  |  |  |  |
|  |  | 6 |  | 5 |  | 7 |  |  |
| 2 |  |  | 3 | 1 |  |  | 5 |  |
|  |  | 3 | 9 |  | 2 | 6 |  |  |
|  | 1 |  |  | 8 | 7 |  |  | 2 |
|  |  | 8 |  | 3 |  | 9 |  |  |
|  |  |  |  |  |  |  | 6 | 3 |
|  |  |  |  |  | 9 |  | 7 |  |

## Target Sudoku Puzzles

Place a number into each section so every two adjacent slices and every ring contain the numbers 1 through 8.

## Easy



Tricky


32
Tough


## Part III

## Checking Your Answers

$p$
lease do not read through this part until you've worked on the puzzles in Part II!

## Logic Puzzle Answers

## Tricky

They were part of a set of triplets, the third child being a daughter.

## Tough

One person stands on one corner of the handkerchief and closes a door. The second person stands on the corner of the handkerchief protruding under the door. With the door between them, they cannot possibly touch.

## Riddle Answers

## Tricky

The future

## Tough

Your breath

## Cryptogram Answers

## Easy

SHUN IDLENESS. IT IS THE RUST THAT ATTACHES
ITSELF TO THE MOST BRILLIANT METALS.

## Tricky

THE ONLY PEOPLE WHO LISTEN TO BOTH SIDES OF A FAMILY QUARREL ARE THE NEXT DOOR NEIGHBORS.

## Tough

REMEMBER, WHEN THE PEACOCK STRUTS HIS STUFF HE SHOWS HIS BACKSIDE TO HALF THE WORLD.

## Treacherous

NO PASSION SO EFFECTUALLY ROBS THE MIND OF ALL ITS POWERS OF ACTING AND REASONING AS FEAR.

## Word Scramble Answers

Easy<br>SECURE

## Tricky

CHEATING

## Tough

THE CLASSROOM

## Treacherous

CASH LOST IN 'EM

## Word Search Answers

## Tricky

|  |
| :---: |

## 36

## Treacherous



## Crossword Answers

## Easy

|  | R |  | , |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| ${ }^{4} \mathrm{D}$ | E | R | M |  |  |  |  | , G |  |  | U |  | H 0 |  |  |
| ${ }^{7}$ | S | A | P |  | ${ }^{18}$ | N | N | c |  |  | D |  | M |  | E |
| ${ }^{20} \mathrm{M}$ | 0 | $T$ | H | E | R | T | T E | R | , | 5 | A |  |  |  |  |
|  | w | E | A | R | B |  |  |  |  | ${ }^{24} \mathrm{~L}$ |  |  |  |  | P |
|  |  |  | ${ }^{28}$ | $\bigcirc$ | S |  |  | A | M | A |  |  | A |  | s |
|  | ${ }^{3}$ | ${ }^{34} \mathrm{~T}$ | $\bigcirc$ | $\bigcirc$ |  | \% | M $A$ | A | A |  |  |  |  |  | H |
|  | A | H | s |  |  | A | A M | M |  |  |  |  |  |  | A |
| ${ }^{\circ} \mathrm{M}$ | R |  |  | ${ }^{1}$ L | $\bigcirc$ | A | A M |  |  | R |  |  |  |  |  |
| B | 1 |  | ${ }^{44} \mathrm{~m}$ | $\bigcirc$ | M |  | A |  | ${ }^{45}$ |  | m |  |  |  |  |
| ${ }_{5}$ | A | H |  | B |  |  |  | ${ }^{47} \mathrm{~A}$ | R | T |  |  | $M^{49} 1$ |  |  |
|  |  |  | , | O |  |  | $M^{544}$ |  | E | A | R |  | E S |  |  |
|  |  |  | 0 |  | ${ }^{58}$ |  | U |  |  |  |  |  |  |  |  |
| ${ }^{50} \mathrm{M}$ | A |  |  |  | R |  |  |  |  |  |  |  | E A |  |  |
| ${ }^{63} \mathrm{~A}$ | P |  | A |  | ${ }^{64} \mathrm{~S}$ |  | E | E | D |  | ${ }^{65}$ |  | A M |  |  |

## Tough

| ${ }^{1}{ }^{1}$ A | ${ }^{2} \mathrm{C}$ |  | ${ }^{4} \mathrm{~S}$ |  | ${ }^{5} \mathrm{C}$ [ | ${ }^{6}$ A | ${ }^{7}$ T | ${ }^{8} \mathrm{E}$ | ${ }^{9} \mathrm{R}$ |  | R | 1 | ${ }^{12} \mathrm{M}$ | ${ }^{13} \mathrm{~S}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| ${ }^{14} \mathrm{~N}$ | 0 | 0 | N |  | ${ }^{15} \mathrm{~A}$ | L | 1 | V | E |  | ${ }^{16} \mathrm{E}$ | M | 1 | T |
| ${ }^{17}$ D | 1 | D | 0 |  | ${ }^{18} \mathrm{R}$ | 0 | T | E | S |  | ${ }^{19} \mathrm{C}$ | 1 | T | Y |
|  | ${ }^{20} \mathrm{~L}$ | 0 | W | ${ }^{21} \mathrm{E}$ | R | F | 0 | R | T | ${ }^{22} \mathrm{Y}$ | A | T | E |  |
|  |  |  | ${ }^{2} \mathrm{~W}$ | R | 1 | T |  |  | ${ }^{24} \mathrm{C}$ | 0 | P |  |  |  |
| ${ }^{25}$ T | E | ${ }^{27} \mathrm{C}$ | H | 1 | E |  | ${ }^{28} \mathrm{~L}$ | ${ }^{29} \mathrm{~A}$ | U | D |  | 0 | ${ }^{31} \mathrm{H}$ | ${ }^{32} \mathrm{M}$ |
| ${ }^{33} \mathrm{E}$ | T | H | 1 | C |  | ${ }^{34} \mathrm{~S}$ | 0 | U | R |  | ${ }^{35}$ | X | 1 | A |
| ${ }^{36} \mathrm{~T}$ | H | E | T | H | ${ }^{37} \mathrm{R}$ | E | E | T | E | ${ }^{38} \mathrm{~N}$ | N | E | R | S |
| ${ }^{39} \mathrm{R}$ | 0 | S | E |  | ${ }^{40} \mathrm{~A}$ | L | S | 0 |  | ${ }^{41} \mathrm{~A}$ | S | Y | E | T |
| ${ }^{42} \mathrm{~A}$ | S | S |  | ${ }^{43} \mathrm{M}$ | 1 | L | S |  | $\stackrel{4}{4}$ | 0 | T | E | R | S |
|  |  |  | ${ }^{45}$ B | E | N |  |  | ${ }^{46} \mathrm{~S}$ | E | M | 1 |  |  |  |
|  | T | ${ }^{48}$ | E | L | F | ${ }^{49}$ T | ${ }^{50} \mathrm{H}$ | K | N | 1 | G | H | $\mathrm{T}$ |  |
| ${ }^{53} \mathrm{~W}$ | H | 1 | Z |  | ${ }^{54} \mathrm{~A}$ | H | E | A | D |  | ${ }^{55} \mathrm{~A}$ | E | R | ${ }^{56}$ |
| ${ }^{57}$ A | 0 | N | E |  | ${ }^{58} \mathrm{~L}$ | E | N | T | 0 |  | ${ }^{59} \mathrm{~T}$ | A | 1 | L |
| ${ }^{60}{ }^{\text {D }}$ | $U$ | E | L |  | ${ }^{61} \mathrm{~L}$ | A | S | E | R |  | ${ }^{62} \mathrm{E}$ | D | G | E |

## Sudoku Answers

Tricky

| 6 | 7 | 8 | 4 | 5 | 2 | 1 | 3 | 9 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| 9 | 5 | 2 | 8 | 3 | 1 | 7 | 6 | 4 |
| 4 | 3 | 1 | 7 | 9 | 6 | 5 | 8 | 2 |
| 3 | 2 | 4 | 6 | 1 | 9 | 8 | 7 | 5 |
| 5 | 8 | 6 | 2 | 7 | 4 | 9 | 1 | 3 |
| 7 | 1 | 9 | 3 | 8 | 5 | 4 | 2 | 6 |
| 1 | 6 | 5 | 9 | 2 | 8 | 3 | 4 | 7 |
| 2 | 9 | 7 | 1 | 4 | 3 | 6 | 5 | 8 |
| 8 | 4 | 3 | 5 | 6 | 7 | 2 | 9 | 1 |

Tough

| 9 | 4 | 7 | 1 | 6 | 8 | 2 | 3 | 5 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| 5 | 2 | 1 | 7 | 9 | 3 | 8 | 4 | 6 |
| 8 | 3 | 6 | 2 | 5 | 4 | 7 | 1 | 9 |
| 2 | 8 | 9 | 3 | 1 | 6 | 4 | 5 | 7 |
| 7 | 5 | 3 | 9 | 4 | 2 | 6 | 8 | 1 |
| 6 | 1 | 4 | 5 | 8 | 7 | 3 | 9 | 2 |
| 1 | 7 | 8 | 6 | 3 | 5 | 9 | 2 | 4 |
| 4 | 9 | 2 | 8 | 7 | 1 | 5 | 6 | 3 |
| 3 | 6 | 5 | 4 | 2 | 9 | 1 | 7 | 8 |

## 40

## Target Sudoku Answers

Easy


Tricky


42

## Tough



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A World of Resources to Help You Grow

## PERSONAL FINANCE \& BUSINESS

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| :---: | :---: | :---: |
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| Bartending For Dummies ${ }^{\text {® }}$ | 0-7645-5051-9 | \$15.99/\$23.99CAN |
| :---: | :---: | :---: |
| Cookies For Dummies ${ }^{\text {® }}$ | 0-7645-5390-9 | \$19.99/\$29.99CAN |
| Cooking For Dummies ${ }^{\text {® }}$ | 0-7645-5250-3 | \$21.99/\$32.99CAN |
| Diabetes Cookbook For Dummies ${ }^{\text {® }}$ | 0-7645-5230-9 | \$19.99/\$29.99CAN |
| Gardening For Dummies ${ }^{\text {® }}$ | 0-7645-5130-2 | \$19.99/\$29.99CAN |
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| :---: | :---: | :---: |
| Chess For Dummies ${ }^{\ominus}$ | 0-7645-5003-9 | \$21.99/\$32.99CAN |
| Dog Training For Dummies ${ }^{\text {® }}$ | 0-7645-5286-4 | \$21.99/\$32.99CAN |
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|  | 3 |  |  |  |  |  |  |  |

Across

1. Wabbit hunter 5. Minneapolis suburb 10. Recipe direction
2. Toward shelter 15. Hit's accompaniment 16. Without delay, in a memo
3. Fork-tailed seabird 18. Africa's largest city 19. Good enough to eat 20. Occupational suffix 21. Quite late
4. Words of compassion 25. "Adam Bede" author 26. "So help me!" 28. Kind of sugar or
syrup
5. "That's too bad"
6. Initial venture
7. Solomon, to David

Timothy E. Parker is the Senior Crossword Puzzle Editor of USA Today Crosswords and the author of the annual best-selling USA Today Crossword Calendar.


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