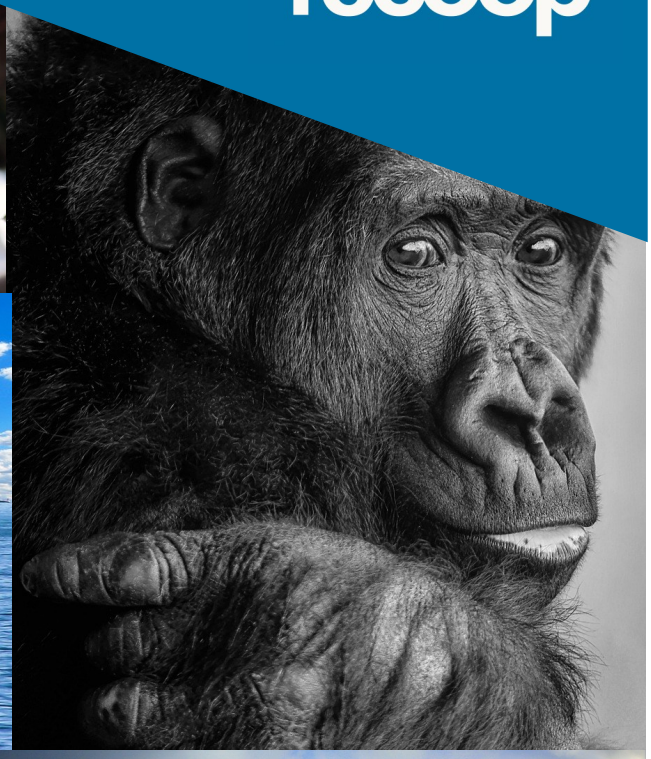
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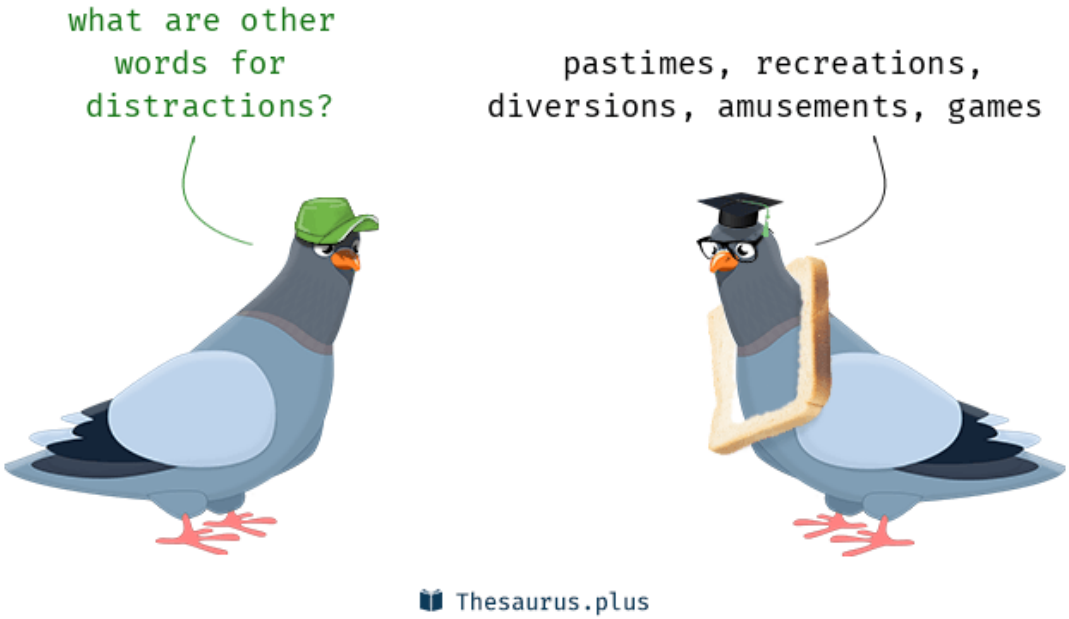






‘food for thought’
Distraction Pack
October 2025

Photos sourced from Pixabay.com



Welcome to the October issue of ‘food for thought’.

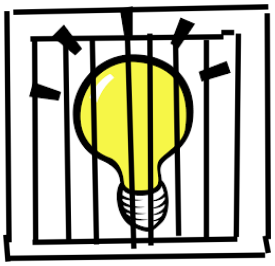
Recoop has been working with older individuals with convictions (in prisons and the community) since 2010 and we recognise the importance of keeping active, both physically and mentally. We have been producing these packs for over nine years now with recipients finding them a fun, informative and educational distraction.

We hope you enjoy the puzzles, activities and reading matter.

The answers are given at the back, so if you don’t want to know what they are, don’t look beyond page 25!

Thought for the day



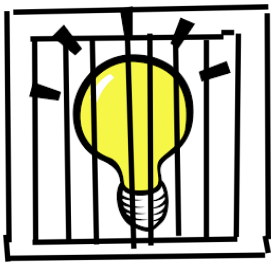


Quiz 1 - Languages of the World



1. Which of the following languages is primarily spoken in Brazil?
   a. Spanish
   b. Portuguese
   c. Italian
   d. French
2. What is the official language of Egypt?
   a. Arabic
   b. Hebrew
   c. French
   d. Swahili
3. In which country is Spanish the official language, but not the primary spoken language?
   a. Spain
   b. Mexico
   c. Paraguay
   d. Argentina
4. Which language is spoken by the largest number of people in the world?
   a. English
   b. Mandarin Chinese
   c. Spanish
   d. Hindi
5. Which language is most commonly spoken in India?
   a. English
   b. Hindi
   c. Bengali
   d. Telugu
6. What language is the most widely spoken in South America?
   a. Portuguese
   b. English
   c. Spanish
   d. Quechua

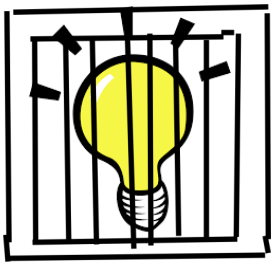
Continued …..



Quiz 1 - Languages of the world continued

7. Which language is known for using characters called ‘kanji”?
   a. Korean
   b. Japanese
   c. Chinese
   d. Thai
8. What is the official language of Switzerland?
   a. French
   b. Italian
   c. German
   d. All of the above
9. Which of the following countries has more than one official language?
   a. Japan
   b. Australia
   c. South Africa
   d. Italy
10. What language is primarily spoken in Quebec, Canada?
    a. Spanish
    b. French
    c. English
    d. Dutch
11. In which country is Swahili an official language?
    a. Uganda
    b. Kenya
    c. Nigeria
    d. Ghana
12. Which language is used for official communication in the European Union alongside English?
    a. German
    b. French
    c. Spanish
    d. Italian

Source: www.goldencarers.com

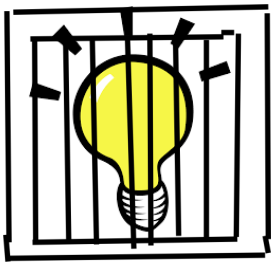


Activity - Word Search 'Autumn'

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

ACORN
APPLE
BIRD MIGRATION
BLOWING LEAVES
BLUSTERY DAY
CANNING
CHESTNUTS
CHILLY
COLD
CROPS
EQUINOX
FALL
FARMING
FEAST
FROST
HALLOWEEN
HARVEST
HAYSTACK
HICKORY NUTS
LONGER NIGHTS
NOVEMBER
OCTOBER
ORANGE LEAVES
PIE
PUMPKIN
RAKE
RED LEAVES
SCARECROW
SCHOOL
SEASON
SEPTEMBER
SHORTER DAYS
SQUASH
SWEET POTATOES
THANKSGIVING
TURKEY
WINDY
YELLOW LEAVES

Source: puzzles.ca



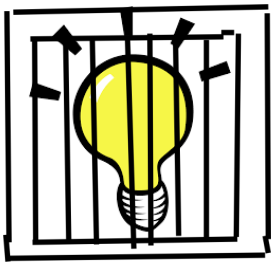


Eating in the 1950s



1. Pasta was not eaten.
2. Curry was a surname.
3. A takeaway was a mathematical problem.
4. A pizza was something to do with a leaning tower.
5. Crisps were plain; the only choice you had was whether to put the salt on or not.
6. Rice was only eaten as a milk pudding.
7. A Big Mac was what you wore when it was raining.
8. Brown bread was something only poor people ate.
9. Oil was for lubricating, fat was for cooking.
10. Tea was made in a teapot using tea leaves and never green.
11. Sugar enjoyed a good press in those days and was regarded as being white gold. Cubed sugar was seen as posh.
12. Fish didn't have fingers.
13. Eating raw fish was called poverty, not sushi.
14. No-one had heard of yoghurt.
15. Healthy food consisted of anything edible.
16. People who didn't peel potatoes were regarded as lazy.
17. Indian restaurants were only found in India.
18. Cooking outside was called camping.
19. Seaweed was not a recognised food.
20. 'Kebab' was not even a word, never mind a food.
21. Prunes were medicinal.
22. Surprisingly, muesli was readily available - it was called cattle feed.
23. Water came out of the tap. If someone had suggested bottling it and charging more than petrol for it, they would have become a laughing stock.
24. And the things that you never, ever had on the table: elbows or phones!

Source: silversurfers.com



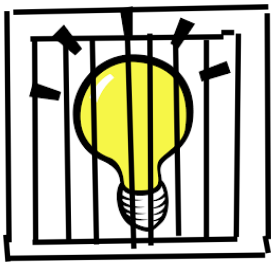
Activity - Add one letter to make a new word

Add one letter to the word in **BOLD** to create a new word to match the definition in column 2. An example is given.

LAME	Fire	Flame
LASS	Social	
LIGHT	Small	
LOSE	Baggy	
LOVE	Hand	
MAN	Primary	
MAT	Flag pole	
MAT	Flesh	
ONE	Colour	
PANT	Wall	
PAPER	Indulge	
PEAR	Jewel	
PLAN	Aircraft	
PLANT	Flexible	

POT	Conspiracy	
QUAD	Football	
RAIN	Gutter	
REAL	Kingdom	
SAID	Sedate	
STALE	Basic	
STAR	Begin	
TREAT	Danger	
TEA	Side	
UNIT	Bring together	
URN	Ignite	
WAN	Inform of danger	
WAN	Wish for	
WEAR	Tired	

Source: recoop



Activity - Maze

Starting at the green arrow, can you make your way through the maze and exit at the red arrow?

Source: printablemazes.net

The Albatross

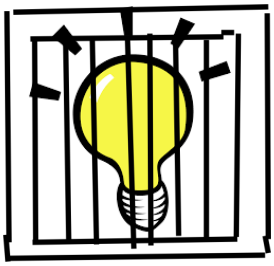


- Albatrosses have the longest wingspan of any bird and can reach up to 3.5m ($11^1/_2$ ft).
- As adults, they spend years out on the open ocean, flying for thousands of miles. They can cover almost 1,000km a day without flapping their wings and have been known to travel 16,000km in a single foraging trip**.**
- They commonly mate for life, although divorce amongst albatrosses is becoming increasingly common, possibly due to climate change.
- 15 of the world's 22 albatross species are endangered. Swordfish, tuna and other fishing fleets are killing more than 100,000 albatrosses every year.
- Wandering albatrosses can gorge themselves so much on ship garbage that they become unable to fly and must float on the water to recover.
- A single wandering albatross can fly the equivalent of 10 times to the moon and back over their lifetime.
- The world's oldest living albatross is Wisdom, a Laysan albatross who is over 74 years old. Over her lifetime she has produced over 50 eggs.
- Albatrosses are one of the few animals able to drink seawater. They have evolved salt glands behind their eyes that filter out excess salt from their blood.
- Albatrosses listen to low frequencies of sound called infrasound to help them navigate when they at sea. The sound, which is typically can't be heard by humans, is produced when waves crash together or against coastlines.
- Adult albatrosses are known for their intricate courtship dance displays which they practise for years to perfect. Wandering albatross pairs, for example, break out a series of at least 22 distinct dance moves, including head rolling, wing spreading, and beak-clacking.



- The female lays one egg at a time and the parents take it in turns to incubate the egg while the other hunts for food.

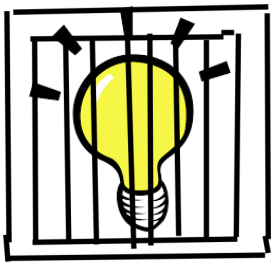
Source: bbcearth.com



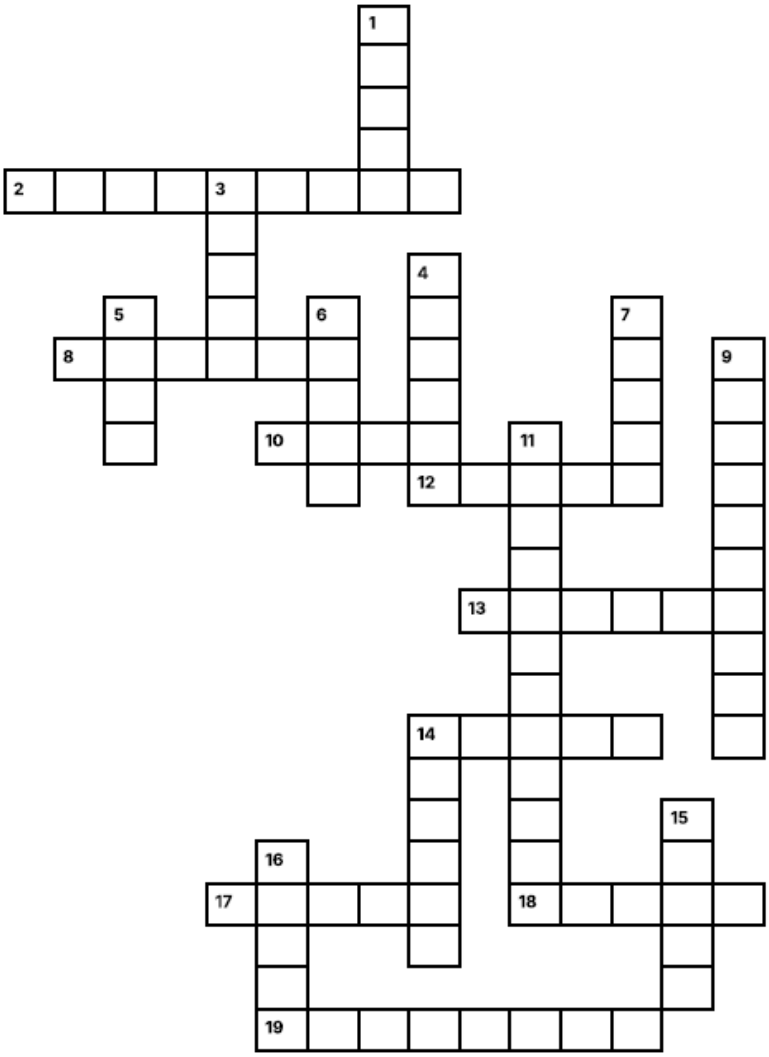
Activity - Colouring

If you don’t have coloured pencils, try using different shades of grey.





Activity - Crossword - Elvis Presley Songs



Across

2. _____ Rock *(9)*
8. Love Me _____ *(6)*
10. Bossa Nova _____ *(4)*
12. All _____ Up *(5)*
13. Return To _____ *(6)*
14. Good Luck _____ *(5)*
17. Mystery _____ *(5)*
18. It's Now or _____ *(5)*
19. Are You _____ Tonight? *(8)*

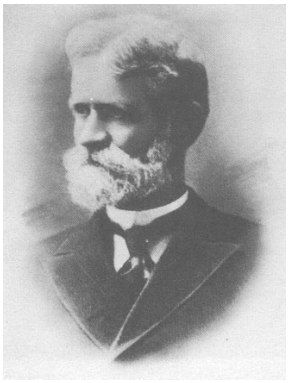
Down

1. Suspicious _____ *(5)*
3. _____ Dog *(5)*
4. _____ On My Mind *(6)*
5. Teddy _____ *(4)*
6. If I Can _____ *(5)*
7. _____ On You *(5)*
9. _____ Hotel *(10)*
11. A Little Less _____ *(12)*
14. _____ In The Chapel *(6)*
15. Blue _____ Shoes *(5)*
16. Don't Be _____ *(5)*

Source: goldencarers.com

Almon Brown Strowger (1839 - 1902)

The undertaker who revolutionised telephone technology



Necessity is the mother of invention!

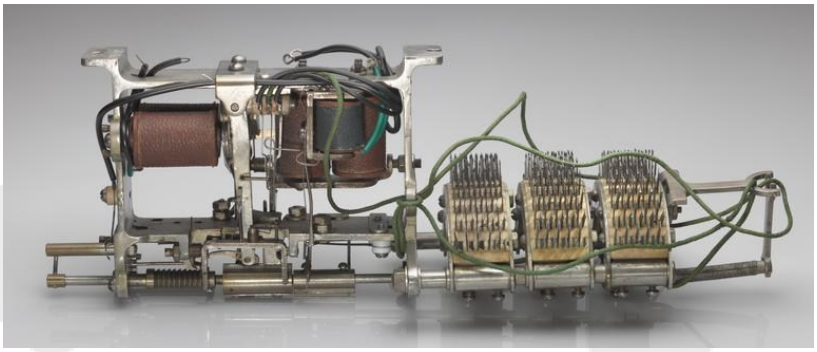
Imagine you're an undertaker working in Kansas City in the late 19th century. You're one of just two undertakers serving a city of more than 50,000 people, so business must be booming, right?

Not if your competitor is stealing all of your clients!

Legend has it that Almon Brown Strowger found himself in this exact position in the 1870s and 1880s. The wife of the other undertaker in town worked at the local telephone exchange and whenever a caller would ask for Strowger's services, she'd put the call through to her husband instead. This left Strowger's business in dire straits.

His complaints to the telephone company proved unfruitful, so Strowger took matters into his own hands — by cobbling together hat pins and electro-magnets into the first automated telephone exchange.

Strowger patented his stepping exchange system in 1891 and installed it in La Porte, Indiana, in 1892. The basic design of the system — 10 rows each containing 10 different contacts — meant that it could serve up to 99 customers automatically.

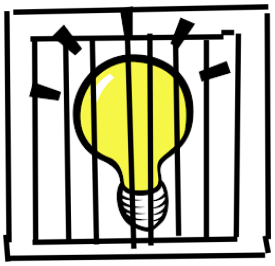


Essentially, the mechanism of the exchange would move based on pulses from two-part phone signals. Pulses from the first number would move the mechanism to a certain row, and the second pulse would swing a dial along that row to the proper column. Contact was made at that point and the connection could be completed. For example, phone number 36 would drop the mechanism to row three and then the contact arm would swing to column six.

To facilitate this process, Strowger also invented the rotary dial, allowing customers to easily select a phone number by spinning the dial a certain distance. Each number pulsed a certain number of times, instructing the stepping exchange mechanism to walk over to the right contact. Bingo: no more cheating from the competition!

Source: sparkmuseum.org





Quiz 2 - Anagrams

Can you unscramble these anagrams to create either well-known musicians or films/tv programmes? It sometimes help to re-write the letters in a circle to see other words.

MUSICIANS

1. John Lento
2. See Sign
3. Andy Blob
4. Anna Mod
5. Nina Rah
6. Connie Editor
7. Scenting Superber
8. Alec Tamil
9. East Bethel
10. Ballads peanut

FILMS/TV PROGRAMMES

1. Angelle Boldly
2. Berlins Keypad
3. Forename Ghost
4. Athens Verge
5. Raw Stars
6. Aztec Kinnie
7. Hem Tummy
8. Ultimo Voyage
9. Cub Flight
10. Flattery Wows

Source: kwizzbit.com

Black History Month October

Originating in the USA, Black History Month is celebrated each year. There, it is also known as African-American History Month and before 1976 was known as Negro History Month. It began as a way of remembering important people and events in the history of the African dissent.

It is celebrated in February in the United States and Canada and has been celebrated in Ireland and the United Kingdom since 1987 in October, to recognise the contributions that people of African and Caribbean backgrounds have made to the UK over many generations.

Black History in Britain dates all the way back to the Roman Empire, as far back as the 3rd century AD. Black communities have been present in the UK since at least 1500, helping to form and shape the development of Britain throughout history.

Some Black History firsts:



Septimius Severus was the only black Roman Emperor. He ruled between 193-211 AD. He was an epic warrior and political mastermind, ruling over a large portion of Europe – including Britain.



Lilian Bader was one of the first Black women in the British Armed Forces. She navigated and over-came societal prejudices, leaving her mark on military history. (1941)



Andrew Watson was a Scottish footballer who is widely considered to be the first black person to play association football at international level. He played three matches for Scotland between 1881 and 1882.



Hattie McDaniel became the first Black actor to win an Academy Award when she took best supporting actress for “Gone With the Wind” in 1940.



The first African American ordained as an Episcopal priest was Absalom Jones in 1804.

Black History Month October continued

Do you know, or can you guess …..

1. In 1948 the British government invited hundreds of black men and women from the Caribbean to come and work in the UK, but do you know the name of the ship that they travelled on?



2. A Stowaway was discovered on the ship - what did the other passengers do?

3. After decades of campaigning, in 1796 a vote was finally held in parliament on ending the slave trade, but do you know why were some MPs were unable to vote?

4. Although trading of slaves ended in 1806, slaves themselves weren't officially freed until over 26 years later. But what happened to the slave owners when the slaves were freed?

5. Some black Tudors had great jobs, like expert diver Jacques Francis, who was so highly skilled that he was employed to help King Henry VIII – but why?



Activity - Find the missing...



In this picture you need to find the missing gold ring.



And in this one, the hidden dancer.

Source: rd.com

Some animals do the strangest things!



Alpine ibexes climb the nearly vertical 160-foot Cingino Dam in Italy to lick salt -rich stones. Their split hooves with rubber-like soles provide exceptional grip, making this gravity-defying feat possible.



A woodpecker preparing for winter starts by finding a dead tree and meticulously makes holes to store acorns.

Each hole is carefully crafted; if it's too large, other birds can easily steal the acorns, and if it's too small, the acorns can break and spoil. By the end of summer, the woodpecker's precise work is complete. The ripened acorns are placed in the holes, with a single large tree trunk capable of holding around 50,000 acorns, ensuring the bird has enough food for a winter.

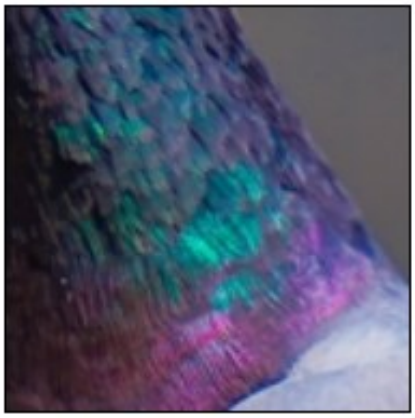


The Bowerbird is an artist, creating elaborate structures to attract potential mates and placing a variety of bright objects they collect in and around a bower, spending many hours arranging the collection.

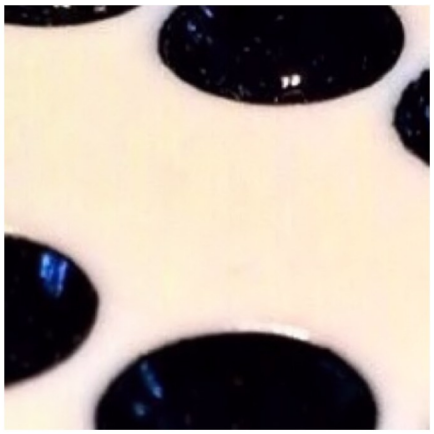
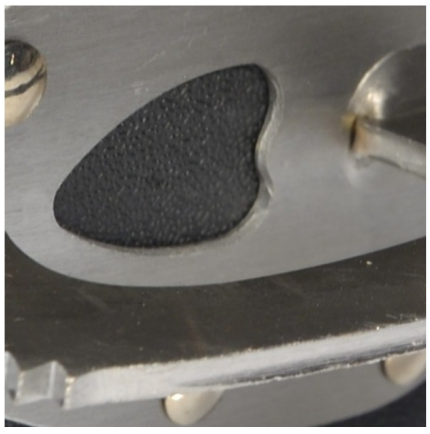
Source: various

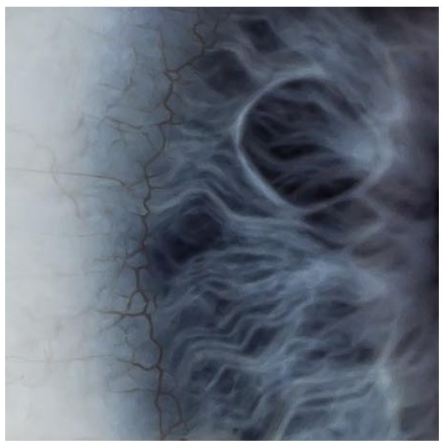
Quiz 3 - What am I?

Can you guess the object shown in these close-up photos?





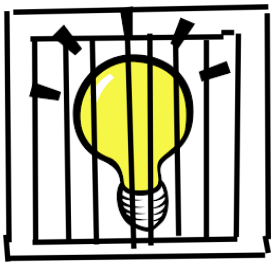






Source: puzzlesandriddles.com

Six Mental Health Tips

1. If it still bothers you after 24 hours, speak up within 48 hours.
2. Treat yourself like someone you are responsible for taking care of.
3. A bad day doesn't mean a bad life.
4. The critical judge in your head does not tell the truth, and it does not have your best interest at heart.
5. Your brain cannot be grateful and anxious at the same time. When anxiety takes hold, look for gratitude.
6. Stop apologising for expressing your feelings. You are convincing yourself that you are not worth the space you take up.



Activity - Target Number

Using the numbers in each row can you write an equation that equals the number on the target. You can use +, -, x, or ÷. You don't have to use all the numbers.

100	50	10	4	6	7	308
75	100	4	9	1	2	411
100	25	1	2	6	5	222
75	100	7	10	8	8	436
100	75	7	3	3	8	232
100	25	3	4	2	1	747
75	25	6	1	8	5	206

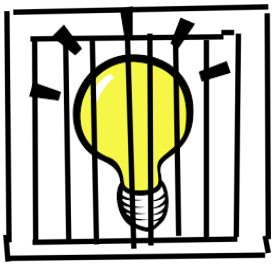
Quiz 4 - Bob Marley



Bob Marley's impact on music and culture is undeniable. From his deep-rooted spirituality to his powerful messages of love, peace and equality, Bob Marley's music continues to inspire generations.

1. In which Caribbean country was Bob Marley born?
2. What was Bob Marley's full name?
3. Which genre of music is Bob Marley most closely associated with?
4. What was the name of Bob Marley's band?
5. Which song by Bob Marley became an international hit and solidified his career?
6. What was the title of Bob Marley's breakthrough album?
7. Which year did Bob Marley pass away?
8. What was the cause of Bob Marley's death?
9. Which iconic song by Bob Marley addresses the struggles of the Jamaican people?
10. Which Bob Marley song is considered an anthem for peace and unity?
11. What was the title of Bob Marley's album released in 1984 (after his death)?
12. Which Bob Marley album was included in Time magazine's list of 100 greatest albums of all time?
13. Which world leader invited Bob Marley to perform at the country's independence ceremony in 1980?
14. What is the significance of the colours red, gold and green in Bob Marley's music and Rastafarian culture?
15. Which album features the song "Three Little Birds"?
16. Which international football tournament used Bob Marley's song "One Love" as its official anthem in 2018?
17. Who famously covered Bob Marley's song "I Shot the Sheriff" and achieved great success with it?

Source: www.questiongems.com



Fun Facts about Fruit

Coconuts, peaches and pineapples are all considered to be berries.

At one point in time, blackberry juice was used to dye clothes.

Coffee beans aren't really beans at all. Instead, they're actually fruit pits.

Pomology is the science of growing fruits.

Humans and bananas have 50% of the same DNA.



The Durian fruit is the world's worst smelling fruit - see photo.

Kiwis are also known as Chinese Gooseberries.

Plums, pears, peaches and apples are all part of the Rose Family.

Pomegranates can have up to 1,400 seeds.

A mango tree can grow to be 100ft / 30.48m tall.

Apples are 25% air which is why, when placed in water, they float.



Many Japanese farmers grow watermelon in the shape of a cube in order to make more space in fridges.

Explorers once used watermelons as canteens to hold water.

Orange peel has four times more fibre than oranges themselves.

Strawberries typically have around 200 seeds. They're also the only fruit with seeds on the outside.

There are more than 375 known species of blackberries.

Dragon Fruit is full of vitamin C and is even said to help reduce acne.

Most lime species are natives to Asia.

Hawaii is the only state in the US that grows papayas to market and sell.

China sells and produces more tangerines than any other country.

In Latin, the word pomegranate means "apple with many seeds."

Grapes, when heated in a microwave, will actually explode.

Tomatoes have more genes than we do, in fact 7,000 more!

As pineapples were so expensive in colonial times, people would simply rent these flavourful fruits and show them off to others as a sign of wealth.

Continued ….

Fun Facts about Fruit continued

The ancient Egyptians considered honeydew melon to be a sacred fruit.



7,500 varieties of apples are grown worldwide.

Cantaloupes are in the lead for most popular melon in the US.

Rhubarb leaves are very toxic (photo right).

Some nutritionists call guavas a “super fruit.” Others under this title include apples, bananas, grapefruit, citrus fruits and cantaloupe melon.

Avocado leaves can prove fatal to various types of birds.

The loganberry is a mix of blackberries and raspberries.



Cherries are said to help calm one’s nervous system.

Blueberries were, at one point, called star berries.

Consuming passion fruit might help with falling asleep and lowering anxiety levels.

The seeds inside of the lychee fruit are poisonous (see photo right).

When put in a bowl with bananas, pears will ripen faster than normal.

Nectarines can be a pale white colour on the inside instead of their typical yellow.



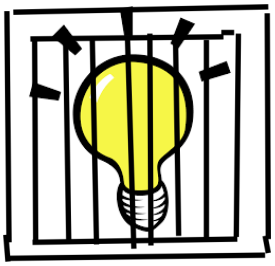
Asian Pear is sometimes referred to as a Nashi (see photo left)

Some oranges - mainly those grown in tropical areas of land - are green and/or yellow in colour.



The mangosteen (photo right) is known as the “queen of fruits.”

Source: HawkEye



Activity - Sudoku

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

EASY

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

MEDIUM

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

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

HARD

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

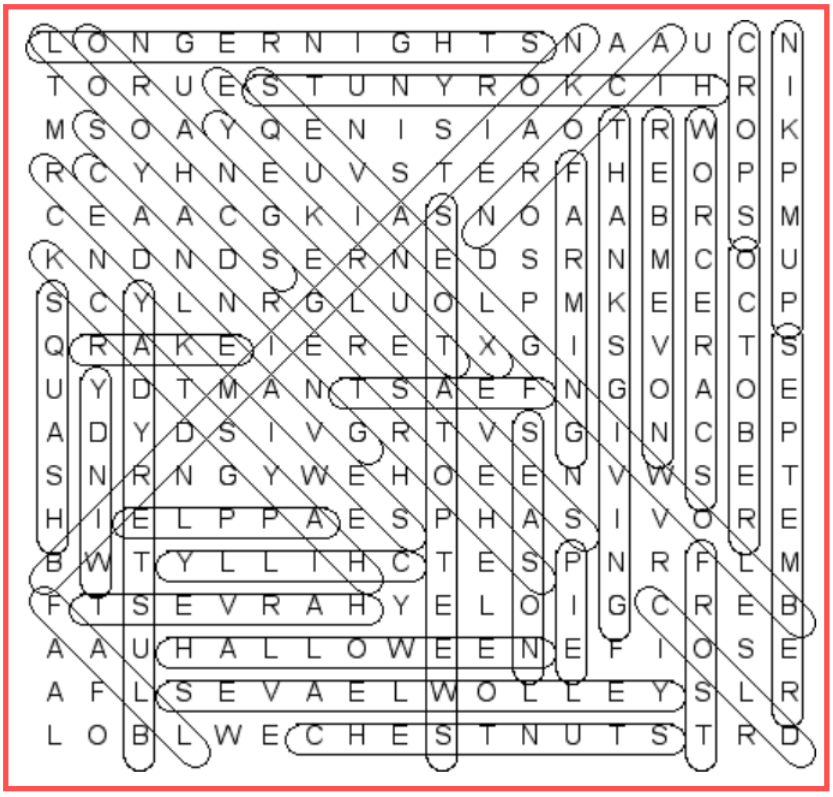
2				3				6
	1		6			3		
			7		8			4
4								
8	5				7		6	
5		3					8	
			1		2			
6					4		5	7

ANSWER

Quiz 1 - Languages of

1. Portuguese
2. Arabic
3. Paraguay (Guarani is widely spoken in Paraguay alongside Spanish)
4. Mandarin Chinese
5. Hindi
6. Spanish
7. Japanese- Kanji are adopted Chinese characters used in Japanese
8. All of the above
9. South Africa—SA has 11 official languages including Zulu, Zhosa, Afrikaans and English
10. French
11. Kenya
12. French

Activity - Word Search – Autumn



Black History Month - Do you know?

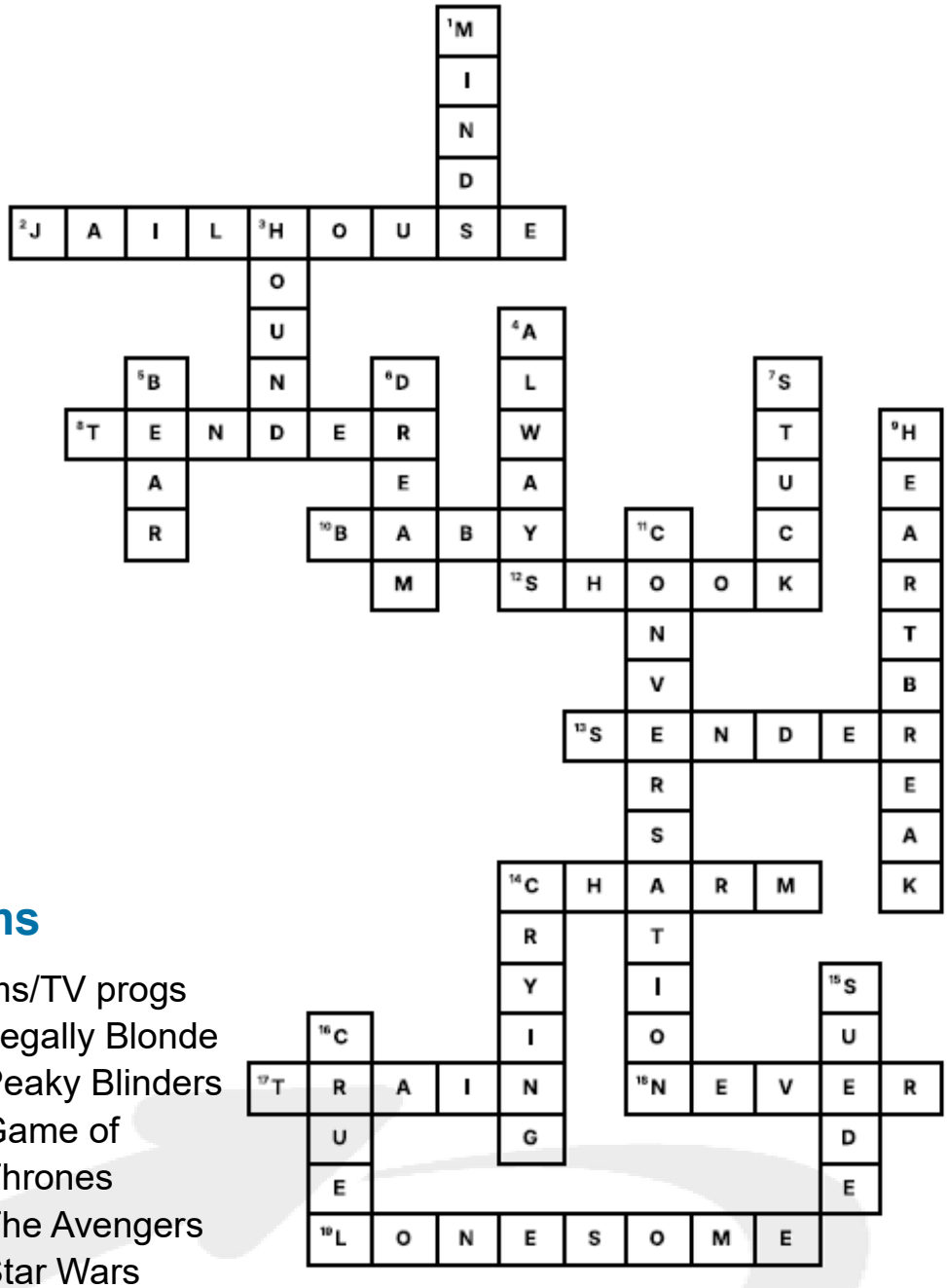
1. Empire Windrush - It set sail across the Atlantic in 1948 carrying many people who had seen adverts asking for workers to move to Britain. It was the first of many similar journeys and helped produce what people call 'The Windrush Generation'.
2. They held a concert on board and the money raised paid for her ticket so that she could join them in their new home in Britain. Caribbean music and culture is still celebrated in Britain to this day with the famous Notting Hill Carnival every summer.
3. The result was close, with the anti-slavery bill losing by only four votes. Unfortunately many members of parliament in favour of the abolition of slavery weren't present to vote as they were attending a new opera! The abolition of slavery in the British Empire didn't pass parliament until 11 years later.
4. In total, the slave owners were given £20 million (around £17 billion in today's money) because the enslaved people had been considered as the owner's property. In comparison, the newly freed 800,000 slaves received… nothing.
5. Jacques was one of the top West African divers and, after the sinking of Henry's flagship the Mary Rose, he was enlisted to help recover the many expensive canons and treasure on board the wreck. 76 canons to be precise.

ANSWER

Activity - Add one letter

Flame	Plot
Class	Squad
Slight	Drain
Loose	Realm
Glove	Staid
Main	Staple
Mast	Start
Meat	Threat
Tone	Team
Paint	Unite
Pamper	Burn
Pearl	Warn
Plane	Want
Pliant	Weary

Crossword - Elvis Presley Songs



Quiz 2 - Anagrams

Musicians

1. Elton John
2. Genesis
3. Bob Dylan
4. Madonna
5. Rihanna
6. One Direction
7. Bruce Springsteen
8. Metallica
9. The Beatles
10. Spandau Ballet

Films/TV progs

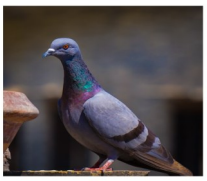
1. Legally Blonde
2. Peaky Blinders
3. Game of Thrones
4. The Avengers
5. Star Wars
6. Citizen Kane
7. The Mummy
8. You've Got Mail
9. Fight Club
10. Fawlty Towers

Activity - Find the hidden ….





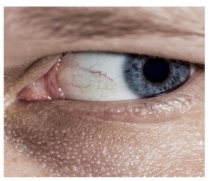
Quiz 3 - What am I?











Target Number - Just one example of an equation

50 - 6 x 7 = **308** 100 x 4 + 9 + 2 = **411** 100 - 25 - 1 x 6 ÷ 2 = **222**

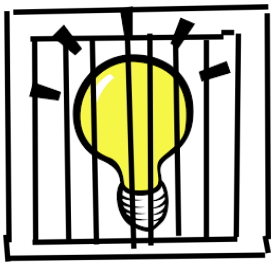
75 - 8 x 8 - 100 = **436** 75 x 3 +7 = **232** 100 + 25 x 2 - 1 x 3 = **747**

25 x 8 + 6 = **206**

Quiz 4 - Bob Marley

1. Jamaica
2. Robert Nesta Marley
3. Reggae
4. The Wailers
5. “No Woman, No Cry”
6. “Catch a Fire”
7. 1981
8. Cancer (melanoma)
9. “Get Up, Stand Up”
10. “One Love/People Get Ready”
11. “Legend”
12. “Exodus”
13. Michael Manley, the Prime Minister of Jamaica
14. They represent the Rastafarian movement, with red for the bloodshed, gold for the wealth of Africa, and green for the beauty of the land
15. “Exodus”
16. The FIFA World Cup
17. Eric Clapton





Sudoku

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



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

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



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

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



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