

⊙ ** ☒ ☹ ☼ ~ ☾ ☽ ✧ * ✨ ✖ ✨ + ☼ * ☾ ☽ ✨ ✨ ☼ ☽
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

CRYPTO FUN

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
 Determine the code to reveal the answer!

Solve the code to discover words related to humor.
 Each number corresponds to a letter.
 (Hint: 3 = o)

A. 4 21 15 20 26

Clue: Show amusement

B. 22 3 25 1

Clue: Humorous story

C. 6 3 13 1 7 24

Clue: Professional entertainment

D. 23 15 8 8 24

Clue: Amusing

Answers: A. laugh B. joke C. comedy D. funny

WORD SCRAMBLE

Rearrange the letters to discover something pertaining to humor.

L I G G E G

☐ ☐ ☐ ☐ ☐ ☐

Answer: Giggle

Guess Who?

I am an athlete born on April 19, 1981 in California. I attended Douglas High School in Winston, Oregon, where I played basketball, baseball and football. As a professional, I helped lead the Steelers to Super Bowl victory two times.

Answer: Troy Polamalu

BIG SQUEEZE EFFORT ENCOURAGES VERMILLION RESIDENTS TO KNOW THEIR NUMBERS

The Big Squeeze 2015 is underway. Sanford Vermillion Medical Center is kicking off the annual blood pressure awareness effort this week. Vermillion's goal is to screen 1,000 people in April.

"The Big Squeeze" program originated as part of the Live Well Sioux Falls initiative and is in its 4th year there.

Sanford Vermillion Wellness nurse Carol Lavin has coordinated the efforts in Vermillion with a goal of educating local and area residents on how to live a healthier lifestyle through improved nutrition, increased physical activity, reduced tobacco use, and by managing risk factors for disease; such as high blood pressure.

"About 72 million Americans have high blood

pressure," said Carol Lavin, Wellness Nurse, Sanford Vermillion. "That's one in three adults. High blood pressure usually has no symptoms and increases your risk of heart attack and stroke," comments "High blood pressure is a 'silent killer,' but it can be controlled. 'The Big Squeeze' is a great chance to raise awareness throughout the month of April.

"By participating in a screening, people have the opportunity to learn if their blood pressure is in a normal range, and if not, can take action and see their health care provider," concluded Lavin.

For more information on how to become involved in The Big Squeeze, please contact Carol Lavin, Wellness Nurse at (605) 638-8367.



Tanager Taylor Weber and her track teammates battled at the Elk Point Invitational on Tuesday.
JAMES CIMBUREK / PRESS & DAKOTAN



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 dinner.....6:00 PM

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