

**Thurleston
News
Magazine**



September

2011



Mission Statement

To promote Unity and Participation

To inform and Entertain

Inside this Issue

Mission Statement	1
Notes from the Editor	2
September Calendar	3
Feedback	4
Articles	5
Health & Wellness	10
The Art of Napkin Folding	13
Arts & Entertainment	14
Fun & Games	16

Committee Members

Janice Hardacre
Jewel Stephen

Thanks to all those who helped make this issue possible!



Notes from the Editor

September 2011

Happy new year! new school year, that is. For all those starting school for the first time, returning, transitioning from grade school to high school and adults who sign up for courses in the evening – enjoy all that school offers: making new friends, developing new skills, gaining knowledge and having fun. Teachers are also returning to school and some of them are new teachers, too.

© MARK ANDERSON, ALL RIGHTS RESERVED WWW.ANDERSTOONS.COM



**"Apples are fine, but I find today's teacher
prefers a nice latte."**

Don't wait for the school year to 'exercise your brain' Your brain is like a muscle and needs to work out every day. Exercising your brain not only makes it sharper and stronger, but provides fun and relaxation. So keep your brain in shape – read all about it in our article "20 Tips to Train your Brain for Peak Performance".

Summer comes to an end on September 23, but I'm not ready to talk about fall just yet! I am still relishing the sweet smells of summer: fresh cut grass, roses, warm, evening breezes, crickets, outdoor patios and concerts.

As we start off the year, as always, we welcome your feedback, suggestions and – help! Everyone is welcome to provide articles and to help print and deliver the NewsMagazine to your door! I look forward to seeing more members on the NewsMagazine Committee!

Janice

September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 <i>Labor Day</i>	6	7	8	9	10 Membership Mtg. 9:00 am
11 <i>Grandparents Day</i>	12	13 Board Mtg. 7:00 pm	14 Finance Mtg. 7:00 pm	15	16	17
18	19	20	21	22 NewsMagazine 7:30 pm	23 <i>First Day of Autumn</i>	24
25 <i>National Police and Peace Officers' Day</i>	26 NewsMagazine 7:30 pm	27	28 G M M 7:00 pm	29 <i>Rosh Hashanah</i>	30	

The NewsMagazine Committee is always looking for your contributions ~ please send in your ideas, artwork, stories, recipes, etc.

Tell us about your favourite hobbies or places you have been!

Email us at: t-nm@live.ca



Congratulations

The winner of our children's contest is **Dylan !**

The answer to the Cryptogram was: *Friends are the chocolate chips in the cookie of life.*

DEADLINE for submission of answers to this issue's contest is Sept. 24.



New members!

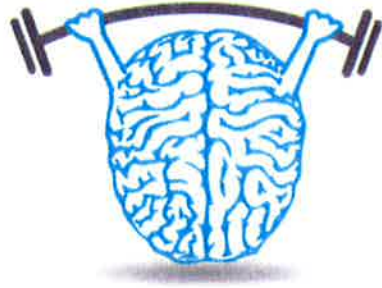
July	Cathy Menard William and Liisa Torres	Unit 1602 Unit 2B
August	Nicholas and George Ho	Unit 1813

20 Ways To Train Your Brain For Peak Performance

Adapted from article by Jeff, My Supercharged Life

Get started today and be smarter tomorrow!

In order to stay sharp, it is important that you exercise your brain. The less we use our minds, the duller they become. There is a lot of emphasis these days on staying physically healthy, but we should also be concerned for our mental well-being. Our brains continue to expand and adapt to the stimuli they receive throughout our lives. The more we take care of our brains, the better thinkers we become.



Here are 20 ways that you can develop a training regimen for your brain!

1. Read a good book.

Reading a book stimulates the imagination. Your brain can't help but draw mental pictures when you read.

2. Big Brain Academy.

Video games have a bad reputation for causing brain rot, but there are some that will actually help you strengthen your mind. I like Big Brain Academy for the Wii. It is a collection of brain teasers that tests your mental acuity. The tests are entertaining and addicting. You can even compete with others which makes for some great family fun.

3. Practice meditation.

There are a lot of different forms of meditation to help you relax and center your thoughts

4. Get plenty of rest.

A lack of sleep can interfere with your ability to assimilate new information. Your brain needs rest to operate at its peak performance. This may be why things always seem clearer and brighter after a good night's sleep.

5. Exercise regularly.

Cardiovascular exercise improves blood flow to the brain which improves brain functioning. One study found that physical exercise actually helped to increase the volume of the brain. So, if you want a bigger, better brain, then try exercising!

6. Eat a good breakfast.

Try to eat a breakfast high in protein and good carbohydrates. A couple of pieces of whole-grain toast with peanut butter will fit the bill. Eggs are also an excellent source of protein. Nuts, milk, and fresh fruit are also great ways to feed your brain.

7. Think positive thoughts.

Find positive, encouraging people to hang around, read material that jazzes you up, do whatever it is that makes you feel good about yourself. These things will also help you be more mentally productive.

8. Be a continual learner.

Never stop being curious about your world. Seek out new experiences, skills, and knowledge. Think of something that you've always wanted to learn to do and then get started.

9. Cut back alcohol.

Alcohol is known to be a depressant, slows down mental functions and decreases the restfulness of one's sleep.

10. Enjoy the company of others.

Engaging in warm, supportive and thoughtful conversation and activities, sharing and laughing with others keeps the brain stimulated.

11. Break your routines.

Challenge your brain by getting out of your routines. Take a different route to work, try writing or brushing your teeth with your opposite hand. Take a pack of cards and try to memorize as many as you can.

12. Less TV.

There is some good educational stuff for children and adults on TV, but researchers have found that too much television between the ages of 1 and 3 leads to attention problems later in childhood.

13. Work with numbers.

Do math problems in your head instead of on a calculator.

14. Depend less on your GPS to tell you where to go.

Using your brain to figure out how to get from Point A to Point B is good mental exercise. You have to use your brain's ability to determine spatial relationships to effectively read a map and navigate a city. Traveling in an unfamiliar area is even better!

15. Recall old memories.

Go through old picture albums, letters or home movies. This taps into your brain's memory banks. Pictures will help you recall things that you thought you forgot.

16. Make beautiful music.

Learning to play a musical instrument is a great way to super-charge your brain. It requires a number of different parts of your brain to work together to make the melodies that you desire. Of course, if you are already a musician, then learn a new piece. Push yourself to learn new techniques.

17. Speak a new tongue.

Many people agree that learning to speak a new language is a powerful way to give the mind a stretch. If you've ever tried to learn even a few new words, then you know this can be difficult. Of course, the harder something is for the brain, the better! You have so much more mental capacity than you might imagine.

18. Memorize a song.

Many of us have lots of old songs stored in our heads, but why not expand your memory by learning a few new tunes? It may take awhile at first, but if you keep at it, you will find it gets easier.

19. Walk around the house blindfolded.

It might seem like a strange activity, but your brain can handle it. Once you try it a few times, you will probably find it fun and challenging. Again, this one draws on your memory, motor skills, and reasoning abilities.

20. Expand your vocabulary.

Decide to learn one new word a day. There are several websites out there that can help you with this endeavor. You'll not only be expanding your mind, but you'll also be able to impress your friends and co-workers when you work one of your new words into a conversation.

Growing up without a cell phone

When I was a kid, there was no

Internet. We had to go to the library and look it up, in the card catalog!!

Email. We had to write a letter - with a pen! Then you had to walk all the way across the street and put it in the mailbox, and it would take like a week to get there! Stamps were 10 cents!

CD Players. We had tape decks in our car. We'd play our favorite tape and "eject" it when finished, and then the tape would come undone rendering it useless. If you wanted to record music, you had to wait around all day to tape music off the radio.

Call Waiting. If you were on the phone and somebody called, they got a busy signal, that's it!

Caller ID. When the phone rang, you had no idea who it was! It could be your school, your parents, your boss. You had to pick it up and take your chances!

PlayStation or Xbox video games with high-resolution 3-D graphics! We had the Atari 2600! With games like 'Space Invaders' and 'Asteroids'. Your screen guy was a little square!

You had to use your imagination! And there were no multiple levels or screens, it was just one screen. And you could never win. The game just kept getting harder and harder and faster and faster.

TV Remotes. You had to get up and walk over to the TV to change the channel! You had to look in a little book called a *TV Guide* to find out what was on!

Cartoon Network. You could only get cartoons on Saturday Morning. Or buy a comic book.

Microwaves. If we wanted to heat something, we had to use the stove!

Electronics. Our parents told us to stay outside and play... all day long. If you came back inside... you ended up having to do chores!

Car Seats. If the car stopped suddenly, an arm would reach across you to hold you back in the seat.

Something to Smile About

Nothing feels worse than that moment during an argument when you suddenly realize you're wrong.

Bad decisions make good stories

More often than not, when someone is telling me a story all I can think about is that I can't wait for them to finish so that I can tell my own story that's not only better, but also more directly involves me.

Sometimes I'll look down at my watch 3 consecutive times and still not know what time it is.

Have you ever been walking down the street and realized that you're going in the complete opposite direction of where you are supposed to be going? But instead of just turning around and walking back in the direction from which you came, you do something like check your bag or watch or phone to ensure that no one around thinks you're crazy by randomly switching directions on the sidewalk.

Is it just me, or are 80% of the people in the "*People you may know*" feature on Facebook people that I do know, but just chose not to add to my friend list?

Whenever I look up people on Facebook and find out that their profile is public, I feel like a kid on Christmas morning. Wow, 546 pictures? Don't mind if I do!

Sometimes, I'll watch a movie that I watched when I was younger and suddenly realize I had no idea what happened the first time I saw it.

I would rather try to carry 10 plastic grocery bags in each hand than take 2 trips to bring my groceries in.

I think part of a best friend's job should be to immediately clear your computer history if something happens to you

LOL has gone from meaning, "laugh out loud" to "I have nothing else to say".

I have a hard time deciphering the fine line between boredom and hunger.

How many times is it appropriate to say "Pardon me?" before you just end up nodding and smile because you still didn't hear what they said?

Every time I have to spell a word over the phone using 'as in' examples, I will undoubtedly draw a blank and sound like a complete idiot. That's S as in "Sam" – what was that 'ham'?

What would happen if I hired two private investigators to follow each other?

MapQuest should start their directions on #5. I'm pretty sure I know how to get out of my own neighbourhood.

Shirts get dirty. Underwear gets dirty. Jeans? Jeans never get dirty, and you can wear them forever.

"Do not machine wash or tumble dry" means I will never wash this ~ ever.

I totally take back all those times I didn't want to nap when I was younger.

Why is it that during an ice-breaker, when the whole room has to go around and say their name and where they are from, I get nervous? Like I know my name, I know where I'm from, this shouldn't be a problem....

You never know when it will strike, but there comes a moment at work when you've made up your mind that you just aren't doing anything productive for the rest of the day.

Can we all just agree to ignore whatever comes after DVDs? I don't want to have to restart my collection.

There's no worse feeling than that millisecond when you lean your chair back just a little bit too far.

I'm always slightly terrified when I exit out of Word and it asks me if I want to save any changes to my ten page research paper that I swear I did not make any changes to.

I hate it when I just miss a call by the last ring (Hello? Hello?), but when I immediately call back, it rings nine times and goes to voicemail. What'd you do after I didn't answer? Drop the phone and run away?

It's such a waste when I leave my house confident and looking good and then not see anyone of importance the entire day.

I like all of the music in my iTunes, except when it's on shuffle, then I like about one in every fifteen songs in my iTunes.

Even if I knew your social security number, I wouldn't know what to do with it.

Even under ideal conditions people have trouble locating their car keys in a pocket but I bet everyone can find and push the Snooze button from 3 feet away, in about 1.7 seconds, eyes closed, first time ~ every time

I look forward to reading a story on CNN but then when the link takes me to a video instead of text, I end up never getting to find out what's going on.

I wonder if cops ever think about the guy in front of them obeying the speed limit perfectly.

SALT and S T R E S S

Craving chips and fries? Feeling a bit stressed? Turns out there may be a bit of science behind why we go for the savoury over the sweet when looking for comfort food. Scientists at the University of Cincinnati found that a small amount of sodium helps to limit the release of stress hormones in the brain and can help return your heart rate back down to its regular level in times of trouble. Known as the Watering Hole Effect, it's an evolutionary throwback from when people had to share drinking water with strangers.



.....Greens to the Rescue !



Not only is broccoli a source of calcium, magnesium and vitamin C, but researchers at Oregon State University have found it may help fight cancer. According to their research, sulforaphane, one of the main phytochemicals in cruciferous veggies like broccoli and kale, selectively targets and kills cancer cells without affecting healthy ones. “We don’t yet know how much you’d need to eat for this effect,” says lead author Emily Ho, “but we should all be eating it regularly, and as more than just a side dish.

Are you a Flexitarian ?

If you’re a meat eater who likes to keep an eye out for vegetarian options – or if you’re a vegetarian who’s willing to indulge in some meat every once in a while, then you might be called a ‘flexitarian’. Nettie Cronish and Pat Crocker are authors of the cookbook *“Everyday Flexitarian – Recipes for Vegetarians and Meat Lovers Alike”*. It’s a simple and delicious way to cut down on the amount of meat in your diet, try out

some new vegetarian dishes, find a way to cook for two kind of diets in your family or just look for some more healthy options. All the main dishes in the book can be made for either meat eaters or vegetarians and includes information on where to add or leave out meat and what kind of substitute to use to make up for lost protein. It also includes dessert, sauce and drink recipes.

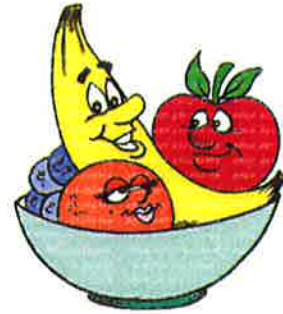
EATING FRUITS

We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. To avoid digestive problems, it is important to know how and when to eat fruit.

Eat fruit on an empty stomach, not during or after meals.

Melons are such a perfect food for humans that they require no digestion whatsoever in the stomach. Instead, they pass quickly through the stomach and move into the small intestine for digestion and assimilation.

But this can happen only when the stomach is empty and melons are eaten alone, or in combination only with other fresh raw fruits.



When consumed with or after other foods that require complex digestion in the stomach, melons cannot pass into the small intestine until the digestion of other foods in the stomach is complete.

So they sit and stagnate instead, quickly fermenting and causing all sorts of gastric distress."

Eating a whole fruit is better than drinking the juice. If you drink juice, try to drink fresh fruit juice NOT from the cans.

Heating juice or cooking fruits destroy nutrients.

Eat fruits and drink fruit juice throughout 3 days. It will play a major role to detoxify your system, supply you with a great deal of energy and help with weight loss.

APPLE: Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

GUAVA & PAPAYA: Contains high vitamin C content. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

KIWI: A good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

ORANGE : Having 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

STRAWBERRY: Have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

sensational SMOOTHIES

If you can't get your family to eat fruit, hide it in a smoothie

Fruit smoothies have all the flavor and texture of milkshakes, but none of the fat and calories, notes reader Polly Chapman of Salt Lake City, who gave me the idea for this column. Her family's favorite starts with frozen bananas. Here are a few

more reasons to love them:

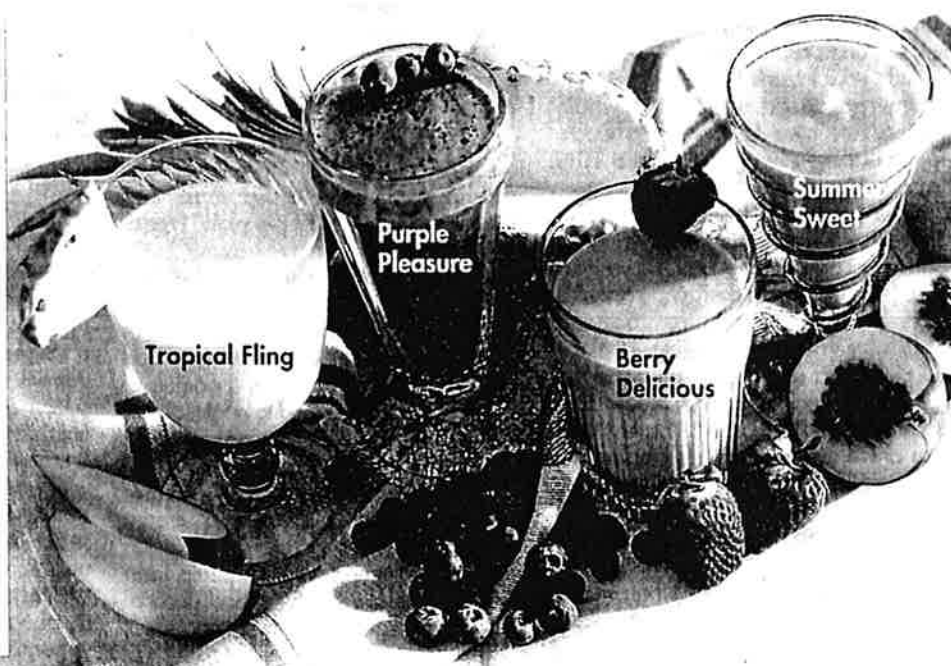
- They pack in a lot of vitamins and minerals that our bodies need for good health.
- Smoothies are loaded with fiber, especially when made with edible fruit skin.
- They're low in fat, calories and cholesterol.

Basic Directions

For the freshest flavor, use ripe fruit (the riper the fruit, the sweeter the smoothie). In fact, smoothies are a great way to use overripe or bruised fruit.

Choose your favorite smoothie, then process the **Fruit, Liquid and Flavoring** in a blender (for silkiest texture), in a food processor or with an immersion blender until smooth. Add some sweetener if desired.

SERVES 2
(1 TO 1½ CUPS EACH)



SUPER SMOOTHIES

		Tropical Fling	Purple Pleasure	Berry Delicious	Summer Sweet
1	Fruit	½ cup each ripe pineapple and mango, cut up	½ pt (generous 1 cup) blueberries	1 pt (12 oz) strawberries, hulled and cut up 1 ripe banana, cut up	3 medium (1 lb) ripe nectarines, cut up
2	Liquid	½ cup each plain lowfat yogurt and 1% lowfat milk	¾ cup plain lowfat yogurt ¼ cup 1% lowfat milk	½ cup plain lowfat yogurt ⅓ cup 1% lowfat milk	½ cup plain lowfat yogurt ⅓ cup 1% lowfat milk
3	Flavoring	2 tsp fresh lime juice	¾ tsp vanilla extract	None	2 Tbsp minced crystallized ginger
Nutritional Info		■ Per serving: 108 cal, 5 g pro, 19 g car, 1 g fiber, 2 g fat (1 g saturated fat), 6 mg chol, 71 mg sod	■ Per serving: 117 cal, 6 g pro, 19 g car, 2 g fiber, 2 g fat (1 g saturated fat), 6 mg chol, 80 mg sod	■ Per serving: 153 cal, 6 g pro, 31 g car, 5 g fiber, 2 g fat (1 g saturated fat), 5 mg chol, 62 mg sod	■ Per serving: 207 cal, 6 g pro, 44 g car, 4 g fiber, 2 g fat (1 g saturated fat), 5 mg chol, 72 mg sod

Do you have a healthy idea to share?

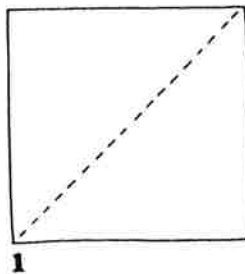
I'd love to hear from you. Write to me, Christine Makuch, Woman's Day, 1633 Broadway, New York, NY 10019, or send a fax to 212-767-5600. (Be sure to include your address and phone number.) We regret we cannot acknowledge or return submissions, but we will pay you \$50 if we publish your idea and/or use it online.

The Art of Napkin Folding

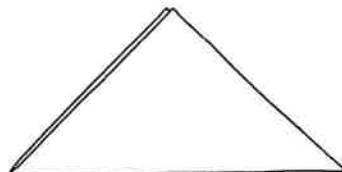
More than 3 centuries ago, napkin folding was developed into an art. From formal sit-down dinners to everyday family meals to festive party buffets, artfully folded napkins are certain to delight, enchant and enhance any occasion.

Royal Crown

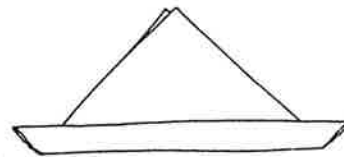
The Royal Crown can be used as a party favor—just add stars (available at variety stores) and stripes (made with felt-tipped markers).



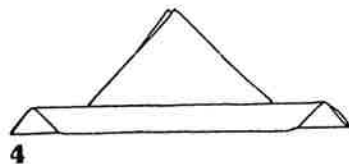
1



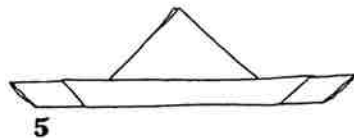
2



3



4



5



6

★★ Instructions

1. Fold the napkin in half diagonally to form a triangle.
2. Place the fold at the bottom.
3. Fold up the bottom edge about one inch.
4. Fold up the bottom edge one inch again.
5. Repeat the fold a third time.
6. Turn the napkin over and bring the two ends of the band together. Slip one end into the other and glue or staple them together if you like.

ARTS & ENTERTAINMENT

Poems

Drawings

Photographs

Book and Movie Reviews

What's Happening

Canning Workshops

Hosted by Danforth East Community Association
Danforth Mennonite Church, 2174 Danforth Ave

Date: September 7 - tomatoes/salsa
October 5 - cranberries, Thanksgiving, gift giving for the holidays.
Time: Wednesday, 7:00 p.m.
Cost: \$10 fee per session to cover costs



Info and registration: melaniej.thompson@yahoo.ca

The Beach Celtic Festival

Presented by: All Things Celtic - Sandy Graham



Date: September 10 - 11
Time: 9.00 a.m. to 7:00 p.m.
Cost: FREE

Kew Gardens - LIVE MUSIC COMMENCES AT 11:00 AM

The Beach Celtic Festival was "born" in 2004 and has fast become a Beach Tradition. Everyone is welcome to join in this celebration of Celtic music, vendors, food and fun !

www.thecelticfestival.com; Email: beachceltic@sympatico.ca

Phone: 416-686-9231

Applicious Fall Festival

Date: September 17
Time: 11:00 a.m. to 4:00 p.m.
Cost: FREE



Woodbine Park, south side of Queen Street East, between Kingston Road. and Northern Dancer Blvd.

For the 4th year, Applegrove Community Complex is presenting this event full of fun, food, family, and more. Proceeds support Applegrove's programs for children and families in the neighbourhood.

Kids Fall Fishing Festival at Ontario Place

Fish Habitat - Ontario Place
955 Lake Shore Boulevard West

Date: September 17, 2011

Time: 10:00 a.m. to 6:00 p.m.

Facts of Fishing for Kids Day is a fun-filled introduction to Canada's great family past time-the sport of fishing. Participating children will have a chance to reel in some big fish, win prizes and take home a keepsake photo with pro-angler Dave Mercer.

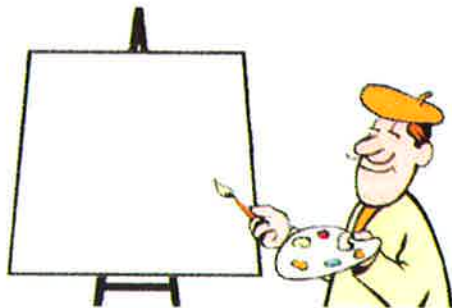


For more information call: 419-314-9900

Don't forget FREE Admission to the Grounds all summer long

17th Annual "Art Down By The Bay" Fall Show

Lion's Club on Ashbridge's Bay (foot of Coxwell Ave, South of Lakeshore Blvd)



The Beach Guild of Fine Art's Fall Show and Sale featuring paintings by over 40 of the Guild artists. Visit the gift and card boutique; buy a raffle ticket for a beautiful gourmet gift basket or painting.

Date: Saturday, September 24 and Sunday, September 25

Time: 10:00 a.m. to 5:00 p.m.

Cost: FREE Admission and parking. Refreshments.

For more info visit: [www.Beach GuildOfFineArt.com](http://www.BeachGuildOfFineArt.com)

Email: info@BeachGuildofFineArt.com

Build Up Your Credit

Albert Campbell, 496 Birchmount Road, Leading to Reading Room

Date: September 27

Time: 6:00 - 7:30 p.m.

Get information on what a credit score does, credit history and how credit is used in Canada. Get tips on how to manage budgets, debt and maintain a good credit score.

For more information and registration, please contact the library at 416-396-8890 or CICS Library Settlement Worker at 416-906-3898.

Solution to the:

Canada Anagram

v r e a b	: beaver
t t o w a a	: ottawa
g i r h f s i	: fishing
t e i o n m u	: mountie
s o e o m	: moose
m c r p	: rcmp
n c a e o	: canoe
o n o l e i	: loonie
n o w s	: snow
b z m a n i o	: zamboni
o k c h y e	: hockey
l p e a m	: maple

Hidden Word: North America



Solution to Summer

Sudoku:

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

September Sudoku:

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

How Text Savvy are You?

Write your answers beside these short forms – the one with the most correct answers wins!

AYT	
BIF	
BION	
CUL8R	
DQMOT	
GG	
HAND	
IMO	
JFF	
LMK	
LOL	
MYOB	
OMG	
PAW	
QL	
ROTFL	
SUITM	
TAFN	
TMI	
UGTBK	
WBU	
YGG	

Did You Know?

February 1865 is the only month in recorded history not to have a full moon.

The oldest known goldfish lived to 41 years of age. Its name was Fred.

It was once against the law to have a pet dog in a city in Iceland.

The sound made by the male cicada can carry for up to a mile.

Lightning strikes about 6,000 times per minute on this planet.

Chewing gum while peeling onions will keep you from crying.

A jumbo jet uses 4,000 gallons of fuel to take off.

The elephant is the only mammal that can't jump.

Penguins can jump as high as 6 feet in the air.

Tigers have striped skin, not just striped fur.

Bats always turn left when exiting a cave. s

A dragonfly has a lifespan of 24 hours.

A cat has 32 muscles in each ear.

Reindeer like to eat bananas.

A jellyfish is 95 percent water.

All porcupines float in water.

Mosquitoes have teeth.

Slugs have 4 noses.



Enter To Win



Submission Deadline September 24

Find all the numbers above and put your total here: _____, Cut and drop this portion in the box on the office door.

Your name: _____

Unit number: _____

The first one to give us the right answer will win a prize. Good luck!

School Word Search

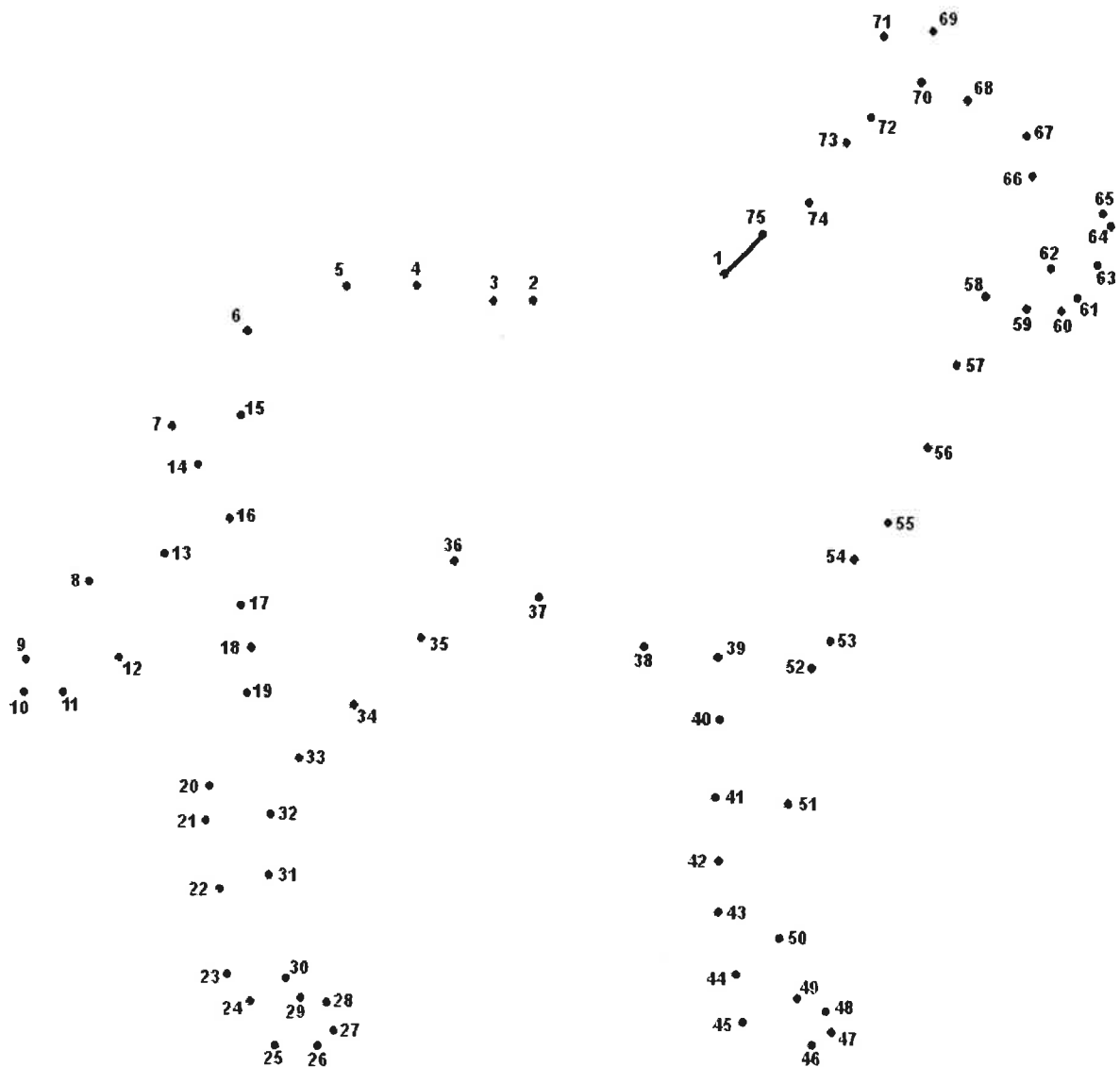
A N L F I X Q N H M G J N A Y S
R L O U L M H I U R E A D I N G
I E O I A M S I A Y R A R B I L
T A H W T T S D T N E D U T S S
H R C J O A U S R E T U P M O C
M N S R N A C T E A C H E R B I
E I Y M T A P U G N I T I R W E
T N Y I N X T R D B O O K S M N
I G O L Z X J N V E K Y X U H C
C N L A N G U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

arithmetic
books
computers
education
graduation
gymnasium
history
languages



learning
library
reading
school
science
student
teacher
writing

Connect the dots in this number dot-to-dot puzzle to reveal a friendly figure



The **silly spider** wants to go through the maze to see his friend, the **sick skunk**.

