



VILLAGE OF HAWTHORN WOODS
PARKS & RECREATION DEPARTMENT

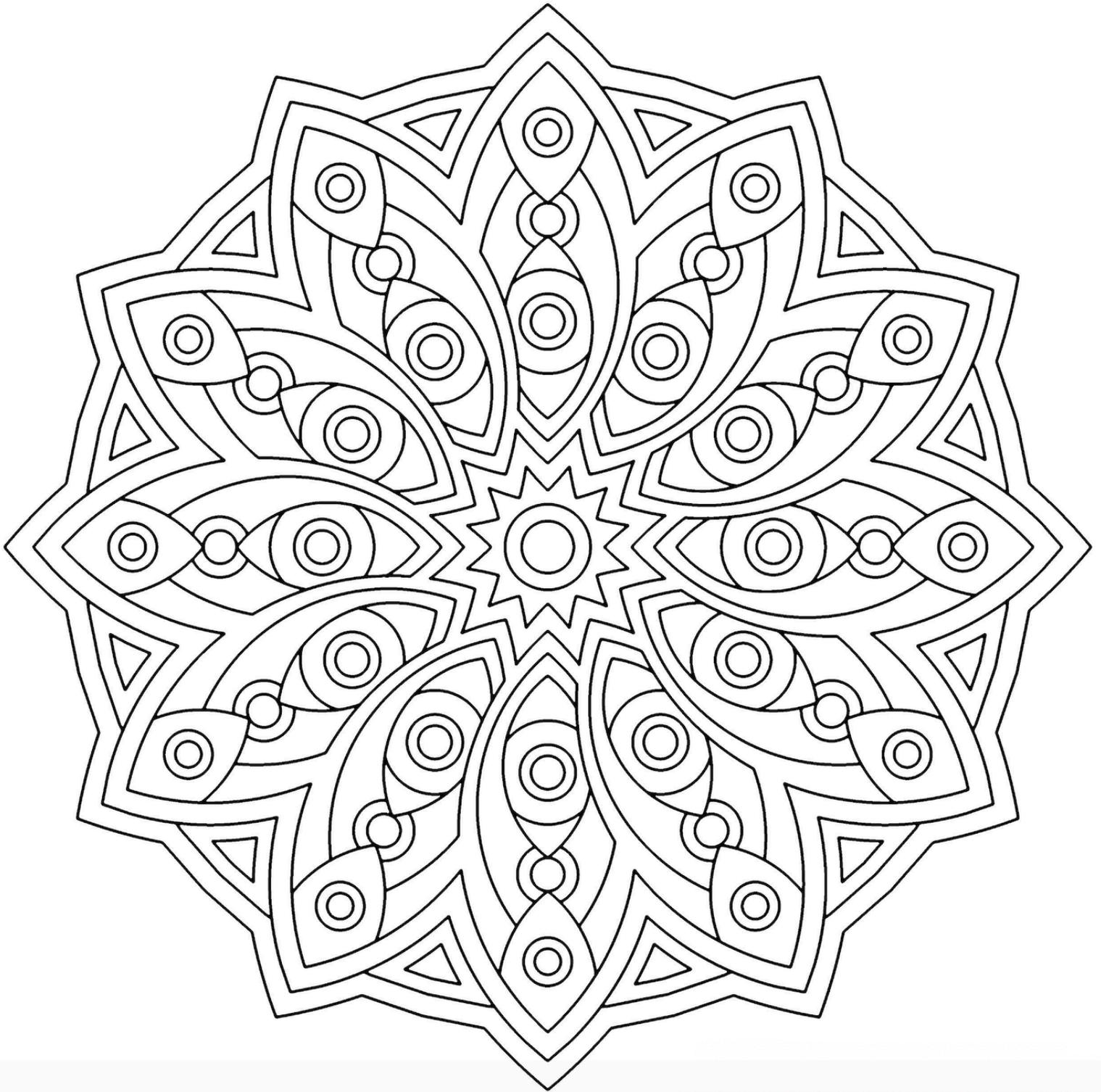
BOREDOM BUSTER BOOK

FOR ADULTS

VOLUME 6

STAY ACTIVE,
STAY BUSY,
AND STAY WELL
WHILE
STAYING
HOME

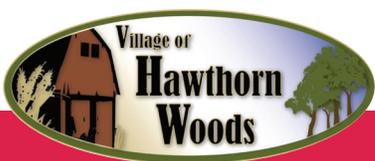
COLORING PAGE



SUDOKU

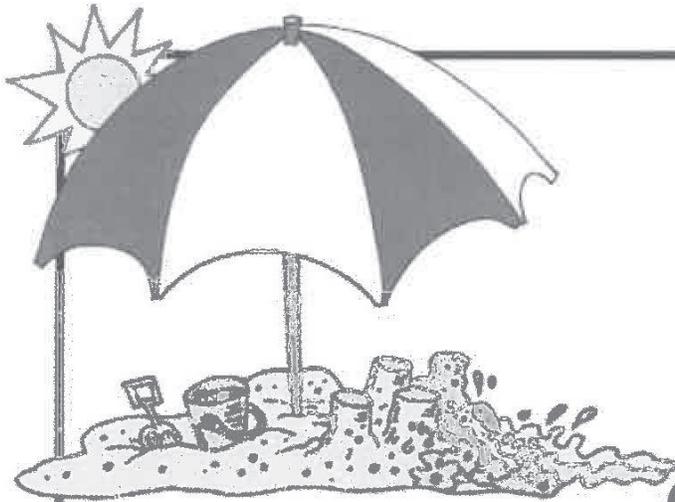
Difficulty Level = Medium
Solution can be found at the end of this book.

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



WORD SEARCH

Words can go horizontally, vertically and diagonally in all directions. Solution can be found at the end of this book.



BEACH WORD SEARCH

DRNEAMESMLSBTBE
RRTAHBAELSUIIUN
SSACCIUERERKUEE
NEXULIHCLZFI SBG
LBSBGS LTSSBNGSH
BAOSA ESEA IOINCI
MACEAAFNPJAZIKY
TJSICLDIWGRCHLG
LNWDPAGVLQDZTAV
XLNTLOWNPVPRAWN
GAUSXIRWUHVXBDT
SKLGFMLTXSHEVRM
NOITACAVWAVESAN
PCDNSEBTPYXWSOJ
QBDCGRSZWL BDRBL

Bathing Suit
Bikini
Boardwalk
Lifeguard

Pelican
Sailboat
Sandals
Sand Castle

Scuba
Seagull
Seashell
Sunglasses

Surfboard
Tropical
Vacation
Waves

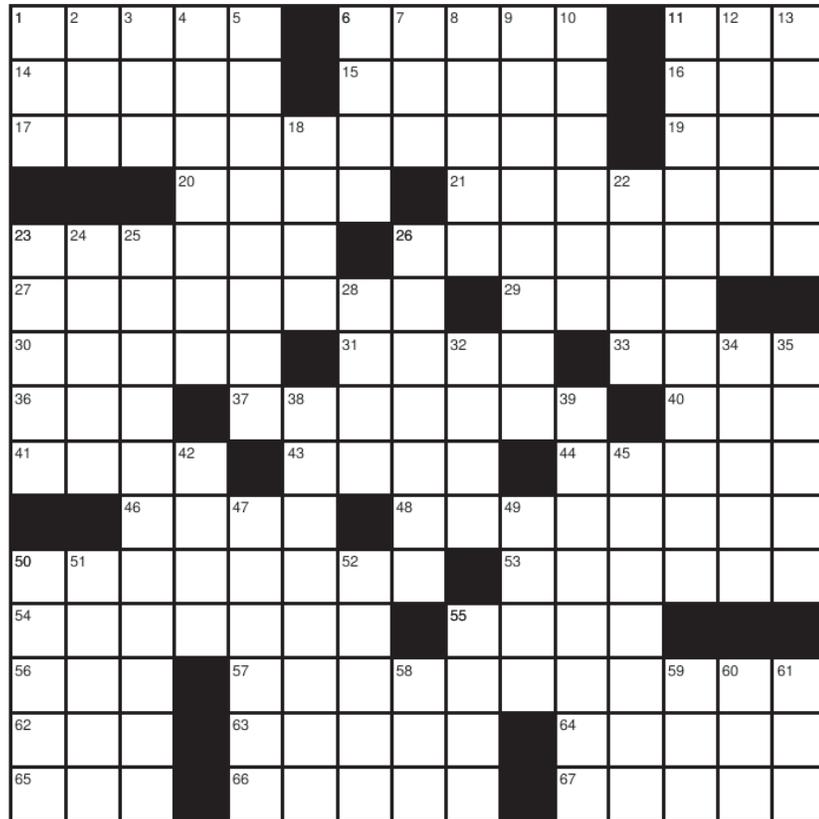


CROSSWORD

Solution can be found at the end of this book.

ACROSS

1. A mission to remember
6. Church of Eng. descendant
11. Pigskin org. for 2 seasons
14. Popular fungus
15. Scout rider
16. Take off
17. Furnishings business that might leave you cowed?
19. Hostelry
20. "The Lost Boys" actor Corey (1971-2010)
21. Souvenir from a tropical vacation
23. Winter Olympian Baiul
26. In a safe manner
27. Weight
29. ___ II (razor brand)
30. Indian princess
31. Ending for silver or pewter



© 2010

33. Dash device
36. OPEC member with the motto "By the people and for the people"
37. Many poets
40. Doo-wop syllable
41. Part of an equitable division
43. Children's author Blyton
44. Subject of a piratical address
46. "Oh, woe!"
48. Inaccurately designated
50. Ignition specialist
53. Back on board
54. Is beaten by
55. Online qualifier
56. Sound of delight

57. All-night diner that makes you feel right at home?
62. Buckeyes' sch.
63. Online commerce
64. Altogether
65. Kind of cat or chance
66. They are nothing in music
67. Mid-April concerns

DOWN

1. Feedback generator
2. Canterbury can
3. Verb before "thou"
4. Natural gas, mostly
5. Shrub on a southern roadside
6. Dict. info
7. Rented mail dest.
8. Foolish
9. Less lenient
10. Be of like mind

11. Hamburger business that gives you the royal treatment?
12. With 47 down, Regis Philbin catch-phrase
13. Comic Bruce
18. Platinum record certifier
22. Proof word
23. Talk show host who notable endorsed Barack
24. Noted eucalyptus eater
25. Eyewear business fit for a castaway?
26. Beachfront fog
28. English actress Nell
32. Perform a second time
34. Vivacity
35. Composer of "The Seasons" oratorio

38. Risk being lost?
39. Platinum record, e.g.
42. Ice in a very large drink
45. Home of Horseshoe Curve since 1854
47. See 12 down
49. Arrived
50. Distant
51. Apollo 14 astronaut Stuart
52. Family room furniture
55. Afflictions
58. Honda sub-compact
59. Pittsburgh based steel giant, formerly
60. Noted T-Rex in the Chicago Field Museum
61. Dash lengths

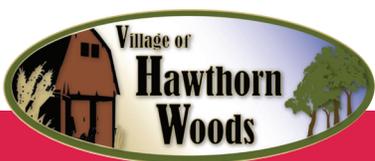
This puzzle was created using CrossFire (<http://beekeeperlabs.com/crossfire>)



QUIZ

Answers can be found at the end of this book.

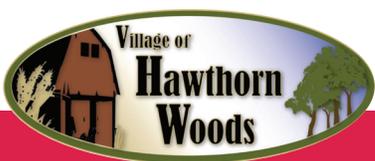
- The date of the summer solstice varies slightly from year to year. In 2014, the summer solstice occurs on what date?
 - May 31
 - June 1
 - June 21
 - July 4
- What is unique about the summer solstice?
 - it is the longest day of the year
 - it is the shortest day of the year
 - it is the hottest day of the year
 - it is the coldest day of the year
- On what kind of days should you use sunscreen to protect your skin from UV rays (harmful rays from the sun)?
 - sunny summer days
 - sunny winter days
 - cloudy days
 - all of the above
- Seen on all sunscreen bottles, what does the term SPF stand for?
 - Skin Pollution Factor
 - Sun Protection Factor
 - Sun Production Fraction
 - Skin Preservation Facilitator
- What are Ultraviolet (UV) Rays?
 - rays from the sun that can damage skin
 - rays from the moon that help you sleep
 - sound waves from the television
 - extremely powerful ocean waves
- What baseball announcer's 1996 funeral was attended by Joe DiMaggio, Yogi Berra, Whitey Ford and Phil Rizzuto?
 - Jack Brickhouse
 - Phil Rizzuto
 - Mel Allen
 - Harry Carey
- What position did Cal Ripkin Jr., start at for the first time since 1982, in a July, 1996 game?
 - Third Base
 - Second Base
 - First Base
 - Left Field
- What Pro Football Hall of Famer was the first to get a second bust in the Hall, for broadcasting?
 - Mike Ditka
 - Pat Somerall
 - Frank Gifford
 - Johnny Morris
- What team did Yankees pitcher Don Larsen blank when he hurled the first perfect game, in the 1956 World Series?
 - St. Louis Cardinals
 - Brooklyn Dodgers
 - Philadelphia Phillies
 - Pittsburgh Pirates
- What did an MIT instructor add to a baseball bat to reduce its air drag by 60 percent?
 - Pine Tar
 - Clear Coat Polish
 - Cedar Wood Shavings
 - Dimples



TRUE OR FALSE

Answers can be found at the end of this book.

1. Prince Harry is taller than prince William. True False
2. Monaco is the smallest country in the world. True False
3. Cinderella was the first Disney Princess. True False
4. In Harry Potter, Draco Malfoy had no siblings. True False
5. There are two parts of the body that can't heal themselves. True False
6. M & M stands for Mars and Mooredale. True False
7. There are five different blood groups. True False
8. The unicorn is the national animal of Scotland. True False
9. Idina Menzel sings "let it go" 20 times in the song "Let It Go" from Frozen. True False
10. There are 219 episodes of Friends. True False



DIY CRAFT CORNER

Flower Kissing Balls

You will need:

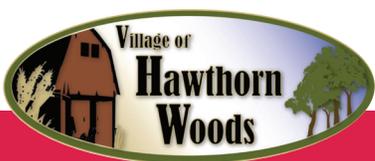
- Whiffle ball
- Faux flowers
- Hot glue gun
- Hot glue sticks
- Ribbon or twine

How to make:

- Consider where you would like to hang the finished product.
- Thread ribbon or twine through two adjoining holes on the whiffle ball.
- Measure the loop to the desired length where the kissing ball will be displayed.
- Cut the piece of ribbon or twine and tie the ends to secure the loop.
- Trim the stems $\frac{1}{2}$ inch from the head of the flowers.
- Dab hot glue around a whiffle ball hole.
- Feed the stem of the flower through the hole and press the flower to the glue.
- Repeat until all the holes in the ball are filled with flowers.
- Hang the final product.



(Source: craftsbyamanda.com)



RECIPE

No Bake Granola Pie

Ingredients:

- 3 cups granola
- 1 cup peanut butter
- 1/3 Tablespoon cinnamon
- 1 ½ cups Greek yogurt
- 1/3 cup chopped almonds
- Suggested toppings: blackberries, raspberries, chopped almonds, pistachios, dried fruit, shredded coconut, and chocolate chips
- Parchment paper
- 9-inch pizza pan

How to make:

- In a large bowl, mix the granola, chopped almonds, cinnamon, and peanut butter until combined.
- Line the 9-inch pan with the parchment paper.
- Add the granola mixture into the pan and press down firmly.
- Chill the pan for one hour or leave it in the refrigerator overnight.
- Remove the granola mixture from the pan, then top with yogurt. Add your favorite toppings.
- Serve and enjoy!



(Source: izzycooking.com)



GO FOR A NATURE WALK

Either alone or with your family, around your neighborhood or around a forest preserve, you can go on a nature walk almost anywhere. Enjoy summer and head outside and immerse yourself with natural surroundings.



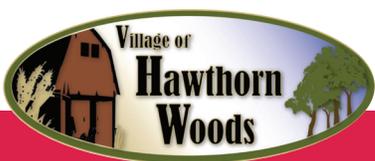
WRITE LETTERS TO FAMILY

When was the last time you wrote a letter to your family and friends? Spend some time composing a letter to send out to your loved ones. Update them on what you and your family members have been doing during these interesting times.



WASH THE CAR

Why take the car to get washed when you can wash it yourself in the driveway? Head outside on a good day and rinse all the salt and grime off your car from spring and winter. Clean your windows and your interior. You can also clean the inside of your car with a vacuum. Don't forget to wax your car to give it a nice shine after you are finished washing it.



SOLUTIONS

Sudoku Solution

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

Word Search Solution

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

Crossword Answers

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

R e m e m b e r t h e s u n s c r e e n



QUIZ ANSWERS

1. (c)
2. (a) During the summer solstice, the sun is at its highest point in the sky and we receive the most hours of daylight
3. (d) The sun gives off harmful ultraviolet rays throughout the entire year. Even on cloudy days, up to 80% of ultraviolet rays can penetrate your skin.
4. (b) SPF is a measure of a sunscreen's ability to prevent sun rays from damaging the skin.
5. (a) Ultraviolet rays are invisible rays that are part of the sun's energy. Ultraviolet rays can damage the skin, causing sunburn and types of skin cancer.
6. (d)
7. (d) Fresh fruits are an excellent source of water, which is critical for hydration. Most fresh fruits, such as apples or cantaloupes, are made up of an average of 80% water.
8. (a) An estimated 280 million people visited a beach in the United States during 2013.
9. (b) Since 1944, Smokey the Bear has been the national figure behind the wildfire prevention public service.
10. (a) According to the Outdoor Foundation's yearly Outdoor Participation Report, running and biking activities make up more than half of the most popular outdoor activities for youth.

TRUE OR FALSE ANSWERS

1. False
2. False (Vatican City)
3. False (Snow White)
4. False (Skylar Malfoy is the younger sister)
5. False (There is only one. Your teeth.)
6. False (Mars & Murrie)
7. False (A, B, AB and O)
8. True
9. False (21 times)
10. False (236)

