

What are FATS, OILS & GREASE (FOG)?

The most common examples of FOG are listed to the left in red.

MEATS

BUTTERS

MARGARINE

LARD

FOOD SCRAPS

SAUCES

SALAD DRESSINGS

DAIRY PRODUCTS

COOKING OIL







Hi. I'm Inspector Bret. When FOG goes down the drain or disposal, it hardens and causes sewer pipes to clog. This can lead to a sanitary sewer overflow (SSO) where raw sewage actually backs up into your home, lawn, neighborhood, and streets. Not only does this nasty mess cause health issues, it also can run into a nearby stream or river, and affects our wildlife & drinking water. If your pipes become clogged from putting FOG down the drain or disposal, it can be a very expensive problem to fix.



See if you CAN

find the 6
differences
in the two
pictures!

Help
fight FOG
and keep
sinks
working
their best.



City of MEMPHIS
Environmental Division 901,636,8118

FOG can CLOG!
When in doubt, trash it!

HAPPY JUNE!

This month we celebrate being out of school and the first day of summer! Here in the Mid-South, the heat and humidity are rising, making it almost unbearable to be outside. But if you can get up early and go outside before 10 am, or wait until the sun is going down, you can enjoy some cooler temperatures for hanging out in your yard or riding your bike. Be aware of mosquitoes, though! Mosquitoes are abundant in this region and I hate it when they bite me! We've tried lots of repellents and curious, what works best for you? We have an article about repellents on page 11.

Also inside this E-zine, you'll find hours of fun for your whole family, so what are you waiting for? You can read it page by page on your phone or laptop and if there's a lesson or puzzle you're interested in, simply download and print any page you like . . . and it's always free!

This E-zine is sent out to over 52K subscribers each month throughout the Mid-South. If you're not already on our list, click SIGN UP and send us your email so you can be added to our subscribers list.

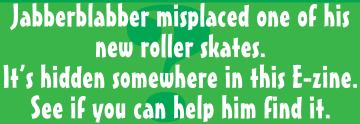
Thanks for reading and playing! Happy Summer!

Peace and love.

Jabberblabber

Creators / Editors, Theresa Andreuccetti, and Nikki Schroeder with Meme and Jabberblabber.

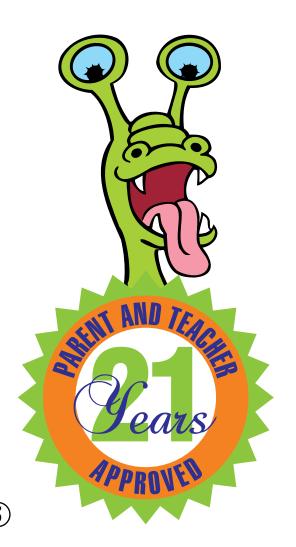




Helping Children Live Healthy & Happy!

Jabberblabber is published monthly by Jabberblabber, Inc. 415 South Front, # 114 • Memphis, TN 38103 • 901.278.5002 www.jabberblabber.com • jabberblabberlovesu@gmail.com Facebook: Jabberblabber Family Magazine instagram: @jabberblabberfamilymagazine

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"Be My Pen Pal" (see page 5), is a popular and regular feature in Jabberblabber E-Zine. Children from all over the Mid-South write letters to Jabberblabber, and he writes EVERYONE back! This fun exercise helps children with letter writing, handwriting and communication skills and gives them an opportunity to send and receive mail through the United States Postal Service (USPS).

Dear Jabberblabber,

I want to be a fireman when I grow up because I like to use the water hose and I want to help save lives.

I am kind to people because...I want them to be kind to me. This is the kind thing I did this week...I helped my grandma pull weeds.

My question for you is...do you have a bike? Sincerely,

Jonathan Simon, age 10, Germantown TN

Dear Jabberblabber,

I want to be a doctor when I grow up because I want to help people feel better.

I am kind to people because...it's fun.

This is the kind thing I did this week...I picked up litter in my neighborhood.

My question for you is...do you know where we can recycle cardboard?

Sincerely,

Annalise Pearce, age 9, Memphis, TN

Dear Jabberblabber,

I want to be a vet when I grow up because I love animals. I am kind to people because...they are nice.

This is the kind thing I did this week...picked up my toys. My question for you is...what is your favorite color? Love, Janise Walker, age 8, Memphis TN

Dear Jabberblabber,

I want to be a shopper when I grow up because it seems fun. I am kind to people because...it's what we are supposed to do. This is the kind thing I did this week...helped my teacher with field day.

My question for you is...what is your favorite movie? Sincerely,

Felecia Stevens, age 11, Collierville, TN





- 1. Turn it up or down 2 degrees! Turn your heat down 2 degrees in the winter & your air conditioner up 2 degrees in the summer.
- 2. Turn it off! When you're the last one to leave the room, ALWAYS turn off the lights!
- 3. Unplug It! Reduce your home energy bill 10% by unplugging your cell phone charger, TV, stereo, and computer when you're not using them.
- 4. Say NO to plastic bags! Bring your own bag when you go shopping. Plastic is bad for land & animals!
- **5. Shop Locally!** Support local farmers & local businesses who produce here at home.
- **6.** Don't Idle! If you are going to be parked more than 10 seconds, turn it off! Idling cars produce 25% of all Co2 emissions.
- 7. Recycle! Cans, bottles, cardboard and plastic. Donate unwanted clothes, toys & furniture.
- 8. Reuse! Get a washable, reusable and refillable water bottle.
- Conserve Water! Turn off the faucet while brushing your teeth and take a short shower rather than a bath.
- Can it! Trash on the ground is unsightly & can end up in our rivers and oceans.
 Always throw trash in the trash can.

What you need:

- The template on the next page or a piece of paper.
- 2 envelopes 2 stamps Pen or Pencil

Step 1:

Answer the questions in the template or write me a letter. Then fold it and place it in one of the envelopes.

Step 2:

Address this envelope to me:
Jabberblabber
415 S. Front St #114
Memphis Tn 38103
Place a stamp in the top right corner of the envelope.

Step 3:

Address the other envelope to yourself: Your name your address your zip code. Place a stamp in the top right corner. Fold and place in the other envelope with your letter.

Jabberblabber Magazine 415 South Front #114 Memphis, TN 38103 your name

city, state and zip code

your name your address city, state and zip code

Jabberblabber Magazine 415 South Front #114 Memphis, TN 38103

Step 4:

MAIL IT! Place in 'OUTGOING MAIL" box at your home or various locations of the United States Post Office (USPS).

You will receive a reply and a BE GREEN LIKE ME bumper sticker in the mail in the next few weeks.

All letters submitted are eligible for copy/reprint in a future issue of Jabberblabber Family E-Zine.

	Dear Jabberblabber,
	My favorite thing to do outside is
	Because
	My favorite sport is
	This is what I do to mocyclo
	This is what I do to recycle
	My question for you is
	Sincerely
	your name: your age:
	your address:
	city, state and zip code:
6)	I pledge to practice the "10 ways to be GREEN"

PRINT AND COLOR ONE FOR YOUR DAD TOO!

UCOLORIT CONTEST

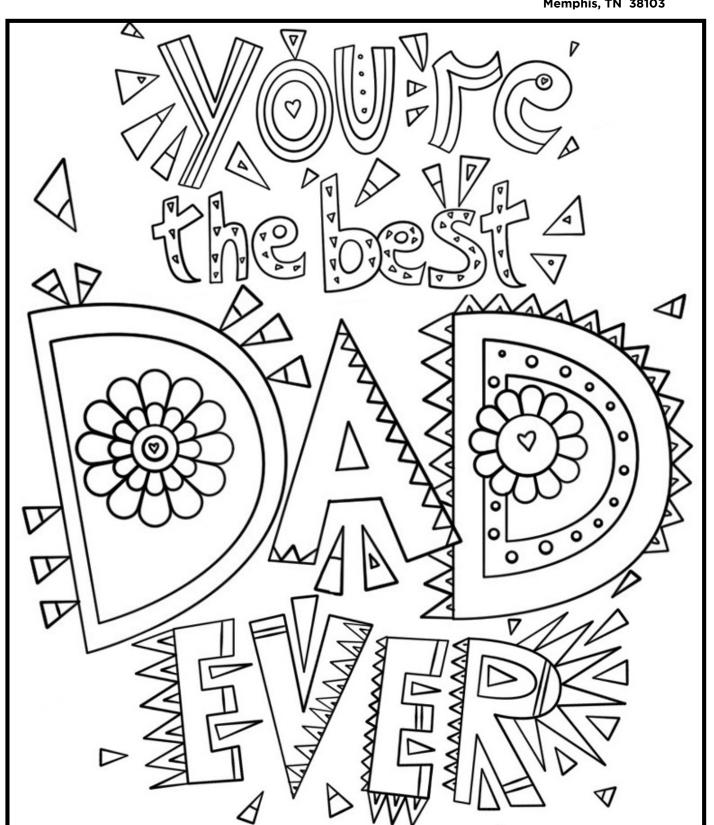
JUNE 2022 PRINT, COLOR & SEND in your masterpiece for the UCOLORIT random drawing!

WIN

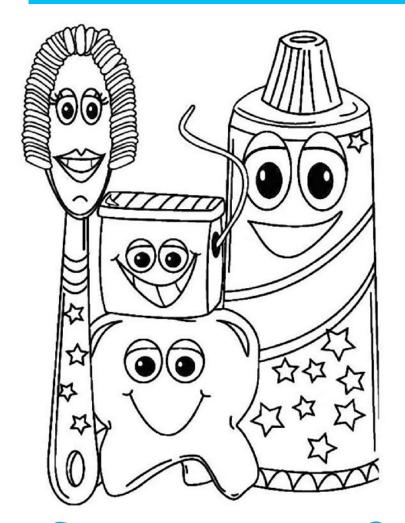
a Jabberblabber bookmark, folder, sticker & ART CENTER GIFT CERTIFICATE FOR \$25

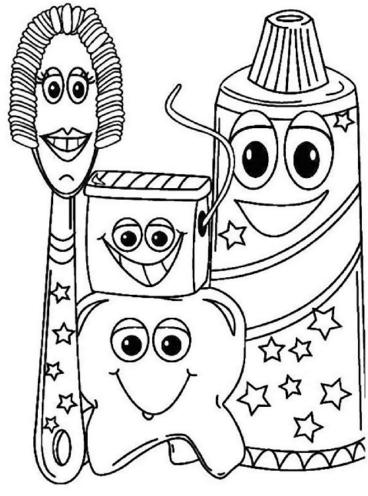
Name		
Address		_
City		_
State	Zip	_
Age	(No age limit!)	

Fill in your info and mail to: Jabberblabber 415 South Front, #114 Memphis, TN 38103



See if you can find the 8 differences in the pictures below!





Answers on page 32

Did you know?

Cavities are one of the most common chronic diseases in kids in the US.

Children between 5 and 19 years from low-income families are twice as likely to have cavities compared with children from higher-income households.

Around 78% of Americans have had at least one cavity by age 17.

80% of the population of the US has some form of gum disease.

Children with poor oral health often miss more school and have lower grades than children with good oral health.

Remember to use your toothbrush with fluoride toothpaste for at least 30 seconds on each side of your mouth. That's two minutes for your whole mouth!

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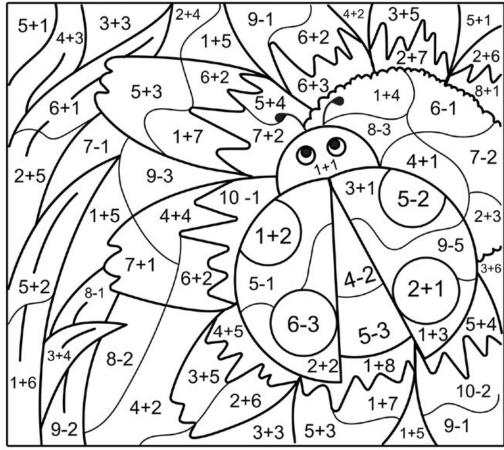


WHY WE DON'T USE STYROFOAM!

Styrofoam appears to last forever, as it is resistant to photolysis (the breaking down of materials by photons originating from a light source). This, combined with the fact that Styrofoam is lightweight and therefore floats, means that over time, a great deal of polystyrene has accumulated along coasts and waterways around the world. It is now considered the main component of marine debris. When Styrofoam containers are used for food, chemicals can leach into the food, affecting human health and the reproductive system. This is accentuated if people reheat the food while still in the container.

GET OUTSIDE AND SKETCH!





2 = 🥞

4 = 🧻

6 = 🦠

8 = 🤊

3 = 3

5 = 🦠

7 = 🤻

9 = 🥞

Sidewalk Chalk,
Portable
Watercolor Sets,
Sketchbooks,
Stabilo Marker Sets,
Water Soluble Pencils

Use the sum of each math problem to color the picture to the left.



www.artcentermemphis.com 901.276.6321

Jabor Dabor PARENITS PAGES

Do Natural Mosquito repellents work?

Written by Grove Collaborative

First of all, let's start with this: What smells do mosquitoes hate? It's not the scent of a repellent that keeps the mosquitoes away, exactly. Rather, the natural or synthetic chemicals in the repellents jack up the receptors and neurons on the mosquitoes' antennae so that they can't smell or otherwise perceive your bounty of blood — it's all about masking scents, human blood scents, really . . . The CDC suggests that DEET and lemongrass oil are among the best repellents for mosquitoes. However, many people are concerned about the safety and side affects of DEET. With this in mind, many people save the DEET for deep-woods camping and use natural repellents for everyday protection in the backyard. Since essential oils are Generally Regarded As Safe (GRAS) by the EPA, the agency hasn't evaluated their effectiveness against mosquitoes. This leads some people to believe that essential oil repellents aren't effective — but that simply isn't true. According to Colorado State University, some essential oils are just as effective at repelling mosquitoes as Picaridin and DEET. The problem is, essential oils are volatile — they evaporate quickly — so you have to reapply them often. Cornell University lays out the details on minimum-risk pesticides, including these well-studied essential oils:

Soybean oil and olive oil

Soybean and olive oils slow the evaporation of essential oils once they're on your skin. A mosquito repellent with two-percent soybean oil offers one to four hours of protection against bites.

Lemongrass oil

According to a recent study, lemongrass essential oil exhibited a repellency higher than IR3535 but lower than DEET. Lemongrass oil applied to the skin offered 74 to 95 percent protection against mosquito bites for two and a half hours. A combination of lemongrass oil and olive oil offered 98.8 percent protection against mosquitoes for three hours.

Rosemary oil

A recent literature review found that a 20 percent oil solution of rosemary oil offered 100 percent protection against a particular mosquito species for eight hours, and a 12.5 percent rosemary oil solution offered 100 percent repellency for 90 minutes.

Try finding recipes online, using these oils, to make your own repellents, or go to www.grove.co for the whole article and a full list of many tried and recommended formulas.



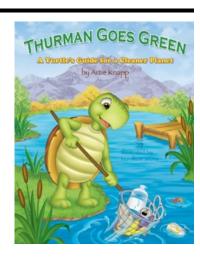


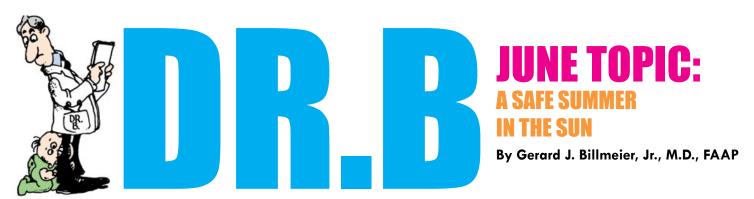
Jabberblabber reading puppet coming in 2022!



to get the latest email updates.

JABBERBLABBER RECOMMENDS:
Thurman Goes Green:
A Turtle's Guide for a Cleaner Planet.
by Artie Knapp
Click the book cover to the right to
read all about it!





As our primary source of Vitamin D, all of us need some sun exposure to help absorb calcium and build strong bones. But we can get the Vitamin D we need with short sun exposures without risking the side effects of skin damage, eye damage, immune system suppression and even cancer.

Most children attain 50-80% of their lifetime sun exposure before age 18. As a parent, you can teach your child how to safely enjoy fun in the sun.

Sun Exposure Facts:

The sun's light contains invisible ultraviolet (UV) rays which upon reaching our skin can result in tanning, burning and even cancerous changes. There are three forms of UV rays in sunlight:

- 1. UVA rays make up the majority of our sun exposure and are also present in tanning beds. A UVA tan does not protect us from further sun damage.
- 2. UVB rays can cause severe sunburns, cataracts (clouding of the eye lens), immune system damage and skin cancer.

 Melanoma, the most serious form of skin cancer, may occur from severe UVB sunburns occurring before the age of 20.
- 3. UVC rays are the most dangerous, but are blocked by the ozone layer and don't reach the earth.

Sunburn

Signs and symptoms include: skin redness, pain, blistering, and in severe forms, headache, nausea, dizziness, chills and fever.

First Treatment:

- Remove the child from sun immediately.
- Place the child in a cool (not cold) shower
 or bath or apply cool compresses as needed.
- Give extra fluids for the next 48 hours.
- Use moisturizing creams or aloe gel for comfort.

Seek Emergency Medical Care If:

- Painful blisters have formed.
- Facial swelling occurs.
- · Large skin areas are involved.
- Headache, chills or fever occur.
- Signs of dehydration are present such as dry mouth and intense thirst.

Use Prevention:

- Avoid children's sun exposure between the peak sun hours of 10 AM and 4 PM.
- Have your child wear protective clothing, sunglasses and a hat.
- Apply sunscreen with UVA and UVB protection and a sun protection factor (SPF) of at least 15.
- Apply sunscreen 15-30 minutes before exposure and reapply after swimming or sweating.





Hi Kids!

I'M CASH THE BANK!

It's NEVER too early to learn about money!

Help your money find its way to CASH the bank by drawing a line through the boxes that have the sum of 25!

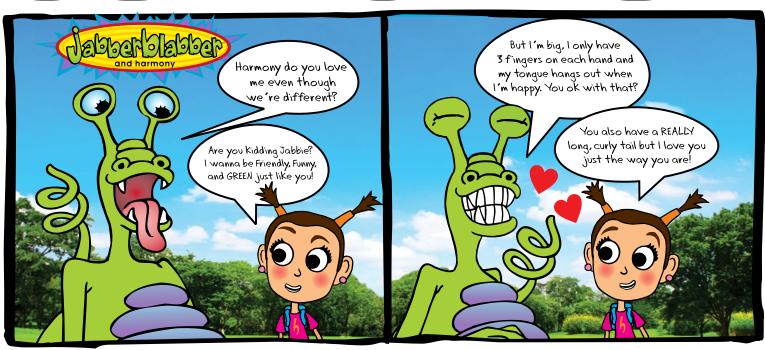
A savings account is a great way for you to learn about the value of money and how you can fulfill your future dreams by starting at a young age!

11 + 1	16 + 10	21 + 4 25 12 + 3	22 + 3 3 + 7	8 + 17 6 + 5	11 + 14 + 3 + 3	2 + 23 12 + 13	11 + 5 10 + 13
14 + 3	3 + 6	1 + 21	0		7 + 8	10 + 15	19 + 6
15 + 10	16 + 9	18 + 7			2 + 20	9 + 5	17 + 8
23 + 2	5 + 16	4 + 10	20 + 6	12 + 6	+ 3	6 + 19	16 + 9
15 + 10	20 + 5	6 + 19	7 + 11	4 + 21	24 + 1	13 + 12	8 + 5
19 + 4	5 + 9	5 + 20	2 + 23	4 + 21	8 + 20	6 + 10	20 + 3



	Jun 1 Wednesday S
	Jun 2 Thursday Lea
	Jun 3 Friday Nation
	Jun 4 Saturday Hug
	Jun 5 Sunday Worl
	Jun 6 Monday Driv
	Jun 7 Tuesday VCR
	Jun 8 Wednesday
	Jun 9 Thursday Do
	Jun 10 Friday Iced
	Jun 11 Saturday Co
	Jun 12 Sunday Red
	Jun 13 Monday Sev
	Jun 14 Tuesday Fla
	Jun 15 Wednesday
	Jun 16 Thursday Fr
	Jun 17 Friday Eat Y
	Jun 18 Saturday In
	Jun 19 Sunday Sau
	Jun 20 Monday Nat
	Jun 21 Tuesday Day
	Jun 22 Wednesday
	Jun 23 Thursday Ty
	Jun 24 Friday Take
	Jun 25 Saturday Na
	Jun 26 Sunday Cho
	Jun 27 Monday He
	Jun 28 Tuesday Pa
	Jun 29 Wednesday
14	Jun 30 Thursday M

```
Say Something Nice Day
ave the Office Early Day
nal Doughnut Day
g Your Cat Day
d Environment Dav
e-In Movie Day
≀ Day
Best Friends Day
nald Duck Day
Tea Day
rn on the Cob Day
Rose Day
ving Machine Day
g Day
Nature Photography Day
esh Veggies Day
our Vegetables Day
ternational Picnic Day
ntering Day
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ylight Appreciation Day
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ypewriter Day
Your Dog to Work Day
ational Catfish Day
ocolate Pudding Day
len Keller Dav
ul Bunyan Day
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eteor Watch Day
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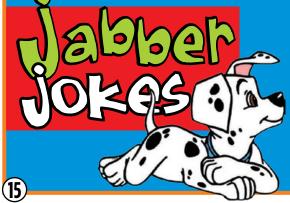








Answers on page 23



What do you call a noodle that's fake?

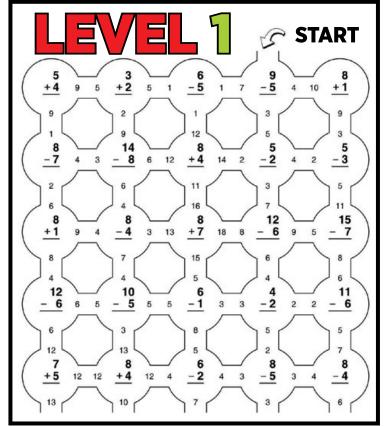
What's the best way to throw a birthday party on Mars?

Why does Peter Pan fly around so much?.

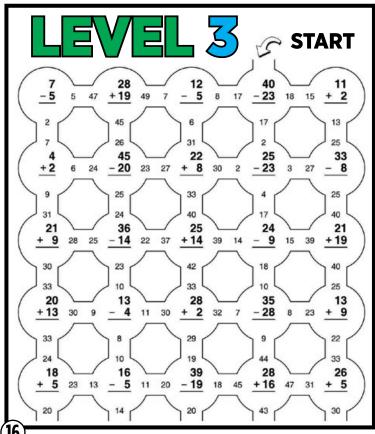
What did the math book say to the guidance counselor? What did the Dalmatian say after a big meal?

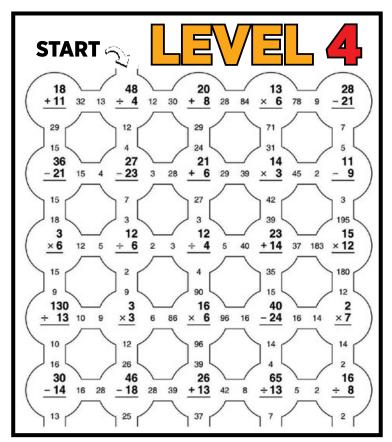
MATHMAZES

Find your way from top to bottom by following the path of correct answers. You can only exit a cell if the number matches the answer to the problem.



START TO LEVEL 2
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$
28 8 9 4 4 6 16
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$
4 3 12 13 3 2 8 36 6
$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$





See if you can find the 9 differences in the two photos.

Answers on page 30







THE BE VERB

Find and correct the 10 mistakes below.

Put a check next to the 6 sentences
that have NO MISTAKES



- is
- 1. Mr. Paddington are from Peru.
- 2. Maria and Joseph are at the supermarket.



- 3. I am go to work at seven o'clock every morning.
- **4.** My brother and I am both very busy today.
- **5.** Is Mr. Jones is at the park?
- **6.** Why are the books on the floor?
- 7. Do they both work at the supermarket?
- **8.** Where the post office is?
- **9.** Are you know the answer to the question?
- 10. I don't know the answer to the last question.
- **11.** The students at the library.
- 12. I am happy today because today a holiday.
- **13.** What color your new car is?
- 14. Carol likes the new Italian restaurant.
- 15. January is the first month of the year.
- **16.** Are they is at the movie theater?

Ways to Keep Your Kids Safe This STORY OF THE STORY OF T



1

Water safety

Maintain constant eye contact on kids in or around water, without distraction.



2

Child safety helmet

Make sure your kids wear a properly fitted bike or multisport helmet every time they ride.

3

Hydration

Encourage children to stay well-hydrated by drinking plenty of water before, during and after play.



4

Playground safety

Visit parks with impact-absorbing material under equipment, and actively supervise them while they play.



5

Hot cars

Never leave your child alone in a car, not even for a minute.

Help your friends, kids, and family members stay healthy year-round.

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NDPARENTS PAGE Celebrating our senior adults in the prime of their lives!



Grandparents of the Month - Keith & Judy Weathers

Keith and Judy Weathers moved to Kirby Pines from their former home in Salem, Oregon. Married for 55 years, they have 2 children and 2 teenage grandchildren.

A graduate of Wheaton College and The University of Southern California, Keith enjoyed a career of teaching music before taking over Weather's Music Company, started by his parents in 1950. Judy went to the University of Oregon and San Francisco State University, majoring in music and special education. She had a teaching career before she became a homemaker and mother.

A veteran of the U.S. Army, earning the rank of Specialist 5, Keith served in the 72nd Army Band in San Pedro, California.

As music lovers, the Weathers have strong interests in all aspects of music. Keith enjoys fishing, hunting, and woodworking while Judy likes flower gardening and animals.

Keith and Judy are well traveled, but their favorite trip was to Japan to see their daughter perform her keyboarding skills in an international music festival.

Congratulations Keith & Judy, for being Jabberblabber's Grandparents of the Month!

GRANDPARENTS

Summer **Sports**

Find the words hidden in the grid of letters.









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В

ATHLETE BASEBALL BICYCLE BOATING CROSSCOUNTRY **GOALIE**

GYMNASTICS HALFTIME PLAYOFFS SCORE **SCUBA** SOCCER

STADIUM SWIMMING TENNIS VOLLEYBALL





THESE ARE TOUGH! TRY THEM IF YOU DARE!

All Answers on Page 31

Irritating Brain Teaser 1

Using only horizontal and vertical lines, connect every number to its pair (i.e. 1 goes to 1, 2 goes to 2, etc). The lines must not cross each other or go through a number.

		1	2	
		4		
	1			4
ന		2		3

Irritating Brain Teaser 2

A bridge will collapse in 17 minutes.

4 people want to cross it before it will collapse.

It is a dark night and there is only

one lantern between them.

Only two people can cross at a time and everyone

must cross with the lantern.



- "A" takes a minute to cross.
- "B" takes 2 minutes.
- "C" takes 5
- "D" takes 10 minutes

How do they all cross before the bridge collapses?

MATH RIDDLE 1

The following equation is wrong:

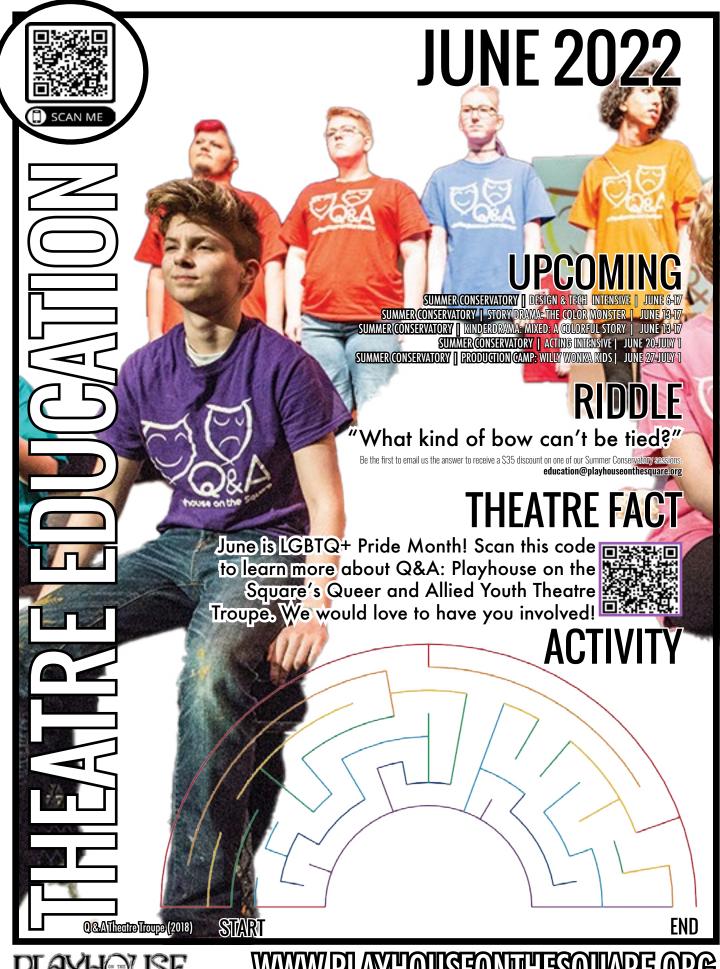
101 - 102 = 1

Move one numeral to make it correct.

MATH RIDDLE 2

How can you add eight 8's to get the number 1,000? (Only use addition)







UCOLORIT CONTEST

WINNER FOR MAY 2022

CONGRATULATIONS
CHRISTIAN
CUNEO
Memphis, TN

age 14



Jaboah Dabah ACTIVITY OF THE MONTH

WhatYou Needs

Cooking Oil
Water
Food Coloring
Empty Water Bottle
Alka-Seltzer Antacid Tablet

Directions

Fill two-thirds of your bottle with oil and the rest with water, leaving about an inch free at the top. The water will sink to the bottom, and the oil will rise to the top. Add several drops of food coloring, and wait for it to penetrate the oil layer to color the water.

Break an Alka-Seltzer tablet into four pieces, and drop the pieces in the water bottle solution. When the tablet reaches the water layer, it will fizz and the colored water will erupt into bubbles! The bubbles will stop when the Alka-Seltzer tablet dissipates, but they will start again when you add another tablet. If the oil layer becomes cloudy with tiny bubbles, wait awhile for them to settle, then you can do more. Groovy!



Finish drawing
Patricia the Parrot
by connecting the dots!

Everyone`s
an artist!
You can
do it!

22



with Quick Draw Drew

20

Parrots are great
at mimicking. They can
easily mimic sounds,
words, and even certain
human actions.
Their lack of vocal cords
does not stop parrots
from making a sound.
They use their throat
muscles to direct air over
their trachea or windpipe
to produce the desired sound.

Don`t forget to color your masterpiece.

Use the cartoon to the right for color reference or do your own thing!



16

18^{\(\)}

17

The lifespan of a parrot depends upon its species.

A small parrot can live up to I5 to 20 years, while a bigger parrot can easily go on to live for around 30 years.

Large parrots, such as the Kakapo, can live up to 95 years.

•7

10

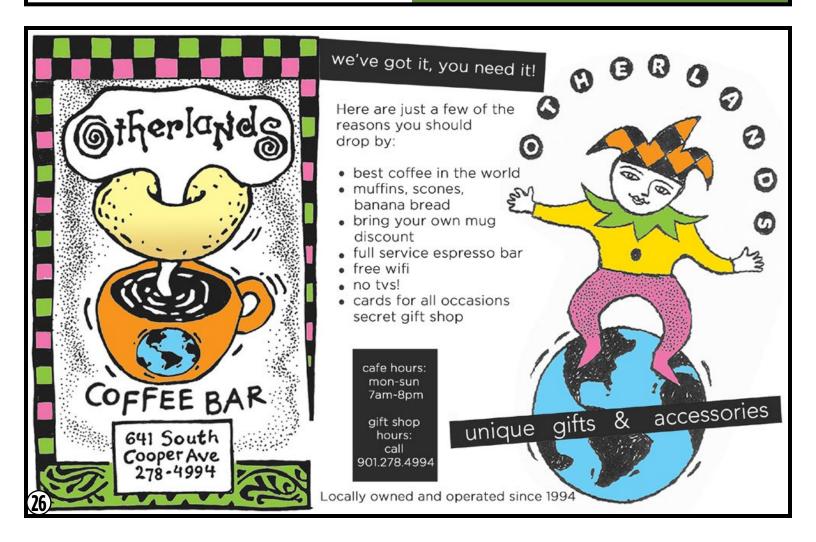
Memphis Child Advocacy Center SAFETY WORDFIND

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

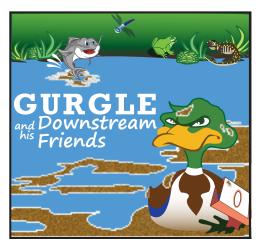
Key: BULLY, DESERVE, PDULT, SECRETS, TOUCH, TELL FAULT, WRONG, PRIVATE, SAFETY, PROTECTED. Hints: Someone who makes you feel bad by calling you names or threatening you is a _____. You ____ to be safe. If someone scares or confuses you, tell a safe _____. Don't keep _____ that make you feel scared or confused. It's OK to say "NO!" to uncomfortable _____. If one adult doesn't believe you, ____ another. Child abuse is never a kid's _____. Anyone who says you are worthless is _____. The parts of your body covered by your bathing suit are _____. Real friends care about your _____. Every child should be _____ from harm.



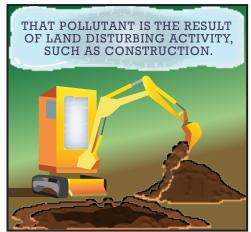
MemphisCAC.org | @MemphisCAC #StewardsOfChildren

















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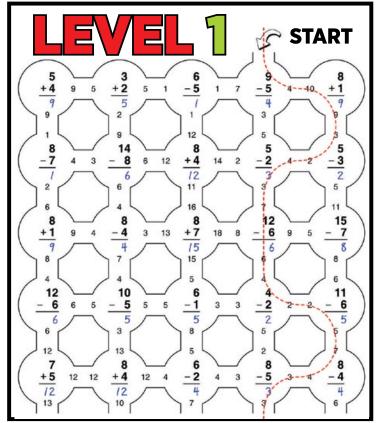
ANSWERS

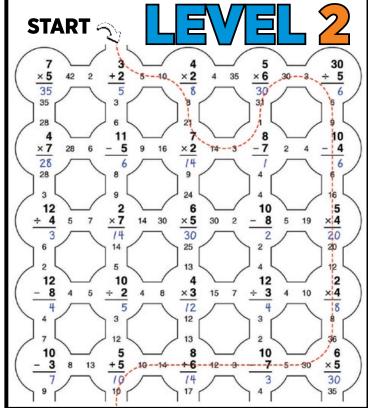


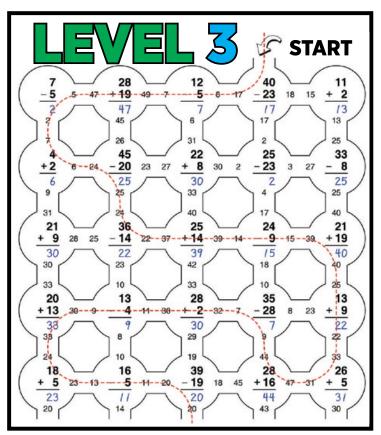


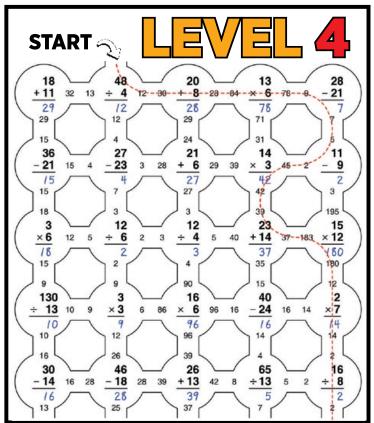
MATHMAZES

ANSWERS











BE VERB

ANSWERS

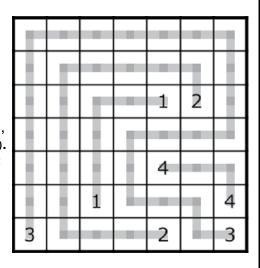


- 1. My friend is from Peru.
- 2. ✓
- **3.** I am go to work at seven o'clock every morning.
- **4.** My brother and I are both very busy today.
- 5. Is Mr. Jones is at the park?
- **6.** ✓
- **7.** ✓
- 8. Where is the post office is?
- **9.** Do you know the answer to the question?
- **10.** ✓
- **11.** The students **are** at the library.
- 12. I am happy because today is a holiday.
- **13.** What color is your new car?
- **14.** ✓
- 15. ✓
- **16.** Are they is at the movie theater?



Irritating Brain Teaser 1

Using only
horizontal
and vertical
lines, connect
every number
to its pair
(i.e. 1 goes to 1,
2 goes to 2, etc).
The lines must
not cross
each other
or go
through a
number.



Irritating Brain Teaser 2

A and B cross first using up 2 minutes.

A comes back making it 3
C and D cross making it 13 minutes then B crosses back over making it 15 minutes.

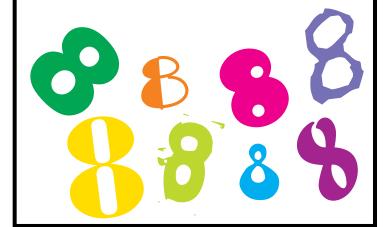
And finally
A and B cross together to make it 17 minutes!

MATH RIDDLE 1

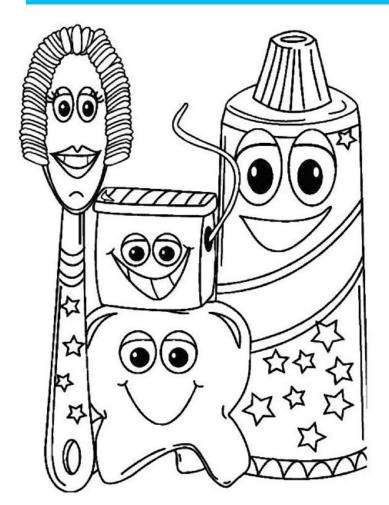
Move the numeral 2 half a line up to achieve $101-10^2=1$

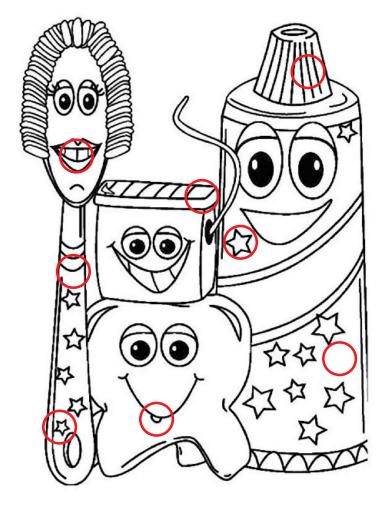
MATH RIDDLE 2

$$888 + 88 + 8 + 8 + 8 = 1000$$



See if you can find the 8 differences in the pictures below!





Did you know?

Cavities are one of the most common chronic diseases in kids in the US.

Children between 5 and 19 years from low-income families are twice as likely to have cavities compared with children from higher-income households.

Around 78% of Americans have had at least one cavity by age 17.

80% of the population of the US has some form of gum disease.

Children with poor oral health often miss more school and have lower grades than children with good oral health.

Remember to use your toothbrush with fluoride toothpaste for at least 30 seconds on each side of your mouth.

That's two minutes for your whole mouth!

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