

ADELE TOPS UK MUSIC CHARTS RECORD-BREAKING COMEBACK ALBUM "30"

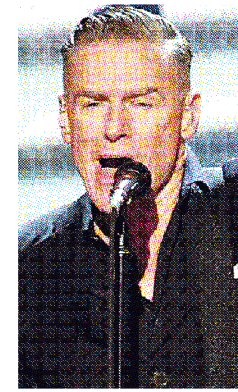
Music star Adele soared straight to the top of the UK charts on Friday with her new album "30", making a triumphant and record-breaking return. One of the world's best selling singer-songwriters, the Grammy Award winner released her fourth studio album last week, with critics and fans praising her honesty on the record she said she made to explain her divorce to her son Angelo, 9.

REUTERS



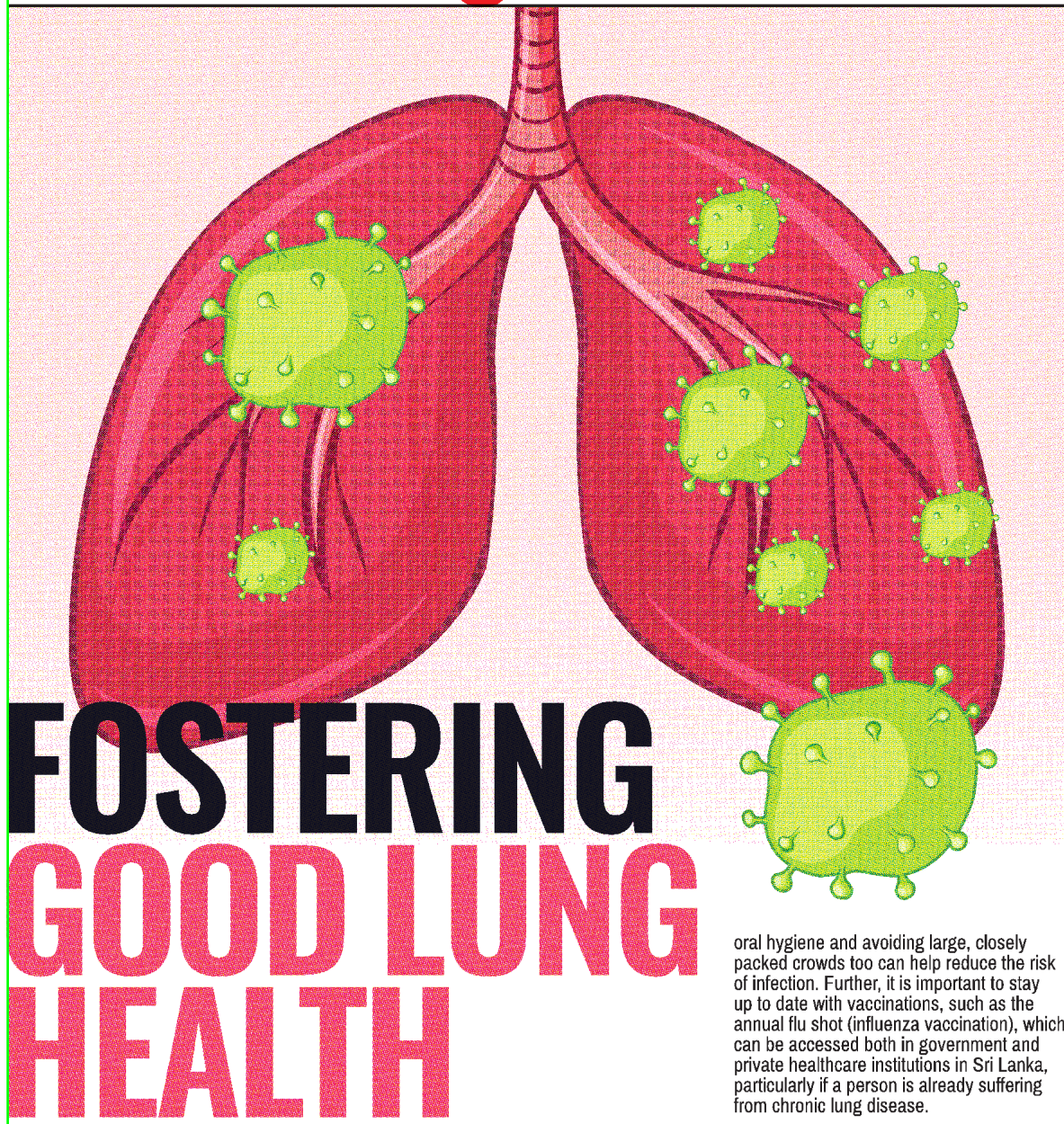
CANADIAN SINGER BRYAN ADAMS TESTS POSITIVE FOR COVID AFTER FLYING TO ITALY

Canadian singer Bryan Adams said on Thursday he had tested positive for COVID-19 after flying into Italy and was going to hospital. Adams, who is also a photographer, came to Milan to promote Pirelli's 2022 calendar, which he had shot. "Here I am, just arrived in Milano and I've tested positive for the second time in a month for Covid. So it's off to hospital for me," he said in a post on Instagram, showing a photo of himself wearing a mask, sat behind a table.



REUTERS

Christmas comes early to Lite87



FOSTERING GOOD LUNG HEALTH

in the era of a pandemic

According to research conducted by the World Health Organisation in 2018, approximately 4.15% of the total deaths in Sri Lanka can be attributed to the collection of elusive, infamous lung diseases. Although lung health wasn't previously spoken about or cautioned about enormously in Sri Lanka, the start of the COVID-19 pandemic placed lung health and lung disease under a much larger spotlight.

Lungs are one of the critical organs that keep us alive and well, and for the most part, there is no need for us to think about them. Therefore, there is a tendency for us to take our lungs for granted. Although our body has a natural defense system designed to protect the lungs, keeping dirt and germs away, there are some important things we can do to reduce the risk and impact of lung diseases such as Chronic Obstructive Pulmonary Disease (COPD), Interstitial lung disease, Asthma, lung cancer, Bronchitis, and more.

Essentially, when a person breathes in, the lung takes in oxygen, passes it along to the bloodstream, and brings it to their cells. In return, it picks up carbon dioxide and disposes of it. Unfortunately, the environment does not always help the way that our lungs function. Many risk factors contribute to lung related health complications. They can be things we don't even realize that we're breathing in. While sometimes they can be avoided, other times they cannot, however, it's still important to be educated by what they are and know what can be done to protect and strengthen our lungs.



Dr. Dilesha Wadasinghe, Consultant Respiratory Physician and Senior lecturer in Physiology - Faculty of Medicine Ragama

Indoor and outdoor pollutants

Exposure to air pollutants can damage the lungs and accelerate ageing. When they're young and strong, their lungs can resist these toxins. However, as a person gets older, they lose some of that resistance and become more vulnerable to infections and disease.

Therefore, it is recommended to avoid second hand smoke and chemical pollutants/carcinogens at home and the workplace. In Sri Lanka, a tropical country with high numbers of mosquitos, people are used to lighting mosquito coils in their homes, which have now been proven to cause harmful effects on the lungs, increasing the risk of developing chronic lung disease. Further, particularly in a South Asian country such as ours, biomass fumes from burning firewood to cook in poorly ventilated spaces, have shown to increase the risk of lung disease, particularly in women who are more exposed to these toxic fumes than men. Certain jobs in construction, mining, and waste management too can increase risk of exposure to airborne pollutants, in which case medical advice should be sought.

Preventing infection

Infections can be particularly dangerous for the lungs, especially as a person ages. Those who already have chronic lung diseases like COPD and Bronchiectasis are particularly at risk for infections. Even healthy seniors, are at a higher risk of developing pneumonia if they're not careful.

The best way to avoid lung infections is to keep hands clean, by regularly washing with warm water and soap, and avoid touching one's face as much as possible. Good

oral hygiene and avoiding large, closely packed crowds too can help reduce the risk of infection. Further, it is important to stay up to date with vaccinations, such as the annual flu shot (influenza vaccination), which can be accessed both in government and private healthcare institutions in Sri Lanka, particularly if a person is already suffering from chronic lung disease.

Exercise, balanced nutrition & good sleep

Whatever age a person is, and at whatever health level they are keeping physically active is vital to keeping lungs healthy. Cardiovascular exercise regularly can help improve lung function. It increases the body's ability to use oxygen and effectively removed carbon dioxide. Exercise doesn't need to be lengthy. Thirty minutes to an hour of walking or jogging a few times a week can have a massive positive impact in fostering lung health. Drinking plenty of water and including a good amount of fruits and vegetables in the diet can also help boost the immune system.

Further, it is important for a person to get good sleep. In some instances, Sleep Apnea - identified with excessive snoring and increased daytime sleepiness - can greatly impact the quality of cardiovascular health. This condition is common but neglected, and should be identified and treated as early as possible to minimize the health risks.

If a person already has a chronic lung disease, they can follow a pulmonary rehabilitation programme at a respiratory unit, particularly if they feel breathless on exertion.

Identifying the tell-tale signs of lung disease

Lung disease can be identified with a few tell-tale signs that individuals should not ignore. Chronic cough, which lasts for more than eight weeks is an important early symptom; shortness of breath/breathlessness which was not present before, difficulty in breathing in and out; chronic mucous production for a month or longer; wheezing; coughing up blood; and chronic chest pain made worse with coughing or breathing.

Therefore, if one or more of these symptoms are present, it is important to consult a medical professional as early detection is key to the successful treatment of lung disease.

Treatment options available in Sri Lanka

With numerous advances in both diagnosis and treatment of lung disease in Sri Lanka, individuals now have easy access to a plethora of healthcare facilities and options to foster good lung health and keep their pulmonary conditions in check. They can now get screened for the development of pulmonary diseases early and can monitor the progression of their existing chronic lung conditions before their lungs begin to fail and slow down the process with appropriate treatment when possible. For example, FeNO test, which is a test where a patient has to blow slowly and steadily into a device, while it measures how much nitric oxide is in the air they breathe out, can help identify a person's asthma control.

(The writer is Dr. Dilesha Wadasinghe, Consultant Respiratory Physician and Senior lecturer in Physiology - Faculty of Medicine Ragama)

Amongst the portfolio of treatment facilities in the country, leading Sri Lankan private healthcare institutions like Hemas Hospitals, operates a state of the art centre that offers routine medical checkups, where individuals can get themselves screened for any pulmonary medical conditions.

New comic book celebrates the life of legendary entertainer TINA TURNER

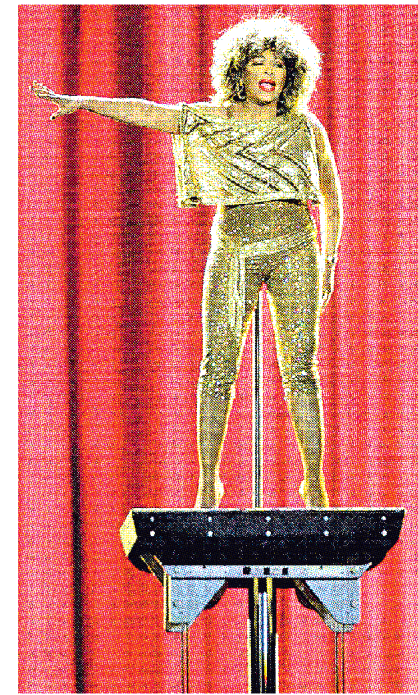
The highs and lows of singer Tina Turner's life are being explored in a new comic book. The biographical publication from TidalWave comics details her upbringing in Tennessee, her musical success, her struggles with former husband Ike Turner and her powerful resurgence.

Publisher Darren G. Davis said in a statement: "Turner's life has been seen in documentaries, films, music, Broadway, so why not a comic book. We believe that it is important for readers to have inspiring role models and learn about extraordinary individuals who have overcome challenges to make a difference in the world."

The glossy is part of the company's "Female Force" series which has featured singer Dolly Parton, U.S. Vice President Kamala Harris and former U.S. First Lady Michelle Obama in the past.

Turner will celebrate her 82nd birthday on November 26th. Last month she was inducted into the Rock and Roll Hall of Fame for the second time.

REUTERS



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Mercedes-Benz FashionWeek SRI LANKA

#MBFWSL

2021 Edition

NEW LOCAL

10th - 12th December 2021

COLOMBO INNOVATION TOWER

No. 477, R. A. De Mel Mawatha, Colombo 04.

Watch the digital shows live at 8pm IST www.mbfwsrilanka.com

DAY 1 Runway - New Local
A vision that uses Design, Creativity, Craft & Innovation to celebrate home, and create opportunities beyond our borders.

DAY 2 Runway - Emerging Designers
Showcasing Sri Lanka's emerging talent from local graduates to young designer brands.

DAY 3 Runway - New Gen
The hottest fashion and textile graduates from AOD take over the catwalk, premiering the New Gen stars.

The Fashion Exhibition is open to the public under COVID-19 guidelines from the 10th - 12th December, from 9am to 5pm.

For more information contact +94 775 727 772 boxoffice@aod.lk



Smoking

Smoking is probably most known as a habit that increases the risk of developing lung cancer and COPD, causing irreversible damage to a person's lungs. Every time a cigarette is smoked, thousands of chemicals are taken into the lungs, including nicotine, carbon monoxide, and tar. These toxins damage lungs, increase mucus and make it more difficult for a person's lungs to clean themselves, leading to irritated and inflamed tissues.

Gradually, airways grow narrow, making it more difficult to breathe. Smoking also causes the lungs to age more rapidly. Eventually, these chemicals can change lung cells from normal to cancerous. Therefore, it is always a positive choice to quit smoking. Those who have trouble quitting can seek the support of a respiratory physician.

"If a person already has a chronic lung disease, they can follow a pulmonary rehabilitation programme at a respiratory unit, particularly if they feel breathless on exertion."

Dr. Dilesha Wadasinghe

PRESENTED BY: Aod - Create, design, innovate.

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OFFICIAL VENUE: Colombo Innovation Tower.

AN ACTIVIST WHO HAS MADE AN IMPACT

BY TIRANYA RANASINGHE

Representing the youth community in Sri Lanka, Nabeela Iqbal is an activist whose voice has made an impact, bringing light to many issues faced by the Sri Lankan youth. She comes from a volunteering background in peace-building, civic engagement and girls' non-formal education which has paved the way for 'Sisterhood Initiative', her organization in which its platform is used to create a safe space for conversation and change for Muslim women. Nabeela talks to us her recent achievements and the success of Sisterhood Initiative.



Q TELL US A BIT ABOUT YOURSELF.

I have volunteered in peace-building workshops in every province. I have also led the creation of a handbook to be used by young women in the Sri Lanka Girl Guides Association, in which I am currently an Executive Member and also a past Advocacy Champion with the World Association of Girl Guides and Girl Scouts. I recently graduated from the University of Sri Jayewardenepura in Environmental Science and am currently an undergraduate in law. Now I mostly work with young people in my community- and that's Muslim young women and girls, in peace-building related activities.

Q WHAT PROMPTED YOU TO START SISTERHOOD INITIATIVE?

I really believe in the value of intra-faith conversations in each of our communities. I was part of a youth group that facilitated workshops on peace and reconciliation in every province and it was here that I understood that as much as interfaith dialogue is important- communities need to look inward and talk to each other. Along with this there is a gender gap in the access to information among men and women in the community. So it was important to create this safe space for women and girls in our community to come together to listen and learn.

Q TELL US A LITTLE BIT ABOUT THE MISSION OF SISTERHOOD INITIATIVE.

At SI, we stand with the idea that we can build communities one conversation at a time. Our group is a non-profit, non-political, non-religious discussion and volunteer group dedicated to understanding and addressing issues faced by Muslim women in the country. Our vision

is to recognize Sri Lankan Muslim women as important stakeholders in society with decision making power. To achieve this, we work towards creating safe spaces for young Muslim women and girls in Sri Lanka to come together to share experiences, engage in curated discussions and find a sense of community among each other.

We have currently been running a "campaigns team" programme and are close to wrapping up the first phase of learning. There were close to 60 participants that engaged with us for a period of 3 months every Sunday to learn on issues related to MMDA reforms, gender equality, interfaith and intrafaith conversations in separate groups.

Q WHAT KIND OF CHALLENGES HAS SISTERHOOD INITIATIVE TACKLED THROUGH?

The access to information and a safe space for discussions for women in the community is number one. Most of the time discussions around women and especially women belonging to minority groups take place without their participation. If we can't find a seat at the table then we have to create our own space, which is what our group is continuing to do. When we look at the testimonials we get from our participants it always sounds like it's the first time most of them felt heard and listened to.

The second would be how our group is breaking stereotypes and creating our own narratives around our lives. Because we work together with people from different faiths and communities, people are able to see us and the value we bring to the table.



This dispels so many myths and misunderstandings we have regarding each other and creates more understanding through our dialogue.

Q HOW HAS SISTERHOOD INITIATIVE BEEN RECEIVED IN SRI LANKA?

It's important to understand that our work can be considered something new or something that hasn't been done before. So people are going to respond in different ways and then this is something our team has mentally (and sometimes physically) prepared for. Men have reached out to us to congratulate us on our work that their sisters and wives choose to work in. They have become strong allies in our vision. There are instances, especially during the lockdown, where women from minority communities have reached out to us for help regarding intimate partner violence, abuse etc. They were moments where they felt more comfortable confiding with us and asking for help. We would then get them in touch with experts for psychological support and legal help, if required.

Solidarity is important to us. Most of our engagement is not only within the Muslim community but also with so much support from the non-Muslim community as well to further our causes. We have encouraged Muslim women to engage in volunteerism and raised awareness around community based issues. When people see us engaging in work and discussions like this, it definitely does help break stereotypes as well. At the end, we're trying our best to create this inclusive Sri Lankan identity - as Muslims, and as women - so we can do our best to serve our communities and our country.

Q RECENTLY, YOU WERE ON THE KELLY CLARKSON SHOW TO CELEBRATE INTERNATIONAL DAY OF THE GIRL AS A YOUNG FEMALE LEADER. WHAT WAS THAT LIKE?

Honestly, I was really surprised when I saw the E mail from her studio executives. My brother and I were huge fans of American Idol when it aired and Kelly was one of our favourites.

She had invited six activists from around the world to be 'celebrated audience members' so we were up on a few monitors in her show. I mean I have been in very few global media opportunities and this was my first time on American Daytime TV as well. Since the episode was shot a month before it aired I had already gone through the emotions of the whole process.

Honestly, I was really surprised when I saw the E mail from her studio executives. My brother and I were huge fans of American Idol when it aired and Kelly was one of our favourites.

Q HOW IMPORTANT IS CONVERSATION IN GENERATING CHANGE WITHIN SRI LANKA?

Conversation is where we have to start. However to really see change we need the right tools and training to engage in dialogue. A lot of the time these 'difficult conversations' are neither difficult nor new- we just need more practice. We need more young people becoming facilitators in these kinds of discussions.

Working with young women and girls in my community, especially in the last 3 months of curated discussions has really reinforced the importance of having these conversations. For many of them it was the first time seeing another non-Muslim girl supporting her ideas and thought processes. The dialogues are sensitive, and also insightful. At the end of this year many of these young women will be carrying out social action plans in their communities together- from strangers to sisters in solidarity.

Q YOU WERE ALSO RECOGNIZED BY AMNESTY INTERNATIONAL AND THE UN OFFICE OF THE SECRETARY GENERAL'S ENVOY ON YOUTH AS A YOUNG HUMAN RIGHTS DEFENDER IN THE FACE OF THE PANDEMIC. HOW IMPORTANT IS THE ROLE OF AN ACTIVIST IN AN ERA WHERE CHANGE SEEMS STAGNANT, ESPECIALLY IN SRI LANKA?

Recognitions like this certainly give us credibility as young people in the work we do. In Sri Lanka, change doesn't seem so apparent because we don't exactly have systems that can pick up on issues that are raised by people, unless you have contacts or "know someone."

A lot of people I work with who are activists, still don't know the meaning of what it means, including myself. It's usually circumstance that brings us to be defined as one and we just try our best with the resources we have to deliver some kind of action to our community.

Q WHAT IS NEXT FOR YOU?

We made the mistake of making too many plans during the pandemic. Groups like ours were heavily affected by the lockdown and travel restrictions (which we should adhere to) in reaching our communities. Online work just doesn't make the cut always.

Having that in mind, God willing, personally I just want to travel more and have in person discussions with our team and groups. In such a short time we have made new friends from different parts of the island and we're just waiting for the day we can actually see them face to face.



SPACE AND HEALTH REMEDIES

The focus on health by many came into force only during the pandemic and wellness and health was always taken for granted. No amount of wealth, prosperity or career luck could replace basic wellness and health and especially during the pandemic this became clearer.

The place of dwelling/work and the environment has a deep connection with the wellness of the occupants and in turn their prosperity. Fine tuning the home to make it vibrant and supportive is the key to overcome illness in a home.



According to a Harvard Business School survey, 94% of service professionals put in 50+ hours a week. And while some people claim long hours are necessary, study after study shows that when we lose work life balance, everyone suffers

the consequences. A life of wellness starts with the basics. Wellness is more than not being sick. It is a balance of body, mind, and spirit. Everyone's balancing points are unique, and they constantly shift over time, which is why wellness is a lifelong journey.

Put a baby shark in a goldfish bowl, it grows 8 inches and the same baby shark can grow 8 feet or more when put in the ocean. In short, our environment and place where we live has a strong influence on our health and wealth. There are many ways one can fine

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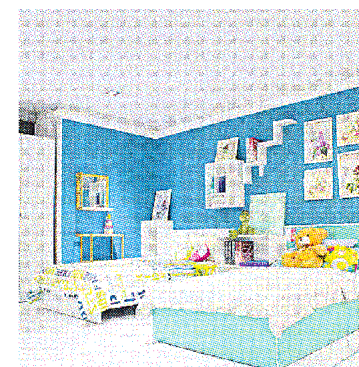
tune the place of dwelling or work based on Vaastu and Feng Shui principles. However some simple methods can be adapted to mitigate illness and bring in wellness. A building which causes illness to the occupants is referred to as Sick Building Syndrome. Such syndromes in the work place reduces work efficiency of occupants and increases Absenteeism at work. A 1984 WHO report indicated 30% new and remodelled buildings worldwide may be linked to symptoms of Sick Building Syndrome.

The effect of geopathic stress, geo magnetic fields and radiation also needs to be taken into account apart from the

principles of Vaastu and Feng Shui to work towards countering the ill effects.

Below are a few simple tips to cleanse the space and surroundings and activate positive vibes and wellness.

- **Clean the home with Rock Salt** - Pink rock salt improve the indoor environment - salt crystals eliminates negative energy and cleanses the space.
- Place a bowl of rock salt at four corners of the room which is said to **clear any airborne virus** and bacteria and also absorb excess moisture in air
- Place a bowl of salt near the persons bed who's ill to generate good energy.
- **Burn Camphor** at least once a week as this is said to remove negative energies, you can blend neem/bay leaves /sage or lemongrass with camphor which can effectively **purify the air** too.



Urgently in need of homes

"If I don't find homes soon I will have to drop them back on the streets as I cannot afford to keep boarding them like this. It's been weeks and nothing has worked out for Boolie (3 years female) and the two older pups (male and female around 4-5 months old). All 3 were tied 24/7 at Colombo 10 and lived in a terrible state until I rescued them. They have been sterilized and vaccinated for distemper, Parvo and rabies. They have suffered so much it's time they run free and end up in loving homes."

To adopt pls call Sahana on 0777567122.



These kittens are looking for forever homes

Males and females. Rescued off the streets. Around 6-8 weeks old. Vaccinated and dewormed. Sterilizations can be arranged if owner can't afford. To adopt pls call Sahana on 0777567122



S.B.S. Surendran

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www.fengshuiserver.com
(India) Ph: - 91-80-25252456 or 25252109

Got a Feng Shui Query? Send in your questions to S.B.S. Surendran at fengshui@fengshuiserver.com with "LIFE FAQs" in the subject line.



Thilini



Karandza

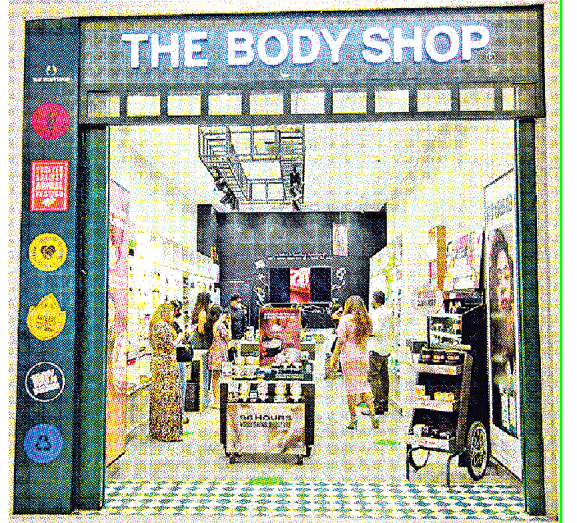


Shyamalee
Tudawe



Hi!!

COLOMBO IS TALKING ABOUT



Saadiya



Stephi



Nilmi



Nadiyah

A NEW FORMULATION

THE BODY SHOP

The Body Shop Sri Lanka released its exciting new range of reformulated body butters at a launch event held at its Colombo City Centre store, introducing updated flavours for one of the brand's most iconic and best-selling product lines. The newly revamped products feature 100% vegan ingredients, a longer lasting efficacy and wholly sustainable packaging.



Dushanthi



Kathyusha



Taniya

Hi!!

WWW.HI.LK

FOLLOW US ON

f hi.online.lk

ig hi_online_lk



Charith



Anuracha



PIX BY Damith Wickramasinghe



Durga



Roshanie, Maya, Sharmila, Marian and Nisha

SLEEPWEAR BRAND

MACKLY

Premium sleepwear brand Mackly opened its first retail store in Sri Lanka at the One Galle Face Mall, Colombo. Mackly specializes in sleepwear, lounge wear and inner wear and has built a loyal following over the years, growing a robust presence online. At its first retail outlet customers can expect a one-stop shop for a richer, deeper sleep and lounging experience. Mackly's latest holiday collection and Christmas styles will be on offer in time for the season at the store located on Level 4, Unit 4 at the OGF Mall.

PIX BY Pradeep Dilrukshana



Treshan



Sharmini



Harshini



Bishmi, Nishi, Nadi and Sandy



Anoja



Ayesh



Tania



Rasanga and Shermal



Nadeeka and Chenuli

GLAM PICS!

Cornered

by Mike Baldwin

"Press one for reassurance. For validation, press two. If you just need someone to listen, please press three."

RUBES

WAIT FOR IT... WAIT FOR IT... FIRE!

WAL THE OLD ZIGZAG ESCAPE WORKS EVERY TIME!

FRED BASSET

DO YOU WANT TO HAVE A GO ON THE SLIDE, FRED?

I'm up for it!

Or at least I was!

BEAU PEEP

IF YOU WANT TO SELL T-SHIRTS, YOU'VE GOT TO PUT SOME THOUGHT INTO IT.

TRY TO COME UP WITH SOME CLEVER THOUGHT-PROVOKING SLOGANS FOR THEM.

I'M WAY AHEAD OF YOU!

YOU'RE SMELLY

CALVIN & HOBBS

FOR "SHOW AND TELL" TODAY, I HAVE SOMETHING THAT WILL ASTOUND AND AMAZE YOU! THIS LITTLE GUY CAN...

HAVE YOU ALL HAD YOUR SHOTS?

DailyMirror

CROSSWORD

CLUES FOR CROSSWORD NO. 1406

Solution for No. 1405 Across

1	V	M	G	D	G	P						
7	S	E	D	C	E	A	B	O	A	R	D	
9	A	R	M	S	A	L	F	R	E	S	C	O
11	P	E	R	I	W	I	G	K	N	O	W	N
15	A	L	O	F	T	I	N	S	P	I	R	E
20	C	R	O	U	P	I	E	R	P	A	S	T
23	V	E	R	N	A	L	C	I	R	R	U	S

Down

- Cut off the testicles (of male animals such as horses) (4)
- Used to express shock, dismay (2,4)
- Executive (7)
- Proverb (5)
- Bugle call (6)
- Slovak Republic (8)
- Organic compound (8)
- Celbrated (7)
- Damned (6)
- Anil (6)
- Mammary gland of bovids (5)
- Floating secured mark, (4)

1		2		3		4		5		6
7						8				
9					10					
11	12							13		
15		16			17				18	
20					19					
23								24		

Due to the prevailing situation in the country there will be no crossword competition. The publication of the crossword is purely for your enjoyment.

MOM

FRANCIS, YOU NEVER ATTENDED ANY OF THOSE SCHOOLS...

WHAT SCHOOLS?

THEY'RE FOOTBALL TEAMS.

GARFIELD

WOW... I CAN HEAR THE OCEAN

GOOD WI-FI ON THIS BEACH!

BC

TODAY WE WILL BE LEARNING ABOUT THE BIRDS AND THE BEES.

BOTH OF THESE THINGS WILL KILL YOU.

WORD WARP

Find the word hidden in common by the three words in each puzzle. The first solution words will form a fourth puzzle. The numbers indicate which answer's length, and the + indicates the position.

Example: The solution is **FLOWER**, **WALKING**, and **BENTON** is **WALL**.

+Lee
+strip
+lonze

+strap
+leg
+camp

+five
+grade
+Hopes

FINAL ANSWER

JUMBLE

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

FSULH

WORFN

TOMONI

CILATI

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Answers: HOTLY TAKEN (on next game page)
Answer: They had returned, and everyone agreed that the Apollo 11 astronauts were **DOWN TO EARTH**

WORD GAME

Kathleen Saxe

TODAY'S WORD - DELIVER
(DELIVER: dih-LIV-er: To take to the proper place or recipient.)
Average mark 30 words
Time limit 40 minutes
Can you find 41 or more words in DELIVER?

YESTERDAY'S WORD - PAYLOADS

palsy
payload
payola
play
playa
plod
plop
plop
posy
pousy
alas
also
apodal
lady
load
opal

doxy
sadly
salad
slap
slay
slap
slap
soap
soapy
soda
sold
soya
spay
spay

RULES OF THE GAME:
Do you find any words not on the list?

- Words must be of four or more letters.
- Words that acquire four letters by the addition of "s", such as "bats" or "dies," are not allowed.
- Additional words made by adding a "d" or an "s" may not be used. For example, if "bake" is used, "baked" or "bakes" are not allowed, but "bake" and "baking" are admissible.
- Proper nouns, slang words, or vulgar or sexually explicit words are not allowed. To contact Word Game creator Kathleen Saxe, write to Word Game, Kathleen Saxe, Universal Uclick, 1130 Walnut St., Kansas City, MO 64106.

(EDITORS: For editorial questions, please contact Alan McDermott at amcdermott@amuniversal.com.)
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5x5

No. 4125

F	E			S
	U		A	
K		A		E
	A		E	
D		E		S

PREVIOUS SOLUTION

C	R	E	D	O
H	E	A	R	T
E	R	G	O	T
S	A	L	V	E
S	N	E	E	R

Insert the missing letters to complete ten words five across the grid and five down.

KAKURO

HOW TO PLAY
Fill in the blank squares, using 1 to 9, without repeating any number in any run line. The lines must be filled in with numbers that add up to the total in the shaded box at the top or beginning of each line. A number in the bottom half of the shaded box is the downward total; in the top half, it's the horizontal total.

Sudoku

4632

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

SOLUTION NO. 4631

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

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1 to 9, without repeating any. The solution will be published on next game page.