

Sudoku

by Dave Green

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

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Difficulty Level ★★★

3/21

This is a logic-based number placement puzzle. The goal is to enter a number, 1-9, in each cell in which each row, column and 3x3 region must contain only one instance of each numeral. The solution to today's Sudoku puzzle is at the bottom of the page.

Experts say exercise helps elderly prevent injuries

DALLAS (AP) — Like a lot of people, former flight attendant Mary Nicholson wasn't an exerciser.

But two years ago she changed all that — at age 71. For Nicholson, part of the motivation to exercise was to be strong and agile enough to avoid a fall.

"I'm bound and determined I'm not going to fall and break a bone," she said during a workout that included balancing on one leg, working with weights and stair-climbing.

Nicholson says she feels better, is stronger, and her balance is much improved. With one in three adults over the age of 65 falling each year, experts say that people should follow Nicholson's lead as they get older. In 2004, the most recent year statistics are available, almost 15,000 people 65 and older died from falls and about 1.9 million were treated for injuries in emergency rooms, said Judy Stevens, an epidemiologist with the Centers for Disease Control and Prevention.

"I think the magnitude of the problem is something that people

don't recognize," Stevens said. "It really is a serious issue for older adults."

Making sure that people over the age of 65 know how to avoid falling or being injured by a fall is the goal of a campaign launched this month by the National Athletic Trainers' Association and American Academy of Orthopaedic Surgeons.

The organizations say in addition to exercise, older people can make their homes safer by installing night lights, bathroom grab bars and slip-resistant floors.

"If we continue to exercise, especially strength training, we decrease the loss of bone density. Just by working on strength training, you are working your muscles to keep strong," said Joe Scott, a NATA member who is outpatient orthopedic team leader for Southcoast Hospitals Group in New Bedford, Mass.

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