

THE WARBLER

AN EDUCATIONAL WEEKLY

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Dear Student, Artist, Thinker, Friend,

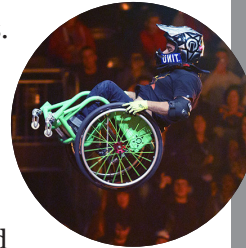
This week's edition of *The Warbler* is all about World Records. While some records are silly, like the most socks put on one foot in 30 seconds, there are several very impressive accomplishments within this book. One of the most fascinating records (in my opinion) is the woman with the longest nails. As a nail biter, I could never see myself having long nails, let alone the longest in the world. Another world record I love is the tallest cat. Measured at 19.05 inches, Arcturus was awarded for his size in 2017.

When I was younger, I used to dream of breaking a world record. I never had an idea of what I wanted to accomplish, but I had a desire to be recognized by the world. As I've gotten older that dream has faded. Now that social media is a world-wide phenomenon, I'm better off being noticed through an Instagram post rather than by owning the most phone cases. While being a renowned record holder sounds amazing, I've always wondered what benefits come with the title. Do these people receive any special treatment? Do they get some sort of reward for their achievement? Or do they just get a picture in a huge book and call it a day?

Either way, I think beating a world record is amazing. I can't imagine the hard work that is put into breaking some of those records. I hope you enjoy the rest of this week's edition of *The Warbler*. May your day be great, and your mind be inspired.

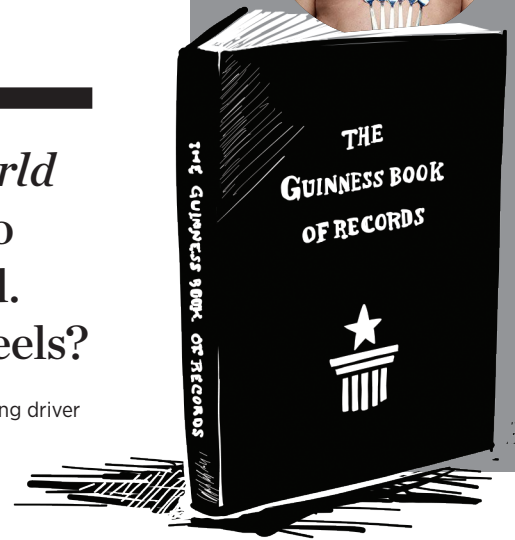
Abigail and the APAEP Team

“I want to be in the *Guinness Book of World Records*. And I don't have the patience to grow the longest fingernails in the world. Why not be the fastest woman on four wheels? It makes complete sense.” JESSI COMBS // American racing driver



WORDS INSIDE

FOUND INSIDE “11 TRULY BIZARRE GUINNESS ...”
pram | stroller or baby carriage



HISTORY

The Birth and History of the Guinness Book of Records

BY MARION WIJNBERG | *History Daily*

The only book in the world that has been held in high esteem and has gained world-wide achievement recognition for recording record breaking over the years, celebrated its 60th anniversary in 2015. The first edition that was set in print and published for the world to see was in 1955.

It all started in the early 1950s at a shooting party held by Sir Hugh Beaver (1890-1967) in County Wexford. Sir Beaver was the Managing Director of the Guinness Brewery. A somewhat heated discussion started about game birds and which of those was the fastest in Europe. Since no one knew the answer and it couldn't be found in any reference book of birds, the topic was dropped.

It wasn't until 1954, when Sir Beaver thought back to the argument he and his friends had at the shooting party as an interesting way of settling pub arguments and promoting his Guinness brewery at the same time. He asked twins Norris (1925-2004) and Ross McWhirter (1925-1975) to put together a book of facts and figures. Using an old gymnasium that had been converted into rooms, Sir Beaver opened offices on the top floor of Ludgate House, 107 Fleet Street and incorporated Guinness Superlatives on November 30th. Ross and Norris both were sports journalists in 1950. In 1951, they published *Get to Your Marks*. Ross McWhirter and his twin brother, Norris were the co-founders of the *Guinness Book of Records*.

Much research began along with the beginning writings of the first book, which according to all accounts took them working 90-hour weeks for just over three months. Being so focused and driven to finish the first book, they worked right through any type of holiday that came along. All the while, unbeknownst to the editors, the McWhirter twins, this would be the birth of a book that would one day dominate all books as an all-time best seller and one regarded as a trusted and recognizable brand globally.

October 1955 marks the year the first edition of *The Guinness Book of Records* was published. It contained 198 pages and 50,000 copies were printed. It only took two months for the book to become a bestseller in England. A copy was offered to each member of the brewery at half the book's retail price.

The book had 12 separate chapters. Each section of the book had a different title. They were; The Universe, The Natural World, The Animal Kingdom, The Human Being, The Human World, The Scientific World, The World's Structures, The Mechanical World, The Busi-

ness World, Accidents and Disaster, Human Achievements and Sport.

Some world record holders are those like the world's tallest or shortest person, but the book is also filled with people actually attempting to break one record or another to simply get famous enough to make the cut for the book.

A man by the name of Ashrita Furman — actually born Keith Furman in 1954 and who started breaking records in 1979 — is listed as breaking the most world records, setting over 600 official Guinness Records. He continues to hold more than 191 records, including the record for the most Guinness World Records (received in 2017), and the world record for splitting apples with a samurai sword among others.

Another interesting record-breaking account is of a man who held the world record for doing the most jumping jacks. In May of 2008, it only took Matthew Graul one minute to set the record at 61 jumping jacks, however, five years later in September of 2013, a new record was set by Raymond Butler who did 77 jumping jacks.

Finally, to celebrate Valentine's Day, a romantic new world record for the longest kiss was set by a husband and wife team, Ekkachai and Laksana Tiranarat who locked lips for 46 hours, 24 minutes and 9 seconds in 2011 beating the previous Guinness world record of 32 hours, 7 minutes and 14 seconds which was set by Nikola Matovic and Kristina Reinhart in Germany in February 2009. ●



It's now more than 100 years since the tallest man ever was born. Of course, no one anticipated his future as the world's tallest man when he entered the world on 22 February 1918 weighing an unremarkable 8.7 pounds, the son of average-sized parents. But Robert Wadlow measured a staggering 8 ft 11.1 in tall when last measured on June 27, 1940, becoming the tallest man in the world.

guinnessworldrecords.com;
Photo from Getty Images

“The ultimate would be to compete in a couple more Olympics, hopefully break some world records and wind up my sports career with a couple of years in the WNBA.”

MARION JONES // American athlete

HISTORY

11 Truly Bizarre Guinness World Records

BY KAITLYN BOETTCHER | *Mental Floss* | April 7, 2022

Guinness World Records, in theory, are amazing and seemingly unattainable. The record holders are astoundingly strong or fast or otherwise able to push the limits of human ability. Over the years, though, these world record categories have become increasingly bizarre.

Some of these records are incredibly specific, while others just prompt questions about the record holder's sanity. The following 11 records only scratch the surface of the weirdness recorded by Guinness World Record judges.

The fastest half-marathon run while pushing a pram. This record is one to shoot for if you don't want to let parenthood slow you down. The women's record is currently held by Lauren Stroud of the United States. In 2019, she completed the half-marathon in one hour, 22 minutes, and 29 seconds, and trained by running with her daughter, Sadie Rose.

The most toilet seats broken by someone's head in one minute. Usually, folks want to keep their heads as far away from a toilet seat as possible. But someone had other ideas: The record for most wooden toilet seats broken with their head was set in 2007 by Kevin Shelley of Germany.

The most rotations hanging from a power drill in one minute. This feat would require a great amount of upper-body strength — and it's much more extreme than regular weight-lifting. Still, you might want to avoid trying this one at home. The current record is 148 rotations in a minute, and it was achieved by The Huy Giang of Madrid, Spain.

The heaviest weights lifted by (unexpected) body parts. The record for heaviest weight lifted by tongue is about 28 pounds, and it belongs to Thomas Blackthorne, who established it in 2022 on the set of *Lo Show Dei Record* in Milan, Italy. Another one you probably didn't anticipate? Manjit Singh of the UK was able to lift about 36 pounds using just an eye socket. Singh also holds the record for the most weight (roughly 53 pounds) lifted using both eye sockets.

The longest duration full-body contact with ice. Polar bear plunge enthusiasts have nothing on Valerjan Romanovski of Poland, who set the world record in 2022

for the longest full-body contact with ice. He spent a total of three hours and 28 seconds covered in the stuff.

The fastest time to burst three balloons with the back. This record certainly requires that you have amazing flexibility. Honestly, though, how do you discover that this is one of your talents? In June 2020, Vaishnavi S of India — a yoga lover since childhood — managed to burst three balloons using just their back in 6.84 seconds.

The most watermelons chopped on the stomach in one minute. Think you've got an iron stomach? It's nothing compared to India's Suresh P, who managed to endure getting 64 watermelons chopped open on his stomach in one minute. Prabhakar Reddy P. Suresh, a black belt holder, practiced for close to a year before using Suresh P's midsection as a cutting board in 2020.

The most T-shirts removed while heading a football. Yes, by football they mean soccer ball. The record is 22 shirts and is held by Marcelo Ribeiro da Silva of Mexico.

The most steps walked by a dog balancing a glass of water. Don't worry, pet parents — your furry companions can set records, too. Sweet Pea, an Australian Shepherd/Border Collie, put other pooches to shame when the dog managed to trek a record 10 steps while facing backward and balancing a 5-ounce glass of water.



The loudest purr by a domestic cat. The award for loudest purr recorded by a domestic cat is currently held by Merlin, a black-and-white rescue cat who managed to get up to 67.8 decibels.

The longest distance pulled by a horse or car while on fire. In 2017, professional stuntman Josef Tödttling from Austria entered the Guinness World Records when he managed to get dragged 1640.42 feet by a horse while he was ablaze. His human torch act inspired another record: He managed to log the farthest distance pulled by a vehicle while being personally engulfed by flames. ●

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MATHEMATICS

Sudoku

#261 PUZZLE NO. 3073340

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

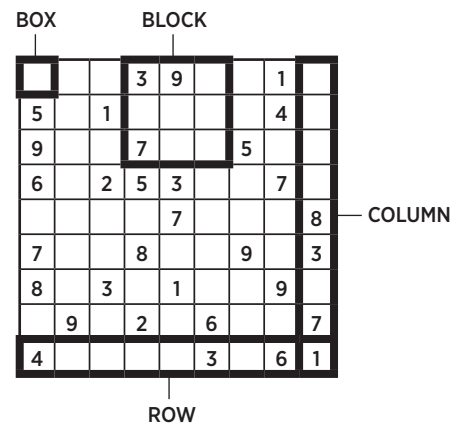
©Sudoku.cool

#262 PUZZLE NO. 4975169

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

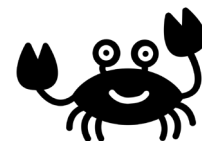
SUDOKU HOW-TO GUIDE

1. Each block, row, and column must contain the numbers 1-9.
2. Sudoku is a game of logic and reasoning, so you should not need to guess.
3. Don't repeat numbers within each block, row, or column.
4. Use the process of elimination to figure out the correct placement of numbers in each box.
5. The answers appear on the last page of this newsletter.



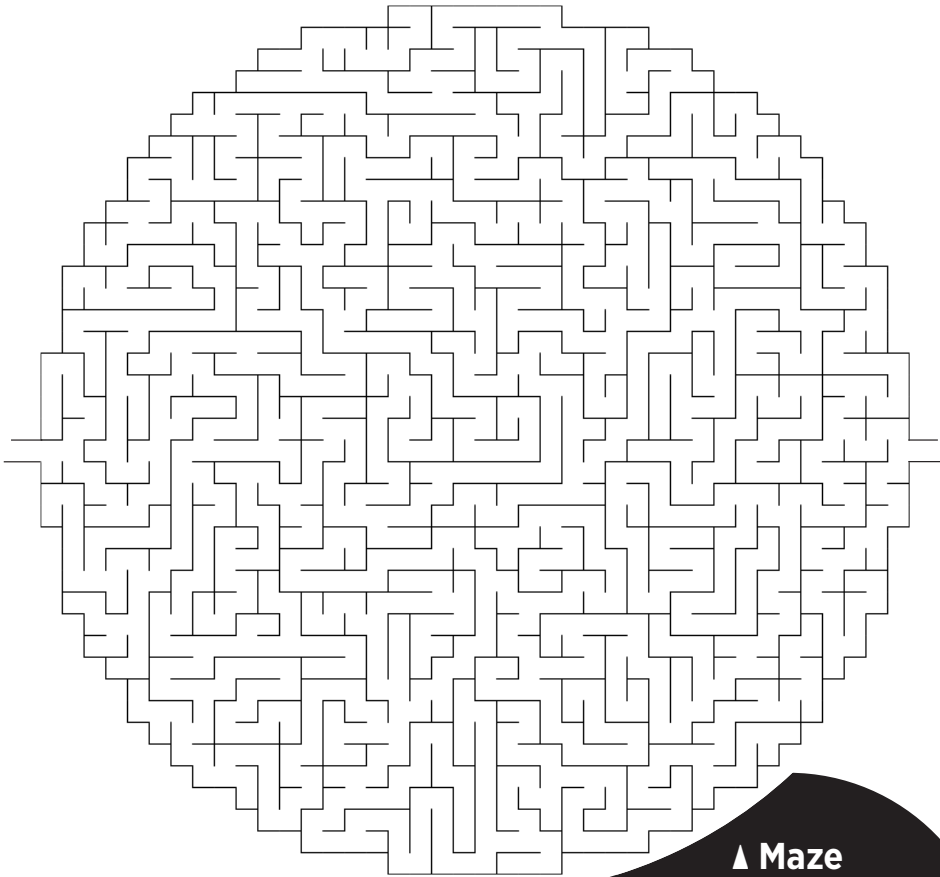
What the example will look like solved 📌

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



“I have a Guinness Book of World Records entry as the most-watched person on television; now I have a new entry as the only man who has a crab named after him.”

DAVID HASSELHOFF // American actor



▲ **Maze**

This maze is a collection of paths, where there is both a start and ending point. The player starts from the start point and follows a path of their choice, which leads to the end point.

Resources

Listed below are a few organizations able to offer support, community, and engagement for persons who have been or are currently incarcerated. Please contact them with concerns or questions you might have. These organizations are primarily volunteer organized and operated, so please allow time for response. We would also love to hear from you. Feel free to write to us at **APAEP**.

**1061 Beard-Eaves Memorial Coliseum
Auburn University, AL 36849**

OAA (Offender Alumni Association) Based out of Birmingham and able to offer resources for individuals currently incarcerated and those who have been released.

**1000 24th Street South
Birmingham, AL 35205**

FIGCN (Formerly Incarcerated College Graduate Network) supports persons who have been or are currently incarcerated and are involved or looking to get involved in post-secondary education (college). They offer access to job and internship opportunities, job fairs, and other educational resources.

**600 Park Offices Drive, Ste 300 #54
Durham, NC 27709**

DID YOU KNOW?

The world's **longest river** is the Nile, which is 4,160 miles in length.

The Broadway production of Disney's *The Lion King* is the **highest grossing musical** of all time, bringing in over 1.6 billion worldwide.

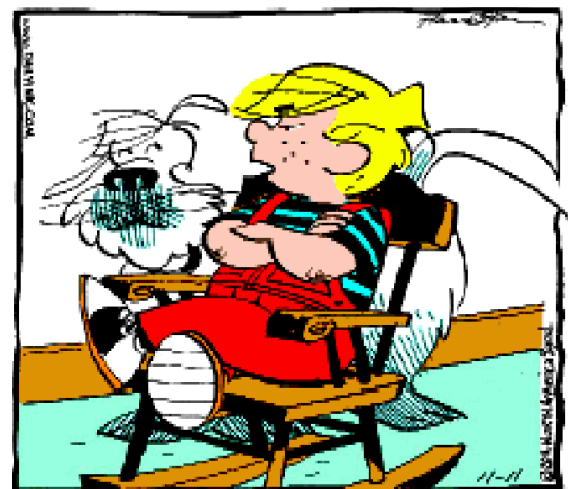
The first YouTube video to receive **10 billion views** is "Baby Shark Dance."

The **highest-grossing actor** at the global box office is Robert Downey Jr, who played the Marvel comic book character Tony Stark/ Iron Man for over a decade.

The **tallest living man** and the tallest person alive is Sultan Kösen of Turkey. He measured 251 cm on February 8, 2011.

The official **land-speed record** is 1,227,985 km/h set by Andy Green in the Black Rock Desert, Nevada.

Source: www.guinnessworldrecords.com



"I WONDER WHAT THE WORLD RECORD IS FOR SITTING IN A CORNER."

ART + CULTURE

World Record

BY BRIDGET MENASCHE

We're going for a record, my dad says, taking a break from squalling Hendrix through a hand-rigged amp.

Record disappointment in the cheap seats, record subway heat and flooded tunnels.

Across the country,

the lilacs open a week early.
Plankton bloom in the cold sea

where the north pole used to be, which tilts slowly down the surface of the earth like a top tipped and wobbling.

New records swell across the earth. How many more of us sweating and cursing this year. How many wells running dry.

At home, Led Zep on the radio: *mean old levee taught me to weep and moan*. If only

you knew, old bluesmen, if only we knew what would become of us.

Whale sharks ply the equator in small ridges and humpbacks swan song south where krill swarm into the meltwater where Antarctic ice sheets used to be

and if we recover it will be, like the whales singing after the harpoons have been burned, in a different world

that we do not recognize,

a world where we need to rename life in its lesser glories, hopefully less limited

than biologists fear when we get more than a few drinks in us.

What language will we name in?

Bridget Menasche, a graduate student in the Molecular, Cellular and Developmental Biology, and contributor to *Science Buffs*, is a scientist by day and a poet by night. She is also an avid artist.

WRITING PROMPT

This poem seems to be describing new records being broke because of changes in the earth's climate. Poetry and science don't always seem to connect, but this poet uses scientific facts to create a poem that describes different happenings in the ocean and other places. Using this as a prompt, create or write a blog, short essay, poem, or illustration that combines two "things" that aren't typically related or connected.

Word Search

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

HUMPBACKS
BLUESMEN
HENDRIX
BIOLOGISTS

DISAPPOINTMENT
EQUATOR
LANGUAGES
ANTARCTIC

PLANKTON
RECORDS
RECOVERY
SQUALLING

ENTERTAINMENT

Easy World Records You Could Probably Beat

BY STEVE WRIGHT | *Ranker* | September 23, 2021

There's a world record for just about everything, and your name doesn't have to be Michael Phelps or Usain Bolt to break one. There are some easy world records that anyone can beat which don't take both natural talent and countless hours of training to achieve.

These are the kinds of records that take little skill, can be learned quickly, and often are just plain dumb. These are the records that might exist just because they can -- that are so crazy or over-the-top, someone is willing to attempt to try them to have their name in history books.

These are the unsung heroes: the ice cream stackers, the mattress divers, the cup musicians.

And while these records seem silly, don't laugh. Regardless of what they achieved, they are on top of their game. Think you can beat one of them? Take a look at these records and see for yourself.

Fastest Time to Peel and Eat an Orange Blindfolded (Team of Two) | Surprised this is a record? It requires no natural skill, just a bit of practice and teamwork. The current fastest time for peeling and eating an orange blindfolded in a team of two is 17.15 seconds.

Farthest Distance to Blow a Pea | The record for blowing a pea the farthest distance currently stands at 24 feet, 7.66 inches. This is obviously a mighty blow, but someone with lots of lung power (perhaps a former musician) would be ideally suited to beat this record. Just be sure to make an attempt inside, away from the wind, and on a flat surface for validity.

Most Human Targets Hit with Plungers in One Minute | People usually don't like it when they have to touch plungers, which makes this record very unusual. Yes, there is a world record for throwing the most plungers at human targets in one minute that currently stands at 15.

Largest Cup Percussion Ensemble | A cup percussion ensemble is apparently a thing, and the world record in 2014 for people banging cups in tune was 349 participants at a school in Genk, Belgium.

The Belgians broke the record playing "Cups" from *Pitch Perfect*, but their record was broken in 2017 by a group of 2,398 participants in China. All it takes to break this record is a large group of people, cups, and probably a good set of ear plugs.



Most Hamburgers Eaten in Three Minutes | Kobayashi is something of a hero in the competitive eating world, and he holds numerous records. His record for most hamburgers eaten in three minutes sits at 12 and it seems vulnerable to someone with a big appetite who can eat food fast. The four-ounce hamburgers can be eaten with one condiment, so choose wisely.

Most Functional Gadgets in a Cosplay Suit | When it comes to cosplay, fans can either go big or go home. Julian Checkley certainly went big with his Batman suit that featured 23 functioning gadgets including a fireball launcher, smoke bombs, and a grapnel gun. In truth, all you need to do to beat this record is copy Checkley's design and add one more item that works. A built-in cooler for long nights in the Batcave, perhaps?

Most Ice Cream Scoops Balance on a Cone | Dimitri Panciera is the king of balancing copious amounts of ice cream on a single cone. He smashed his previous record of 109 scoops with a 121-scoop effort back in September 2015. This record could easily be beaten.

All it takes is determination, a cool climate (to prevent melting), and, of course, lots and lots of ice cream.

Fastest 100 Meter Hurdles Wearing Swim Fins | Even in a world filled with silly and ridiculous records, there is occasionally a record that stands out for just being completely bizarre. Christopher Irmscher holds one such record after he completed the 100-meter hurdles in 14.82 seconds... while wearing swim fins. ●

The largest cup percussion ensemble consisted of 2,398 participants and was achieved by Du Tianlu (China) in Xi'an, Shaanxi, China, on 21 May 2017. They performed the rhythm of a song — "Pursuing" — which was composed and sung by the record holder, lasting for 6 minutes and 5 seconds. The record was achieved on their second attempt.

Edited for space

GEOGRAPHY

Lhakpa Sherpa | Daughter of the Mountains

BY BIBHUTI SHAH | *The Himalayan Times* | June 5, 2022

It was in 2000 that a young Lhakpa Sherpa, aged 26, became the first Nepali woman to successfully climb and descend Mt Everest. However, her journey of scaling the highest peak in the world had only just begun — she has gone on to scale Mt Everest a total of 10 times, the highest for any woman in the world. Her tenth ascent was on May 12 at age 48.

In the lap of mighty mountains

Born in a cave in Mt Makalu, a neighboring mountain of Everest, Lhakpa grew up admiring the mighty mountains, and she always wanted to conquer them.

Her village was one of the remotest places in Nepal then with neither education nor healthcare facilities. “I learnt about wildlife by living in the jungle. I learnt to start a fire without matchsticks. I learnt many good things in life without books, without reading. That was my life coming from a mountain,” said Lhakpa who, alongside being a mountaineer, is also a fierce believer of women’s potential.

She grew up in an era when women were not allowed to get an academic education. Because of her strong build, she remembers carrying her younger brother to a school that was made of bamboo and devoid of tables. She joked how her mother used to call her “yellow bus” referring to the colour of school buses.

With education being out of her reach due to her gender, Lhakpa would occasionally eavesdrop from the door to know what the boys in class learnt.

Y2K: First ascent

Lhakpa started dreaming of her summit when she was 11 following her father who was a local guide in Makalu. She then went on to learn mountaineering from pioneer mountaineer Pasang Lhamu Sherpa, who opened mountaineering opportunities for women by becoming the first Nepali woman to summit Mt Everest in 1993.

She successfully ascended Mt Everest on April 22, 1993, but lost her life while descending the same day. Reminiscing about her first ascent (of Mt Everest) in 2000, Lhakpa said, “In Nepal, it was taboo for women to climb mountains. They used to say ‘Why are you climbing mountains? That is a man’s job.’ We could not even hang out with men or talk to them. There was a different kind of life, different kind of mindset.”

But despite all the criticism, Lhakpa ascended and descended Mt Everest in 2000, becoming the first

Nepali woman to do so. “My first experience of climbing the Everest was in the women’s expedition back in 2000. I had climbed various peaks of Nepal, so I decided to summit Everest. You need to have a dream to do something.

Of her first ascent of Mt Everest, Lhakpa recalled, “I was very young, I don’t really remember, but I felt cool. I was not scared. Following her first ascent, Lhakpa summited Everest in the years 2001, 2003, 2004, 2005, 2006, 2016, 2017, 2018, and 2022.

Focus on the mountains

Lhakpa left Nepal in 2002. She went to the US, but did not abandon her dream of summiting Mt Everest again. Her dream has always been “to earn money, and come to Nepal to climb the Everest”. And she has been realizing her dream of climbing mountains with lots of hard work.

Lhakpa resides in the US and does physical jobs like loading and unloading goods from trucks. She wakes up at 4:00 am to reach her work by 6:00 am, and makes time for climbing small peaks in the US when free. Even though she returns tired from work at 7:00-8:00 pm, her sole focus is the mountain peaks. She also works as a climbing guide for hills in the US as well as in Nepal.

“Now that I have achieved my goal, I like to think my hard work has been paid back,” she added. She wants to climb Everest again as Lhakpa said, “Everest is my doctor. It heals me. I can’t help but come back to it. I go to the US, work hard, come back to the Everest and heal.”

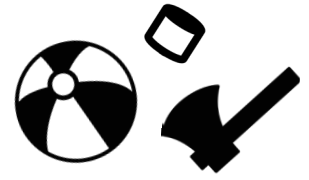
She also conducts guided expeditions to New England Hike Areas, among other places.

Being a woman

Lhakpa believes that women are very strong and can do anything. “We are like the weather, like nature.



Edited for space



RANDOM-NEST

Idaho Man Says He Completed His Goal of Breaking 52 World Records in a Single Year

BY RACHEL TREISMAN | NPR | JANUARY 27, 2022

David Rush of Idaho set out to break one Guinness World Record every week of 2021.

The challenge was simultaneously no small feat and nothing out of the ordinary for Rush, an author, speaker and entertainer who describes himself on his website as “one of the most prolific Guinness World Records title holders on the planet.”

Rush has been promoting STEM for more than a decade through talks with students, educators and corporations. He told NPR over email that his record-a-week mission aims to inspire students who struggle with those disciplines by showing difficult things are possible.

“I crossed the 200 Guinness World Records broken milestone with one of the 5 hardest for the most kiwis sliced in one minute using a samurai sword while standing on a swiss ball,” he wrote. “I revisited my very first record — longest duration blindfolded juggling, this time extended the record from 22 minutes 7 seconds to 32 minutes 7 seconds.”

Some of his tasks involved partners. Rush said he broke a couple of records with his wife, and put a bow on the year by wrapping his neighbor in wrapping paper with the help of an accomplice, becoming the fastest pair to do so.

A spokesperson for Guinness World Records confirmed over email that Rush achieved a total of 43 Guinness World Records titles over the 52 weeks of 2021.

Rush explained that the rest of the attempts have been submitted to Guinness for review. The official verification process involves creating an application for a new record, having Guinness approve it, actually making the attempt and then submitting the evidence to the organization for review, which he said can take up to three months.

He said he currently has 10 or 11 that are pending review, and likes to have “a couple of extra in case any are not approved for any reason.”

In the meantime, here are a couple of the world records he can officially add to his resume:

- Fastest 100 m joggling with three objects whilst blindfolded (male)
- Most consecutive axe juggling catches
- Most passes of a beach ball in one minute (team of two)
- Most marshmallows caught by mouth in one minute

Edited for space

Sometimes we are angry, sometimes happy, sometimes sad, just like nature, which sometimes rains, sometimes thunders, and sometimes snows.”

Everest through her eyes

Lhakpa, who grew up among the bright blue glistening mountains, observed that the mountains in the Everest area looked black this time. “When I had climbed (Everest) in 2018, there was a lot of ice but now the ice has melted. We can see rock, the ice is seen only in corners. The glaciers have melted,” she remarked.

Yet she is happy that the number of people climbing Everest has increased. “Everybody wants to go to the top of the world. I have done it. I love it. I love to support anyone wanting to climb the Everest,” she expressed.

However, she was disappointed that the money the climbers pay to climb Everest is not being put to proper use as she could see a lot of garbage on the Everest. “Even though people/Sherpas were trying to collect it, it is not enough,” she said as she suggested the government to form a team to collect the garbage after people descend.

“If done so, it could attract more tourists, and the Nepali government would become an international example,” she said.

Mountains and her

“Mountaineering is like going to college — same clothes, same shoes, same rope,” Lhakpa joked.

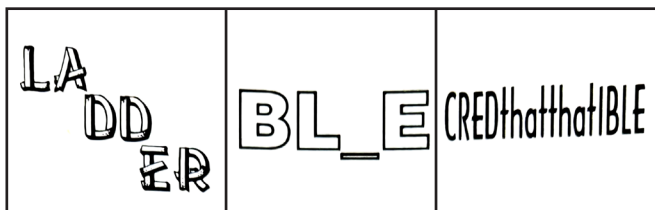
This was one of the many instances when the mountaineer would crack jokes in between the interview revealing her fun side. “I am not a boring person. I like jokes, I like to have fun.

Everybody has sadness, but we must have happy things too. Like nature, we need to bring everything together that can keep our mind fresh.

“I am an old lady — I just focus on the mountains and my children. I cannot fall in love with anybody. I need to make money to send my son to a shining college, get a shining car. I need to pay my bills,” she said. She also called the mountains her doctor: “They make me more healthy, more active, stronger, happier ... they heal my heart.”

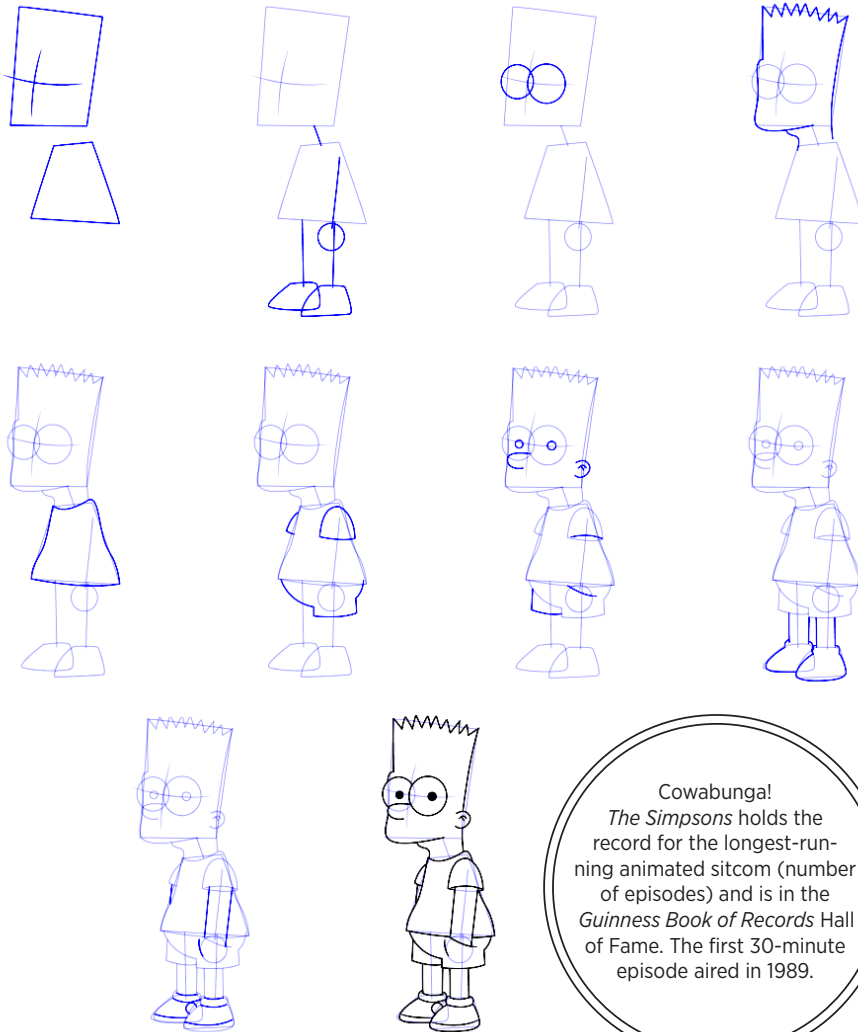
Along with mountains she is fond of skylines. “In the US, when I see big, nice buildings, I think about the engineer who made those buildings. Mountaineering is hard, but making a building is harder. People have such power. I bow down in front of big buildings, big bridges, like I bow down in front of mountains.”

For all that she has achieved as a mountaineer, Lhakpa is being awarded as the ‘Most Powerful Woman’ by US President, Joe Biden, in October, in the White House, USA. ●



WORD PLAY A Rebus puzzle is a picture representation of a common word or phrase. How the letters/images appear within each box will give you clues to the answer! For example, if you saw the letters “LOOK ULEAP,” you could guess that the phrase is “Look before you leap.” *Answers are on the last page!*

HOW TO DRAW BART SIMPSON



drawingtutorials01.com

Cowabunga!
The Simpsons holds the record for the longest-running animated sitcom (number of episodes) and is in the *Guinness Book of Records* Hall of Fame. The first 30-minute episode aired in 1989.



WORDS OF ENCOURAGEMENT

Earning the title of a world record holder is a huge deal. It makes winning a trophy seem silly. Sure, you won the tournament, but are you the best of the best? Setting out to beat a world record is not measily task. It takes dedication, time, and a whole lot of practice (depending on what you are competing for). Despite world records being hard to break, they're not impossible, which is what makes attempting the challenges so appealing. Throughout this newsletter we were able to introduce you to people that rediscovered new things they were able to achieve and master. We hope you enjoyed and were inspired by this week's issue of *The Warbler*!

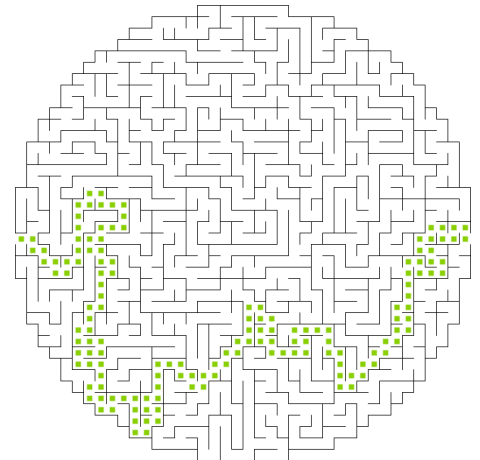
Abigail and the APAEP Team

Answers

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

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

Page 5 MAZE



Rebus Puzzle

Page 9

1. Step Ladder
2. Blue Without You
3. That's Incredible

UNTIL NEXT TIME !