MenuSeekAvoidCombine HW

-Submitted answers ALL made sense and 'did it' basically.
-90+10 for control w/lists.
-ignorant use of Myro speed value: -10
-untimed command immediately followed by a motion change: -5
-ineffective testing: -2  x=input(); use x; test x
-User can run only 1 demo -2. No simple one included -2

- Silly, wasteful code like x=1; while x>0 with x never changed, or x = val1; x = val2, while True: .. return -2.
- Useless ret.val -1
- Seek & avoid in ONE behavior not done -5
- lists: loop used for printing menu 5 of 10 for list control, & if/elif/elif/elif ... is avoided for the other 5 of 10