

FALL 2019

# WellSpring

A BOUNTIFUL SOURCE FOR HEALTHY LIVING FROM  
 Wellness Partners  
*Your Preventive Care Specialists®*

## Just Beet It

BENEFIT FROM BEETS | KEEPING UP ON MEDS | MANAGE YOUR ANGER



# TABLE OF CONTENTS



## JUMP INTO FALL!

Another summer gone and another fall begun. With school back in session, many people find their way back to a routine that isn't present in the summer. And with routines we can sometimes create ruts and find ourselves stuck. This fall, take the opportunity to combine structure with flexibility, work with play, humor and a sense of adventure with the tedious tasks for the day. Let the change in season spark a change in you! Laugh, get outside your comfort zone, and take another step in the right direction with your health and well-being. Like leaves falling off trees, each moment that passes has the opportunity to add up to big things. So pile up those falling leaves with playful anticipation and jump right in.

**Thanks for being a part of the Wellness Partners family!**

Wellspring	<b>3</b>
Jump-Start!	<b>5</b>
The Brief	<b>7</b>
Better Understand Beets	<b>8</b>
Keeping Up On Meds	<b>9</b>
Manage Your Anger	<b>10</b>
Bone Health	<b>11</b>
Recipes	<b>12</b>
WP Specialists	<b>14</b>
Puzzles	<b>15</b>



## THE TRUTH ABOUT VAPING

E-cigarettes have been marketed as a healthier alternative to traditional cigarettes, but is there enough evidence and research to support those claims?

The jury is still out on the long-term health consequences of e-cigarette use, but Michael Blaha, M.D., M.P.H., director of clinical research at the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease, has some input on the subject.

According to Blaha, there are many unknowns about vaping, including what chemicals make up the vapor and how they affect physical health over the long term. **“People need to understand that e-cigarettes are potentially dangerous to your health. You’re exposing yourself to all kinds of chemicals that we don’t yet understand and that are probably not safe.”**

Nicotine, the addictive substance in tobacco, is one of those chemicals and it is present in both e-cigarettes and traditional cigarettes. Many e-cigarette users get even more nicotine than they would from a tobacco product by purchasing extra-strength cartridges, which have a higher concentration of nicotine. The e-cigarette’s voltage can also be increased to get a greater hit of the substance. Some studies show nicotine to be as addictive as heroin and cocaine.

Of particular concern is the increase of e-cigarettes among youth. **In 2015, the U.S. surgeon general reported that e-cigarette use among high school students had increased by 900 percent, and 40 percent of young e-cigarette users had never smoked regular tobacco.** The reasoning for this may be threefold. First, many teens believe that vaping is less harmful than smoking. Second, e-cigarettes have a lower per-use cost than traditional cigarettes. Finally, vape cartridges come in a wide variety of flavors like cherry vanilla and watermelon, which is appealing to young users. The lack of the smoke is also very appealing to users because of the stigma attached to it.



While many tobacco users turn to e-cigarettes as a more healthful option, more research will need to be done on the long-term health effects of their use. In the meantime, youth should be discouraged from the use of e-cigarettes just as they are from traditional cigarettes.

[www.hopkinsmedicine.org/health/wellness-and-prevention/5-truths-you-need-to-know-about-vaping](http://www.hopkinsmedicine.org/health/wellness-and-prevention/5-truths-you-need-to-know-about-vaping)



WHILE MANY TOBACCO USERS TURN TO E-CIGARETTES AS A HEALTHIER OPTION, MORE RESEARCH WILL NEED TO BE DONE ON THE LONG-TERM HEALTH EFFECTS OF THEIR USE.

# ADHD

## ATTENTION DEFICIT HYPERACTIVITY DISORDER

*From The National Institute of Mental Health*

Attention-deficit/hyperactivity disorder (ADHD) is a brain disorder marked by an ongoing pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development.

- **Inattention** means a person wanders off task, lacks persistence, has difficulty sustaining focus, and is disorganized. These problems are not due to defiance or lack of comprehension.
- **Hyperactivity** means a person seems to move about constantly, including in situations in which it is not appropriate; or excessively fidgets, taps, or talks. In adults, it may be extreme restlessness or wearing others out with constant activity.

- **Impulsivity** means a person makes hasty actions that occur in the moment without first thinking about them and that may have high potential for harm; or a desire for immediate rewards or inability to delay gratification. An impulsive person may be socially intrusive and excessively interrupt others or make important decisions without considering the long-term consequences.

It is normal to have some inattention, unfocused motor activity and impulsivity, especially in young children. **However, for people with ADHD, these behaviors are more severe, occur more often, and interfere with or reduce the quality of how they function socially, at school or in a job.**

Diagnosis of ADHD requires a comprehensive evaluation by a licensed clinician, such as a pediatrician, psychologist, or psychiatrist with expertise in ADHD. For a person to receive a diagnosis of ADHD, the symptoms of inattention and/or hyperactivity-impulsivity must be chronic and impair the person's functioning. The doctor will also ensure that any ADHD symptoms are not due to another medical or psychiatric condition.

[www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml](http://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml)

While severe cases of ADHD may require medication, there are many steps you can take without a prescription.

### NATURAL SOLUTIONS TO IMPROVE SYMPTOMS:



Avoid sugar, food dyes, artificial sweeteners, and caffeine.



Eat diets rich in fruits and vegetables, lean proteins, and healthy fats.



Supplement with high-quality omega 3s.



Get enough sleep. Adults need 7-9 hours each night and children require 9-12 hours of sleep in order to grow and function properly.



Limit screen time. Young children should have no more than 2 hours each day of screen time (this includes phones, tablets, computers, gaming systems, TV, etc.) and older children no more than 4 (this excludes work done on computers for education).



Exercise and engage in energetic play. Our bodies are created for movement and in fact, many studies show the detrimental effects on health—both immediate and long term—from sitting too much. Children especially require a lot of movement and play time. Forcing them to sit still and quiet for several hours at a time is not natural or healthy for a child. Be sure they have plenty of opportunities to play outside and “burn off” their energy.

[www.verywellmind.com/natural-remedies-for-adhd-4129285](http://www.verywellmind.com/natural-remedies-for-adhd-4129285)



# JUMP-START!

one month to a better you

## GET OUT OF YOUR COMFORT ZONE!

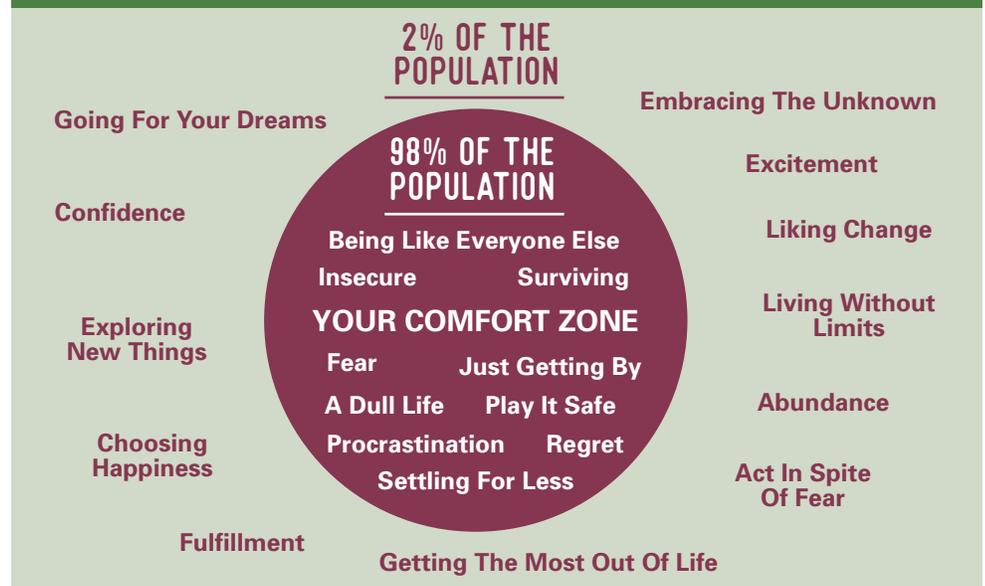
While having structure in our day and lives is helpful for getting tasks accomplished, we may find we don't tolerate change very well and do not have a flexible approach to the curveballs that come our way. We like routine because it's familiar and comfortable. However, always staying inside our comfort zone leads us to a place of complacency and leaves us feeling unfulfilled and wondering if there is more to life. Well there is! Perhaps you've heard the saying "Life begins at the end of your comfort zone". Stretching ourselves outside of what is routine for us forces us to grow personally and professionally. Taking risks, being willing to fail, and overcoming fears allows space for us to learn new things, explore other options and realize our full potential.

*the BEST is yet to COME*

Your goal this month is do one thing every day that is outside of your comfort zone. It may be as simple as introducing yourself to a new neighbor when you would rather hide in the garage, or enjoying dinner out by yourself, or perhaps calling up an old friend to tell them about a new investment or business venture. Whatever it is, strive to do the things that make you feel a little uneasy or vulnerable, because in doing so, you will realize that you are capable of so much more than you realized!

**How to Participate:** Your challenge this month is to do one thing every day that is outside of your comfort zone. Track your activities and send it back to us at the end of the month for your chance at a cash prize in our quarterly drawing. You could win \$75, \$150, or \$300 in CASH! *Sorry, participants can only win 1st place once per calendar year.*

### the 2% mindset



# JUMP-START!

one month to a better you

**THIS MONTH'S CHALLENGE IS TO GET OUT OF YOUR COMFORT ZONE EVERY DAY!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL
OCTOBER		1	2	3	4	5	
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

**How to Participate:** Your challenge this month is to do one thing every day that is outside of your comfort zone. Track your activities and send it back to us at the end of the month for your chance at a cash prize in our quarterly drawing. You could win \$75, \$150, or \$300 in CASH! *Sorry, participants can only win 1st place once per calendar year.*

- 1 In the space provided, record your name and group name.
- 2 Sign and date when completed.
- 3 By the deadline to the right, mail, fax, or email your signed page to Wellness Partners:

Wellness Partners [www.wellness-partners.org](http://www.wellness-partners.org)  
 106 West 3rd Street [healthyliving@wellness-partners.org](mailto:healthyliving@wellness-partners.org)  
 P.O. Box 488 P: 877.345.7775  
 McCook, NE 69001 F: 308.345.1975

### DEADLINES FOR QUARTERLY DRAWINGS

Oct/Nov/Dec: **JANUARY 5**

Jan/Feb/Mar: **APRIL 5**

Apr/May/Jun: **JULY 5**

Jul/Aug/Sep: **OCTOBER 5**

Name \_\_\_\_\_ Group \_\_\_\_\_

Signature \_\_\_\_\_ Date Completed \_\_\_\_\_



# THE BRIEF



## LAUGHTER IS THE BEST MEDICINE

Laughter offers a host of benefits, both short and long term.

### SHORT-TERM BENEFITS

When you start to laugh, not only is your mental load lightened, but your body also experiences actual physical changes. Laughter stimulates your heart, lungs, and muscles and increases endorphins—those ‘feel good’ hormones released by your brain. It soothes tension by increasing circulation and muscle relaxation, both of which reduce symptoms of stress and has been shown to reduce blood pressure. Additionally, laughter leads to an overall relaxed feeling by first activating and then relieving your stress response.

### LONG-TERM EFFECTS

Laughter is more than just a quick pick-me-up, though. It's also good for you long term. It can bolster your immunity, relieve pain, make it easier to connect with others, improve your mood and lessen depression and anxiety. This can increase your overall satisfaction with life.



### Here's some humor to brighten your day:

“Have you heard about Murphy’s Law?”

“Yes. Anything that can go wrong will go wrong.”

“How about Cole’s Law?”

“No.”

“It’s julienned cabbage in a creamy dressing.”

Q: Which rock group has four guys who can’t sing or play instruments?

A: Mount Rushmore

What to say if you’re caught sleeping at work:

I'm actually doing a Stress Level Elimination Exercise Plan (SLEEP) that I learned at the last work seminar you made me attend.

**A 1st grade teacher collected well-known sayings. She gave each child in her class the first half of a saying and had them fill in the rest.**

*Better to be safe than...  
Punch a 5th Grader.*

*Don't bite the hand that...  
Looks dirty.*

*No news is... Impossible.*

*An idle mind is...  
The best way to relax.*

*Where there's smoke, there's...  
Pollution.*

*A penny saved is... Not much.*

*If at first you don't succeed...  
Get new batteries.*

*You get out of something  
what you...  
See pictured on the box.*

*When the blind leadeth the blind...  
Get out of the way.*

Source: SurfCCC

**“YOU DON’T STOP LAUGHING WHEN YOU GROW OLD, YOU GROW OLD WHEN YOU STOP LAUGHING.” – GEORGE BERNARD SHAW**



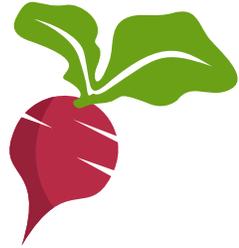
a closer **LOOK**

# Benefit from Beets

## BETTER UNDERSTAND HOW BEETS CAN HELP YOU

Beets are packed with a wide variety of nutrients including folate, potassium, and vitamin C. Not only do beets make a tasty addition to your diet, they are also used for medicinal purposes.

- Did you realize that when you eat beets you are usually eating the root of the plant? These deep purple roots are eaten boiled, roasted, or raw, and either alone or combined with any salad vegetable. A large proportion of the commercial production is processed into boiled and sterilized beets or into pickled beets that are canned.
- The green, leafy portion of the beet is also edible, though many people discard this. The leaves can be added raw to salads or cooked—in the form of boiling or steaming—in which case they have a taste and texture similar to spinach.
- Beets contain a red color that is not broken down in the body, so if a person consumes a large amount of beets, he or she may experience a temporary reddish color in urine or stools. In the case of urine, this is a condition called beeturia, that although harmless, may cause initial concern due to the visual similarity to what appears to be blood.
- When shopping for fresh beets, choose those that are heavy for their size with green tops still attached. For best nutrient content, don't overcook the beets; keep roasting to 45 to 60 minutes and steaming to 15 minutes or less. Be sure to leave about one inch of stem intact to minimize color loss while cooking.



### HEALTH BENEFITS OF BEETS:

- Studies have shown that eating beets may improve oxygen use and slow time to exhaustion for athletes, ultimately improving their performance. It is recommended that beets be consumed 2-3 hours prior to training or competing to maximize their effects.
- Beets contain a high concentration of nitrates which have a blood pressure-lowering effect and may lead to a reduced risk of heart attacks and strokes. These nitrates also help increase blood flow to the brain, improving cognitive function and possibly reducing the risk of dementia. This is an ongoing field of study.
- Beets are a good source of fiber which is beneficial for digestive health.
- The antioxidant content and anti-inflammatory nature of beets have led to an interest in its ability to prevent cancer which has led to further research being conducted.





# Check Your Meds

## MAKE SURE YOU ARE KEEPING UP ON YOUR MEDS

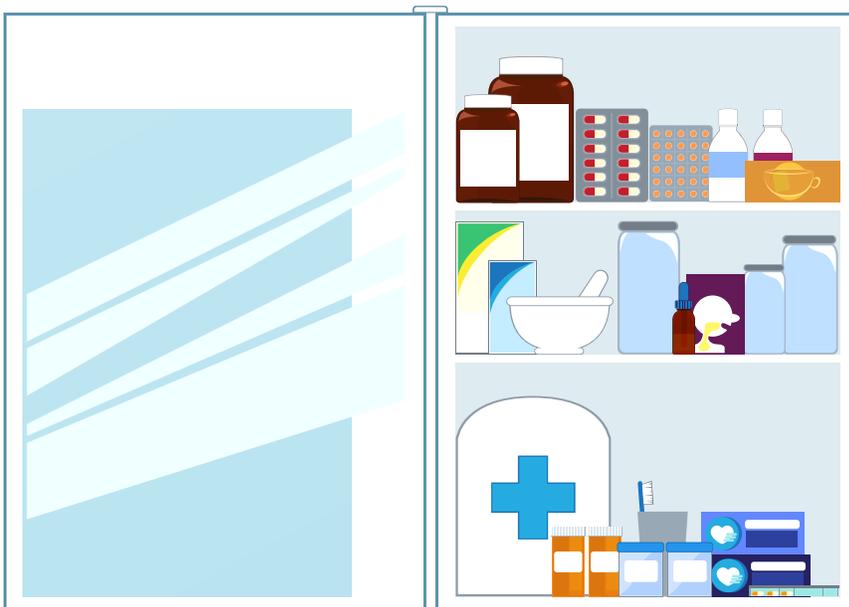
**It is recommended to check your medications periodically to avoid potential interactions, check expiration dates, and to discard of any unused medications in your cabinet.**

**First**, it's important to have a list of all the medications you are taking, both prescription drugs and over the counter remedies. Keep a current list and share it with your pharmacist who can check for possible drug interactions.

**Second**, be sure that you are taking your medications as prescribed or as the instructions state on the container. If you are on several medications, keep them organized with a pill box and track your time, frequency, etc. on a calendar. Follow up with your doctor on the recommended schedule in order to monitor effectiveness, minimize side effects, and to adjust the medication type or dosage if needed.

**Lastly**, dispose of medications you no longer need or use. While most medical authorities state that expired medications are usually still effective, always check with your physician or pharmacist on the right action step for you. If you are in a situation where your doctor gave you more medication than you actually need and you need to dispose of the excess, be sure to do so properly. Throwing them in the trash is dangerous as animals or other people can still ingest them, and flushing them down the drain or toilet contaminates our water supply. To ensure proper disposal, discuss this with your pharmacist.

Take extra caution with any type of pain medication. Because these types of prescription drugs are so highly abused by all ages it is important to not make them easily accessible by others.



**FORGETTING TO TAKE YOUR MEDS?  
THERE'S AN APP FOR THAT!**

**Top-rated apps based on reminder features and functionality levels:**

- MyMedSchedule
- MyMeds
- RxmindMe



# Anger is Harmful to Your Health

## MANAGE YOUR ANGER AND IMPROVE YOUR HEALTH

While emotions like stress and anger are helpful in short bouts, being overly stressed or angry for long periods of time can wreak havoc on a person's health. The constant release of cortisol and norepinephrine (present in our fight or flight response) leads to chronic inflammation and later manifests as many types of diseases, especially those of the cardiovascular system. Arteries constrict, blood flows to the extremities (away from internal organs), and heart rate and breathing increase; increasing risk of stroke and heart issues such as palpitations or atrial fibrillation (A-fib). As you age, these effects have even more of an impact on health.

Being consistently angry and intolerant of your circumstances or life around you is chronic anger and needs to be addressed. Psychologists have identified that most people experience other underlying emotions such as sadness, fear, or despair, but instead they choose to express these emotions as anger because it makes them feel less vulnerable and more in control. Learning new coping skills—recognizing and acknowledging all emotions—is vital to managing anger.



### What are the signs that your anger is becoming a problem?

If you are feeling especially irritable, find yourself constantly impatient with others, are lashing out at others or notice someone in a close relationship withdrawing, these are indications that your anger is cause for alarm.

If this is your current situation, your first step is to take note of how often you feel anger, what triggers your anger, how quickly it dissipates and if you are able to forgive. The goal is not to never feel angry, but to identify productive ways of handling your triggers and reactions.

### Some strategies that will help:

 **Exercise** – Studies show that exercise increases our endorphins (feel-good hormones) which will lift our mood and it also provides a productive way to “let off some steam” or work out our frustrations before launching in to an argument.

 **Be Mindful** – When you are feeling angry, pay attention to your body. When you notice your breathing has increased and become shallow, your body has tensed, your face is flushed, etc. take a moment to breathe. Force your mind and emotions to slow down by taking several deep breaths, and analyze the thoughts and feelings coursing through you.

 **Fine-tune Your Communication Skills** – Don't say the first thing that comes to mind when your anger flares. Likely it will be irrational, hurtful, and you will regret it. Expressing anger in an angry way is counterproductive and may lead to more frustration. Many studies have shown that when we are angry, our ability to see things from another's perspective is significantly impacted and compromise can very rarely be achieved with the “I'm right, you're wrong” mentality. Instead, allow yourself some time and space to “cool off” before having a conversation.

**Learning to manage your anger will take you far in improving your health and your relationships.**



# Bone Health

## THE IMPORTANCE OF YOUR BONE HEALTH

Although women are more likely than men to suffer from bone disease, the health of our bones should be a top priority for everyone. There are many things we can do to keep our bones healthy and strong such as eating a variety of foods rich in calcium and vitamin D, getting plenty of exercise—especially weight-bearing activities, and having overall good health habits.

Calcium supplementation may be necessary in some circumstances but it is ideal to get your calcium from the food you eat. Choosing foods that are naturally high in calcium is best, followed by foods that have been fortified with extra calcium. These include:

- **Tofu (Calcium-Fortified)**
- **Soy Milk (Calcium-Fortified)**
- **Green Leafy Vegetables (e.g., Broccoli, Brussels Sprouts, Mustard Greens, Kale)**
- **Chinese Cabbage or Bok Choy**
- **Beans/Legumes**
- **Sardines/Salmon with Edible Bones**
- **Shrimp**
- **Nuts/Almonds**
- **Dairy Products (e.g., Milk, Cheese, Yogurt)**

Vitamin D is also vital in good bone health and the best way to get enough of it is to spend time out in the sun. The one caveat to this is that sunblock, which may be helpful in preventing skin cancer caused by sun damage, blocks the good with the bad. In order to benefit from sun exposure for purposes of having adequate amounts of vitamin D, a person needs to be out in the sun, skin exposed, with no sunscreen for about 15 minutes daily. In North America this is difficult because of colder temperatures and being so far away from the equator. Vitamin D is a common supplement, used by many not only for bone health but also for mood improvement, especially during the gray winter months. Common food sources of Vitamin D include salmon, tuna, shrimp, mushrooms, egg yolks, and fortified orange juice.



## CONDITIONS ASSOCIATED WITH BONE HEALTH

There are also many types of conditions that can affect bone health so it's important to talk to your doctor if you suffer from any of the following health issues:

- **Alcoholism**
- **Anorexia Nervosa**
- **Asthma/Allergies**
- **Cancer**
- **Cushing's Disease**
- **Diabetes**
- **Hyperparathyroidism**
- **Rheumatoid Arthritis**
- **Hyperthyroidism**
- **Inflammatory Bowel Disease**
- **Lupus**
- **Liver or Kidney Disease**
- **Lung Disease**
- **Multiple Sclerosis**

Weight-bearing exercise is another great way to keep our bones strong and healthy. It increases the stress on our bones which leads to increased bone formation and density. Wellness Partners offers individualized exercise programming to assist you with all your physical activity and fitness needs and goals.

# RECIPES

## Salt & Lavender

We're really feeling beets this fall, which is why we're featuring Natasha's Salt & Lavender blog and her delicious, nutrient-packed beet recipes. Give these a try and then make sure to visit [www.saltandlavender.com](http://www.saltandlavender.com) for more simple and savory meal ideas that are healthy and super easy to prepare. Thanks to Natasha for sharing with the Wellness Partners family!



### ROASTED BEET HUMMUS

#### SERVINGS 4

#### Ingredients

- 1 small beet
- 2 cloves garlic
- 1 (19 fluid ounce) can chickpeas drained
- Juice of ½ lemon
- 2 tablespoons tahini
- 1/3 cup olive oil
- Pinch of salt
- Pepper to taste

#### Instructions

1. Pre-heat oven to 450F.
2. Line a baking dish with tin foil. Wash beet and trim the leaves/stem back (leaving an inch or two) if your beet has any. Don't trim the tail as you'll lose juice (and thus flavor) while roasting.
3. Add beet to the foil-lined baking dish and then cover with tin foil. Roast for at least 45 minutes. Check if beet is done by inserting a skewer. If it slides in easily (through the beet's center), it's done.
4. Remove from oven and let cool for 5-10 minutes.
5. When the beet is cooling, you can get the hummus going. Add the chickpeas, garlic, lemon juice, tahini, salt, and pepper. Blend on high and slowly drizzle in olive oil. Blend until smooth (this may take a few minutes).
6. Once beet has cooled for a few minutes, peel it (I used a knife). Cut beet into a few chunks and place into food processor. Blend on high until it's smooth and mixed together.
7. Serve chilled with an extra drizzle of olive oil if desired.



Roasted Beet Hummus

<https://www.saltandlavender.com/roasted-beet-hummus/>

## SPIRALIZED RAW BEET SALAD WITH BLOOD ORANGES

**SERVINGS 4**

### Ingredients

- 3 small beets
- 1 large carrot
- 1 blood orange peeled and sliced
- 1 tablespoon fresh mint finely chopped
- 1 teaspoon red wine vinegar (or to taste)
- 2 teaspoons olive oil (or to taste)
- Salt & pepper to taste

### Instructions

1. Peel the beets and carrot. Spiralize them using the medium "noodle" setting. Add them to a salad bowl.
2. Add the orange pieces and mint to the bowl.
3. Toss with the red wine vinegar, olive oil, and some salt & pepper to taste. Serve immediately.



**Spiralized Raw Beet Salad with Blood Oranges**



**Maple Roasted Beets and Carrots**

## MAPLE ROASTED BEETS AND CARROTS

**SERVINGS 4**

### Ingredients

- 5 large carrots peeled & sliced
- 4 medium beets peeled & diced
- 2 tablespoons olive oil
- Salt & pepper to taste
- 2 tablespoons butter
- 3 tablespoons pure maple syrup

### Instructions

1. Preheat oven to 425F and move the rack to the middle position.
2. Cut the beets and carrots into pieces that are roughly the same size, and place the pieces on a large baking sheet.
3. Drizzle the olive oil onto the beets and carrots and add salt & pepper. Toss until they're coated. Spread them out in an even layer.
4. Roast for about 15 minutes, or until they veggies are tender-crisp (this will vary depending on how big the pieces are).
5. Take the baking sheet out of the oven and add the butter and maple syrup directly to the baking sheet. Let the butter melt then toss it again until everything is coated.
6. Return the baking sheet to the oven for another 5 minutes.

[www.saltandlavender.com/maple-roasted-beets-and-carrots/](http://www.saltandlavender.com/maple-roasted-beets-and-carrots/)

[www.saltandlavender.com/spiralized-raw-beet-salad-blood-oranges/](http://www.saltandlavender.com/spiralized-raw-beet-salad-blood-oranges/)

# PREVENTIVE HEALTH SPECIALISTS



Call us today at  
**877.345.7775**  
to set up a consultation.

We want to remind you to call our specialists for any concerns you may have. From general health and wellness questions, to healthy eating, adding family activities (away from screens), or life events that may be getting the best of you, we're just a phone call away.



## REGISTERED NURSES

- Review Your Wellness Report
- Medical Condition Questions
- Lab Test Questions
- General Health & Wellness Concerns
- Blood Sugar Management
- Blood Pressure Control



## EMPLOYEE ADVOCATE

- Anxiety & Stress Management
- Relaxation & Better Sleep
- Tobacco Cessation
- Depression or Suicidal Thoughts
- Abuse (domestic, verbal, sexual, etc)
- Improving Self Image



## REGISTERED DIETITIAN

- Meal Plans & Shopping Tips
- Recipe Makeovers
- Nutritional Disease Management
- Reading Food Labels
- Portion Control & Emotional Eating
- Recommendations from Your Report
- Fad Diets, Supplements, & Diet Products
- Counting Calories, Carbohydrates, etc
- Healthy Eating on the Run



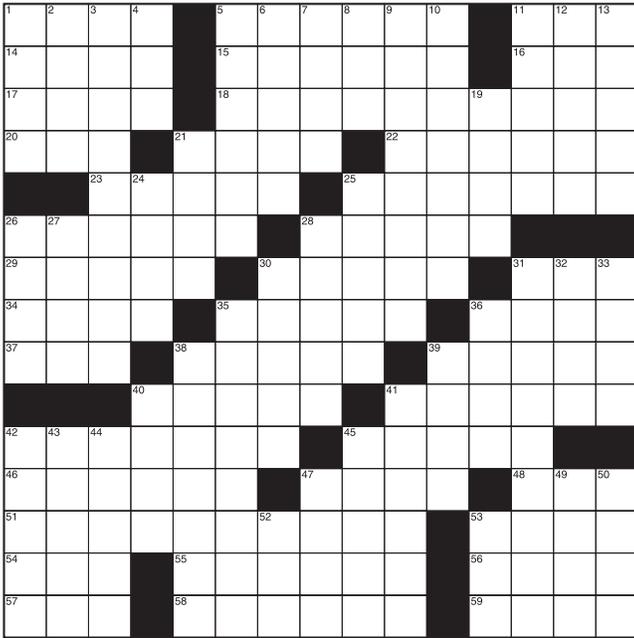
## FITNESS SPECIALIST

- Personalized Fitness Plans
- Finding Time for Activity
- Overcoming Barriers
- Activities for the Family
- Increasing Mobility
- Targeting Muscle Groups
- Stretching/Strengthening
- Disease Management through Activity
- Adding Movement to Your Daily Routine

**OUR TEAM IS HERE TO HELP YOU SUCCEED BY  
OFFERING INDIVIDUALIZED PROGRAMS, REAL-LIFE SOLUTIONS,  
AND ENCOURAGEMENT ALONG THE WAY.**

# Puzzles

## CROSSWORD



## COLOR BY NUMBERS



## ACROSS

1. Research rooms
5. North African expanse
11. Similar type
14. Nitrogenous waste
15. Readied
16. Date or age beginning
17. Driver's \_\_\_
18. Blow to pieces
20. Bowler, but not golfer
21. Fox chaser?
22. Orbital extreme
23. Not so cordial
25. Tot tenders
26. They're twirled in parades
28. Rome septet
29. Take effect, in legalspeak
30. Island of entertainment
31. So \_\_\_
34. Emulated Lady Godiva
35. Less firm, maybe

36. Add a kick to
37. Common tip jar bill
38. Moisten, poetically
39. Pulverize
40. Repaired a shoe
41. Moves unobtrusively
42. Worldly, not spiritual
45. "Haystacks" artist
46. Collar, for cops
47. Whim
48. Small handful
51. Call girl
53. Bridges of film
54. Tiny particle
55. Ducks
56. Caveat to a buyer
57. Lacking liquid
58. Colt's sound
59. Bank adjuncts

## DOWN

1. Opulent
2. Grounds
3. Exalted happiness
4. Created a lap
5. Future ferns
6. Pergola
7. Saber handle
8. Bud in Burgundy
9. Shopkeeper
10. With skill
11. Celebrity's concern
12. Not as timely
13. A couple of big joints
19. Languishes
21. One of a trident trio
24. Compost heap discard
25. Connective tissue
26. Ball point pen inventor
27. In a moment
28. Was optimistic
30. Sweet or hard beverage
31. Most flawed
32. Cause of some scars
33. Lipstick hues
35. Family tree entry
36. Metal deposit
38. Prop up
39. Color for the tickled
40. Files litigation
41. Hurting the most
42. Flavorful
43. Trial associate?
44. Close pal
45. Agrippina, to Nero
47. Form of pachisi
49. Injure badly
50. Cat in boots
52. Astaire specialty
53. Bucolic cry

## Crossword Answers





Wellness Partners LLC  
P.O. Box 488  
McCook, NE 69001

# WE NEED TO HEAR FROM YOU!

---

We truly do want your opinions! Would you like it to be longer, shorter, come more often, come less often, have more recipes, have fewer puzzles, etc.?

Email [healthyliving@wellness-partners.org](mailto:healthyliving@wellness-partners.org), call **877.345.7775** or text **WPMAG** to **313131** to share your questions, thoughts, and ideas.



Wellness Partners  
*Your Preventive Care Specialists®*