

FEBRUARY 2022



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Downtown

WABASH COUNTY
Transportation

COMMUNITY
Cupboard

Winchester Senior Center

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Living Well Downtown,

35 East Market Street, Wabash, IN

260.563.4475

Wabash County

Public Transportation

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Community Cupboard

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Winter Wellness Issue

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From My Perspective

By Beverly Ferry, CEO

Living Well in Wabash County CoA. Inc.



MY QUEST TO FIND A DONUT RECIPE LIKE MOM'S, ONLY HEALTHIER

My mother made the best donuts. Regrettably, that stopped after Dad's heart attack forty years. Bakery and store-bought donuts are good, but not as good as Mom's homemade donuts. Alas, for the last thirteen years donuts, have not been on my allergy approved list of foods.

Donuts like Mom made required time-consuming preparations. Mom did not make them often, but when she did, it was a big event. She set up an assembly line. She took control of the pot of oil on the stove. The rest of us were assigned to stations with powdered sugar, glaze, chocolate icing, and cinnamon sugar. In hindsight, those station assignments also kept us from going near the stove with the hot oil.

Helpers who were friends rather than family, took home a big stack of donuts covered with foil. Everyone loved donut day. We enjoyed them for days and Mom would load our freezer in the garage with packages of the donuts. Homemade donuts were gold.

Donut day was a wonderful slumber party activity. Mom was not daunted by the prospect of ten 14-year-old girls. She knew how to corral a crowd while making it fun. She went the extra mile to make it a donut party. My friends remember her for that.

Years later, one of those girls at that party introduced me to her grown sons as the girl

who had the slumber party when we made donuts, the daughter of the woman who had donut parties. As an adult she made them with store-bought cans of biscuit dough, which made it easier to do it more often. Homemade donuts were a Saturday tradition her sons grew up with, then her grandchildren, and now her great grandchildren.

What a pleasant surprise to learn that Mom's donut making had a legacy. Like most mothers, Mom was an underappreciated cook. Foods like fried chicken and donuts take preparation time. I took it for granted until I had a growing family of three sons to feed.

Mom and Dad's lifestyle changed after he had a heart attack at 64. Mom had to relearn how to cook, and it was not an easy transition. The days of donuts, fried chicken, and deep fried French fries were over. Oven baking and using "Mrs. Dash" instead of salt, became standard. It was a rough transition for both Mom and Dad. They went cold turkey, eliminating salt, fried foods, and more. No more whole milk. No salt on sweet corn. Eggs, once a staple of their diet, became the enemy. Coconut, chicken with skin, brats, and hotdogs were now forbidden fruit. In the four decades since, guidance has evolved, but either way, dietary restrictions are rarely liked.

When our sons were young, we participated in a meal co-op with two other families. I made meals for everyone once a week. On two other nights the meals were delivered to us. It was wonderful, but as the children grew, we got busier, and it eventually ended.

Now, on the rare occasions when we go out to eat mid-week the restaurants are packed with empty nesters. I think empty nesters

could benefit from a meal co-op. My theory is that we are all avoiding meal preparation and clean up.

Just when we were about to become empty nesters, I was diagnosed with multiple pages of additional food allergies and sensitivities.

Tired of deciding what to make for supper and the actual meal preparation, we decided to try a subscription meal service. We did it for two years, getting four meals a week. It is a good option, but variety is limited for people with multiple food restrictions like mine. Nick began cooking meals. They came with the exact amount you needed.

I do not like to follow recipes and I abhor

time consuming meal preparation, meal planning, and grocery shopping, but appreciate the wonderful meals they yield.

Multiple food restrictions make it difficult to order out, pick up drive through food or dine out. We do our homework first with online menus, but that was not commonly available 13 years ago. It made dining out a challenge everyone endured.

Last summer we were playing a game together. Everyone writes down an answer and you vote on the best answer. The question was “*What is the worst thing to say to a waiter?*” My husband’s answer, which got all the votes and laughter, was “I have food allergies.”

(Continued on page 10)

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February 2022

AREA FIVE SENIOR MEALS

Monday

7
Ham Sandwich
Vegetable Soup
Pears
Fruit Crisp
Milk

14
Macaroni & Cheese
Broccoli
Pineapple
Fig Bar
Milk

21
**Agency
Closed**

28
Breaded Chicken
patty
Key Largo Veg
Oranges
Nutty Bar
Bun
Milk

Tuesday

1
Sloppy Jo
Rosemary Potatoes
Peaches
Cookie
Bun
Milk

8
Grilled Chicken
California BI Veg
Peaches
Jello
Roll
Milk

15
Smoked Sausage
W/ Onions &
Peppers
Sweet Potatoes
Berry Pear Crisp
Hotdog Bun
Milk

22
Chicken Burger
Pickled Beets
Mixed Fruit Cup
Oatmeal Crème
Pie
Bun
Milk

Wednesday

2
Salisbury Steak
Mashed Potatoes
Corn
Fruit Juice
Roll
Milk

9
Ham & Beans
Seasoned Potatoes
Spinach
Apple Delight Bar
Corn Muffin
Milk

16
Chicken & Gravy
Mashed Potatoes
Seasoned green
Beans
Fudge Round
Roll
Milk

23
Pasta & Meat
Sauce
Cesar Salad
Blueberries
Breadstick
Milk

Thursday

3
Chicken Salad
Toss Salad
Banana
Pudding
Bun
Milk

10
**CHEFS
SPECIAL**

17
Hamburger
Baked Beans
Cauliflower
Cupcake
Bun
Milk

24
Western Omelet
Potato O' Brien
Spiced Apples
Fudge Cake
Biscuit
Milk

Friday

4
Meatballs in Teriyaki
Sauce
White Rice
Long Green Beans
Fruit Cocktail
Roll
Milk

11
BBQ Pork
Cheesy Potatoes
Brussel Sprouts
Applesauce
Bun
Milk

18
Chili
Baby Bakers
Tropical Fruit
Brownies
Crackers
Milk

25
Breaded Tenderloin
Potato Soup
California BI Veg
Ice Cream Cup
Bun
Milk

"February, when the days of winter seem endless and no amount of wistful recollecting can bring back any air of summer." —
Shirley Jackson

Did you know?

Enter Text Here
If you were born in February, your birthstone is an amethyst and your flower is a primrose.

Take Care of Yourself This Winter

WINTER WELLNESS

TIPS FOR WINTER WELLNESS

There are a number of techniques that can help keep your immunity high and your body in good condition to support wellness all season long so that you can enjoy the chillier months.

GET UP & MOVING

Winter brings fewer hours of sunlight during the day, and per the National Sleep Foundation, darkness naturally causes the brain to release melatonin, a hormone that triggers sleepiness. Exercise can counteract this drowsiness.

ADD HERBAL SUPPLEMENTS

Herbal supplements can help support overall health. For example, the supplement turmeric, derived from root extracts of the *Curcuma longa* plant, is widely regarded to have numerous positive health implications.

GET AMPLE REST

The National Sleep Foundation recommends older adults get at least 7-8 hours of sleep each night for optimal health.

BOOST IMMUNITY

During the winter months, when fresh fruit can be harder to find, supplements like Echinacea & Vitamin C from Nature's Way can be another source of vitamin C.

MAINTAIN SKIN HEALTH

You can take steps to minimize painful redness and flakiness or cracking by regularly moisturizing your skin with fragrance-free lotions and herbal oils.

Note: Always consult your healthcare provider when contemplating new ideas to promote better health.

(Courtesy of Family Features)

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FEBRUARY HAPPENINGS

**THIRD THURSDAY
BINGO**
Thursday, February 17
At 1:00 pm

Winchester Center
239 Bond Street, Wabash



Refreshments,
Fun, and
Wonderful Prizes!



**WABASH
COMMUNITY
BAND**

**Sweetheart
Concert and Dance**
Free

Sun., February 13
2:00 p.m.

Legacy Hall
Honeywell Center
Wabash



**FEBRUARY
BIRTHDAY
PARTY**

Winchester Center
239 Bond Street

Thurs., Feb. 10 at 1:00

**MIKE ALMON
ON GUITAR**

Please register by calling
(260) 563-4475
or sign up at
Winchester Center.

Living Well Winchester
Senior Center
239 Bond Street, Wabash



EUCHRE \$1
12:00
Mondays,
Wednesdays, Fridays

Living Well Winchester
Senior Center
239 Bond Street, Wabash



BINGO
Tuesday,
Feb. 22,
1:30

Free * Refreshments* Prizes

Living Well Downtown
35 East Market Street, Wabash

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VALENTINE CARD EXCHANGE & PARTY
Wednesday, February 16 at 3:00
Living Well Downtown, 35 East Market Street in Wabash



ASK A TEENAGER

Tuesday, February 15, 1:00 p.m.
Bring your devices and your questions
Heartland Career Center Tech students will be at
both senior centers to assist you.

9:30—10:30 AM at Winchester Senior Center, 239 Bond Street in Wabash
1:00—2:00 PM at Living Well Downtown, 35 East Market Street in Wabash
Please register by calling (260) 563-4475



WHITE ELEPHANT

BINGO

**Thursday, Feb. 10
11:30 am**

Bring a white elephant prize to play.
It can be almost anything.

Living Well Winchester Senior Center
239 Bond Street, Wabash
After lunch and prior to the birthday party



PAMPER YOURSELF!

Call (260) 563-4475

To schedule your appointment to have your nails painted free at Living Well Winchester Senior Center 239 Bond Street, Wabash

**Wednesday,
February 16 at 11:30**

**Thursday,
February 17 at 11:30**

Living Well Winchester Senior Center
239 Bond Street, Wabash

DON'T CALL IT EXERCISE. CALL IT FUN

Living Well Winchester Senior Center
239 Bond Street, Wabash



LINE DANCING

Wednesdays at 8:30 a.m.



YOGA

Tuesdays at 5:30 p.m.
\$10/session



LOW-IMPACT FITNESS with MJ

Mondays and
Thursdays 9:45



ARTS AND CRAFTS

WITH A HEART

Thursday, Feb. 3

At 11:30 a.m.

MAKE IT- TAKE IT

With Joyce



Make one for yourself and another for residents of local nursing homes.

Living Well Winchester Senior Center
239 Bond Street, Wabash



BLANKET BINDERS

Tuesday, Feb.1, 9:00 a.m.

Meets every other month

Led by Carolyn Kellam

Open to quilters who would like to quilt for people in need.

The quilts are donated and given to clients locally served by local non-profit groups.



Bring your sewing machine and enjoy a day with other sewers. Our quilters are all ages who like to sew and have a heart for others.



Each sewer brings a dish to share in a fellowship potluck lunch. Table service is provided.

Living Well Winchester Senior Center 239 Bond Street



LIVING WELL DOWNTOWN

35 East Market St. Wabash

"Do Drop In"

Puzzles, Games, TV, and a free cup of coffee or just "Drop In" and enjoy the beautiful downtown view.

Tuesdays 1:00-4:00 pm

Wednesdays 1:00—6:00 pm

Tech Talk 1:00 – 2:00 pm Feb. 15 at 1:00 pm

Valentine Party Wed., Feb. 12, 3:00 pm

FEBRUARY 2022 ACTIVITIES

Living Well Winchester Senior Center and Living Well Downtown

Mondays 9:45 Low Impact Fitness 11 Lunch by Reservation 12 Euchre \$1	Tuesdays 11 Lunch by Reservation Cancer Services by Appointment 5:30 Yoga \$10 LWD open 1-4:00 PM	Wednesdays 8:30 Line Dancing 11 Lunch by Reservation 12 \$1 Euchre 3:00 Low Impact Fitness LWD open 1-4:00 PM	Thursdays 9:45 Low Impact Fitness 11 Lunch by Reservation
Living Well Downtown is marked in green on the calendar.			
	1 9:00 AM BLANKET BINDERS LIVING WELL DOWNTOWN 1-4:00 "Do Drop In"	2 LIVING WELL DOWNTOWN 1-6:00 "Do Drop In"	3  CRAFTS WITH HEART 11:30
7 Wabash Community Band Practice 7:00 pm	8 LIVING WELL DOWNTOWN 1-4:00 "Do Drop In"	9 FOOT CARE RETURNS By Appointment; \$25 Living Well Downtown 1-6:00 "Do Drop In"	10 WHITE ELEPHANT BINGO 11:30  Bring a white elephant prize 1:00 Birthday Party Mike Almon on Guitar
14 No Band Practice	15 ASK A TEENAGER Tech Support 9:30 Winchester Sr. Center 1-2 Living Well Downtown LIVING WELL DOWNTOWN 1-4:00 "Do Drop In"	16 Painting Nails 11:30 to 12:30 Registration Required LIVING WELL DOWNTOWN 1-6:00 "Do Drop In" 3:00 Valentine Party	17 Painting Nails 11:30 to 12:30 Registration Required  1:00 PM Refreshments & Wonderful Prizes 
21 Wabash Community Band Practice 7:00 pm	22 LIVING WELL DOWNTOWN 1-4:00 "Do Drop In" BINGO 1:30  Refreshments	23 FOOT CARE By Appointment; \$25 LIVING WELL DOWNTOWN 1-6:00 "Do Drop In"	24  GROCERY BINGO \$1 11:30
28 Wabash Community Band Practice 7:00 pm	 CLIENT ADVOCATE BY APPOINTMENT ON TUESDAYS at Living Well Winchester Center, 239 Bond Street, Wabash; For People of All Ages Affected by Cancer; Call 260-484-9560 to Schedule; This free service is provided by Cancer Services with financial support from Hope Foundation of Wabash County.		

Fridays 11 Lunch by Reservation 12 Euchre \$1
4
11
18 Senior Box Distribution Must be Enrolled
25



**WABASH
COMMUNITY
BAND
ANNUAL
SWEETHEART
CONCERT
AND
DANCE**

**Sunday
February 13
2:00 p.m.**

**Legacy Hall
Honeywell
Center
Wabash**

Free

Come out, enjoy a free concert, and show your support for these local musicians.



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(From My Perspective, Continued from p. 3)

As empty nesters, we wanted to reduce time spent on meal preparation. Nick does the grocery shopping at lunchtime, and we share the cooking duties, but my food restrictions complicate it.

Having the right tools makes cooking and baking easier, but there are ways to adapt when you do not have that perfect appliance.

In 1963 Easy-Bake Ovens were on every little girl's Christmas wish list, including mine. Santa was wise and practical, bringing the accessories sold for the set, but not the oven. I received a miniature box of cake mix and the pan. Santa knew I would lose interest with the oven. I have vivid memories of baking my cakes and Mom refilling the cake box. I still have that cake mix box. It is a reminder to not go down the rabbit hole of unused appliances. Our two rice cookers, bread maker, toaster oven, and pasta maker are perfect examples. They remain safely in the land of forgotten tools just in case I need to use them.

Once for Mother's Day Nick gave me a coffee table book with recipes and beautiful photos of exotic Italian food. He was excited about it and could not wait for me to make those fabulous dishes. I was not excited. Since he was so excited about it, I thought it would have been a more appropriate Father's Day gift. After that, I took the stance that anything domestic, did not belong on my gift wish list.

Since the cookbook gift, everyone knew how I felt until Christmas 2021 when to everyone's surprise I asked for an air fryer. The plethora of options online was overwhelming. I researched and read customer reviews of air fryers, but I still

would not buy it. An air fryer would enable us to cook breaded items that fit my food restrictions without deep frying. The thought of fried foods that were on my safe list to eat without the oil appealed to me. Donuts were at the top of my list. It felt like a decadent treat, which in my book, qualified for my gift list.

Santa came through with the air fryer. I now experiment with air fryer recipes and as a result foods which were impossible for me are now possible. There are gluten free, allergy friendly recipes online for air fryers. Homemade breaded mushrooms; egg rolls; onion rings; coconut shrimp; fried chicken, and bang-bang shrimp are now possible. So far, I have not perfected donuts.

I am on a quest to find a gluten-free vegan donut recipe for air fryers that is as good as Mom's donuts. My first attempt to make air fryer donuts resulted in hockey pucks with holes in the centers. I threw them in the trash, not wanting to break the garbage disposal.

I am reminded of Mom's early attempts at cooking without salt, processed foods, and frying forty years ago. What a difference having tools like an air fryer and internet

recipes would have made when my parents had to suddenly change their diets.

My quest continues, thankful for new equipment and online recipes. I hold out the hope of once again enjoying an occasional donut.



Beverly Ferry

SURVIVING FEBRUARY

Amy Miller MSW, LSW Manager, Parkview Wabash LifeBridge Senior Program

Why does it seem like the shortest month of the year drags on the longest? Is it the cold and bleakness of the weather? The let-down from the end of the holiday season? I can't say that I really know but, for me, February is always a challenge. Sometimes I want to put my head under the covers and not take it out until the promise of Spring arrives! To top it all off, Valentine's Day can highlight the stressors of having lost a loved one or of living alone, including feeling abandoned, left behind, or uncared for.

This is especially true if we perceive that everyone around us is busy exchanging

hearts and flowers while we cannot. Even if we are part of a couple, seeing the unrealistic and idealized images of blissfully happy people on television or in advertisements can take its toll.

One good antidote to these types of struggles is to show yourself some love and kindness, and one good way to do that is to practice good self-care. Self-care is not a one-size-fits-all endeavor, the important thing to consider is how it makes you feel. If you are anxious, try something that feels relaxing, if you are sad, focus on something that lifts your spirits, and so forth.

(Continued on page 13)

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Page 11

NEVER MISS A NEWSLETTER!

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Exercise is like a dirty word these days. It intimidates us with visions of perfect bodies sweating in classes, the gods and goddess of fitness shouting what passes for encouragement into their boom mics. The impossibility of finding hours to spend in a gym, and hundreds of dollars going into those membership fees and a workout wardrobe weigh us down, preventing us from getting started. But the fact is, that's not the vision of exercise most health care professionals would want us to conjure. This is because movement (that's right, ANY movement) is in fact considered exercise. It's not "go big or go home" — it's just move throughout your day.

So, with the focus on increasing your movement, how do you build those moments into your day? Follow these tips for easy ways to "sneak" exercise into your day.

Start with being inefficient. Instead of taking the short cut, go the long way. Park a little bit further away from your office, the grocery store, wherever you go today! Don't wait for the elevator, take the stairs. If you're at home, take an unnecessary detour to the basement or the second level just for fun. Take a turn around the block, or just around your yard if you're short on time.

Get into (house) cleaning. It's true, all of our household chores count as movement. Take your vacuum for a walk around the house, scrub the bathtub, start a load of laundry (in many homes this includes a trip up and down a set of stairs!), make the bed, cook dinner — whatever you do, put a little spring in your step, put on some music and make the most of moving your body.

Power up with a 10-minute workout. Studies now show that a workout of any length not only "counts" as exercise, but that shorter workouts are just as beneficial as longer ones. So, stop worrying about fitting another 45 minutes into your already overpacked day! Most of us can find 10 minutes at lunch, in the morning before hopping into the shower, or just after work, before starting whatever is next. Try some of these quick hit ideas.

Stretch yourself. Daily stretching has all kinds of benefits, from stress relief to better posture. It's a great idea, no matter when you fit it into your day. You can stretch before you get out of bed in the morning or spend a few minutes following a spurt of activity. Maybe the only time you can find in the day is at night. If that's the case, don't stress! Stretching before bed can lead to better sleep!

Yoga can do it! You say you don't have time for an hour-long class? No worries, just 10 minutes of yoga daily can change your life. Or maybe you're thinking that only high impact movement (with all that sweating — just NOT designed for the modern lunch "hour") is the only way to get the job done. Not so. Studies have found that even gentle, restorative yoga where poses are held for longer periods of time and are completely supported, can aid in weight loss.

Wherever you are on your movement journey, hopefully these tips have inspired you to move on from stereotypical exercise, making it just a little bit easier to enjoy a few minutes moving for yourself. ©LPI

(Surviving February continued from page 11)

~Take a bubble bath or indulge in a soothing foot soak while listening to relaxing music.

~Light your favorite candle and sit quietly while taking deep, slow breaths

~Call a friend you haven't spoken to in awhile

~Read a good book while drinking a cup of herbal tea

~Tell, or listen to, a joke

~Smile at someone or at yourself in the mirror (really!)

~Get a massage, manicure, or other service that makes you feel special

~Buy yourself some flowers.

These are just a few ideas among many.

The key is to do something that makes you feel good, special, cared-for, and loved. Remember, the one person who is always with you is **you** and treating yourself well will have the biggest impact on how you feel.

I hope everyone has a wonderful February. Remember, if you or someone you know struggles with persistent low or anxious mood, grief, or other difficult emotions we are here to help. Just call, we are happy to talk things through with you and your initial assessment is always free.

Amy Miller MSW, LSW Manager
Parkview Wabash
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HEALTH & WELLNESS

9 STEPS TO PROMOTE HEART HEALTH

Heart disease is the leading cause of death for both men and women worldwide. Research shows that 1 in 4 deaths can be attributed to heart disease. Experts say it doesn't have to be this way. Many risk factors that contribute to cardiac diseases can be controlled with a healthy lifestyle.

In honor of National Heart Month, recognized in February each year, here are some steps you can take to lower your risk for heart disease.

1. Eat a healthy breakfast:

Start the day off right with a well-balanced breakfast. This sets the tone for the food choices you'll make all day. A breakfast high in fiber and protein, such as a bowl of oatmeal or a smoothie, will also keep you feeling full longer. That makes you less likely to reach for sugary treats midmorning.

2. Sweets in moderation:

Everyone likes a sweet treat now and then. The key is to indulge only in moderation. Elevated blood sugar levels are linked to heart disease, especially for women. The American Heart Association guidelines recommend no more than 6 teaspoons per day of added sugar for women, and 9 teaspoons for men.

3. Skip processed foods:

Western diets are often filled with packaged and processed foods. Though they may be convenient, most are high in sodium, trans fat, and calories. Too much sodium increases blood pressure putting you at a high risk for

cardiac-related illnesses. The added calories and fat can also contribute to weight gain and obesity.

4. Limit alcohol:

You may be surprised to learn that overindulging in alcohol can increase your risk for heart disease. While some studies seem to indicate red wine is good for your heart, it's important to limit how much you consume. Ask your physician for advice on how much alcohol is safe considering your personal medical history.

5. Stay active:

A sedentary lifestyle, especially when combined with a lack of exercise, also raises your risk for heart disease. In fact, researchers say sitting too much can be as dangerous for your health as smoking! Lower your risk by exercising at least 150 minutes a week and avoid sitting for long periods of time. It might help to invest in a fitness tracker that counts the steps you take, as well as alerts you if you've been sedentary for too long.

6. Sleep well:

Many adults underestimate the importance of a good night's rest. Too little sleep leaves you tired

and groggy. That can cause you to make bad choices during the day, such as watching too much television or indulging in too many carbohydrates. If you aren't able to sleep well or if you feel tired when you wake up, talk to your physician. You might have a medical issue that needs to be addressed.

7. Manage stress:

Finding positive ways to manage stress is another important factor in maintaining a healthy heart. Walking, cycling, swimming, and yoga are a few types of exercise that help. Spending time enjoying friends and family is another stress-buster. Keeping a daily journal may also be a good idea. Documenting the day's ups and downs can help you find perspective that you might not otherwise.

8. See the doctor:

Having a physician you can count on and feel comfortable with is important. You are more likely to stay on track with preventative tests and screenings when you have a doctor you see on a regular basis.

9. Stop smoking:

If you are a smoker, find a cessation program that will allow you to kick the habit. Smoking is a leading cause of heart disease. One out of five heart-related deaths in this country can be linked to smoking.

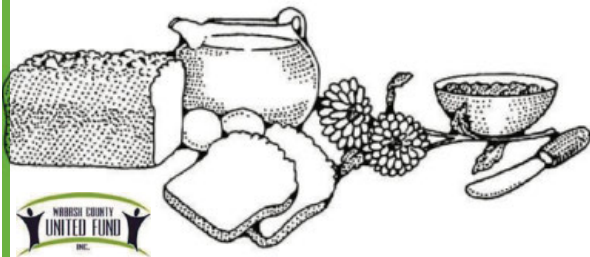


Learn More about Heart Health

Visit the American Heart Association online where you will find a variety of resources ranging from recipes to exercise tips!

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Community Cupboard Pantry

Serving income eligible Wabash County residents of all ages.
Households may come once a month.

BY APPOINTMENT

Monday and Tuesday Afternoons; Thursday and Friday Mornings
Call (260) 563-4475 to make an appointment to use the pantry

SENIOR SUPPLEMENTAL FOOD BOX PROGRAM

Is Accepting Applications

Call 260-563-4475 for appointment to apply

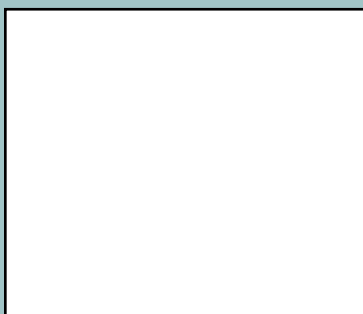
For our income-based program for seniors living on the lowest amount of social security without other income.

You can own where you live and have a car, but no other assets.

260-563-4475

239 Bond Street, Wabash, Indiana 46992

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PUZZLES OF THE MONTH

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

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DIFFICULTY: ★☆☆☆☆

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "O" = "F"

"VFJMAQLH XL WPF JOW AT
XCVQOXCI AQLFMSFL RAOF WPJC
AWPFOL."

— JMFJEJCUOF UQRJL

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E057

"Jealousy is the art of injuring ourselves more than others." — Alexandre Dumas

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

Answer to Sudoku



CROSSWORD PUZZLE

- ACROSS**
- 1 Last of the Mohicans
 - 6 Home Box Office (abbr.)
 - 9 Repose
 - 12 Hollow stone
 - 13 Tree
 - 14 Us (Ger.)
 - 15 Lagoon
 - 16 Goddess (Lat.)
 - 17 Own (Scot.)
 - 18 Inborn
 - 20 Keen
 - 22 Desert plant
 - 24 Television channel
 - 27 Amer. Dental Assn. (abbr.)
 - 28 Bird
 - 32 Air
 - 34 Presidential nickname
 - 36 Indian music
 - 37 Glass-furnace mouth
 - 39 Survey
 - 41 Cistern
 - 42 Brown vesuvianite
 - 44 East
 - 47 Principal commodity
 - 52 According to (2 words)
 - 53 Belonging to (suf.)
 - 55 Eng. poet
 - 56 Compass direction
 - 57 Rhine tributary
 - 58 Wife of Balder
 - 59 No (Scot.)
 - 60 Fiddler crab genus
 - 61 Handwriting on the wall
- DOWN**
- 1 Fruit
 - 2 No (Ger.)
 - 3 Crest
 - 4 Jewish month
 - 5 Rom. author
 - 6 Pronoun
 - 7 Animal sound
 - 8 Ruminant's stomach
 - 9 Haw. feast
 - 10 Initial (abbr.)
 - 11 Anglo-Saxon slave
 - 19 French art

ANSWER TO PREVIOUS PUZZLE

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

1	2	3	4	5		6	7	8		9	10	11		
12						13				14				
15						16				17				
18						19				20				
						22				23				
24	25	26				27			28		29	30	31	
32						33			34		35		36	
37						38			39		40		41	
						42			43					
44	45	46							47		48	49	50	51
52						53			54		55			
56						57					58			
59						60					61			

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