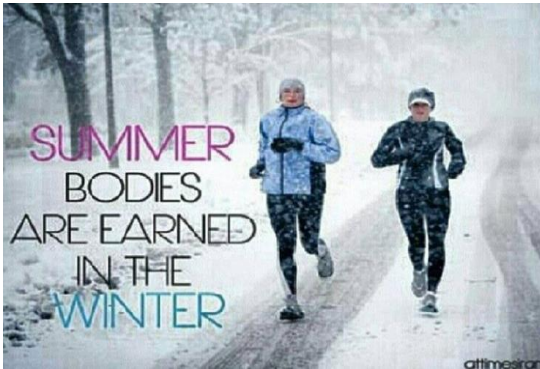


# Quarterly Newsletter

Issue Date:  
December, 2016



## St. Thomas University WELLNESS

### IN THIS ISSUE



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## What is your Holiday Wellness Plan?

by Jenny Thornhill

The holidays can be a difficult time to prioritize wellness. Busy schedules, financial demands, and competing obligations, paired with an abundance of rich food and drink, can make it difficult to maintain the wellness practices we work hard to develop throughout the year. By establishing a holiday wellness plan, we can anticipate ways to meet our own specific needs during the festive season.

A holiday wellness plan can be tailored to address goals related to any or all of the seven dimensions of wellness: emotional, physical, spiritual, social, occupational, environmental, and intellectual. For more information on the seven dimensions of wellness, visit [stu.ca/wellness](http://stu.ca/wellness).

To develop your own wellness plan, start by choosing a focus based on your priorities. This could include a decision to watch your finances, stay active, make better choices related to nutrition, or minimize stress associated with the holiday. Once you have chosen a focus, establish goals that are specific, measurable, action-oriented, realistic, and time-oriented. Begin by trying out your plan and modify the details as needed to ensure you feel good about the plan.



The following wellness tips can help make health and happiness a priority during the holidays and into the New Year:

#### Schedule ways to be active

Make physical activity part of your planned events, get outdoors with activities like skating, sledding, snowshoeing, skiing, and walking.

#### Plan ahead

Eat something healthy before events; don't go hungry! Have quick, healthy snacks available or prepare meals in advance that you can grab on the go.

#### Stay hydrated

Aim for 8 glasses of water every day. Warm up with a variety of herbal teas. If drinking alcohol, alternate with water.

#### Find some downtime

Spend time with people who support you. Reconnect with friends and loved ones. Take a few minutes every day to be quiet and still or to do an activity that you find relaxing.

#### Focus on Favourites

Eat slowly and mindfully. Choose to indulge in your favourite treats rather than everything on offer.

#### Sources:

<http://blog.healthadvocate.com/2015/11/create-your-holiday-wellness-plan/>  
<http://www.thrivepersonalfitness.com/2012/11/healthy-holidays-whats-your-plan/>  
<http://globalnews.ca/news/1690984/how-to-stay-fit-and-healthy-during-the-holidays/>

# Winter in Mactaquac Park

by Pauline McIntyre



The fun doesn't stop once summer is over at Mactaquac Provincial Park. The park is open admission-free during the winter so you can enjoy winter activities or relax in the warm, welcoming lodge. The Lodge is also home to the Moco Kitchen Restaurant. Enjoy a nice meal with family and friends or a romantic date night out after a fun filled day of winter activities!

## Winter Fun

For outdoor activities, grab a toboggan and zip down one of the 2

groomed sledding hills (Top 10 sliding hill in Canada!) Mactaquac offers complimentary cross country skis and snowshoes to try out on their groomed trails. Or take a skate around their 1-acre skating pond or even take a horse-drawn sleigh ride for a magical winter treat (there is a cost for sleigh rides). Winter walkers can enjoy a well-maintained trail that begins at the park's main gate and continues through Campground 1. Leashed dogs are welcome. The snowmobilers of NB can enjoy the groomed trails at the park as well! There really is something for everyone!



You're just one slide away from a good mood!!!

The park is open daily from 8 a.m. to 10 p.m. throughout the winter, with the sliding hills and skating pond lit nightly until closing. Please call ahead to 363-4747 for weather conditions prior to cross-country skiing, ice skating or tobogganing.



Embrace New Brunswick winter parkside at Mactaquac!

For more information about Mactaquac Park, please visit Provincial Parks under Tourism NB <http://www.tourismnewbrunswick.ca/>

## SAVE THE DATE!

HEPAC NB will be hosting their annual Winter Wellness Day (FREE) on **January 28<sup>th</sup>, 2017** at the Park.

[www.hepac.ca](http://www.hepac.ca)

Mark your calendars!

# JB O'Keefe - Fitness Classes

by Lori Orchard



The J.B. O'Keefe Fitness Centre houses a fitness & court area, squash court, cardio and weight machines, free weights, stretching mats, dressing rooms and shower facilities **but did you know that with your membership comes FREE fitness classes as well?**

## Lunch Time Fitness Classes

Cardio group exercise classes are held every **Tuesday and Thursday from 12:30-1:30**. These classes are **free of charge** to JB O'Keefe members!

## Fitness Instructor - Sabina Marco

Sabina has always had a personal interest in fitness and has played sports all her life. She became a certified fitness instructor in 2000 where she began her career in motivating others to reach their personal fitness goals. For Sabina, fitness is a way of life. Being healthy and setting an example for her family is something she values greatly.

The positive effects of physical activity such as increased energy, positive self-esteem, and feeling stronger are all indicators that exercise is a natural anti-depressant and helps the brain become balanced.

The fitness classes offered twice a week are geared to all fitness levels from beginner to seasoned athlete. Each participant can modify their weights and reps to meet their level of physical fitness. Sabina is there as a guide and motivation.

Sabina indicated that anyone with sedentary work needs to move more to stay healthy. Getting out of the office at lunch and exercising is a great way to do that! The hardest part of starting a new class is the first step! Sabina recommended signing up to come with a friend for encouragement and accountability.

## Other Classes

During the school year, Pilates classes are held on Tuesday and Hatha Yoga on Thursday's from 11:30-12:30. There is an additional fee for these classes.

## Staff & Faculty Memberships

Members gain access to the use of cardio and strength training equipment and to the other facilities noted above all for less than the cost of a lunch per pay! Sign up for payroll deduction today and check it out for yourself!



## JB O'KEEFE GYM FACILITY

HOURS OF OPERATION  
(SEPTEMBER 2016-APRIL 2017)

|           |                  |
|-----------|------------------|
| Monday    | 6:30 AM-10:00 PM |
| Tuesday   | 6:30 AM-10:00 PM |
| Wednesday | 6:30 AM-10:00 PM |
| Thursday  | 6:30 AM-10:00 PM |
| Friday    | 6:30 AM-7:30 PM  |
| Saturday  | 9:00 AM-5:00 PM  |
| Sunday    | 10:00 AM-7:00 PM |

## FUN FITNESS FACTS

**25% of your bones are located in your...**

Feet! Each foot contains 26 bones, 33 joints, and over 100 muscles, ligaments and tendons, with both feet totaling 52 bones, or about 25% of the total bones found in your entire body. We're often so busy focusing on the key areas (like our abs, arms, thighs) that we don't really pay much attention to fitness for our feet, but they don't just contain 25% of your body's bones, they are also the foundation for every vertical movement you do! Your balance, strength, power and control begins with your feet and they contain muscles that need development too.

**When you lose weight, fat leaves your body via your...**

Breath! Crazy, huh? Though we like to say that 'sweat is your fat crying' it seems that fat is actually released as carbon dioxide when we exhale. Now before you start hyperventilating to try to slim down faster, it's important to note that you can't just shed fat by breathing it out — you still have to create the caloric deficit that leads to fat loss in order to exhale it away.

Oh, and some of that "sweat is your fat crying" expression holds a bit of truth — the remainder of the fat not turned into carbon dioxide is released through bodily fluids like sweat, urine, tears, etc

## Healthy Winter Recipes

**Melancauli Baby-Cauliflower Soup**

1 T. olive oil or butter  
 1 Cup cut onions (1 large)  
 2 tsp. minced garlic  
 1 pkg of Knorr Cream of Leek soup  
 1 1/2 Cups peeled, cubed sweet potato  
 4 Cups small, cauliflower florets (use frozen pkg)  
 1 1/2 tsp. curry powder  
 1 tsp. ground cumin  
 4 Cups reduced-sodium chicken or vegetable broth  
 1/2 tsp. salt  
 1/4 tsp. black pepper  
 1 Cup cooked brown and wild rice blend (I sometimes use cooked ground chicken)  
 1 Cup 2% evaporated milk  
 1/2 Cup packed shredded light Swiss cheese

Heat butter or olive oil in large pot over medium heat. Add onions, garlic and sweet potato. Cook and stir until onions begin to soften, about 3 minutes. Stir in the package of cream of leek soup mix (follow the directions on the back and add three cups of water).

Stir in cauliflower, curry and cumin. Cook and stir for 1 more minute. Add broth and pepper. Bring mixture to a boil. Reduce heat to low, cover and simmer for 12-15 minutes, until vegetables are tender.

With a hand blender, carefully puree until smooth. Stir in cooked rice (or chicken), milk and Swiss cheese. Heat soup for 1 more minute until cheese melts. Serve hot.

**Sweet Potatoes with Warm Black Bean Salad**

4 medium sweet potatoes  
 1 15-ounce can black beans, rinsed  
 2 medium tomatoes, diced  
 1 tablespoon extra-virgin olive oil  
 1 teaspoon ground cumin  
 1 teaspoon ground coriander  
 3/4 teaspoon salt  
 1/4 cup reduced-fat sour cream  
 1/4 cup chopped fresh cilantro

Prick sweet potatoes with a fork in several places. Microwave on High until tender all the way to the center, 12 to 15 minutes. (Alternatively, place in a baking dish and bake at 425°F until tender all the way to the center, about 1 hour.)

Meanwhile, in a medium microwaveable bowl, combine beans, tomatoes, oil, cumin, coriander and salt; microwave on High until just heated through, 2 to 3 minutes. (Alternatively, heat in a small saucepan over medium heat.) When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top each with a dollop of sour cream and a sprinkle of cilantro.



Do you have a favourite recipe that you'd like to share? Send it to [wellness@stu.ca](mailto:wellness@stu.ca) to have it added in the next Wellness Newsletter!

## SIGN UP TODAY!

For more information about becoming a member of the JB O'Keefe center, please visit our website at

<http://w3.stu.ca/stu/athletics/facilities/okeefe>

# STU Wellness Spotlight - Monday Night Volleyball

by Lori Orchard



In early September, **Heather MacDonald**, our Learning Strategist with Student Services & Residence Life, organized a league to play Volleyball at the JB O'Keefe Gym every Monday night from 6:00-8:00.

With an email blast to the STU-Form, Heather welcomed staff and faculty to participate in the Monday night pick-up games. Over the past 12-14 weeks, the number of members has grown and on the weeks that the numbers were low, Heather and her teammates had no issue recruiting students from the gym area to play. Some of the students loved it so much; they continue to come back every week! This activity has become a great success!

The focus of this activity was primarily to get out and be active while having some fun. This group has proven that there is NO judgement as all skill levels are welcomed! If you are looking for medal competitions, then this group is not for you but if you are looking to have some fun and get active, come out on Monday evenings for a volley or two!

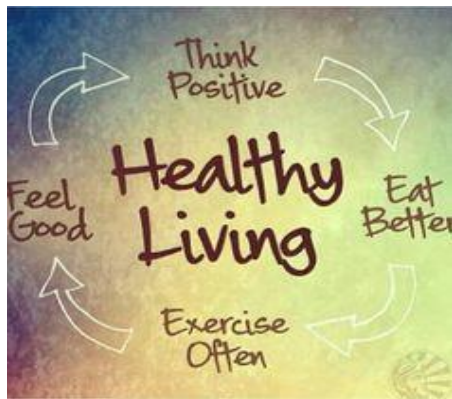
This has given participants, staff faculty and students, the opportunity to build relationships with each other. People that they wouldn't usually get a chance to interact with given the physical layout of our campus.

For more information, or to sign up to play, please contact Heather MacDonald at [hmac@stu.ca](mailto:hmac@stu.ca)

**Well done, Heather! Thank you for your contribution to making a healthier workplace!**



Do you have a wellness idea that you'd like to share? Don't wait for a survey to come out, please feel free to drop us a line with your feedback at [wellness@stu.ca](mailto:wellness@stu.ca).



## Wellness Program at STU

We are committed to providing information and opportunities that promote health awareness, illness prevention and overall health & wellness knowledge to our Staff and Faculty using the "Seven Dimensions of Health & Wellness" as a guideline.

## STU Wellness Website NEW!

Our website has been updated for all upcoming events from January to May 2017. Please take a moment to view the *Wellness Events* tab, as well as the *Useful links* and *Upcoming Fredericton Events!*

## The Wellness Committee Presents

# Winter/Spring 2017 Wellness Events

## Upcoming Wellness Events

### December 7<sup>th</sup>, 2016

- o Financial Session

### January 2017

- o Family Sleigh Ride
- o Bingo Challenge

### February 2017

- o Food Drive Challenge
- o Effective Communication Session

### March 2017

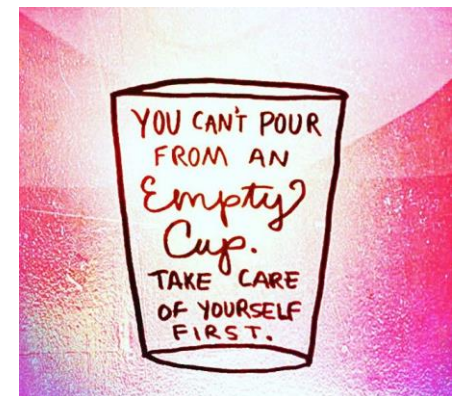
- o Stress Management Session

### April 2017

- o Earth Day/ Days of Caring

### May 2017

- o Walking Challenge



## FOR MORE INFORMATION

View our Website for more information on the STU Wellness program [www.stu.ca/wellness](http://www.stu.ca/wellness)

**"I really regret eating healthy today."**

**-Said No One Ever**

# How to Beat the Winter Blues



Being that we live in Canada, it would make sense that a higher percentage of Canadians might experience the

winter blues during the winter months with fewer daylight hours and cold temperatures to top the list of causes for our poor mood.

As the days grow shorter and the temperature colder, you and your family may be tempted to make like bears and hibernate in your cozy, heated homes. But, there are many ways that you can beat the "winter blues". So resist the urge to burrow under the covers!

Here are some ways to help you embrace the season and take advantage of all the activity options that winter has to offer.

## Mood Boosters

### Brave the outdoors

Bundle up and go for a walk outside, especially on sunny days. Winter blues are caused by the body's response to reduced light exposure, so every ray helps lift your spirits. Take a stroll during your lunch hour, walk your kids to school, walk to the mailbox—just get out there to increase your sun exposure!

### Limit starchy, fatty & sweet foods

Those "comfort foods" that are supposed to help you feel "safe and warm, cookies, mashed potatoes, breads, pastas, etc., could actually be dragging your mood down and pushing your weight up. Pre-make your meals so that you don't feel the need to go for the foods that "weigh" you down. Dig out a healthy eating cook book and get cooking! You'll be eating healthy and doing a fun activity at the same time!

## Get involved, get connected

Sign yourself up for a new class or activity. Not only will it get you out of the house, it'll encourage you to discover new interests and avoid isolation. Learning new things while meeting new people is a definite mood booster!

## Contribute

Another way to "feel good" is by contributing to the well-being of others. This can be done through volunteering or doing things for others who are less fortunate.

## Clear your mind

Take 10 minutes daily and practice mindfulness techniques. There are many free online resources to help guide you. Take some time to reflect and slow down the pace of life. Look inward and take the time to reconcile your priorities.

## Get moving!

Lace up your old skates, strap on some skis, or dust off that toboggan or snowshoes and spend a fun-filled family day in the park. Whether you jump on a stationary bike, unwind with yoga or dance the night away, physical activity fights off weight gain, boosts energy and releases mood-enhancing endorphins.

## Create winter rituals

Looking forward to an event can help motivate you to get moving! Find new ways to celebrate the frosty season: organize winter activities: arrange a sleigh ride, neighborhood winter festival, skating party, take in a comedy show; nothing changes your mood faster than good hard belly laughing! Plan a games night with family or friends. Participating in pleasurable activities provides you with a sense of energy and vitality that will contribute to your overall well-being.

Too much hibernation can lead to weight gain, carbohydrate cravings and the lethargy of the "winter blues", but with a little effort and planning you can maintain your health and wellness across all seasons. By staying active, connected, rested and well-fed, you

too can discover a healthier, happier way to embrace the winter.

## Seasonal Affective Disorder

People who experience an extreme and prolonged form of the "winter blahs" are likely experiencing Seasonal Affective Disorder (SAD).

SAD's symptoms are more severe than "winter blues" and may also include: irritability, feelings of "emptiness" or profound sadness, and major changes in eating and sleeping routines.

If your symptoms are greatly limiting your ability to function at home and at work and you think you may be suffering from **Seasonal Affective Disorder (SAD)**, please consult your physician or the professional support of your **Employee Assistance Program** for help.



## Five Vitamins that help fight the Winter Blues

1. Magnesium
2. Vitamin C
3. The B family Vitamins
4. Vitamin D
5. Omega-3 Fatty Acids

### Sources:

<https://www.workhealthlife.com/Article/Read/Coping%20with%20Seasonal%20Affective%20Disorder>

<https://www.workhealthlife.com/Article/Read/Beating%20the%20Winter%20Blues>

<https://www.workhealthlife.com/Article/Read/Seasonal%20Affective%20Disorder%20Surviving%20the%20Winter%20Blues>

# Health Benefits of Apple Cider Vinegar

by Derek Simon

## Apple Cider Vinegar Trend

There are plenty of trending topics in the healthy nutrition world these days -- fresh turmeric root, coconut oil, grass-fed beef and butter vs. grain-fed, the paleo diet, to name a few. The health benefits of raw (unpasteurized) organic apple cider vinegar (ACV) are frequently cited and promoted these days in health and fitness social media, email blogs, and video blogs. But did you know that ACV has been used for countless ailments traced all the way back to the 1800s! No matter how retro it might appear (or smell); the appeal of ACV doesn't seem to fade.



## Health Benefits

Setting aside its uses as an ingredient for non-toxic house cleaning recipes, or even its skin toning and beautifying properties, I would like to briefly describe a few of its health benefits, related to weight loss, detox, and anti-inflammatory.

### Weight Loss

ACV may have a beneficial impact on maintaining a strong metabolic rate. This optimizes the use of energy from food, including carbohydrates that are heavy in starches and sugars. Regular daily supplementing with ACV over a period of time can also help to reduce hunger, to lessen cravings for sweets and starches, and thereby lead to reduced calorie intake over time. Ingesting ACV right before a carb-heavy meal has been shown to increase insulin sensitivity and lower the rise in blood-sugar level (strengthening glycemic control). These two effects are known to

stimulate metabolic hormones that burn calories and lower their retention as body fat.

With the holiday season and Grandma's butter cookies smelling so enticing fresh out of the oven, ACV might help navigate one of the many seasonal challenges ahead of us!

### Detox

Like lemon juice, despite its acidity, ACV is also known to alkalize the pH balance in the digestion and the blood stream. High acidity in the digestive tract has been linked to lower levels of gut health, making it difficult for healthy gut bacteria to thrive. ACV has been known to assist liver cleansing and support liver function in purifying the blood of cellular waste, toxins, and residual pollutants

### Anti-Inflammatory

High acidity in the bloodstream has been linked to lower immune response and to conditions in which cancer cell formation can occur. Decreasing acidity and maintaining a relatively alkaline blood stream supports an improved immune response. It reduces the level of free-radicals that causes oxidative stress and a general state of inflammation.

### Getting Past the Taste

Let's get to the practical question of how to swallow something that, for most, is nothing but extremely sour! Getting used to the taste and experience of ACV varies from individual and individual.

If you don't want to try the cold-turkey full immersion experience with guaranteed after-burn, the slow-and-steady method is for you!

In a large glass of water, mix a 1/2 teaspoon of ACV. The next day, increase to 1 teaspoon. On day three, increase to 2 teaspoons. On day four, presto: you've made it to the 1 tablespoon threshold. Repeat at 1 tablespoon for three more days, and you've joined the club. If water and 1/2 teaspoon still gets you gagging, try it with grapefruit juice instead of water, before eventually switching over. Adding the juice of 1/2 a lemon, with a dash of raw honey and a pinch of sea

salt, to your warm water is also an appealing way to adapt to the taste of ACV.

### When to take Apple Cider Vinegar

It is best to get ACV into your bloodstream on an empty stomach right before a heavy meal (for the calorie-burning benefit) or on an empty stomach first thing in the morning (for the alkalizing and detox benefit) about a half hour before breakfast. In the morning, warm (not boiling) water is especially beneficial to the liver.

Be cautioned, however, that ACV directly ingested in the mouth without water, can put wear and tear on your tooth-enamel (similar to Pepsi or Coke). It is therefore recommended that you dilute ACV with a large glass of water; or even use a straw to bypass the enamel surface of your teeth.

All good things in moderation -- it is always recommended to take a break from ACV. The body tends to get more benefit from the impact of the ACV stimulus if you change it up, vary the time of day, and skip some days or even a week from time to time.

Finally, let's not get too over-enthused, it is not a wonder-drug or cure-all. Along with other elements in a diversified, balanced nutrition and fitness lifestyle it offers an additional micro-adjustment that can contribute to overall vitality.

### Sources:

Information in this article has been provided as a volunteer service based on the following two e-reports: [7 Household Items for Faster Fat Loss](#) by Joel Marion and Tim Skwiat at [Biotrust.com](#); and [Nicholas Stiles, Getting to the Core of Apple Cider Vinegar](#), as well as numerous email blogs. Where health care is both an art and a science, this article does not claim to provide either. If you have symptoms that require medical attention, please see a qualified health care provider.

# Wellness & Mindfulness Games

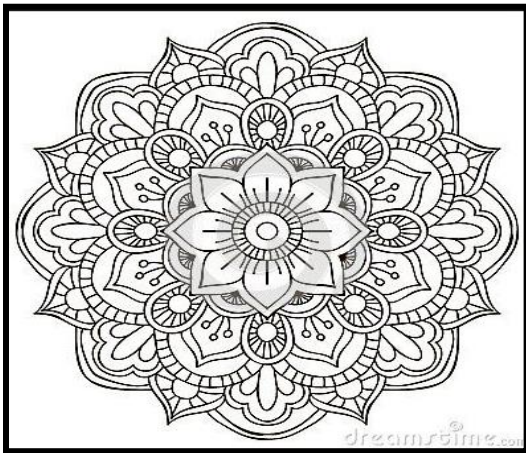


## Try Bullet Journaling!

All you need to get started is a notebook and pen. To try out this beautiful way of recording life events (and everyday happenings) check out this easy tutorial for getting started:

<http://bulletjournal.com/get-started/>

, then, use Pinterest to look up some of the most creative and fun ideas of how Bullet Journaling can be an artistic outlet and an incredible organization tool.



## Coloring – It's not just for Kids!

Try out this relaxing and calming pattern when you need a little break. See how quickly you relax!

## Sudoku

Fill the 9x9 grid with numbers, so that each row, column and 3x3 section contain all of the digits between 1 and 9. As a logic puzzle, Sudoku is known as an excellent brain game. If you play Sudoku daily, you will soon start to see improvements in your concentration and overall brain power. Try it out!

(Answers found on last page of the newsletter)

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

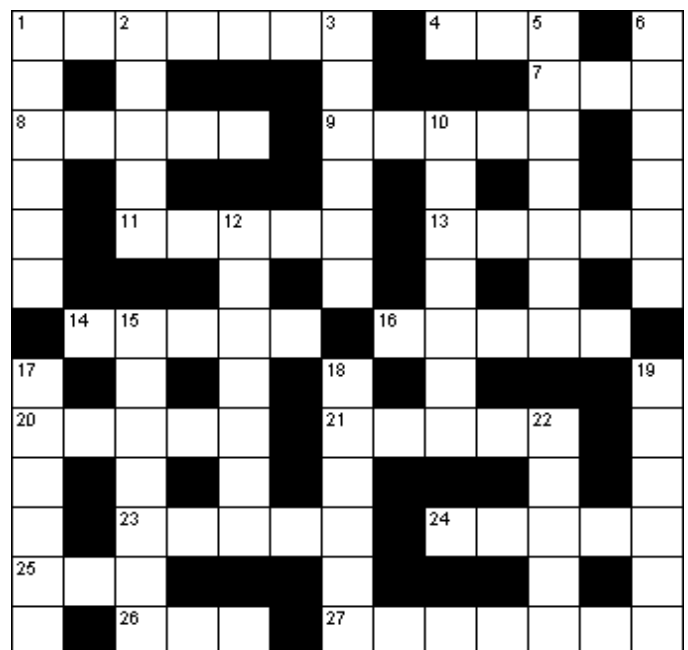
## Crossword Challenge

### Across

1. Vegetable (7)
4. Distilled from fermented molasses (3)
7. Alcoholic beverage (3)
8. Soft part of a fruit (5)
9. Luke warm (5)
11. Type of syrup (5)
13. High quality beef (5)
14. Russian pancake (5)
16. Type of rice (5)
20. Shaped and dried dough (5)
21. Cooking juices (5)
23. Type of tea (5)
24. Joint of cooked meat (5)
25. Drink made with juniper berries (3)
26. Fowl food product (3)
27. Edible jelly (7)

### Down

1. Beverage made from beans (6)
2. Edible fish (5)
3. Main course (6)
5. Fortified wine (7)
6. Obtained from the capsicum plant (6)
10. Mild powdered seasoning (7)
12. Flapjack (7)
15. Baked layers of pasta (7)
17. Type of cake (6)
18. Fruit punch (6)
19. Meat from sheep (6)
22. Used to raise dough (5)



### The Wellness Committee

The Wellness Committee was created as part of the St. Thomas University Strategic Plan 4.3A. The committee strives to promote the health and wellness of our faculty and staff employees by offering comprehensive education on health and wellness initiatives.

View our Website for more information on the STU Wellness program [www.stu.ca/wellness](http://www.stu.ca/wellness)

- Lori Orchard - ext. 211 or [lorchard@stu.ca](mailto:lorchard@stu.ca)
- Pauline McIntyre – ext. 530 or [pmcintyre@stu.ca](mailto:pmcintyre@stu.ca)
- Kate Crawford - ext. 514 or [kcrawford@stu.ca](mailto:kcrawford@stu.ca)
- Kelly Humber - ext. 382 or [humberk@stu.ca](mailto:humberk@stu.ca) (On Leave)
- Trish Murray-Zelmer - ext. 423 [tzelmer@stu.ca](mailto:tzelmer@stu.ca)
- Jenny Thornhill - ext.529 [jenny@stu.ca](mailto:jenny@stu.ca)
- Derek Simon - ext.437 [dsimon@stu.ca](mailto:dsimon@stu.ca)
- Clara Santacruz - [clara@stu.ca](mailto:clara@stu.ca)

**Creating A Culture Of Health, One Step At A Time!**

Sudoku Answers

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

Crossword Answers

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