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Week of 4/9/24 • Issue 15

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Let's Talk About It!



Wellness Radio



Positive and Adverse Childhood Experiences (PACEs) (Originally aired April 2023)



PACEs refers to the research about the significant effects of positive and adverse childhood experiences (PACEs) and how they work together to affect our lives. Having a supportive friend or partner, living in a safe neighborhood, and having access to nutritious food are all things that are shown to be positive influences. There is research linking each of these positive experiences to better health and increased resilience that may offset adverse experiences and promoted happier, more successful youth lives!

Guest Speaker: Frank Spesia, M.E, MGA - Positive and Adverse Childhood Experiences (PACEs) Coordinator - St. Joseph County Department of Health, Indiana

TUNE IN



Thursdays at 8am

Visit www.kxoradio.com for podcasts on demand



Sundays at 7pm

bhs.imperialcounty.org For access to services please contact (442) 265-1525 or 1-800-817-5292

If you have any questions that you would like answered on the show, please send an email to: wellnessradio@co.imperial.ca.us



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ARIES (Mar 21/Apr 20) There is more to any situation than the money factor, Aries. When a new opportunity comes your way, look beyond the payoff to see what the heart of the offer entails.



TAURUS (Apr 21/May 21) Look to your family members if you need inspiration on a new project, Taurus. Use loved ones as a sounding board for all of the ideas that are bouncing around.



GEMINI (May 22/Jun 21) The willpower that you have been relying on lately is still going strong, Gemini. That is excellent and it's having a profound effect on other areas of your life.



CANCER (Jun 22/Jul 22) Cancer, gossip is not something you usually delve into, but you may get roped into a conversation this week. Try not to give any weight to the rumors swirling around.



LEO (Jul 23/Aug 23) Leo, you shouldn't be boastful about your abilities, but try not to be too modest. Accept the credit you are given. Graciously embrace all of your good press.



VIRGO (Aug 24/Sept 22) An interesting invitation might come your way, Virgo. It could open the door to a very busy social calendar if you accept and do some key networking.



LIBRA (Sept 23/Oct 23) Libra, an issue that you were worrying about is unlikely to surface. Stay in the present instead of looking ahead to all of the things that might go wrong.



SCORPIO (Oct 24/Nov 22) It may seem as if you are operating on autopilot, Scorpio. Days seem a carbon copy at this point. Do something to alter your routine.



SAGITTARIUS (Nov 23/Dec 21) It's best if you avoid crowds for the time being, Sagittarius. You will benefit from some quiet time that only comes with being alone or within small groups of close friends.



CAPRICORN (Dec 22/Jan 20) You are not normally characterized as "impulsive," Capricorn. However, this week you may surprise everyone. An opportunity to travel or another venture could drop in your lap.



AQUARIUS (Jan 21/Feb 18) Aquarius, if you are not feeling challenged, you have to find activities that will get your brain moving again. Do whatever you can to spark some excitement.



PISCES (Feb 19/Mar 20) The choices coming your way are quite varied, Pisces. It can be overwhelming, so do not make any rash decisions until you work through all of your options.

323735



Solve the code to discover words related to Lyme disease. Each number corresponds to a letter.

(Hint: 8 = L)

13 24

Clue: Bighting insect or organism

Clue: Causes one to be sick

Clue: Flows through the body

Clue: Microorganisms that can cause disease

В. \mathcal{C} . blood D.

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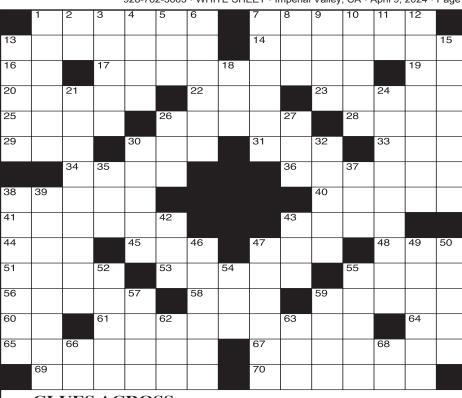
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CLUES ACROSS

- 1. Island nation
- 7. Platforms
- 13. Project plan
- 14. French fishing port
- 16. South Dakota
- 17. Oakland's baseball team 19. Military policeman
- 20. Ornamental stone
- 22. Garland
- 23. Process that produces ammonia
- 25. Mousses
- 26. Music notation "dal"
- 28. Fail to win
- 29. Peyton's little brother
- 30. Not near
- 31. Some cars still need it
- 33. Lizard genus
- 34. An idiot (Brit.)
- 36. Postponed
- 38. African country

CLUES DOWN

- 1. Used as a weapon
- 2. Yukon Territory
- 3. Makes a map of
- 4. An established ceremony prescribed by a religion
- 5. Unnilhexium
- 6. Merchant
- 7. Playing the field
- 8. Folk singer DiFranco
- 9. Something to scratch
- 10. Mexican agave
- 11. Equal to one quintillion bytes
- 12. Session
- 13. North American people
- 15. Ranches
- 18. Electroencephalograph
- 21. A type of compound
- 24. Avenue
- 26. High schoolers' test
- 27. A type of meal
- 30. Gradually disappeared

- 40. Gazes unpleasantly
- 41. In a way, traveled
- 43. Ukraine's capital 44. Appropriate
- 45. Dash
- 47. Twitch
- 48. Swiss river
- 51. Data file with computer
- animations
- 53. City in S. Korea
- 55. Particular region
- 56. They have eyes and noses
- 58. Tear
- 59. Large Madagascan lemur
- 60. Not out
- 61. Ornamental saddle covering
- 64. A driver's license is one
- 65. Latin term for charity
- 67. Rechristens
- 69. Objects from an earlier time
- 70. Hindu male religious teachers

32. Ancient Frankish law code

- 35. Popular pickup truck
- 37. Buzzing insect
- 38. Deal illegally
- 39. Lying in the same plane
- 42. Obstruct
- 43. Related
- 46. Challenge aggressively
- 47. Nocturnal hoofed animals
- 49. Bird's nests
- 50. Forays
- B. de Mille, filmmaker
- 54. Title of respect
- 55. One-time name of Vietnam
- 57. Self-immolation by fire ritual
- 59. Private school in New York
- 62. Political action committee 63. A way to fashion
- 66. Email reply
- 68. "The Great Lake State"
- 323736

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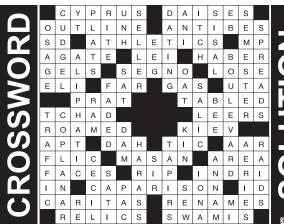
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Guess Who?

I am an actress born on April 13, 1980, in Georgia. I studied theater at the University of Evansville in Indiana. I am best known for my role on the soap opera "All My Children" and for playing a detective on "Law & Order: Special Victims Unit."

Answer: Kelli Giddish

8 5 6 6 8



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