



CLUES ACROSS

- 1. Large dung beetle
7. Gambling game \_lo
10. Further along
12. Type of tobacco
13. Looked for
14. Silk fabric
15. Computer method to solve equations
16. As fast as can be done (abbr.)
17. Tear
18. Brews
19. "Famous" cookie baker
21. Women's Army Corps
22. Front parts of an animal
27. It's causing quite a stir
28. Beloved March holiday
33. 12th letter of the Greek alphabet
34. More impudent
36. Indicates center
37. Young woman (French)
38. A cause of distress
39. Santa's helper
40. Hillside
41. Many wombs
44. Is afraid of
45. Popular baked goods ingredient
48. Popular computers
49. Conceiving of
50. Google certification (abbr.)
51. Sturdy

CLUES DOWN

- 1. Peruse quickly
2. Automobiles
3. Razorbill genus
4. Bravo! Bravo! Bravo!
5. Consumed
6. A place to sleep
7. Small seeds
8. Legendary law man Wyatt
9. Female sheep
10. Indigenous peoples of eastern Siberia
11. A place ships dock
12. Reciprocal of sine
14. Discomfort
17. British Air Aces
18. Exit sleep
20. Solar energetic particle
23. Plagues characterized by starvation
24. Short musical composition
25. Trauma center
26. Habitual twitching
29. A place where checks are exchanged (abbr.)
30. Decimeter
31. Hinged surface in a wing
32. Shouting
35. Sports official
36. Volcanic craters
38. Supportive device
40. It's part of a rosary
41. Two-toed sloth
42. Body art
43. Let out
44. Foreign medical graduate
45. Nonprofit journalism organization (abbr.)
46. Couples say it
47. Bird's beak

SUDOKU

9x9 grid for a Sudoku puzzle with some numbers pre-filled.

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

LOVING HORSES WORD SEARCH

A grid of letters for a word search puzzle.

WORDS

- BRIDLE
CANTER
CHESTNUT
COLT
CROUP
DRESSAGE
EQUESTRIAN
FETLOCK
FILLY
FOAL
FORELOCK
GALLOP
GELDING
HALTER
HOOF
MANE
MARE
MUZZLE
PASTERN
PONY
SADDLE
STALLION
TROT
WITHERS

Find the words hidden vertically, horizontally, diagonally, and backwards.

First Baptist . . .

(cont'd. from page 6)

us down, but the Bible tells us that our enemy is not our fellow man, but Satan. He is the thief who comes to steal and kill. He is the adversary, the devil, "who walks around like a roaring lion, seeking whom he may destroy." He is the liar and murderer, the great deceiver, the wicked one who wants to destroy your life and your testimony, the one who is relentless in his pursuit of our hearts and minds. In Ephesians 6:11-12 the Apostle Paul tells us, "Put on the whole armor of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places."

Did you catch that? We do not wrestle against flesh and blood. If we are going to deal with people in a Christ-like manner even when they try to do harm towards us, we must realize that those people are not really our enemies at all. They are simply being used as instruments against us. We are in a battle between darkness and light, good and evil that has been going on since the beginning of time, a battle that you and I did not choose but have been thrust into simply by being born into this world. And while I don't know who your enemies are or what they may be doing to you, I do know this: you can have victory over those enemies regardless of how difficult the battles are.

Now I realize that knowing and acknowledging the spiritual battle that is taking place in your life does not change the fact

that there are people who do not like you, maybe even hate you, and want to do you harm, but what I want you to remember when you have to deal with those people is that there is more at work in the battle than we realize. We must also realize that while Satan sets up others as enemies against us, we face another great enemy and that enemy is ourselves. As the saying goes, we are often our own worst enemies. Even the Apostle Paul said about himself in Romans 7, "For the good that I want to do, I do not do; but the evil I want not to do, that I practice. Now if I do what I want not to do, it is no longer I who do it, but sin that dwells in me. I find then a law, that evil is present with me, the one who wills to do good." He went on to say, "O wretched man that I am!"

Your enemies will come and go, you may outlive them all, but for all your life you're stuck with you. It is on the battlefield of your heart and mind that your great wars will be fought; Not wars of flesh and blood, but wars of the spirit. We war with ourselves over whether you will surrender to God, accept Jesus as your Savior, be obedient to God's Word, love your enemies, live as a witness for Jesus, and the list goes on and on. Maybe you have been suffering defeat after defeat, setback after setback, attack after attack, and you are down and discouraged, feeling like you are fighting a losing battle. Maybe you feel like you are in a no-win situation and you have nowhere to turn. You can change that.

I want you to notice one last thing that made all the

difference for Esther. It was her personal relationship with the king. There was a time when Esther did not know the king, and in that time she would have never been heard by him, much less be offered "even half the kingdom." It was only because of her relationship with the king that she was allowed to pour out her heart to him and cause him to come to her defense, so my question to you is, "How is your relationship with the king? Have you come to know Him through your faith in His Son Jesus Christ as your Savior?"



Living Well . . .

(cont'd. from page 3)

TRE had mixed results. Several studies weren't able to find whether observed improvements in health parameters were from shorter eating windows, calorie reduction, or a combined effect.

Additionally, most previous studies didn't track calories carefully or control other factors that could impact metabolic outcomes. Prof. Olga Ramich, designed the ChronoFast trial to focus on the gaps. The goal was to evaluate whether an eight-hour eating window could improve insulin sensitivity and other metabolic markers when calorie intake was kept consistent.

Prof. Dr. Achim Kramer developed the BodyTime assay to measure subjects' circadian phases. This test needs one single blood sample and provides an objective glimpse of a person's internal timing. The ChronoFast study used this method and discovered that eating schedules can move human internal clocks.

Despite expectations based on previous studies,

Starbright Cafe advertisement for May Specials, featuring drinks like Senior Sunset Lotus, Bouquet Bliss Lotus, Cap & Gown Mocha, Pink Champagne Latte, Super Mom Latte, Tassel Time Latte, and Diploma Dirty Soda.

the ChronoFast study did not see clinically significant changes in insulin sensitivity, blood sugar, blood fats, or inflammatory markers after the two-week trials. "Our results suggest that the health benefits observed in earlier studies were likely due to unintended calorie reduction, rather than the shortened eating period itself," explains Ramich. Although metabolic measures did not change much, the timing of meals did affect circadian rhythms. First author Beeke Peters notes, "The timing of food intake acts as a cue for our biological rhythms -- similar to light." The results highlight the necessity of caloric balance to gain health benefits from intermittent fasting. Ramich concludes, "Those who want to lose weight or improve their metabolism should pay attention not only to the clock, but also to their energy balance". If you are considering time-restricted eating, the following tips could help:
• Look at the quality of your diet and not just the quantity or timing of meals. Limit or avoid ultra-processed foods such as frozen dinners, fast food, and high-calorie snacks.
• Don't skip ANY meals.