

TRUE OR FALSE?
THE AVERAGE HUMAN HEART IS THE SIZE OF A CLENCHED FIST.

ANSWER: TRUE

Heart Word Find

Just in time for American Heart Month, see how many related words you can find and circle in the puzzle.

- | | | |
|--------|-------------|--------|
| ARTERY | CHOLESTEROL | HEART |
| ATTACK | DOCTOR | PULSE |
| BEAT | EXERCISE | RHYTHM |
| BLOOD | HEALTH | VEIN |

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

Heart Scramble

Unscramble the words to complete the sentences.

1. **R C C A A I D**: relating to the heart.
2. The heart has two **S V E E L N T C I R**.
3. **L C H O L R O T S E E** clogs blood vessels.
4. Avoid **T A F T Y** foods for heart health.

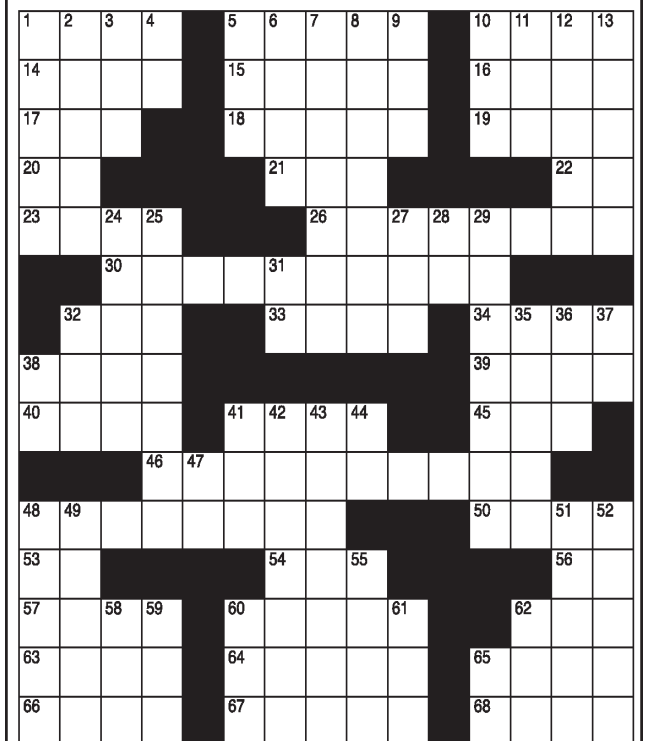
Answers: 1. cardiac 2. ventricles 3. cholesterol 4. fatty

THIS DAY IN...



HISTORY

- 1778: SOUTH CAROLINA RATIFIES THE ARTICLES OF CONFEDERATION.
- 1917: MEXICO ADOPTED ITS PRESENT CONSTITUTION.
- 1937: U.S. PRESIDENT FRANKLIN ROOSEVELT PROPOSED INCREASING THE NUMBER OF SUPREME COURT JUSTICES.



CLUES ACROSS

- | | |
|---|---------------------------------|
| 1. Dutch cheese | 39. Kiln |
| 5. Deeper than abyssal | 40. In addition to |
| 10. Carpentry groove | 41. Tragic British actor Edmund |
| 14. Early 20th C. art movement | 45. ___aid: owed |
| 15. Ablaze | 46. American region |
| 16. Uninteresting | 48. Provoking terror |
| 17. Water in the solid state | 50. 2 items of the same kind |
| 18. Philippine seaport | 53. Iowa City school |
| 19. Not crazy | 54. ___Jima, WW II battlefield |
| 20. Atomic #43 | 56. Undergraduate degree |
| 21. A US House member | 57. Young woman (French) |
| 22. Spanish pain | 60. Condescend |
| 23. Adventure story | 62. Type of computer |
| 26. Emits light | 63. Wings |
| 30. Getting rid of | 64. Japanese immigrant to US |
| 32. Type genus of the Muridae | 65. Cut into cubes |
| 33. The longest division of geological time | 66. Put in harmony |
| 34. Canadian flyers | 67. Commercial iron alloy |
| 38. Record | 68. Periods of time |

CLUES DOWN

- | | |
|---|----------------------------------|
| 1. Copyreads | 32. 1/1000 of an inch |
| 2. Capital of Bangladesh | 35. Halloween treats |
| 3. Turns into noun | 36. Viper |
| 4. One thousandth of an ampere | 37. 12 inches |
| 5. Possessed | 38. Algerian dinar |
| 6. From a distance | 41. Norman Roc___ll, painter |
| 7. Displaying or characterized by variety | 42. Most strange and frightening |
| 8. A tribe of plains Indians | 43. In any way |
| 9. 5th zodiacal sign | 44. One billionth gram |
| 10. Tooth caregiver | 47. -, denotes past |
| 11. Macaws | 48. 98295 |
| 12. Mother of Perseus | 49. Craggy |
| 13. Carries out orders | 51. Manila hemp |
| 24. Mathematician Karl F. 1777-1855 | 52. Cyprinid fishes |
| 25. Escape with | 55. Double curve |
| 27. Blare | 58. Local area network |
| 28. Not out | 59. Old world, new |
| 29. Beached | 60. Roman god of the underworld |
| 31. Farm state | 61. A quantity of no importance |
| | 62. Russian commune |
| | 65. Delaware |

How they SAY that in...

ENGLISH: Heart
SPANISH: Corazón
ITALIAN: Cuore
FRENCH: Coeur
GERMAN: Inneres

Did You Know?

THE HUMAN HEART BEATS ABOUT 100,000 TIMES EACH DAY.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: STETHOSCOPE

HOROSCOPES

ARIES - Mar 21/Apr 20
It'll take a while for you to get moving this week, Aries, but once you do, there will be no stopping you. Pace yourself, however, or you could burn out much too fast.

TAURUS - Apr 21/May 21
This is a good time to concentrate on your finances, Taurus. Re-examine your budget or make a plan for the new year. Bills pile up later in the week and will need addressing.

GEMINI - May 22/June 21
Put on a happy face even if you aren't in the mood, Gemini. It'll make getting through the week a little easier. You are a master at hiding your true emotions.

CANCER - June 22/July 22
What are you trying to prove, Cancer? Taking on too much isn't going to win you points with the higher-ups. It'll quickly tire you out and then your performance will suffer.

LEO - July 23/Aug 23
Making new friends comes easily to you, Leo. You have a magnetism, which will certainly come through this week. Others are ready to do your bidding.

VIRGO - Aug 24/Sept 22
Slow down, Virgo. This breakneck pace you've been keeping is a recipe for disaster. Things will still be there if you arrive at them at a slower pace.

LIBRA - Sept 23/Oct 23
If you don't concentrate on where your money is going, pretty soon you will be in the red, Libra. Use your time wisely to sit down and examine your finances.

SCORPIO - Oct 24/Nov 22
You need a vacation, Scorpio, so simply take one. Don't be concerned about the consequences; your mental health is more important at this point.

SAGITTARIUS - Nov 23/Dec 21
Changes are in store and that worries you, Sagittarius. Learn to embrace a little variety in life and you'll be a well-rounded person. A financial windfall is on the horizon.

CAPRICORN - Dec 22/Jan 20
Focus on friends the next few days, Capricorn. You never know when you may need to ask a favor from them. A scheduling conflict arises on Wednesday.

FAMOUS BIRTHDAYS FEBRUARY 7

Ashton Kutcher, Actor (32)

FEBRUARY 9

Mia Farrow, Actress (65)

FEBRUARY 10

Glen Beck, TV Host (46)

FEBRUARY 11

Taylor Lautner, Actor (18)

FEBRUARY 12

Joanna Kerns, Actress (57)

FEBRUARY 13

Peter Gabriel, Singer (60)

PUZZLE SOLUTION

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