



## Fuller Hall Health & Wellness Fair is Saturday

— Daily Freeman-Journal file photo by David Borer

Twin sisters Chandler and Gabby Gourley explain a bit about their respective businesses during the 2023 Fuller Hall Health & Wellness Fair. The event returns Saturday. The event runs from 9 a.m. to 1 p.m. at Fuller Hall Recreation Center, 625 Bank Street. Yoga, meditation, open swimming, emergency preparedness, diabetes education, stress and anxiety management, women's health and crafts for the kids are just a few of the activities that will be available during this annual free event. Here are more event highlights:

- Enjoy complimentary access to cardio and weight rooms.
- Dive into the open swim session from 11 a.m. to 1 p.m.
- Kids' Corner: Engaging crafts, exciting contests, and a special fitness class.
- Adults & Seniors: Broaden your wellness journey with educational classes, yoga, meditation, aquacise, and much more. And there's more — be sure to participate in the many giveaways.

## Short Takes

### Webster City Women's Club will meet Monday

The Webster City Women's Club will meet on Monday, April 8, at the Jane Young House, 629 Elm Street, Webster City. This meeting begins at 1:30 p.m. Greeter is Marilyn Williams. Murray Fest guest speaker Bud Wood. Valerie Rickert, Donna Jansen, Betty Weber-Maxted and Pam Hayes are in charge of refreshments. The Writer's Club will be on April 18 at 10:30 a.m. The April Social will be on April 17 at 1 p.m.

### Lehigh Spring Supper is on April 20

LEHIGH — The Lehigh United Methodist Church will hold its Annual Spring Supper on Saturday evening, April 20, from 5 to 7 p.m. There will also be a bake sale at that time. The menu is a Swiss steak dinner with mashed potatoes, gravy, choice of green beans or corn, salad, fresh-baked rolls, pie and a drink. The cost is \$12 for the dinner; the dinner cost is \$6 for children under 10, and free for children under 5. Carryouts are available.

## Puzzles

- |                                     |   |                                  |                               |
|-------------------------------------|---|----------------------------------|-------------------------------|
| <b>ACROSS</b>                       | <b>40</b> MLB stat                      | <b>DOWN</b>                      | <b>19</b> Dorothy's auntie    |
| <b>1</b> Big fusses                 | <b>42</b> Chinese book of divination    | <b>1</b> Teensy bit              | <b>21</b> "Aladdin" monkey    |
| <b>5</b> Embrace                    | <b>45</b> Joni Mitchell hit single      | <b>2</b> Actress Merrill         | <b>24</b> "Hum-bug!"          |
| <b>8</b> "Close one!"               | <b>49</b> Salty waters                  | <b>3</b> Baltic Sea feeder       | <b>25</b> Yoko of music       |
| <b>12</b> Neat                      | <b>50</b> Vitamin stat                  | <b>4</b> Poet Plath              | <b>26</b> Mayor's workplace   |
| <b>13</b> Latin 101 word            | <b>52</b> Coffee-growing area of Hawaii | <b>5</b> Monitor's request       | <b>28</b> The Spartans' sch.  |
| <b>14</b> Tardy                     | <b>53</b> "Glamour" rival               | <b>6</b> Ms. Thurman             | <b>29</b> Oktoberfest hangout |
| <b>15</b> Scott Turow book          | <b>54</b> Online address                | <b>7</b> Ancient invader of Rome | <b>30</b> — chi               |
| <b>16</b> Long. crossover           | <b>55</b> Freudian topics               | <b>8</b> Like pins and needles   | <b>31</b> Sinusitis doc       |
| <b>17</b> Arm bone                  | <b>56</b> Building wings                | <b>9</b> Popular movie channel   | <b>36</b> Van Gogh painting   |
| <b>18</b> Be amazed (at)            | <b>57</b> Ann Patchett's "— Canto"      | <b>10</b> Sicilian spouter       | <b>37</b> Tax form ID         |
| <b>20</b> Sci-fi writer Ellison     | <b>58</b> "Uh-uh"                       | <b>11</b> Gradually withdraw     | <b>38</b> Soft and lustrous   |
| <b>22</b> Little rascal             |   |                                  | <b>41</b> Exist               |
| <b>23</b> "Kapow!"                  |   |                                  | <b>42</b> "Got it"            |
| <b>24</b> — Raton                   |   |                                  | <b>43</b> Honeycomb division  |
| <b>27</b> Walk                      |   |                                  | <b>44</b> Chow                |
| <b>32</b> Singer DiFranco           |   |                                  | <b>46</b> Comic strip possum  |
| <b>33</b> Away from NNW             |   |                                  | <b>47</b> L-Q bridge          |
| <b>34</b> Scooted                   |   |                                  | <b>48</b> Lighten             |
| <b>35</b> In-demand, hyped-up stock |   |                                  | <b>51</b> Dad on "Black-ish"  |
| <b>38</b> Revue segment             |   |                                  |                               |
| <b>39</b> Gen. parts                |   |                                  |                               |

Solution time: 24 mins.

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

Yesterday's answer 4-4

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16				17			
18				19			20	21			
			22				23				
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42	43			44			45		46	47	48
49				50	51				52		
53				54					55		
56				57					58		

**4-4 CRYPTOQUIP**

JHMBW UYRJW BSWNCHUHWJ  
 PWCW JUZMTHME ZNCWZJU  
 HM Z SRME, JUCZHEYU CRP,  
 UYW JUZCJ YZT ZSHEMWT.

**Yesterday's Cryptoquip:** SHOULD YOU CONSIDER EVERY RETRIEVING DOG THAT'S BORN IN EARLY OCTOBER TO BE A LIBRA-DOR?  
 Today's Cryptoquip Clue: Y equals H

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**April 6** SLUMBER PARTY AT THE CAT HUT!

1118 2nd St., Webster City

Raising FUNds and Awareness!  
 On April 6th, tune in to Facebook as we live stream our 24-hour sleepover at The Cat Hut!

Extended Open Hours  
 Sat. Apr. 6 from 10 AM - 8 PM  
 Sun. Apr. 7 from 9 AM - 12 PM

Main Event Sponsors  
 Boone River Financial  
 Webster City Vet Clinic

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**TAKE THE 2-SECOND CHALLENGE**

Buckling up takes only **TWO SECONDS.**

50% of teenage vehicle fatalities result from not buckling up.

Belted passengers riding with unbelted passengers are **2 TO 5 TIMES** more likely to suffer fatal injuries.

Two seconds can save a life.  
**BUCKLE UP.**

A message from the Iowa Department of Public Safety and Governor's Traffic Safety Bureau.

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