

PUBLIC NOTICES

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IGNITE IMMUNITY, CLEAN NATURALLY

(NAPSI)—If you're among the increasing number of Americans keen on natural solutions to boost immunity these days, you may be glad to know the answer may be right in your refrigerator—or should be. Loaded with vitamin C and zinc, and with key antioxidant qualities, Limoneira Lemons can play a vital role in helping the immune system adapt to new threats and conditions.

Experts have cited lemons as a way to “reduce the risk of complications from a cold or flu, and reduce inflammation in the body.” Experiments have also found that lemon juice can destroy the bacteria of malaria, cholera, diphtheria, typhoid and other deadly diseases.

Lemons are also a boon to any kitchen or DIY beauty routine—plus, they're a handy sustainability tool. Use them to make life simpler without investing in potentially toxic chemicals or overpriced solutions. In fact, beyond their immunity-boosting benefits, lemons provide natural antibacterial and antiseptic properties that let you clean and disinfect your home, naturally.

Here's how to create a useful all-purpose cleaner for your kitchen and bathroom that can help your house smell spring fresh all year: Combine equal parts lemon juice and water in a spray bottle. You can use it nearly anywhere. For wood surfaces, create a polish by mixing one cup of olive oil and one-half cup of lemon juice. Test it first on a small spot.

For other “green cleaning” with lemon tips, visit www.Limoneira.com/cleaning.

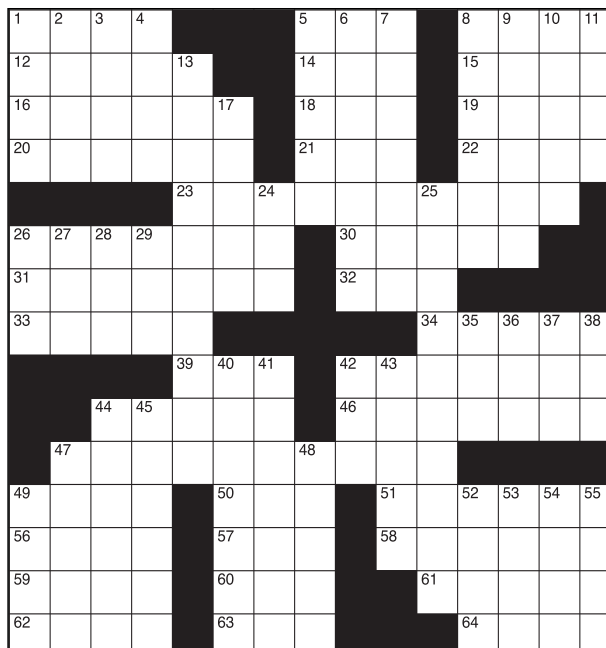
CLUES ACROSS

- Bond villain Mikkelsen
- A team's best pitcher
- French river
- Mountain nymph (Greek)
- City of Angels airport
- Military force
- Scrawny
- Value
- One billionth of a second (abbr.)
- Highly seasoned sausage
- Trouble
- Prong
- Showing varying colors
- Cloaked
- Renters sign one
- Acquires
- Type of language (abbr.)
- Partner to pains
- Third portion of the small intestine
- Excessively theatrical actor
- Infraction
- Classical music for the stage
- Slogged
- One who terminates
- Breakfast is an important one
- Moved earth
- Medical procedures
- Genus of clams

- Not well
- Comparative figure of speech
- Covered thinly with gold
- Principle underlying the universe
- A parent's sisters
- Professional engineering group
- Coniferous tree
- Impudence

CLUES DOWN

- Female parents
- Region
- Transaction
- Heroic tale
- Of algae
- Luminous intensity unit
- Uncovers
- French commune name
- Poisonous gas
- Pearl Jam's bassist
- Horse groom in India
- Destroyed
- A way to alter
- Promotional materials
- American state
- Extinct flightless bird of New Zealand
- “Modern Family” network
- Last or greatest in an indefinitely large series



- Exercise system ___-bo
- Type of bulb
- Opposite of beginning
- Utilize
- Type of student
- Deficiency of moisture
- Areas of the eye
- Select
- Sheets of floating ice
- Priests who act as mediums
- Roof of the mouth
- Unnatural
- Illuminated
- There are three famous ones
- Large, fast Australian birds
- “Dracula” heroine Harker
- Substitutes (abbr.)
- Tax

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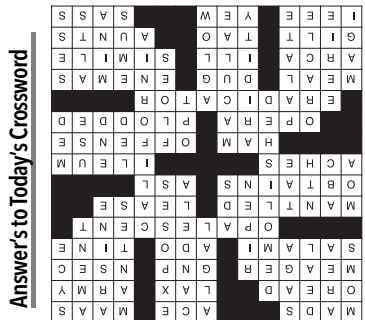
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Answer's to Today's Crossword