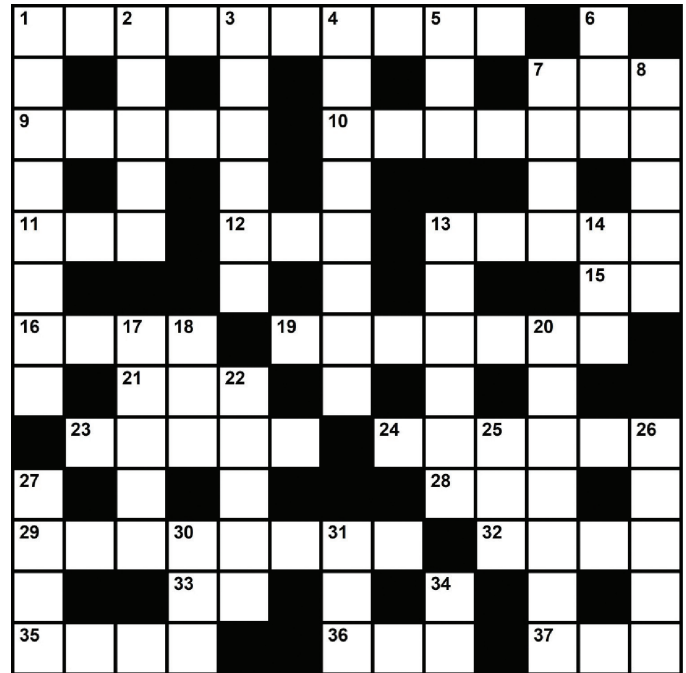


# Reboot

CREATED BY MYLES MELLOR

This month, our crossword highlights different forms of transformation: goals, health, exercise, transitions, etc. But it also touches on the things we don't necessarily need to let go, like bakeries and D.C. institutions. However you might change this year, we hope this crossword remains a constant.

**NOTE:** Check [districtfray.com](http://districtfray.com) for the answer key.



## ACROSS

- 1 Ingredients in many no-ABV cocktails
- 7 “\_\_\_\_\_ Jude” (Beatles classic)
- 9 Color of many health-giving vegetables
- 10 Romaine, for one
- 11 Have a protein bar, for example
- 12 Goal
- 13 Allows the body to recuperate
- 15 Tech department
- 16 Prepare the salad
- 19 Gym exercise option
- 21 Vehicle going electric
- 23 Simple, essential drink
- 24 One who manages injuries/pain, abbr.
- 28 Yoga equipment
- 29 Physical activity good for health
- 32 “Essential” liquids for health and skincare
- 33 “Grey’s Anatomy” Sandra
- 35 Elan vital
- 36 Treadmill setting
- 37 Heating fuel

## DOWN

- 1 Long loaf of French bread
- 2 Take care of medically
- 3 Opposite of whole milk
- 4 Neighborhood where you can find El Chucho restaurant, \_\_\_\_\_ Heights
- 5 Allow
- 6 Small time segment, abbr.
- 7 Expresses love by holding close
- 8 Bakery supply
- 13 Drummer’s beat
- 14 Fasten
- 17 Dieter’s equipment
- 18 Relaxed, in a way
- 20 Sustainable
- 22 “\_\_\_\_\_ Out and Touch (Somebody’s Hand)” — Diana Ross
- 25 Chinese basketball star
- 26 Place of serenity amid chaos
- 27 Healthy in body and mind
- 30 Fish eggs
- 31 Droop
- 34 Morning time, abbr.