

THE SUNSHINE LINE

Telephone:
 (814) 849-3096
 1-800-852-8036

Address:
 186 Main Street, Suite 2
 Brookville, PA 15825

Fax:
 (814) 849-3232

Website:
www.jcaaa.org



Bill Sherman - Executive Director
 Molly McNutt - Deputy Director

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Reynoldsville's Second Annual Red, White, & Blueberry Festival - July 10, 11 & 12

Join us for hometown, family fun! Yard sale, bingo, dances, live bands, crafts, vendors, chalk art contest, bake-off, children's bike parade, hockey, pie eating contest, book sale, car races, roller skating, teen swimming. The Reynoldsville Foundry is participating in this years Festival check out the list of events below taking place at the Foundry. The full list of events is posted on the Foundries Facebook page check it out.

Friday, July 10

- * Quilt Show, downstairs at Foundry with Thursday Night Strippers Quilt Guild
- * 7 pm Dance at Foundry with Buckshot

Saturday, July 11

- * 8a.m. – 11a.m. Trolley rides from the Foundry to Blueberry Hill Farm and Maxim's Berry Farm provided by DD's Cornhole Games, J.D Ryan Law Office and Reynoldsville Community Association.
- * 8:00 to 11 am Blueberry Pancake Breakfast at Foundry with Masonic Lodge cooks, \$5, \$2 for children 6 & under
- * 8 – 10am Guardian presents Delay the Disease at the Foundry, demo at 10 a.m.
- * 4:30 – 6:30 Pulled pork dinner at the Foundry by Dave Marchioni family (benefits Foundry) Tickets available at the Foundry.

Sunday, July 12

- * 1 pm Baseball Card show and Autograph Signing at the Foundry sponsored by Dennis Shaffer



Pool Tournament in Brockway



"On June 9th I attended the Senior Center Pool Tournament in Brockway. Members from The Foundry, The Depot, and Pine Street were there to play pool and enjoyed a picnic lunch of hotdogs, baked beans, and other delicious food. I was happy to be invited and played a game with Jimmy Whitesell as my partner. Due to lack of players no trophy was awarded but everyone still enjoyed the day.

Call your local center to find out times in which the pool players meet!"

Molly McNutt - Deputy Director

Happy Independence Day
JCAAA Main Office and all 4
Centers will be Closed July 3rd

Oliver Township Center, Lunch and Bingo
July 9th and 30th
Questions?
Call: 814-849-3391

SENIORS - If you or someone you know is
being subjected to abuse, neglect or
exploitation, contact JCAAA for emergencies
24 hours a day at 1-800-852-8036.

Laugh a little!

A little boy says to his mother, "Mom, I'll be good for a dollar" The mother replies, "I shouldn't have to pay you to be good, you should be good all the time"

The little boy says, "OK Mom, I'll be good for 50 cents." The mother says, "I shouldn't have to pay you to be good you should be good all the time.

The little boy says, "OK Mom, I'll be good for a 25 cents." The mother says, "How many times do I have to tell you I shouldn't have to pay you to be good. You should be good for nothing, just like your father."

Around the JCAAA Office

Summer will soon be upon us and with that, the end of another successful fiscal year for the Area Agency on Aging. A myriad of changes occurred during the past twelve months, highlighted by relocating the Care Management Group to the second floor of the Parker P. Blood building. While it may be a slight inconvenience it allowed for greater utilization of the building along with increased rental income to support future programs of the Agency. Additionally, we eliminated all waiting lists for Agency services.

While next year's budget is still uncertain, I expect funding streams to be similar to the current year. "Thank goodness for the Pennsylvania Lottery". Thus, allowing the staff to continue their good work providing services to Jefferson County's Older Pennsylvanians.

Please keep in mind that we have many fulfilling volunteer opportunities available if you have free time to help out for a worthy cause. Just give us call.

I wish you all a safe and pleasant summer. I hope to see you at the Annual Picnic during Fair Week.

Bill Sherman - Executive Director



Office of Consumer Advocate (OCA)

BENEFITS:

The Office of Consumer Advocate was created in 1976 to inform and educate the public about energy and utility issues. It represents the public before the Public Utility Commission when changes in gas, electric, telecommunications, water, and sewage charges are requested. OCA assists consumers who have experienced problems with utilities, whether they pertain to service, billing, or other such matters.

CONTACT:

Office of Consumer Advocate
555 Walnut St., 5th Flr.
Harrisburg, PA 17101-1923
(717) 783-5048
Toll-free: (800) 684-6560
www.oca.state.pa.us
consumer@paoca.org

From: Benefits & Rights For
Older Pennsylvanians 2015

To get a copy stop by the
JCAAA Main Office



Employee Spotlight!

Name: Cheryl Muders

Position: Long Term Care Director

Time with JCAAA: 17 years

Education: BS Psychology from The University of Pittsburgh

Certifications: Certified Care Manager, Certified Assessor

What is involved in your day-to-day activities in your current position?

Manage the Long Term Care department which includes supervising the Option Care Management department, Protective Services, and Ombudsman programs.

Your most rewarding or satisfying experience in your work history?

Working for the Area Agency on Aging and being able to help people on a daily basis.

Your proudest moment since you joined JCAAA?

I don't have one moment that stands out, I think what the agency does every day makes me proud!

Please tell us about the significant people in your life.

I am married to Bob Muders, we have been married for 19 years and have known each other for 25 years. We met at college. He works at Community County Services, working with children. I have two teenage daughters, Katelyn is 14 years old and Sara is 13. They both do well in school and are very active in school activities. I have a cat named Winnie and we have chickens.

What do you do when you're not at work?

I love to read, plant flowers, spend time outdoors, go shopping and spend time with my family.

10 signs of Dehydration

The human body is made up of approximately 70-percent water. So it makes sense that fluids are vital for the majority of our bodily functions—protecting our joints, maintaining organ function, transporting oxygen to cells, and sustaining body temperature. It also makes sense that the body can become dehydrated fairly quickly due to excess perspiration, hot weather, sun exposure, and lack of fluids throughout the day.

However, if you're active or if you sweat excessively, replenishing water levels regularly throughout the day is even more detrimental to prevent dehydration. Here are the ten telltale signs (in no particular order) that your body is experiencing dangerous dehydration:

1. Fatigue Sets In

When the body suffers from chronic dehydration, blood flow and blood pressure drop due to a lack of water and oxygen in the blood.

2. Urine Appears Dark Yellow

Concentrated, dark, yellow urine is a first sign of dehydration.

3. Sudden Lightheadedness

When your blood pressure drops due to dehydration, dizziness often follows if you stand up too quickly.

4. Heart Rate Increases

Dehydration often causes plummeting electrolyte levels, which will lead to increased heart rate, heart palpitations (or spasms) in the actual heart muscle. As blood pressure plummets, breathing and heart rate will quicken to indicate potential dehydration.

5. You Overheat

Fluid levels within the body keep our temperatures regulated so we don't become dehydrated and overheat—or even worse suffer dangerous heatstroke!

6. Muscles Cramp

Hydration, or more so electrolyte balance, is vital for muscle contraction so when sodium and potassium stores are low it can cause painful muscle spasms.

7. Ugh, Constipated!

Water is necessary for efficient digestion, which means water absorption is required for healthy bowel movements.

8. Skin Loses Elasticity

Why did you think your doctor pinches your skin to see how fast it bounces back? This quick "pinch test" indicates normal turgor (hydrated skin snaps back to normal quickly) vs. decreased or compromised turgor (dehydrated skin remains elevated and returns to normal slowly). To keep skin looking young and to prevent sagging, hydration is important.

9. No More Tears

If you're crying and stop producing tears it's a good cue that you're seriously dehydrated as an adult.

10. You're Parched

Listen to your body! One surefire way to tell if you're dehydrated is when you're thirsty, your mouth and throat are dry, your tongue may feel sticky or dry, and even parched and swell in cases of extreme dehydration.

Quiz: How Old Are You Really?

From the following list of 25 items, count all the ones that you remember -- not the ones you were told about! How to score yourself is at the end.

1. Blackjack chewing gum
2. Wax Coke-shaped bottles with colored sugar-water
3. Candy cigarettes
4. Soda-pop machines that dispensed bottles
5. Coffee shops with tableside jukeboxes
6. Home milk delivery in glass bottles with cardboard stoppers
7. Party lines
8. Newsreels before the movie
9. P. F. Flyers
10. Butch wax
11. Telephone numbers with a word prefix (e.g., Olive - 6933)
12. Peashooters
13. Howdy Doody
14. 45-RPM records ... and 78-RPM records
15. S&H Green Stamps
16. Hi-fi systems
17. Metal ice trays with lever
18. Mimeograph paper
19. Blue flashbulb
20. Packards
21. Rollerskate keys
22. Cork popguns
23. Drive-in theaters
24. Studebakers
25. Washtub wringers

If you remembered!

0 - 5 = You're still young

6 - 10 = You are getting older

11 - 15 = Don't tell your age

16 - 25 = You're older than you think!

Be sure to pass this along -- especially to all your friends with really good memories.

Humor...the best medicine!

Hard of Hearing

Morris, an 82-year-old man, went to the doctor to get a physical.

A few days later the doctor saw Morris walking down the street with a gorgeous young lady on his arm.

A couple of days later, the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doctor, 'Get a hot mamma and be cheerful.'"

The doctor said, "I didn't say that. I said you got a heart mummer and be careful."

CENTER INFO



Brookville Heritage House Center
4 Sylvania Street,
Brookville, PA 15825
Director: Romayne Conner
Phone: 814-849-3391
Email: heritage@jcaaa.org

- 7/2- Fourth of July Trivia.....Patriotic dessert
7/6- Blueberry Day ...Blueberry Salad special at noon
7/7- Advisory Council at 1pm...Heritage House
7/10- Glaucoma Testing ...10:00am with Carole from the Blind Ass'n.
7/13- Crafts w/Honey 12:45pm
7/17- Chocolate Day...Bring something chocolate to share.
7/20- Blood Pressure...Glucose testing with Mary from Guardian Health...11:00am
7/23- Senior Day at the Fair.....Please sign up to guarantee your lunch.
7/27- Birthday Brunch with Hot Dogs on the Grill. Please bring some food to supplement the meal. Dessert will be furnished..
7/31- "Crossfire" Band...6:30am7:45pm....Kitchen open at 5:00pm-

Monday –Bingo-Tai-Chi—Cards-Bridge

Tuesday – Healthy Steps-Bridge

Wednesday-Cards-Bridge-Sing-a-long-Scrabble

Thursday –Healthy Steps-Bridge

Friday-Bingo-Bridge-Tai-Chi



Memorial Day Service



Punxsutawney Pine Street Center
103 North Gilpin Street,
Punxsutawney, PA 15767
Director: Mindy Grose
Phone: 814-938-8376
Email: pinestreet@jcaaa.org

- 7/2- Last day to sign up for the Jefferson County Fair
7/3- Center Closed. Have a safe holiday!
7/6- America...did you know? Trivia in the dining room at 11:30
7/8- Wii Bowling Tournament 10:00 am Sign up to see who really rules the lanes! Prizes! Fun! Snacks!
7/13- Last day to sign up for the Lasagna Dinner
7/15- Lasagna Dinner at 5:15 pm. Cost is \$2.00 per person
7/16- 10:30 blood pressure/blood sugar with the nurses
7/22- Mary from Guardian will be here with healthy living tips
7/23- Senior Day at the Jefferson County Fair
7/29- Vegetable Education! 11:30 in the dining room. Come and find out something that you never knew about veggies!
7/30- Friendship day at the center. 11:30 Come and find out things you never knew about your center friends!
Daily – puzzles, computers, cards, Wii,
Monday – exercise with Linda at 10:30 am
Tuesday – Bingo with Jim from 9:30-11:30
Wednesday - exercise with Linda at 10:30 am
Thursday - exercise with Linda at 10:30 am
Friday – Bingo with Jim from 9:30-11:30



Pool Sharks



Brockwayville Depot Center
4th & Alexander Street
Brockway, PA 15824
Director: Cheryl Moore
Phone: 814-265-1719
Email: depot@jcaaaa.org

- 7/1- Art Show, 6:30-9:30 PM Critique 7PM
- 7/2- Art Show, 6:00 -8:00 PM
- 7/3- Art Show, 6:00-8:00 PM
- 7/4- Brockway's Old Fashion 4th of July Celebration... Art Show at The Depot, 11:00 AM- 3:00 PM
- 7/7- Blood Pressures and Blood Sugar with BCAT, 7:00 -9:00 AM
- 7/9- Banking Basics for Seniors 11:15 AM
- 7/14- Blood Pressures with Guardian 8:30 AM
- 7/23- Senior Day at the Fair..Call or stop in to make your reservations!!!
- 7/24- Music Night with Romey's Friends (Date subject to change call for more info)

Daily – Lunch is at NOON!!! Make your reservation the day before!!!
Social Hour, Pool, Library, Puzzles, Coupons and a GOOD TIME!!!

Monday – Healthy Steps 10:00 AM

Tuesday - Breakfast 7:30-9:30 AM cost is \$4.00, Bingo after lunch

Wednesday – Cards 10:00 AM, Chair Yoga 11:30 AM

Thursday – Healthy Steps 10:00 AM, Bingo after lunch

Friday – Bingo 10:00 AM followed by lunch



Memorial Day Service



The Reynoldsville Foundry Center
45 West Main Street
Reynoldsville, PA 15851
Director: Donna Price
Phone: 814-653-2522
Email: foundry@jcaaaa.org

- 7/1- New Weight Wise class begins at 9:30. Incorporating info from NAP Challenge
 - 7/3- Happy July 4! Center closed.
 - 7/7 – New Program, Grief Support led by Doris Ecelbarger, 1 ½ hours per week on Tuesdays at 1:30 for 6 weeks. Sign up confidentially with Donna. No more than 6 or 7 in the class.
 - 7/8- Free Glaucoma Screening 10 a.m.
 - 7/9- Quilt Guild 7p.m.
 - 7/10- Quilt Show downstairs, Music Night with Buckshot 7 p.m.
 - 7/11- Quilt Show downstairs, Blueberry Pancakes 7 – 11, Red, White, Blueberry BBQ, Street dance with Spruce Creek, Fireworks at 10.a.m.
 - 7/12- Quilt Show downstairs, Baseball Card show upstairs
 - 7/15- Mad Hatters 2
 - 7/16- Reynoldsville Library Book Signing and Dinner
 - 7/17- Hydration speaker with Big Bang Bingo, Blood pressure checks 11
 - 7/23- Senior Day at the Fair, center closed. Quilt Guild 7 p.m.
- Daily** – Coffee break, Pool, Computers, Exercise Machines, Shuffle-board, Jigsaw puzzle, Lending Library, TV/Movie lounge
Monday– Healthy Steps in Motion 10:30, Jam Session 1, Strong Women 5:30
Tuesday – Dominoes 10, Grief Support 1:30
Wednesday – WeightWise 9:30, Healthy Steps in Motion 10:30, Oil Painting 1, Strong Women 5:30
Thursday – Nickel Bingo, Cards
Friday - Healthy Steps in Motion



Having fun at the Foundry Volunteer Luncheon

Disaster Recovery Scams

Disasters can bring out the best in people—and the worst. As many prepare for, or recover from, destruction caused by storms, tornadoes, and floods—look out. After natural disasters, unlicensed contractors and scammers often come into affected areas promising quick repairs at discount prices.

What does it look like?

Commonly called “wildcatting”, supposed repair workers blitz impacted neighborhoods, hoping to ensnare frazzled homeowners. They may say something like, “We are really busy right now, but we are helping a lot of your neighbors and with a cash deposit, you can save a space on our busy schedule.” Often, these storm chasers just take the money and run.

Tips to avoid disaster fraud

The best way to avoid frauds and scams after a natural disaster is to stay alert and be cautious. Here are some specific tips to protect yourself, your property, and your money:

- Always ask contractors for references and call previous clients.
- Write down the driver’s license and vehicle information (make, model, and license plate number) in case you need to report the contractor to authorities.
- Be skeptical of people promising immediate clean-up and debris removal. Some may demand payment up-front for work they never do, quote outrageous prices, or simply lack the skills, licenses, and insurance to legally do the work.
- Get a written estimate and sign a written contract that includes a description of the work to be performed, what materials are included, when the work will be finished, the price, and the address and phone number of the contractor.
- Read all agreements carefully before you sign. And, never sign a contract with blank spaces. Unscrupulous contractors sometimes enter unacceptable terms later on.
- Before hiring any post-disaster contractor, ask your insurer to survey the damage, and inquire about approved contractors.
- Never pay in full in advance, and don’t pay cash (use a credit card or check). Have the contract specify a schedule for releasing payments, and before making the final payment, ask the contractor to provide proof that all subcontractors have been paid -- if not, you could be liable for their fees.
- Speak with your neighbors about what they are paying for similar work.
- Don’t pay supposed fees to apply for FEMA or SBA assistance or to receive government-sponsored property damage inspections. There are no such fees.
- Trust your gut and don’t be pressured. If you have any doubts about hiring someone or entering into a contract, take your business elsewhere. And, don’t fall for hiring someone who is offering a “one-day-only” special or a discount for hiring him on the spot.

Getting help after a disaster

Call the local police and your local Attorney General’s Office to report the scam. The following organizations can also provide information to disaster victims about how to get the help they need.

- ready.gov has information about what to do immediately after a disaster.
- DisasterAssistance.gov will help you search for disaster relief by the type of assistance you need or by federal agency.
- The American Red Cross provides extensive information on recovering after a disaster, with specific tips for coping with different kinds of disasters including fires, hurricanes, floods and storms.



JULY 23, 2015

10 AM - 1 PM

JOIN US AT THE

JEFFERSON COUNTY FAIR GROUNDS
UNDER THE GRANDSTANDS AND

“Get into the ACT”

To promote healthy aging, increase community involvement
for older adults, and tackle important issues



Please register for this event by calling JCAA @ 814-849-3096

or your local Senior Citizen Center:

The Foundry- 814-653-2522

Heritage House- 814-849-3391

Brockway Depot- 814-265-1719

Pine Street Senior Center- 814-938-8376

Lunch is provided!

Seniors have free admission the whole day!

Stay and visit for:

Entertainment by “the village voices” at 1pm!

Educational materials, health screenings, prizes and more!

Transportation available!

Crossword Answers

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LUNCH MENU

Perfectly Grilled Corn on the Cob

Total Time: 1 hr 35 min
Yield: 4 to 6 servings
Level: Easy

**Ingredients**

8 ears corn
Kosher salt

BBQ Butter:

2 tablespoons canola oil
1/2 small red onion, chopped
2 cloves garlic, chopped
2 teaspoons Spanish paprika
1/2 teaspoon cayenne powder
1 teaspoon toasted cumin seeds
1 tablespoon ancho chili powder
1/2 cup water
1 1/2 sticks unsalted butter, slightly softened
1 teaspoon Worcestershire sauce
Salt and freshly ground black pepper

Directions

Heat the grill to medium.

Pull the outer husks down the ear to the base. Strip away the silk from each ear of corn by hand. Fold husks back into place, and place the ears of corn in a large bowl of cold water with 1 tablespoon of salt for 10 minutes.

Remove corn from water and shake off excess. Place the corn on the grill, close the cover and grill for 15 to 20 minutes, turning every 5 minutes, or until kernels are tender when pierced with a paring knife. Remove the husks and eat on the cob or remove the kernels. Serve with the BBQ Butter. Spread over the corn while hot.

BBQ Butter:

Heat the oil in a medium saute pan over high heat until almost smoking. Add the onion and cook until soft, 2 to 3 minutes. Add the garlic and cook for 30 seconds. Add the paprika, cayenne, cumin and ancho powder and cook for 1 minute. Add 1/2 cup of water and cook until the mixture becomes thickened and the water reduces. Let cool slightly.

Place the butter in a food processor, add the spice mixture and Worcestershire sauce and process until smooth. Season with salt and pepper, scrape the mixture into a small bowl, cover and refrigerate for at least 30 minutes to allow the flavors to meld. Bring to room temperature before serving.

**Jefferson County**

AAA

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| 1-Jul Ham & Cheese Sandwich Lettuce, Tomato Vegetable Soup 2 White Bread Crackers Mandarin Oranges | 2-Jul Baked Chicken Baked Potato Coleslaw White Bread Pudding | 3-Jul Closed Happy Independence Day | 6-Jul Country Fried Steak Gravy Scallop Potatoes Mixed Beans White Bread Fruited Gelatin | 7-Jul Meatballs / Gravy Rice Mixed Vegetables Wheat Bread Pineapple |
| 8-Jul Pork Patty / Gravy Baked Potato Green Beans White Bread Cookie | 9-Jul Chicken Strip Salad Noodle Soup Garlic Bread Stick Pudding | 10-Jul Baked Meatloaf Whipped Potatoes Corn Wheat Bread Cake | 13-Jul Breakfast on a Stick Hashbrowns Peaches Juice | 14-Jul Pepper Steak Parsley Potatoes Coleslaw White Bread Pudding |
| 15-Jul Spaghetti Meatballs Toss Salad Brad Stick Mandarin Oranges | 16-Jul Hot Dog Potato Cubes Baked Beans Sandwich Roll Cantalope | 17-Jul Turkey Stuffing Whipped Potatoes Broccoli Fresh Seasonal Fruit | 20-Jul Salisbury Steak w/ Onion Gravy Whipped Potatoes Broccoli w/ Red Peppers Wheat Bread Pudding | 21-Jul Pizza Toss Salad Pasta Mixed Fruit |
| 22-Jul Ham Scallop Potatoes Cauliflower White Bread Cookie | 23-Jul SENIOR DAY AT THE FAIR BOX LUNCH PROVIDED SEE YOU AT THE FAIRGROUNDS | 24-Jul Taco Salad Fiesta Corn Salad Nacho Chips Pineapple Delight | 27-Jul Kielbasa Sauerkraut Whipped Potatoes Sandwich Roll Cookie | 28-Jul Chicken Parmesan Pasta Green Beans White Bread Fresh Fruit |
| 29-Jul Fish Baked Potato Coleslaw White Bread Pudding | 30-Jul BBQ Rib Noodles Carrots White Bread Mandarin Oranges | 31-Jul Ham Salad Sandwich Soup Crackers 2 White Bread Pears | | |

Note: Milk and Bread Served With All Meals



JEFFERSON COUNTY AREA AGENCY ON AGING
 186 Main Street
 Brookville, PA 15825

Non-Profit
 Organization
 U.S. Postage
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 Permit No. 21
 Falls Creek, PA
 15840

ADDRESS SERVICE REQUESTED

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**Check for Crossword Puzzle
 Answers On the I & R Page**

Puzzle# 25

ACROSS

- 1. "We ___ Family"
- 4. Corporate VIP
- 7. Coat part
- 12. Electrified particle
- 13. Coffee vessel
- 14. Informed
- 15. Beef, e.g. (2 wds.)
- 17. Sort
- 18. TV collie
- 20. Always, in verse
- 21. At all times
- 23. Green gems

- 26. Essence
- 27. Sandwich shops
- 28. Fertile desert spot
- 30. Iridescent gems
- 34. Jotted down
- 38. New York's canal
- 39. Florida Native American
- 42. Personnel
- 43. Period in history
- 44. Nullify
- 46. Nuzzles
- 49. Christian military

- expedition
- 52. Perfumes
- 53. Knockout count
- 54. Sprint
- 55. Refresh
- 56. Tennis term
- 57. Distress signal

DOWN

- 1. Telecast
- 2. ___ versus Wade
- 3. Eternal
- 4. Pool sticks
- 5. Deleted
- 6. Prompt (2 wds.)
- 7. Linger
- 8. Stun
- 9. Wall board
- 10. Miscalculated
- 11. Nasty looks
- 16. 007's drink
- 19. Electric fish

- 21. Self-importance
- 22. Itinerary word
- 24. Mexican waterway
- 25. Facets
- 29. Male child
- 31. In ___ (late with payment)
- 32. Falsehood
- 33. Stitch
- 35. Shipping weight
- 36. Votes in
- 37. Graduate's reward
- 39. Spanish title
- 40. Corrode

- 41. Stone worker
- 45. Mother's sister
- 47. Before, to poets
- 48. Wind dir.
- 50. Pair
- 51. Naval rank (abbr.)

The Sunshine Line is assembled and prepared for mailing by a group of wonderful volunteers

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