

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

Need a little inspiration?

Exercise is important all through the year, but can help you get in shape for the winter months. If you exercise by walking outdoors, it may be time to locate other places you can walk or workout that are protected from harsh winter weather. We have the perfect place for you at the Heritage House Senior Center in Brookville. The final pieces of equipment are being installed and the Fitness Center will be ready to go soon! It will have two treadmills, two elliptical machines, recumbent bike, a total body exerciser, hand weights, yoga mats, and more! No excuses this winter to not be moving and getting in shape!

The fitness room will be open during normal Senior Center hours from 8:00 am – 1:00 pm Monday through Friday.



Become a Home-Delivered Meal Driver

Do you have a couple of hours, one day a week to help someone? Volunteer drivers are needed to help provide nutritious meals to older individuals in their homes. You can make a major difference to someone in a small amount of time each week.

Volunteers pick up the packed meals at a Senior Center in their area and then deliver the meals to people in homes and apartments. All drivers receive training; and a mileage reimbursement is available.

Drivers are especially needed in the Brookville and Brockway areas.

For additional information call The Brookville Heritage House at 814-849-3391 or The Brockway Depot at 814-265-1719.



The Jefferson County Area Agency on Aging is a 501(c)(3) non-profit organization dedicated to enhancing the lives of older adults in Jefferson County, Pennsylvania.

We help over 2,000 older adults and their families every year by administering comprehensive services to assist them to remain a citizen in our communities.

Charitable donations are important to the Jefferson County Area Agency on Aging. These voluntary gifts enable us to go farther and serve more than we otherwise would have been able. We are extremely appreciative for the gifts that we receive and we take our accountability to our donors very seriously. We provide a written acknowledgement to all donors for every type and amount of gift received.

Your contribution is tax-deductible to the extent allowed by law. Please note the amount of your contribution that is deductible for federal income tax purposes is limited to the money contributed by the donor minus the value of goods or services provided by JCAAA.

To make a charitable or memorial donation, please mail your tax deductible donation payable to:

Jefferson County Area Agency on Aging
186 Main St., Suite 2
Brookville, PA 15825
Phone: (814) 849-3096

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All 4 Centers and the Main Office will be closed 9/7/2015 for Labor day

Oliver Township Center, Lunch and Bingo
September 10th and 24th
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.



Happy Harvest! It's hard to believe we have reached the end of another summer season. As of late, the weather has been very favorable. I hope you took time to enjoy it, whether vacationing, gardening or just spending time with friends and family.

As I'm sure you are aware, Pennsylvania is still without a budget that should have been in place by July 1, 2015. What that means to the agency is that while we are continuing to do business nearly as usual, delays beyond September 30th will cause us to take a hard look at what programs will need to be reduced or discontinued until funding is back in place. I certainly hope that it doesn't come to that.

During the fiscal year that ended June 1, 2015, Jefferson County Area Agency on Aging provided services to a record number of seniors with Meals, Personal Care, Medication Management, Personal Emergency Response Units, Home Support and Consumer Reimbursement at a cost in excess of seven hundred thousand dollars. That's a remarkable accomplishment considering that it is done primarily with Lottery Funding and not tax dollars.

I wish you all a safe and enjoyable September, and please enjoy the local produce that is coming to market.

-Bill Sherman, Executive Director

Weatherization Program

BENEFITS: The Pennsylvania Department of Community and Economic Development (DCED) works with Local County Assistance Offices and other non-profit agencies to administer a home Weatherization Program. The goal of the program is to make the cost of energy more affordable for low-income families throughout Pennsylvania by helping them make their homes more energy efficient. Weatherization services are provided at no charge to eligible individuals and families. Homeowners and renters alike can benefit from this program.

The first step is to conduct a home energy audit to determine the most appropriate energy conservation measures for the home. Such measures may include, but are not limited to, stopping air infiltration by caulking or weathering doors and windows and replacing broken glass, ensuring adequate insulation in attics and insulating electric hot water heaters. Crisis assistance is also available to repair or replace heating systems through the Low Income Home Energy Assistance Program (LIHEAP).

THOSE ELIGIBLE: Individuals and families with household income at or below 200 percent of the federal poverty level; eligibility for crisis assistance requires a referral from the County Assistance Office.

CONTACT: Community Action Inc, 105 Grace Way, Punxsutawney 15767 (814) 938-3302

From: Benefits & Rights For Older Pennsylvanians 2015

To get a copy stop by the JCAAA Main Office



Employee Spotlight!

Name: Tiffanee Uplinger
Job title: Fiscal Assistant
Location: Main Office
How long have you worked for JCAAA: Almost 11 years
Education and School Where Attended: Attending University of Phoenix for my degree in Accounting

What is involved in your day-to-day activities in your current position? ___
I work daily with incoming money, balancing accounts, making and posting fiscal transactions, and collecting data for reports that are due to the Department of Aging on a timely basis.

Please tell me about your most rewarding or satisfying experience in your work or volunteer history:
One of the most rewarding experiences is going to our annual Senior Picnic event at the Fairgrounds. It's fun to set it up, socialize with all the seniors, and getting to see them enjoy the day.

Please tell me about your proudest moment since you joined JCAAA:
Being able to help the Senior Citizens in Jefferson County.

Please tell us about the significant people in your personal life. *This would include your significant other, children, parents, pets, etc. Please provide names, ages (optional), a little bit about each person, as well as any significant milestones (anniversaries, graduations, births, etc.) you'd like to share.
I am married to my high school sweetheart. We have two wonderful kids, nine dogs and some farm animals.

What do you do when you're not at work? Tell us about any activities or hobbies you enjoy:
When I am not working I am spending time with my family either at home or camping. I enjoy hunting, UTV riding with friends and family, camping, and spending time outside.

Fall weather is almost upon us, so what better time than now to talk about Fall Prevention!

Falls are the most common cause of injury for older adults. One out of 3 people over the age of 65 will fall at least once each year. Many falls are potentially preventable. Identifying and reducing risk for falls is an important part of every older adult's health maintenance plan. Fall risks may include environmental risks at home or outdoors, as well as health conditions, medications that may be used to treat these conditions, or risky behaviors.

Some great preventative measures:

Keep moving

Physical activity can go a long way toward fall prevention. With your doctor's OK, consider activities such as walking, water workouts or Tai-chi a gentle exercise that involves slow and graceful dance-like movements. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

Wear sensible shoes

Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead wear properly fitting, sturdy shoes with nonskid soles.

Remove home hazards

Take a look around your home. Your living room, kitchen, bedroom, bathroom, hallways and stairways may be filled with hazards. To make your home safer:

- Remove boxes, newspapers, electrical cords and phone cords from walkways.

- Move coffee tables, magazine racks and plant stands from high-traffic areas.

- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing or remove loose rugs from your home.

- Repair loose, wooden floorboards and carpeting right away.

- Store clothing, dishes, food and other necessities within easy reach.

- Immediately clean spilled liquids, grease or food.

- Use nonslip mats in your bathtub or shower.

- Light up your living space

- Keep your home brightly lit to avoid tripping on objects that are hard to see.

Also:

- Place night lights in your bedroom, bathroom and hallways.

- Place a lamp within reach of your bed for middle-of-the-night needs.

- Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches.

- Turn on the lights before going up or down stairs.

- Store flashlights in easy-to-find places in case of power outages.

Use assistive devices

- Your doctor might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. For example:

- Hand rails for both sides of stairways

- Nonslip treads for bare-wood steps

- A raised toilet seat or one with armrests

- Grab bars for the shower or tub

- A sturdy plastic seat for the shower or tub plus a hand-held shower nozzle for bathing while sitting down

A little humor...

Three old ladies were discussing the trials and tribulations of getting older. One said, "Sometimes I catch myself with a jar of mayonnaise in my hand while standing in front of the refrigerator, and I can't remember whether I need to put it away or start making a sandwich." The second lady chimed in with, "Yes, sometimes I find myself on the landing of the stairs and can't remember whether I was on my way up or on my way down." The third one responded, "Well, ladies, I'm glad I don't have that problem, knock on wood," as she rapped her knuckles on the table and then said, "That must be the door, I'll get it!"

10 Health Tips for Autumn Leaves Clean-Up

In many parts of the country, raking leaves is a necessity during the fall months. Both for those unaccustomed to physical activity and regular exercisers, the dynamics of raking can lead to strain and injury to the back, shoulders, and wrists, according to the American Academy of Orthopaedic Surgeons (AAOS).

The U.S. Consumer Product Safety Commission reports that over 76,000 people were treated in hospital emergency rooms, doctors' offices, clinics and other medical settings for injuries related to non-powered garden tools, including rakes in 2006. Raking requires a number of different activities, including twisting, bending, lifting, and reaching, that utilize several different muscle groups. Improper use of lawn tools along with the potential for tool-related accidents further compounds the risk of injury to the bones and muscles.

You can ease the strain and pain of raking -- fall's most taxing task by taking the following precautions to minimize your risk of sustaining an injury:

- Avoid twisting your body while raking. Use your legs to shift your weight rather than twisting your back. Throwing leaves over the shoulder or to the side while raking involves twisting movements that can overly strain the muscles in the back.

- Use a properly-sized rake for your height and strength.

- Wear gloves to help prevent blisters on the hands.

- Bend at the knees, rather than the waist, to pick up items.

- Do some form of light exercise for ten minutes to warm up the muscles prior to raking.

- Try to vary your movements as much as you can to avoid overuse of muscle groups.

- Wear shoes with skid-resistant soles to minimize the risk of falling.

- Sturdy shoes can also reduce the risk of injuries to your feet.

- Don't overdo. Raking is an aerobic activity - you may need to take frequent breaks or slow your pace if you are an infrequent exerciser. (It's better to live with the leaves tomorrow than with a sore back!)

- As with any form of exercise, be sure to drink plenty of fluids to prevent dehydration.

- When you're done, gentle muscle stretching can help relieve tension in the muscles. A hot bath can relax muscles.

CENTER INFO



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

- 9/2-Weight Wise Class 1:00pm Lose 10 lbs in 10 weeks
9/9-Weight Wise Class 1:00pm-2:00pm
9/11- "Where were you?" Presentation by Herb McConnell 11:00am
9/14- Crème Filled Do-nut Day.....Crafts with Honey 11:45pm
9/15- Fortune Cookies with Jeanne Bowdish
9/16 Weight Wise Class 1:00-2:00pm-
9/17- Constitution Day with Randy Bartley 11:00am
9/21- Alzheimer's Awareness...BP's with Mary Keck from Guardian Health ...AARP Driving Refresher Course 1:00-5:00 pm
9/22- AARP Full Driving Course 1:00-5:00pm
9/23- AARP Full Driving Course 1:00-5:00pm
Weight Wise Class 1:00-2:00pm
9/30- Weight Wise Class 1:00-2:00pm
Monday – Bingo..9:30am, Healthy Steps 9:30-10:30am , Tai-Chi 10:00am
Tuesday - Art Class 1:00pm, Bridge 1:00pm, Healthy Steps 9:30-11:00am
Wednesday - Scrabble 10:00am, Bridge 1:00pm, Cards 1:00pm
Thursday – Healthy Steps 9:30-11:00am Bridge / Cards 1:00pm
Friday - Bingo 9:30am, Tai-Chi 10:00am Bridge 1:00pm



The Band Crossfire at the Heritage House



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

- 9/1- Emma Nutt day at the Center! Curious as to who she is? Join us for fun trivia at 11:30
9/3-Soup Supper at 5:15 pm. Cost is \$2.00 per person. Call by the September 1st for reservations
9/7-the Center is closed. Enjoy Labor Day!
9/9-Wii Bowling Tournament! Join us at 10:00 to see who places 1st for the month!
9/11-Healthy Steps Class at Grace Place Apartments at 1:30 pm
9/12-An Afternoon with Elvis!
9/16-Mayflower Day-trivia will be at 11:30. See what you know about the Mayflower
9/18-Breakfast and Bingo! \$2.00 for breakfast at 8:45! Bingo at 9:30! Sign up today!
9/22-National Ice Cream Cone Day! Join us for cones at 10:00!
9/23-Miniature Golf
9/24-Mary from Guardian will be here with a Fall prevention program
9/28-World Heart Day! Join us at 11:30 for a heart filled fun time!
Daily – puzzles, computers, cards, Wii,
Monday – exercise with Linda at 10:30 am
Tuesday – Bingo with Jim from 9:30-11:30 AM
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 AM



Megan, our new Center Services Supervisor and Public Information Specialist, consoles Jim after beating him in Wii Bowling!



Brockwayville Depot Center
425 Alexander Street
Brockway, PA 15824
Director: Cheryl Moore
Phone: 814-265-1719
Email: depot@jcaaa.org

- 9/1- Breakfast is Back for every Tuesday!!!! 10 Keys to Healthy Aging 10:00
- 9/7- Center Closed- Labor Day
- 9/8- Blood Pressures 8:00 AM with Mary from Guardian and speaking to follow
- 9/9- Artist Connection 7:00 PM
- 9/15- Blood Pressures and Blood Sugar with BCAT 7:00 AM, 10 Keys to Healthy Aging 10:00 AM
- 9/18- Music Night with Romey and Friends 6-9. Kitchen opens at 4:00
- 9/22- 10 Keys to Healthy Aging 10:00 AM
- 9/23- Artist Connection 7:00 PM
- 9/25- Show your support for your favorite Football Teams!!! Where your colors –Bring a Dish to Pass-Join our Tailgate Party at Noon!!!!
- 9/29- 10 Keys to Healthy Aging 10:00 AM
- Daily** – Lunch is at Noon! Make your reservation the day before Social Hour, Pool, Library, Puzzles, Coupons, TV Lounge, PLUS a Fun Time!
- Monday** – Healthy Steps 10:00 AM
- Tuesday** - 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



New visitors at The Depot.



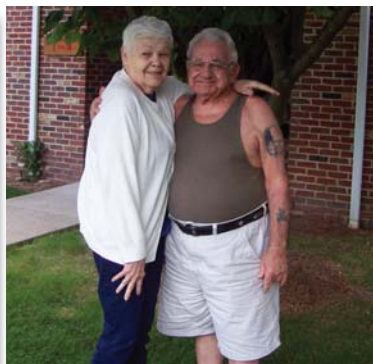
The Reynoldsville Foundry Center
45 West Main Street
Reynoldsville, PA 15851
Director: Donna Price
Phone: 814-653-2522
Email: foundry@jcaaa.org

- 9/1- Grief support 1:30 p.m.
- 9/2- Second harvest- Senior food box 1 p.m.
- 9/4- Music Night with Bill DeLong & Friends 7 p.m. Kitchen opens at 6.
- 9/7- Closed for Labor Day
- 9/8- Grief support 1:30 p.m.
- 9/9- Optical Illusions: A look at how the Human Eye Works 10 a.m.
- 9/11- Patriot Day-seniors helping seniors –9 a.m.
- 9/13- Cardmaking with Larissa 2 p.m.
- 9/15- Foundry Advisory council 10:30
- 9/16- Nutrition & Senior Health with Linda Shaffer from Interim
- 9/17- Foundry Open House 4 – 6 p.m. Come to find out what is available at the Foundry. Refreshments.
- 9/18- Alzheimer's Awareness and blood pressure screening with Mary from Guardian 11 a.m.
- 9/21- Tureen dinner at 5 p.m. Bring a dish to share.
- 9/22- Pool at Brockway, Summer's end picnic 11:30
- 9/24- AARP Driver Safety Refresher Course 10 a.m. – 2 p.m. Call for reservations.
- 9/29- Pool with Punxsy
- Daily** – Coffee break, Pool, Computers, Exercise Machines, Shuffleboard, Jigsaw puzzle, Lending Library, TV/Movie lounge
- Monday**– Healthy Steps in Motion 10:30 AM, Jam Session 1 PM, Strong Women 5:30 PM
- Tuesday** – Dominoes 10 AM, Computer Tutors 1:00 PM
- Wednesday** – Weight Wise 9:30 AM, Healthy Steps in Motion 10:30 AM, Oil Painting 1 PM, Strong Women 5:30 PM
- Thursday** – Nickel Bingo, Cards
- Friday** - Healthy Steps in Motion



Foundry volunteers serve up Blueberry pancakes for the Red, White & Blueberry Festival

The Aging Waiver Program can help you stay in your home.



Joseph and Clara are a lovely couple that reside in Jefferson County and are able to enjoy the comforts of their home as they receive in-home services through the Aging Waiver Program.

Joseph was born and raised in Jefferson County. He was employed by B&O Railroad. Joseph also spent his time working in car shops. Clara was born and raised in Clearfield County and was employed through Sylvania. The two met in 1953 on a blind date and later wed on July 25, 1953.

Joseph and Clara have five children that live in the area. Along with their children they have grandchildren, great grandchildren and great-great grandchildren. Joseph and Clara enjoy spending time with each other and with their family. Some of their hobbies included polka dancing, gardening and going on vacation.

After retiring in 1982 from B&O Railroad, Joseph started to experience health issues and approximately 10 years ago Clara began experiencing signs of dementia. The Aging Waiver Program has helped Joseph and Clara remain together in their home as they receive daily assistance with bathing, dressing, meal preparation, housekeeping, shopping, laundry, finance management, medication monitoring and supervision. Both have also received lift chairs through the Aging Waiver Program to assist with transfers. Joseph shared that receiving the Waiver program has been wonderful and has only good things to say about the services that are received. When asked the perks of being on the Aging Waiver Program, Joseph stated "The caregivers are so wonderful and have become like family to us. They take us outside to go for walks and what they do for us, we could never do for ourselves, the caregivers just go above and beyond!" When asked if it was difficult to accept the assistance from the Aging Waiver Program, Joseph stated "it was difficult to accept the fact we needed assistance at first, but the caregivers and the Jefferson County Area Agency on Aging service coordinators were very pleasant and made us feel comfortable, which helped ease the transition. We would recommend the Aging Waiver Program to anyone in need of services."

The Aging Waiver Program is designed to provide services to those individuals requiring nursing facility level of care so that they can remain in their own homes. Aging Waiver provides caregivers in the home to assist with personal care tasks, meal preparation, light housework, laundry, shopping, medication monitoring, etc. The program is designed to ensure the needs of the consumer are being met at home. Other services that can be provided through the Aging Waiver program is the Lifeline unit, home delivered meals and supplies that are not covered under Medicare or Medicaid. For more information regarding the Aging Waiver Program or any of the other services offered, please contact the Jefferson County Area Agency on Aging at 1-800-852-8036.

Thank You to everyone who came out to our JCAAA Senior Picnic at the Jefferson County Fair Grounds. The vendors gave out some great door prizes and over 600 meals were served.



Crossword Answers

R	A	G	E		A	M	A		A	L	S	O				
A	D	A	M		M	E	L		P	E	A	R				
S	O	S	O		E	N	T	E	R	I	N	G				
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LUNCH MENU

Grandmas Apple Pie

Total Time: 3hr
Level: Easy



Ingredients

- 1 recipe pastry for a 9 inch double crust pie
- 1/2 cup unsalted butter
- 3 tablespoons all-purpose flour
- 1/4 cup water
- 1/2 cup white sugar
- 1/2 cup packed brown sugar
- 8 Granny Smith apples peeled, cored and sliced

Directions

1. Preheat oven to 425 degrees F (220 degrees C). Melt the butter in a saucepan. Stir in flour to form a paste. Add water, white sugar and brown sugar, and bring to a boil. Reduce temperature and let simmer.
2. Place the bottom crust in your pan. Fill with apples, mounded slightly. Cover with a lattice work crust. Gently pour the sugar and butter liquid over the crust. Pour slowly so that it does not run off.
3. Bake 15 minutes in the preheated oven. Reduce the temperature to 350 degrees F (175 degrees C). Continue baking for 35 to 45 minutes, until apples are soft.

Source: <http://m.allrecipes.com>



September 2015

Jefferson County

AAA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 7-Sep	1-Sep Chip Steak Sandwich Potato Wedges Vegetable Mix Sandwich Roll Applesauce	2-Sep Sweet & Sour Meatballs White Rice Mixed Vegetables Wheat Bread Pineapple Tidbits	3-Sep Baked Chicken Thighs Augratin Potatoes Mixed Vegetables White Bread Pudding 	4-Sep Italian Hoagie Potato Salad Baked Beans Sandwich Roll Mandarin Oranges
HAPPY LABOR DAY 7-Sep	8-Sep Pork Patty Parsley Potatoes Coleslaw White Bread Peaches	9-Sep Kielbasa Sauerkraut Whipped Potatoes White Bread Cake	10-Sep Tuna Noodle Casserole Toss Salad Wheat Bread Mandarin Oranges	"We Remember 9/11" 10-Sep
14-Sep Salisbury Steak Onion Gravy Whipped Potatoes Broccoli w/ Red Peppers Wheat Bread Pudding	15-Sep Baked Fish Baked Potato Coleslaw White Bread Fruited Gelatin	16-Sep Spaghetti w/ Meatballs Toss Salad Bread Stick Mandarin Oranges	17-Sep BBQ Pork Rib Rice Creamed Corn Wheat Bread Fresh Fruit	18-Sep Taco Salad Fiesta Corn Salad Nacho Chips Pineapple
21-Sep Cheeseburger Oven Brown Potatoes Coleslaw Sandwich Roll Cookie	22-Sep Chicken Parmesan Pasta Green Beans White Bread Fresh Seasonal Fruit	23-Sep Baked Ham Slice Scallop Potatoes Beets White Bread Pudding	24-Sep Pepper Steak Whipped Potatoes Mixed Vegetables Wheat Bread Pears	25-Sep Hot Dog Baked Beans Pasta Salad Mandarin Oranges Sandwich Roll
28-Sep Ham & Cheese Sandwich Lettuce & Tomato Tomato Soup Cinnamon Apples Sandwich Roll	29-Sep Meatloaf Noodles Carrots Wheat Bread Tropical Fruit Salad	30-Sep Pizza Toss Salad Pasta & Garlic Sauce Pudding		



JEFFERSON COUNTY AREA AGENCY ON AGING
 186 Main Street, Suite 2
 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# 27

ACROSS

- 1. Anger
- 5. MD's group
- 8. Additionally
- 12. First man
- 13. Actor ___ Gibson
- 14. Fleshy fruit
- 15. Fair (hyph.)
- 16. Coming in
- 18. Made believe
- 20. Positive replies
- 21. Rest
- 26. Possible

- 29. Loose flesh
- 33. Tattered cloth
- 34. Swiss peaks
- 35. Savings account user
- 38. Capture back
- 39. Short skirts
- 44. Nonstop
- 47. Statue base
- 51. Queue
- 52. Greet
- 53. Snaky letter
- 54. Eternally

- 55. Ledger entry
- 56. Actress Sandra
- ___
- 57. Gull's kin

DOWN

- 1. Hoarse
- 2. Love to pieces
- 3. Vapors
- 4. Act the ham
- 5. Prayer ending
- 6. Repair
- 7. Second self (2 wds.)
- 8. Fourth mo.
- 9. Hawaiian wreath
- 10. ___ Francisco
- 11. Association (abbr.)
- 17. Genesis location
- 19. Psychic inits.

- 22. School group (abbr.)
- 23. Lubricant
- 24. Sucker
- 25. Overhead trains
- 27. Adjusted to surroundings
- 28. Make lace
- 29. Pres. before HST
- 30. Southern general
- 31. Fitting
- 32. Squeezing snake
- 36. Goes downhill
- 37. Motel units (abbr.)

- 40. Small landmass
- 41. Unsophisticated
- 42. ___ tube
- 43. Violinist Isaac
- ___
- 45. Example
- 46. Otherwise
- 47. ___ Beta Kappa
- 48. Devour
- 49. Game cube
- 50. Shade tree

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

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