

# THE SUNSHINE LINE

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 (814) 849-3096  
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**Address:**  
 186 Main Street, Suite 2  
 Brookville, PA 15825

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**Website:**  
[www.jcaaa.org](http://www.jcaaa.org)



Bill Sherman - Executive Director  
 Molly McNutt - Deputy Director

**Inside This Issue:**

A important message	2
Rural Rental Assistance	2
Employee Spotlight!	2
Growing Old Gracefully	3
Joking Around	3
Pine St & Heritage House	4
Depot & Foundry	4
Long-Term Care	6
MEDICARE	6
Lunch Menu	7
Crossword Puzzle	8



Beginning September 10, 2015, JCAAA as well as the four local senior centers will be selling Dan Smith's Kitchen Fresh Candy Bars. The proceeds from the candy bars will benefit our local senior centers as well as promote future fundraising efforts. Candy bars are located near the receptionist desk and are \$1.00 each.

Thank you for your contributions!



**Flu Shots Available!**

Senior Center	Date	Time	Phone Number
Brockway Depot	October 13th	8:00 am	(814) 265-1719
Reynoldsville Foundry	October 16th	9:00 am	(814) 653-2522
Heritage House Brookville	October 23rd	10:00 am	(814) 849-3391
Punxsutawney Pine Street	October 28th	9:30 am	(814) 938-8376

Starting October 15 through December 7th is the Annual Open Enrollment Period for Medicare Advantage Plans and Prescription Drug Plans. During this time you are able to Change/ Enroll in a new plan for 2016.



The schedule for our Senior Centers are as following:

Heritage House- Every Monday from 9am-2pm or till the last appointment for the day.

Brockway Depot- Oct 20th, Nov- 3, 9am-2pm or till the last appointment for the day.

Punxsutawney Senior Center- Oct 28, Nov 4, Nov 18, Dec 2 9am- 2 pm or till the last appointment for the day.

Reynoldsville Foundry- Oct 15, Oct 29, Nov 5, Nov 19 and Dec 3- 9am- 2pm or till the last appointment for the day.

Please call your local Senior Center to schedule an appointment.

Happy Halloween Saturday, October 31

Oliver Township Center, Lunch and Bingo  
October 8th and 22nd  
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.



**A message from the Executive Director**

First of all as I sit here drafting this message, I feel a sense of pride being a part of an organization of so many dedicated staff and volunteers serving the needs of Jefferson County's Senior Citizens. Secondly, with the help of loans as well as Agency Reserves accumulated over the past twenty-five plus years, we are in a position to continue providing those much needed social services while the budget stalemate continues in Harrisburg. Even though current year funding is being held up, we continue to operate without a waiting list for services. While some agencies have closed or reduced hours at Senior Centers, we continue to operate as usual providing a nutritious noon meal at each location as well as continue the popular exercise programs that have become a weekly ritual with many of our participants. Please feel free to join for a good meal, great conversation, and the ever popular BINGO games and of course the exercise programs. While I hope that the Pennsylvania Budget issue is resolved quickly, I feel confident that by controlling costs and making prudent decisions we can continue to provide services as usual though year end. Thanks for all your continued support. I wish you a safe and pleasant autumn.

- Bill Sherman, Executive Director

**Rural Rental Assistance**

**BENEFITS:** The Rural Rental Assistance program provides an additional source of support for households with incomes too low to pay the Housing and Community Facilities Program subsidized 76 Housing and Housing 77 (basic) rent from their own resources. People with very low and low incomes, older adults and people with disabilities are eligible if they are unable to pay the basic monthly rent within 30 percent of adjusted monthly income. Very low income is defined as below 50 percent of the Area Median Income (AMI); low income is between 50 and 80 percent of AMI; moderate income is established by adding \$5,500 to the low-income limit.

**CONTACT:** USDA Rural Development Office in Harrisburg, PA at (717) 237-2186, or find your local office by going online to [www.rurdev.usda.gov/PAHome.html](http://www.rurdev.usda.gov/PAHome.html).



Committed to the future of rural communities.

**From: Benefits & Rights For Older Pennsylvanians 2015**

To get a copy stop by the JCAAA Main Office



**Employee Spotlight!**

Name: Lois Hinderliter  
Job title: Aging Waiver RN  
Location: Main Office  
How long have you worked for JCAAA: almost 9 years  
Education and School Where Attended: Butler County Community College, Clarion University  
Certifications: Intensive Care Nursing Certificate, RN license, Assessor Certification

**What is involved in your day-to-day activities in your current position?**  
I assess people in their homes, personal care homes, and nursing homes for their level of care. I do visits with consumers receiving options and family caregiver support who are at a skilled level. I also review charts and build rapport with physicians and social workers.

**Please tell me about your most rewarding or satisfying experience in your work or volunteer history.**  
It is rewarding to share my talents including working as a nurse caring for someone, assisting with youth activities at my church, and assisting consumers at the JCAAA with services they need.

**Please tell me about your proudest moment since you joined JCAAA:**  
I am proud to work with so many different consumers and provide a service to them. I am also proud of obtaining my Assessors certificate.

**Please tell us about the significant people in your personal life.**  
I am married to Michael Hinderliter who is a self-employed auto mechanic. We celebrated our 28th wedding anniversary this year. We have four children and five grandsons.

**What do you do when you're not at work?**  
I enjoying doing Tae Kwon Do and recently earned an orange stripe on my yellow belt. I also like walking, swimming, reading, crochet, learning to knit, and quilting.

### 10 Tips For Growing Old Gracefully

1. Fight afternoon fatigue — Fatigue is a common problem among older adults, especially after lunch. Having a glass of water and a high-antioxidant food like a prune can revitalize the body and stimulate the mind.
2. Exercise from the neck up — Keeping the brain active and fit is imperative to the health of older adults. Not only does it stave off memory-loss illnesses like Alzheimer's and dementia, but it also fosters executive function. Try word games and recall exercises. For example, find 5 red objects during a walk in the neighborhood and recall them when back home.
3. Pole walk — Walking poles allow for more balanced mobility than walkers or canes. Walking with poles engages the muscles of the upper torso, which increases upper-body strength and cardiovascular endurance. Consult a physician before making the switch to poles.
4. Dine in duos — Those who share meals with others eat less than those who eat alone. This is an easy weight-loss tactic and one that fosters social interaction and engagement. While this is easy for those aging in community, older adults aging at home can plan to have meals with family or friends at least several times a week.
5. Break routine — Routine limits brain stimulation. Introduce new foods or new ways of eating the same food. For example, replace canned peaches with freshly sliced ones. Also, try taking a different route to the grocery store or shopping center.
6. Sole Support — As people age, the fat pads on the bottom of their feet compress, creating fatigue and pain. Consider wearing supportive shoes or inserting foot pads for better stability and comfort or socks that have extra padding and a wicking agent to keep feet dry and comfortable.
7. Fats: Out with the bad, in with the good — Older adults with an increased genetic risk for dementia can reduce the risk by increasing the amount of Omega-3 fatty acids in their diet. These fatty acids, found in fish, nuts, olive oil and green leafy vegetables, can reduce brain inflammation, a possible cause of Alzheimer's disease.
8. Decrease salt and increase your salsa — High blood pressure, which can lead to strokes and a significant decline in cognitive function, often increases with age. As adults get older, the sense of taste also fades, leading to a desire for more salt on food to enhance flavor. Decreasing salt intake by putting down the shaker — and increasing exercise habits by shaking to a salsa beat — will enhance cardio and cognitive health.
9. Balancing act — In addition to exercises that build strength and improve flexibility and cardiovascular endurance, make sure to add balance activities to the daily routine. Good balance requires maintaining a center of gravity over the base of support. Tai chi, yoga, walking on challenging surfaces and water exercises all enhance overall balance.
10. Dance like there's no tomorrow — Older adults getting regular physical exercise are 60 percent less likely to get dementia. Exercise increases oxygen to the brain and releases a protein that strengthens cells and neurons. Dance involves all of the above plus the cerebral activity present in learning and memory.

### Joking Around

The din and distant past  
When life's tempo wasn't so fast,  
Grandma used to rock and knit,  
Crochet, tat and baby sit.

When the kids were in a  
jam,  
They could always call on  
Gram.  
But today she's in the gym  
Exercising to keep slim.

She's checking the web or  
surfing the net,  
Sending some e-mail or placing a bet.  
Nothing seems to stop or block her,  
Now that Grandma's off her rocker.



I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.

I decided to take an aerobics class for seniors.

I bent, twisted, gyrated, jumped up and down, and perspired for an hour.

But, by the time I got my leotards on, the class was over.



A man was telling his neighbor, "I just bought a new hearing aid. It cost me four thousand dollars, but its state of the art. It's perfect."

"Really," answered the neighbor. "What kind is it?"

"Twelve thirty."





# CENTER INFO



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

- 10/1- Bridge lessons at 10:00am and every Thursday until Nov. 12th , Lunch can be provided at the cost of \$5.00 with a minimum of 8 people.
- 10/5- Nutritional Needs as You Age 11:30 am Door prize
- 10/6- WRC Blood Pressures 10:45am
- 10/7- Weigh Wise Class 1:00 pm-
- 10/9- Fire Prevention 11:00am
- 10/14- Weigh Wise Class 1:00pm
- 10/19- Pizza Day w/ Tossed Salad, Bring some dessert if you wish
- 10/20- Diabetes discussion 11:30am-
- 10/21- Weigh Wise Class 1:00pm
- 10/23- Flu Shots with Guardian. 10:00am CROSSFIRE BAND 7:00-9:00PM Kitchen open at 5:00pm with loaded Baked Potatoes, with chili, broccoli, cheese, sour cream and pumpkin dessert, soda, coffee and water.
- 10/26- Birthday Lunch.....Menu undecided
- 10/28- Weigh Wise Class 1:00pm

- 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



Boo



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

- 10-2 Peanuts Comic Strip Trivia at 11:45
- 10-7 Chocolate Candy Making at 10:00 in our kitchen
- 10-8 Chicken and Dumpling Supper at 5:15 pm. Reservations need to be placed by Thursday, October 1st. Cost is \$2.00 per person
- 10-13 National M & M day! 11:30 in the dining room
- 10-14 Dwight D. Eisenhower's Birthday-fun facts at 11:45
- 10-15 Blood Pressure/Blood Sugar at 10:30, I Love Lucy Day! 11:30 in the dining room...come and see how much you know about our favorite red head!
- 10-19 National Lung Health Day! Come and learn some healthy tips! 11:30
- 10-21 Healthy Aging for Autumn at 11:30 In the dining room, we will be discussing things that need to be done for the upcoming colder months! Come and share your thoughts and join in the discussion!
- 10-22 National Nut Day! Come and enjoy learning about the benefits of nuts!
- 10-23 Steeler Day! Dress in your best Black and Gold! Green Bay Packer colors are also acceptable!
- 10-26 National Mule Day! Everyone loves a donkey! Come and have a donkey cupcake and learn about the history of donkeys!
- 10-28 Flu Shots with Guardian will be from 9:30-11:30. Please come in and get your shot!
- 10-30 Halloween Bingo at 930! Scary costumes! Spooky Treats! Door Prizes!
- 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

Dixie is a volunteer at the Pine Street Senior Center. Although we haven't kept track, she has made over 100 blankets for Community Action. These blankets are given to children and adults who are in need. Dixie has spent quite a few hours making sure each blanket is beautiful!





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

**10/6-** Breakfast every Tuesday 7:30-9:30, 10 keys to Healthy Aging 9:00AM. - Blood Pressures and Blood Sugar with BCAT 7:00 AM.

**10/8-** 2015 Clearfield/Jefferson Recovery Resources/Provider Festival, free program and open to the public 10-2

**10/13-** Flu Shots/ Blood Pressures with Guardian 8:00 ARE, 10 Keys Class 9:00AM

**10/15-** 11:15 Speaker about drugs/Bath Salts and its effect on the community. - TUREEN DINNER 5:00 PM with Paul Thompson entertaining

**10/22-** Artist Connection 7:00 PM

**10/30-** Music Night/Halloween Party 6-9

**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, Breakfast every Tuesday 7:30-9:30

**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



Penn State Volunteers washing windows, they did a great job.



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

**10/2-** Music Night with American Standard playing favorites from the 50's, 60's, and 70's with an Irish touch . Free admission, kitchen opens at 6 p.m., band begins at 7 p.m.

**10/6-** Healthy Steps for Older Adults – A fall prevention class 1 – 3 p.m. Please sign up.

**10/12-** Columbus Day Trivia 11:30

**10/14-** Food Glorious Food, A MindMatters Presentation 10 a.m.

**10/15-** APPRISE will help with Medicare D comparisons by appointment. Most comparisons require at least an hour. Please bring your Medicare card, any current coverage for prescriptions, and a list of all current prescriptions with dosages. If you are on PACE or PACENET, you DO NOT need an appointment as PACE will assist you with any changes needed. APPRISE can also help with Medicare Advantage plans' comparisons for their drug plans.

**10/15-** Lushes with Brushes 6 p.m. Call Reynoldsville Public Library to register 653-9471

**10/16-** Flu Shots by Guardian \$20 or Medicare Card. Many other insurances also accepted.

**10/19-** Tureen Dinner 5 p.m. Bring a dish to share.

**10/20-** Café Murder Mystery Dinner Theater 5:30. Come for a hilarious evening of fun. Menu: Salad, chicken marsala, mashed potato, green beans and dessert. \$16 each or \$30 for 2.

**10/27-** Practice begins for Community Christmas Choir directed by Eloise Pifer Rice 6:30 p.m. Call with Name, Phone and Voice part. Performance will be for the lighting of Reynoldsville's Christmas tree at 5:30 on Friday, November 27

**10/29-** Medicare D comparisons. Call for appointment.

**10/30-** Halloween Party 11:30

**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

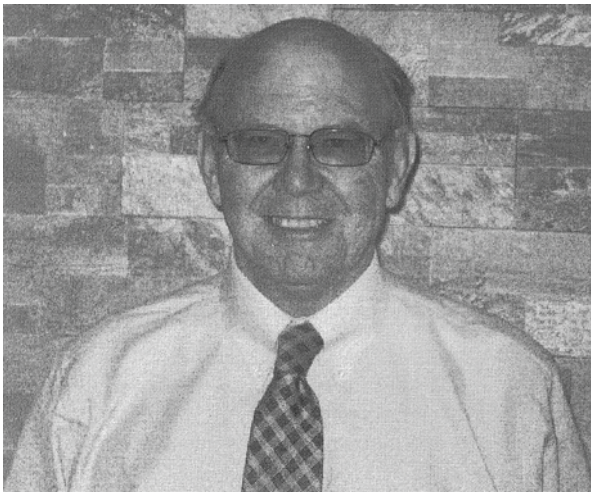
**Friday** - Healthy Steps in Motion

Ready for Halloween  
at the Foundry.



### Long-Term Care Ombudsman Program Making a Difference One Consumer at a Time

Tom Brandon of Brookville has been volunteering for the Jefferson County Area Agency on Aging's Ombudsman program since 2008. Tom stated "volunteering with the Ombudsman program has given me a wonderful opportunity to continue using my experiences and skills to work with folks in the nursing home setting". Tom enjoys volunteering and would recommend it to anyone who likes to give back to their community stating "volunteering gives me personal satisfaction".



Ombudsman is a Swedish word, which means "citizen representative". Pennsylvania Ombudsman volunteers are trained individuals who advocate to resolve complaints on behalf of people who receive long-term care services. Our mission is to "advocate for those who can't, support those who can, and ensure all long-term care consumers live with dignity and respect".

As an Ombudsman volunteer you will have the opportunity to visit residents of long-term care facilities, adult day living centers and domiciliary homes. Volunteers may also provide information to residents and family about their rights and guide the residents in the right direction to have a better quality of care.

If you are interested in volunteering for the Ombudsman program, please contact the Jefferson County Area Agency on Aging at 1-800-852-8036 and ask for Mindy Sivanich, Ombudsman Coordinator.

### ARE YOU NEW TO MEDICARE ? ARE YOU RECEIVING MEDICARE ?

JOIN OUR APPRISE TEAM TO LEARN THE BASIC INFORMATION.

TOPICS DISCUSSED WILL BE:

- ORIGINAL MEDICARE
- MEDICARE SUPPLEMENT (MEDIGAP)
- MEDICARE ADVANTAGE PLAN
- MEDICARE PRESCRIPTION DRUG PLAN
- MEDICARE SAVING PROGRAM

MEETING LOCATION:

Jefferson Manor Health Center  
417 Route 28  
Brookville, PA 15825

Date: October 8, 2015

Time: 10:00am  
(Meeting will last 1 hour)

There will be an opportunity to ask questions directly after presentation. Light refreshments will be served.

Please RSVP no later than October 1, 2015  
to 849-0616

Please call JCAAA at 814-849-3096 or 1-800-852-8036  
For additional information.

### Crossword Answers

C	R	Y		E	S		C	R	A	N	E	
A	B	E		V	I	E		H	E	N	N	A
D	I	S	S	E	N	T		I	N	N	E	R
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# LUNCH MENU

## Black Forest Dump Cake

Cherries and chocolate and chips—oh my !



What makes this cake even sweeter? It has only four ingredients !

### Ingredients

- 2 can (21 oz.. each) cherry pie filling
- 1 box chocolate cake mix
- ½ Cup butter cut into 12 slices
- 1 cup semisweet chocolate chips

### Directions

Preheat oven to 350. Grease 13x9 baking pan. Spread pie filling over bottom of pan and sprinkle cake mix on top. Evenly arrange butter slices in single layer on top and sprinkle chocolate chips over all. Bake until fruit is bubbling and cake is set. Cool before serving.

*Recipe donated by Jean Grimes-Brockway Depot*



## OCTOBER 2015

## Jefferson County

AAA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1-Oct	2-Oct
Pizza Casserole Toss Salad w/ Dressing Fruit Garlic Bread Stick Sugar Cookie	Hot Dog Whipped Potatoes Sauerkraut Hot Dog Roll Fresh Seasonal Fruit	5-Oct	8-Oct	9-Oct
Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fresh Seasonal Fruit	Liver & Onions Whipped Potatoes Green Beans 2 White Bread Pudding	Baked Chicken Baked Potato Mixed Vegetables Wheat Bread Pears	Ham Scalloped Potatoes Winter Blend Vegetables 2 White Bread Applesauce	Pepper Steak w/ Gravy Oven Brown Potatoes Toss Salad w/ Dressing 2 Whole Wheat Bread Gelatin w/ Topping
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct
BBQ Rib Seasoned Noodles Coleslaw Whole Wheat Bread Oatmeal Cookie	Chicken Alfredo Pasta Broccoli Wheat Bread Fresh Fruit	Salisbury Steak w/ Gravy Parsley Potatoes Seasoned Cabbage 2 Whole Wheat Bread Tropical Fruit Salad	Chef Salad (ham, turkey & cheese) Vegetable Noodle Soup Bread Stick Peaches	Egg Patties / Cheese Sausage Breakfast Style Potatoes 2 White Bread 4oz. Orange Juice
19-Oct	20-Oct	21-Oct	22-Oct	23-Oct
Pasta Meatballs Toss Salad w/ Dressing Garlic Bread Stick Pears	Roast Sliced Turkey w/ Gravy Whipped Potatoes Sliced Carrots 2 Wheat Bread Cake w/ Icing	Ham & Cheese Sandwich Lettuce, Tomato Vegetable Soup 2 White Bread Crackers Fresh Seasonal Fruit	Pork Patty Baked Potato Fresh Coleslaw 2 Whole Wheat Bread Pudding	Country Fried Steak Au gratin Potatoes Mixed Beans Whole Wheat Bread Fruited Gelatin
26-Oct	27-Oct	28-Oct	29-Oct	30-Oct
Cheeseburger Oven Browns Baked Beans Sandwich Roll Fresh Seasonal Fruit	Meatloaf / Gravy Whipped Potatoes Cream Corn 2 Wheat Bread Mandarin Oranges	Sweet & Sour Meatballs White Rice Mixed Vegetables Whole Wheat Bread Pears	Chicken Strip Salad Noodle Soup Garlic Bread Stick Pudding	HAPPY HALLOWEEN Witches Stew Ghostly Noodles Ghoulslaw Black Cat Cake



JEFFERSON COUNTY AREA AGENCY ON AGING  
 186 Main Street, Suite 2  
 Brookville, PA 15825

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 Organization  
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 Permit No. 21  
 Falls Creek, PA  
 15840

ADDRESS SERVICE REQUESTED

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51						52				53		

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

Puzzle# 28

**ACROSS**

- 1. Wail
- 4. Road curve
- 7. Long-legged bird
- 12. Pres. Lincoln
- 13. Compete
- 14. Hair coloring
- 15. Disagreement
- 17. Not outer
- 18. Moment
- 20. Bakery items
- 23. Flock female
- 24. Play a part

- 27. A Baldwin
- 28. Restore confidence
- 30. Sullen
- 32. Bookworm
- 33. Painted
- 35. Puppy bites
- 36. Rec room
- 37. Clamor
- 38. Midler or Davis
- 39. Skin drawings
- 41. Fool
- 44. Stir up
- 48. Huge

- 49. Tax agency (abbr.)
- 50. Bug
- 51. Work with dough
- 52. Grant's rival
- 53. Color

**DOWN**

- 1. Rascal
- 2. Slugger's stat
- 3. Agreement word
- 4. Levels
- 5. Transgressions
- 6. Divan
- 7. Mandarin or Cantonese
- 8. Housing payment
- 9. "Raggedy" doll
- 10. SSW's opp.
- 11. Corn unit
- 16. "Scrubs," e.g.

- 19. Oscar, e.g.
- 20. Made docile
- 21. Unattended
- 22. Showed again
- 24. Check accounts
- 25. Moved sneakily
- 26. Succinct
- 28. Ignited again
- 29. Least daffy
- 31. Tranquilized
- 34. Involve
- 38. Idaho's capital
- 39. Roman garment
- 40. Folklore monster

- 41. Sort
- 42. Newsman \_\_\_\_\_  
Rather
- 43. Anger
- 45. Help
- 46. Effort
- 47. Squeak by

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

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