THE SUNSHINE LINE



Telephone:

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

Address:

186 Main St STE 2 Brookville, PA 15825

Fax:

(814) 849-3232

Website:

www.jcaaa.org

Molly McNutt -Executive Director



Get the Sunshine Line Sign up on our website www.jcaaa.org or call us at (814)849-3096



Jefferson County Senior Centers will reopen on Monday February 1st! We are excited to see you and have you join us for in-person dining.

For a small donation of \$2.50 you can enjoy delicious and nutritious meals every weekday.

All centers will have meals available for pick-up as well.

Reservations are required for both in-person and pick-up meals. Please call at least 24 hours in advance to reserve your meal.

Brockway Depot - 814-265-1719 Brookville Heritage House - 814-849-3391 Punxy Area Center - 814-938-8376 Reynoldsville Foundry - 814-653-2522

All other activities will be phased back into the regular schedule. We appreciate your patience as we continue to navigate these new restrictions. Our goal remains to keep our staff and participants healthy.

TAXES

The Volunteer Income Tax Assistance (VITA) program is planned to start mid-February. You may begin calling to be placed on the appointment list on February 1, 2021.

Free income tax preparation assistance is available through the VITA (Volunteer Income Tax Assistance) program. The VITA program offers free tax help to those who meet certain income guidelines (generally income below \$57,000). There are no age restrictions. Other restrictions may apply.



In addition to free tax return preparation assistance, free electronic filing will be offered. Individuals taking advantage of the e-file program receive their refunds in half the time compared to returns filed on paper—even faster when tax refunds are deposited directly into one's bank account.

Volunteers who are trained and certified by the IRS will be assisting taxpayers in locations throughout Jefferson County.

Please call 814-849-3096 and ask to make a "VITA appointment for tax preparation" on or after February 1, 2021.

VITA tax preparation will not start until February 16th.



COVID-19 CRISIS COUNSELING PROGRAM





CALL 1-855-284-2494



Do you feel...

Stressed?
Overwhelmed?
Alone?
Afraid?
Anxious?

During these uncertain times, you are not alone. We are here to listen.

Please call our Pennsylvania Support and Referral Helpline 1-855-284-2494 TTY: 724-631-5600

There are trained professionals available 24/7 ready to help you navigate these unprecedented challenges.

These services are FREE & CONFIDENTIAL.

5 february AMERICAN HEART MONTH

Warning Signs of a Heart Attack

Catch the signs early

Don't wait to get help if you experience any of these heart attack warning signs. Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you experience:

• Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath. This can occur with or

without chest discomfort.

• Other signs. Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.



Enrollment is now open for the 2020-2021 Low Income Home Energy Assistance Program (LIHEAP). The program assists low-income families and seniors with paying their heating bills. Applications are available online or at the Area Agency on Aging office.

For more information about LIHEAP, including how to qualify and sign up, visit the Department of Human Services' website https://www.dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx



Jefferson County Area Agency on Aging Main office and senior centers will be closed the on following days Monday February 15th

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WORD SEARCH

HAVE FUN Things people do to have fun.

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ANTHEM	NEWSLETTER	VICEPRESIDENT
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RULES	EVENTS	PRESIDENT
BIRTHSTONE	PASTPRESIDENT	WEDNESDAY
MEMBERSHIP	STYLES	GREETERS
SECOND	FEES	PROGRAM
COFFEE	PHOTOGRAPHER	WINNER
MESSAGE	TREASURER	HISTORIAN
SECRETARY	FLOWER	PUBLICITY
CONVENOR	POSITIONS	WRITING
NATIONAL	TRIPS	LADIES
SOUTHPACIFIC	FRIENDS	REGULATIONS
DUES	POSTDATED	

february 2021

WORD SEARCH

The Great Lakes Basin What you might find within this region

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ABORIGINAL PEOPLE
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POLLUTION
AGRICULTURE
INVASIVE SPECIES
POWER
AIRPORTS
ISAAC BROCK
SHIP WRECKS
BIOACCUMULATION
LAKE ERIE
SIR ADAM BECK
BIOMAGNIFICATION

LAKE HURON
SKYWHEEL
BOATING
LAKE MICHIGAN
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LAKE ONTARIO
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FISHING

NIAGARA FALLS WETLANDS FOOD WEB NIAGARA RIVER HIGHWAYS PESTICIDES

february 2021

LUNCH MENU





Jefferson County Senior Center Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Cut Pork Loin w/ 2oz Gravy 1/2c. Whipped Sweet Potatoes 1/2c. Lima Beans White Bread 1/2c. Sliced Apples	Chicken Taco w/ Cilantro Lime Cream Sauce & Lettuce 1/2c. Seasoned Corn & Black Beans 1/2c. Seasoned Rice Soft Tortilla Shell Fresh Fruit	3 Baked Cabbage Roll w/ 2oz Tomato Sauce 1/2c. Garlic Whipped Potatoes 1/2c. Carrots Wheat Bread Sherbet	4 Turkey Reuben (2.5oz Turkey, 2oz Kraut, .5oz Cheese) 1c. Vegetable Chowder w/ Crackers WG Sandwich Roll 1/2c. Mixed Fruit	5 Lemon Pepper Chicken w/Gravy 1/2c. Vegetable Rice Pilaf 1/2c. Green Beans Wheat Bread Fresh Fruit
8 Mushroom Cheese Burger 1c. Creamy Potato Soup w/ crackers Hamburger Roll Fresh Fruit	9 Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Coleslaw Wheat Bread 1/2c. Warm Apple Cranberry Crisp	10 Swedish Meatballs (4) over 1/2c. Egg Noodles 1/2c. Peas Wheat Bread 1/2c. Mixed Fruit Salad	11 1c. White Chicken Chili 1c. Tossed Salad w/ Tomato 1/2c. Baked Potato w/ Margarine WG Mini Biscuit Cookie	12 Pot Roast w/ 1oz Gravy 1/2c. Whipped Potatoes 1/2c. Sliced Carrots Italian Bread Cookie
Senior Centers Closed Presidents Day PRESIDENT'S DAY	16 Hot Dog w/ Kraut 1/2c. Cheesy Potatoes 1/2c. Green Beans Hot Dog Roll Fresh Fruit	17 Baked Crab Cake Sandwich 1/2c. Cheesy Twist 1/2c. Baked Beans WG Sandwich Roll 1/2c. Mandarin Oranges	18 Pulled Turkey w/ Stuffing & Gravy 1/2c. Whipped Potatoes 1/2c. Carrots 1/2c. Applesauce	19 Seafood Salad Sandwich 1c. Creamy Tomato Bisque w/ Crackers Sandwich Roll Fresh Fruit
22 Country Fried Chicken w/ 2oz creamy gravy 1/2c. Whipped Potatoes w/ chives 1/2c. Mixed Vegetables Wheat Bread Fresh Fruit	23 Sloppy Joe 1/2c. Ranch Seasoned Potatoes 1/2c. Green Beans WG Sandwich Roll 1/2c. Mandarin Oranges	24 Harvest Alfredo Chicken over 3/4c. Bowties 1c. Tossed Salad w/ Tomato Italian Bread 1/2c. Pineapple Tidbits	25 Roasted Pork w/ Apples 1/2c. Whipped Potatoes 1/2c. Carrots Mini Biscuit w/apple butter Cookie	26 Vegetable Lasagna Topped w/ Cream Sauce 1c. Tossed Salad w/ hard boiled egg cucumber & dressing Garlic Breadstick 1/2c. Pineapple

*menu subject to change

7 February 2021 EMPLOYEE SPOTLIGHT

Employee Profile
Name: Jodi Shaffer

Job title: Protective Service Worker, Domiciliary Care Manager

Location: Main Office Brookville

How long have you worked for JCAAA: 6.5 years

Education and School Where Attended: B.S. Psychology and Biology, Clarion University

Certifications: Certified Care Manager

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

As a protective service worker, I take reports of abuse and complete investigations. I assist with referring for appropriate services and insuring safety of an individual. With the Domiciliary Care program, I keep track of the consumers living in the Dom Care homes and complete annual recertifications of the homes.

Tell us about your most rewarding or satisfying experience in your work or volunteer history:

I enjoy being able to get support and set to services for people so they can safely remain in their homes. Directly interacting with consumers and hearing about how services have made a positive impact in their life is very rewarding.

Tell us about the significant people in your life:

I have loving husband, Rich, and 2 wonderful children, Bailey and Riley. Everyone in the house has a good sense of humor, so we laugh a lot and have a lot of fun together. We have 3 cats, 2 parakeets, a guinea pig, and a goldfish.

What do you do when you are not at work?

I enjoy crafting, sewing, baking, and reading. When the weather is nice, I enjoy spending time outdoors hiking and enjoying nature.



Married Four Times

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.. "He's a funeral director," she answered. "Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.



She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director. The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

(Wait for it...)

- She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

Intruder

An elderly woman had just returned to her home from an evening at church service when she was startled by an intruder. As she caught the man in the act of robbing her home of its valuables, she yelled, "STOP! ACTS 2:38!" (Repent and be baptized, in the name of the lord, so that your sins may be forgiven.)

The burglar stopped in his tracks. The woman calmly called the police and explained what she had done. As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there? All the old lady did was yell scripture at you."

"SCRIPTURE?!" replied the burglar, "She said she had an AXE and TWO 38's!

Dead Duck

A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away." The distressed woman wailed, "Are you sure?" "Yes, I am sure. Your duck is dead," replied the vet. "How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head.

The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman... The duck's owner, still in shock, took the bill. "\$150!" she cried, "\$150 just to tell me my duck is dead!" The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan, it's now \$150."

SEPSIS

Staying Safe From Sepsis

Preventing Infections and Improving Survival

Your immune system is on patrol every day. It protects your body from bacteria, viruses, and other germs. But if something goes wrong, it can also cause big problems.

Sepsis happens when your body's response to an infection spirals out of control. Your body releases molecules into the blood called cytokines to fight the infection. But those molecules then trigger a chain reaction.

"Sepsis is basically a life-threatening infection that leads to organ dysfunction," says Dr. Richard Hotchkiss, who studies sepsis at Washington University in St. Louis.

The most dangerous stage of sepsis is called septic shock. It can cause multiple organs to fail, including the liver, lungs, and kidneys.

Septic shock begins when the body's response to an infection damages blood vessels. When blood vessels are damaged, your blood pressure can drop very low. Without normal blood flow, your body can't get enough oxygen.

Almost 1.7 million people in the U.S. develop sepsis every year. Even with modern treatments, it still kills nearly 270,000 of those. Many recover. But some have lifelong damage to the body and brain.

"We can get many people over that first infection that caused the sepsis," Hotchkiss explains. "But then they're at risk of dying from a second infection because of their weakened condition."

Bacterial infections cause most sepsis cases. But sepsis can also result from other infections, including viral infections, such as COVID-19 or the flu (influenza).

Anyone can get sepsis. But certain people are at higher risk, including infants, children, and older adults.

The early symptoms of sepsis are similar to those of many other conditions. These can include fever, chills, rapid breathing or heart rate, a skin rash, confusion, and disorientation.

It's important to know the symptoms. Sepsis is a medical emergency. If you or your loved one has an infection that's not getting better or is getting worse, get medical care immediately.

Researchers are now looking for better ways to diagnose sepsis. One strategy is to use artificial intelligence to predict a patient's risk of sepsis when they have an infection.

There are few medicines that help treat sepsis. Doctors try to stop the infection and support the functions of vital organs. This usually includes giving oxygen and fluids.

Hotchkiss and other researchers are exploring new treatments for the condition. His team has been testing ways to measure which immune cells are affected by sepsis.

The traditional understanding of sepsis, he says, is that the body responds too strongly to an infection. But his group has found that the body also makes too few of some important types of immune cells. This makes it hard for the body to effectively fight the infection that first triggered sepsis. It can also cause a lot of collateral damage and make you more vulnerable to other germs.

Hotchkiss's team is now testing ways to boost the immune cells that are vital for fighting infections using drugs. They've found they can increase these cells in patients with sepsis. Next, they will be testing whether this new approach can improve survival.

For now, preventing infections is the best way to avoid sepsis. See the Wise Choices box for tips on staying ahead of sepsis.

Source: newsinhealth.nih.gov/2021/01

BLACK HISTORY MONTH

11 Facts About Black History Month To Further Your Understanding Of The Holiday

For many of us, Black History Month is something we've grown up with hearing about. Maybe, if we were lucky, we went to a school that even taught facts about Black History Month and Black history as a whole each February. Often, though, it's easy to forget that Black History Month was only first nationally-recognized in 1969. That's barely more than 50 years ago. For some older adults, it might be surprising to realize that Black History Month only began some years after they were born. Before learning anything about Black History, though, it's important to recognize why the holiday exists. And to recognize that, it's important to also acknowledge that Black Americans have been consistently and systematically disenfranchised since the inception of the country itself. After that, it's easy to understand why having a dedicated month to acknowledging and celebrating the accomplishments of Black Americans is so incredibly important.

It was started by a historian and author.

According to the Library of Congress, National African American History Month first began in 1915 when Dr. Carter G. Woodson founded the Association for the Study of Negro Life and History, which is now known as the Association for the Study of African American Life and History, or ASALH.

As the ASALH site says, Woodson was urging other organizations (including his college fraternity) to promote the achievements of Black Americans as early as 1920. He continued these efforts through the 1920s and in 1926, he put out a press release naming a week in February as Negro History Week.

The founder of the month was the son of former slaves.

As ASALH also explains, Woodson was the son of former slaves and completed his undergraduate, bachelor, and master's degree in just a few years. He attended Berea College and the University of Chicago. In addition to this, he also earned a PhD from Harvard in 1912. At the time, he was only the second African American to do so.

There is a special tribute to Woodson every year at the White House.

In honor of all Woodson achieved in his career, including the origins and eventual popularity of Black History Month, there is an ornament of Woodson that hangs on the White House's Christmas tree each year, according to the ASALH.

Woodson never lost hope that Black history would become a bigger part of American schools' curriculum. According to the ASALH site, Woodson died in 1950 but continued to believe that the Negro History Week he had created would cease to exist. Instead, he had hoped that the curriculum celebrating and teaching about the accomplishments of Black Americans would eventually become a seamless part of the curriculum. As an article entitled "The Origins Of Black History Month" on the ASALH site says of Woodson, "He pressed for schools to use Negro History Week to demonstrate what students learned all year. In the same vein, he established a Black studies extension program to reach adults throughout the year"

11 february BLACK HISTORY MONTH

It wasn't until the 1976 that Black History Month was nationally-recognized.

Decades later, and after many individual towns had decided to recognize Black History Month, President Gerald Ford made Black History Month a national observance, as an article by TIME points out.

The month of February was chosen for two specific reasons.

According to History.com, February was chosen as the specific month for Black History Month because it's the month of both Frederick Douglass and Abraham Lincoln's birthdays.

Each year's Black History Month has a different theme and focus.

You might be surprised to learn that each Black History Month has a different area of focus. According to the ASALH site, themes for the last decade have included The Emancipation Proclamation/March On Washington (2013), Civil Rights in America (2014), Sites Of African American Memories (2016), The Crisis In Black Education (2017), African Americans in Times Of War (2018), and Black Migrations (2019). For 2020, the theme of the month was "African Americans and the Vote."

This is only the 100th year that all Black Americans had the same voting rights as white Americans. According to People.com, 2020 is the 100th-year anniversary of the Nineteenth Amendment and the 15th Amendment, which gave women the right to Vote and African Americans the right to vote, respectively.

This speaks to Black History Month's 2020 theme, the point of which is to explore the ways in which Black Americans' rights to vote were denied and the ways in which they still are by voter suppression, an inherently racist tactic to prevent Black and brown people from voting.

The 2021 theme for Black History Month is "The Black Family: Representation, Identity, and Diversity." According to the ASALH site, the 2021 theme for Black History Month is all about the Black Family and how it has been "stereotyped and vilified from the days of slavery to our own time."

The month will also focus on the ways in which Black families were separated from their birthplaces through the atrocities of slavery, and the effects this has had.

"The Black family knows no single location, since family reunions and genetic-ancestry searches testify to the spread of family members across states, nations, and continents," teh ASALH reads.

The United States isn't the only country that celebrates February as Black History Month.

Even though Woodson began Negro History Week way back in 1926, since then other countries have joined the United States in recognizing February as Black History Month. According to National Geographic, that includes countries like Canada, Germany, and the United Kingdom.

The month is recognized each year by Democrat and Republican presidents alike.

According to ASAH, "every American president, Democrat and Republican, has issued proclamations endorsing the Association's annual theme" for Black History Month since the 1970s.

CROSSWORD

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.

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ACROSS

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31. Young dog
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45. Hair coloring
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17. Atlas item
19. Honest Lincoln
21. Little bite
22. Wallet bill
23. Food plan
26. Stop dime (2
wds.)
27. Harness part
28. Sit as on a horse
31. Mom and dad
32. GI's hangout
33. Sunday seat
35. Bawl
36. Trick or!
37. Spirited vigor
38. Entrap
39. Defunct USAF branch
42. "Mona"
43. Moist
44. Pace
47. Building extension
49. Impressed utterance
50. Sandra
("Gidget")