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Senior Perspectives

KENT COUNTY EDITION

SEPTEMBER | OCTOBER 2020

A National
Award-Winning
Publication!

Page 5 – Pickleball ■ Page 12 & 13 – Game Pages
Page 20 – Soul Food ■ Page 23 – School Days In New Ways

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Area Agency on Aging of Western Michigan's mission is to provide older persons and persons with a disability an array of services designed to promote independence and dignity in their homes and their communities.

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JULY/AUGUST WINNER: DALE DENHOF OF GRAND RAPIDS
The watermelon slice was found on page 16 in the family fun story.

Letter from the Editor

'Don't cry because it's over, smile because it happened.' Dr. Seuss



BY
MICHELLE
FIELDS

What a ride this has been! I've been the Editor of Senior Perspectives newspaper since 2013 and the Publisher since 2016. We added an additional publication, Senior Perspectives of Kent County, to our portfolio in November of 2018. We've received 41 National Awards in Excellence over the past 5 years through NAMPA-North American Mature Publishers Association and the National Mature Publishers Association. When I say 'we' I'm talking about the amazing individuals who help make this publication happen. If you have been a regular reader of the Senior Perspectives newspapers, you'll

understand when I tell you that we have some of the most involved and committed volunteer writers of any mature publication in the industry. Without fail, these writers come up with the most interesting and thought-provoking articles every issue. Besides the writers, let's talk about the beautiful cover photos on every issue. They were taken and provided to Senior Perspectives by local photographer Glenn Rutgers, who consistently provided award winning photos. And last, but not least are our devoted Copy Editor Bonnie Borgeson and our creative Graphics Designer Jay Newmarch. Without these two in my corner, I might have not been able to pull it off.

But every good ride needs to come to an end. In May of this year, the position of Marketing Director was created at Senior Resources and I was delighted to be offered this new position. Accepting this new position was bittersweet because I knew I would not be able to continue on as the Publisher. I will remain on as Editor, but we are excited to announce that we have hired a new Publisher. Her name is Kristen Reasoner and comes to Senior Resources with a distribution and advertising/sales background. Kris started in July and is learning the ropes quickly. She lives in the Muskegon area with her husband, 2 sons, their black lab and 2 cats. She also has a daughter who resides out of state.

I am truly blessed to have worked with such an amazing group of professionals.

Michelle Fields is the Editor and Publisher of Senior Perspectives of Kent County and Senior Perspectives Lakeshore newspapers. She has been with Senior Resources of West Michigan for over 10 years. Michelle can be reached at 231-733-3523 or Michelle@SeniorResourcesWMI.org



Kristen Reasoner



Senior Perspectives Team 2017



Senior Perspectives Staff 2018



Distribution Specialists Jimmy (left) and Denny



Senior Expo with Mike Fields and Lisa Tyler



BY
TOM
HANLEY

Pickleball: Get Fit, Make Friends, Have Fun

My wife and I have discovered something in our “Golden Years” that makes us breathless, puts color in our cheeks, a spring in our step and a smile on our faces. Before you jump to conclusions (also a form of exercise), I’m talking about Pickleball.

As America’s fastest growing recreational sport with nearly 3 million players, pickleball is the ideal game for Baby Boomers and people of all ages. Many of the people who humble us on the court are nearly 80 years old. It does not take much to get started playing pickleball. You need a couple of paddles, the hard-plastic balls, comfortable clothes and court shoes like tennis. Imagine pickleball as a sport that combines tennis and ping pong, played on a court about half the size of a tennis court, and with a lower net. Most pickleball games are played as doubles, so there is less court to cover, but still giving a good low impact workout.

The game of pickleball can be played year-round, indoors and out. It is accessible, affordable, fun and a great way to get off the couch and make new friends. There are about 15,000 pickleball courts in the United States, and if you like to travel, bring your pickleball gear with you. Pickleball apps will help you find a game anywhere.

In West Michigan, pickleball courts are popping up around the area. The most popular place to play is at Belknap Park in Grand Rapids with 15 courts. Designed as a social recreational game, pickleball encourages players to have fun, make friends, and play at their choice of competitive level. Most pickleball players encourage others to try the sport, and help newcomers find places to play and people to play with. The Grand Rapids Pickleball Club has nearly 800 members.



For retirees, self-employed or part-time workers, pickleball offers many benefits. There is usually a pickleball game being played somewhere nearby at all hours of the day. Miss your former work colleagues, or your regular breakfast or lunch bunch? Many pickleball enthusiasts have regular weekly games, and go out for coffee, a meal or a drink after. For my wife and me, pickleball is a sport we can play together as a couple in a doubles match with friends. Our new sport fills a gap we had been seeking to fill for years – healthy exercise, fun and friends. Our many new pickleball partners help reduce the potential for loneliness, isolation and boredom, especially important for retirees and folks who work from home. Pickleball helps improve range of motion, strength and balance. Volleys and “dinks” (short shots) at net boost hand-eye coordination.

We fill our calendar with pickleball games. It gives us something to look forward to each week. Just now, an invitation has popped up on our PickleUp app, so I gotta go. We have a new game to play.

Tom Hanley is a public relations consultant and writer at HanleyStory.com. He learned about this opportunity to write this article for Perspectives from his client, Elders’ Helpers, while playing pickleball.

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BY
EMILY
RMSTRONG

HOLDING STEADY -

Steps You Can Take to Prevent Falls

As we get older the chance of our suffering a fall increases.

In fact, according to the National Council on Aging (NCOA) 1 in 4 Americans aged 65+ falls each year*. Relying on your body to catch you and keep you steady, and then losing this ability, can be a serious blow to your mobility and morale. Sometimes the fear of falling can be such an all-consuming worry that you may start retreating from doing the things you used to love. However, just because you are noticing a drop in your confidence, movement levels, and strength, does not mean that you can't improve upon these things and live a fulfilling life. The key to fall prevention is understanding that because we know *which* factors contribute to falls we can work to prevent them. The National Council on Aging recommends a number of steps you can take to prevent a fall and build your confidence along the way!

The first is to **find a good balance and exercise program**. This is vital because building up your body's flexibility, strength, and balance enables you to avoid falling in the first place, and if you do happen to fall, you'll have the ability to get up safely. Though the current coronavirus pandemic has hindered in-person exercise programs, you can still move at home. Some organizations have taken their class offerings virtual! The Area Agency on Aging of Western Michigan is offering Zoom classes to their Healthy Aging participants, and there are several online programs available throughout West Michigan. YouTube can also be a great resource for finding free exercise classes at a level that is best for you.

Talking to your health care provider is the second step to fall prevention. It is helpful to go over your medical history and your experience of falls in the past. Your provider also has the ability to assess your risk level for a fall and what can be addressed to lower this risk. The third measure you can take to prevent a fall can also be done with your doctor, and this is to **regularly review your medications**. Some medications' side effects can increase your risk of falling, and of course, you should take medications only as they are prescribed by your doctor. Step four of fall prevention is to **get your vision and hearing checked annually**. Proper sight can help you avoid trip hazards and obstacles, and abnormalities in your inner ear can also negatively impact your balance. Treat your health as a top priority to fall prevention and check in with your doctor on these three steps to ensure your well-being.

The fifth step that NCOA recommends to avoid a fall is to **keep your home safe** by removing hazards that are commonly overlooked but easy to fix. A few things to look for: Do you have a clear pathway through your rooms? Look for rugs, cords and wires, and bulky furniture that may be in your way. Assess your stairs; if steps are uneven or broken this can cause you to fall, and make sure that your stairway is well-lit and has a handrail. In the kitchen, it is best if items are not on kept high shelves, and that your step stool is sturdy if you must use one. In your bedroom, you should have a light close to the bed within easy reach, as well as a well-lit path to the bathroom. Lastly, your bathroom should have some sort of support for you to

rely on when using the toilet and bathtub, and if you have a slippery shower floor, add a non-slip rubber mat. All helpful things to keep your home safe!

The last step in fall prevention is to **enlist the help of your family and friends**. Let them know that you are worried about falling and would appreciate their help in making your home a safe space. With social distancing safety precautions in place, they can provide an extra set of eyes and hands to rid your house of obstacles. They are also likely to help you navigate talking to your doctor, checking your vision and hearing, and reviewing your medications. Having their help will make the process less overwhelming for you. Often those around you are eager and willing to help. You just need to ask!

These six steps come together to help you avoid falls, so you can continue to do the things that you love. Getting older doesn't mean a loss of independence; it simply means adapting your environment to best fit your needs so that you can flourish. Be sure to use the resources around you; from your doctor to a family member or friend, to help you take these preventative measures. For more information, visit the National Council on Aging's website at www.ncoa.org.

Emily Armstrong is the Public Relations and Communications Specialist at AAAMW. She enjoys exploring Michigan with her husband and their labradoodle, Moose. On the weekends you can usually find her cheering on the Spartans, camping, practicing photography, or reading.



Malnutrition:

Steps to Encourage Healthy Eating



BY
PAULA
KERR

It's dinner time again. You know he needs to eat, yet you watch as the food just get pushed around the plate only to get cold. No appetite, no interest, and nothing tastes good. It feels like you've tried everything, yet your loved one just doesn't eat much. As a caregiver, can you relate? It is hard to watch an older adult who doesn't have a taste for food or forgets to eat or can't chew well anymore. These are just some of the issues to take note of while trying to protect your loved one from becoming malnourished. Even though malnutrition can be an issue for anyone at any age, regardless of weight, it is of increasing con-

cern to our aging population. In fact, one out of every two older adults is malnourished or at risk for becoming malnourished (Kaiser MJ, et al. J Am Geriatr Soc. 2010;58(9):1734-1738.).

Malnutrition is when your loved one's body does not get enough nutrients from the foods they eat. This may include not getting enough protein, fat, or overall calories. A number of things may affect the amount and type of food that older adults eat. Chronic illnesses, health problems, and dental problems can all cause a loss of appetite or make it hard to eat. Sometimes older adults tend to eat the same foods over and over – foods they enjoy or that are easy to prepare -- thereby missing out on key nutrients needed for good health. Medicines can decrease appetite and affect the taste and smell of food. Mental and social health issues can also contribute to poor nutrition habits, like living in isolation and being depressed or having dementia. All of these things can contribute to being malnourished and put older adults at more risk for longer hospital stays, more doctors' visits, and at more risk for falling (Barrett ML, Bailey MK, Owens PL. U.S. Agency for Healthcare Research and Quality. www.hcup-us.ahrq.gov/reports.jsp. Published 2018. 4. Norman K, et al. Clin Nutr. 2008;27(1):5-15). Also, malnourished adults do not recover from surgery or other procedures as quickly as well-nourished adults. Maybe you've experienced some of this with the family member or client you care for.

The good news is that in most cases, malnutrition can be prevented and treated! A good first step is to screen every older adult for malnutrition using quick and easy screening tools that any doctor's office could use (i.e. https://www.mna-elderly.com/mna_forms.html). Or, those who are at malnutrition risk can have their nutritional status assessed under the care of a Registered Dietitian. Appropriate interventions can be

taken to prevent malnutrition from occurring or at the minimum, limit the problems it can cause.

If you suspect your loved one may be at risk of malnutrition, there are steps you can take to encourage healthy eating habits and well-being:


1. Most importantly, be an advocate! Ask for a malnutrition screen to be done the next doctor visit or hospital stay.
2. Encourage healthy food choices that include a variety of foods from each food group, including a lot of fruits and vegetables, whole grains, and lean meats or plant-based protein foods. Help your loved one limit alcohol use, salt, high fat foods, and high sugar foods.
3. Encourage snacks that are nutrient rich and may be easier to eat throughout the day than an entire meal. This may include protein rich shakes or smoothies that are easy to drink.
4. Try to make food taste good again by adding herbs, spices, or citrus fruits like lemons to encourage eating more.
5. Encourage exercise that is appropriate for your loved one's physical condition.
6. Encourage social activities including eating with others if possible and finding ways to be with friends and family.

Paula Kerr, MS, RDN is a Registered Dietitian with Meals on Wheels of Western Michigan


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Samaritas, Pg 21



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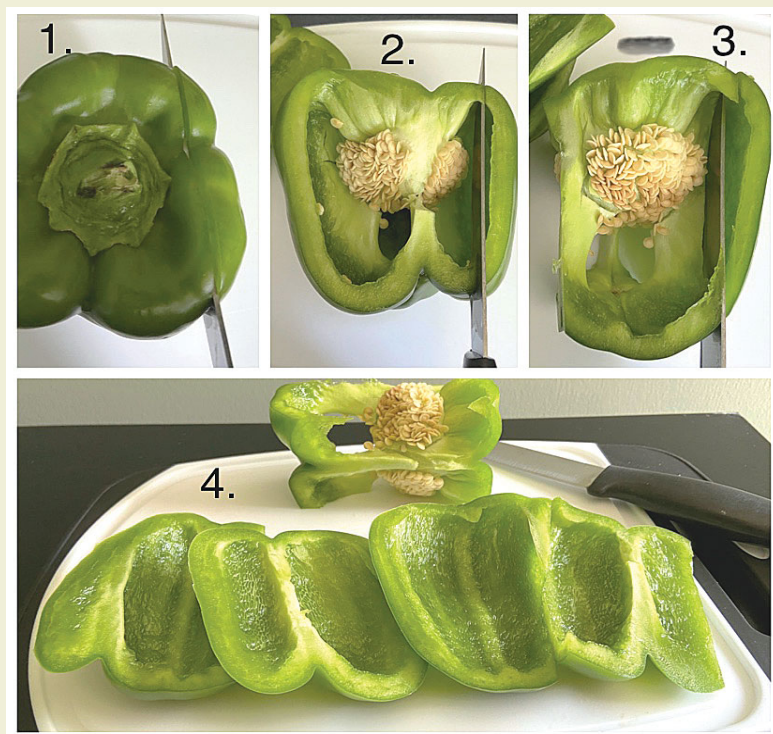
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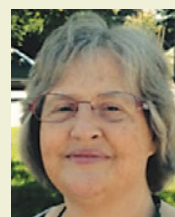
BY
STACI
GERKEN

How to Cut a Pepper

For this edition, I wanted to share a popular technique that I teach in my cooking classes on how to cut a bell pepper. Peppers are a great source of vitamins and minerals and an easy snack to keep on hand. This method minimizes the amount of seeds separating from the core and ending up all over the kitchen.

1. After washing and drying a pepper, stand it up and use your knife to carefully slice down one side of the pepper. This cut is the trickiest, as you do not want to get too close to the core when making your first cut. Now you can see where all of the seeds are located in the pepper.
2. Lay your pepper down, with the open side facing up, and cut down the side, being careful to not disrupt the seeds.
3. Rotate the pepper 90 degrees and make another cut down the side. Repeat this step again to cut off the last remaining side. If you have a large pepper, you may have to repeat this step one more time.
4. You will now have four sections of pepper that you can cut into slices or dice. With this method you should not have too many seeds to clean up!

Staci Gerken is a Registered Dietitian and the Nutrition Contract Administrator at the Area Agency on Aging of Western Michigan where she works with congregate and home delivered meal partners in a nine-county region.



BY
CATHAY
THIBDAUE

Cathay's Cooking Corner



Kiwi Salsa

- | | |
|-------------------------------|------------------------|
| 2 kiwis, peeled and diced | 1 teaspoon fresh Thyme |
| 1 Large Tomato diced | 2 cloves garlic minced |
| 1 fresh lime, juiced | Salt to taste |
| 1 large, sweet onion, chopped | |

Place the kiwis in a serving bowl, mix with the lime juice. Mix in the tomato, onion, garlic, thyme and salt.

Cathay is the Network Manager, Certified HIPAA Security Professional, Certified Medical Practice Security Professional, Certified PCI-DSS Security Compliance Professional, Certified Healthcare Cybersecurity Professional, and has a Certificate of Leadership in Healthcare Management Proficiency at Senior Resources of West Michigan. She also enjoys boating, fishing, and spending time with her family.

Striking a chord: Music therapy helps hospice patients at the end of life



BY
SARA
LOWE

By weaving together culture, religion and life experiences, music therapist Miranda Eden helps families compile the soundtrack of their loved one's life. "Music is in everything that we do – it's universal," said Eden. "It's one of the most natural connections we have as human beings."

From the moment life begins, music is a part of our world. Mothers sing lullabies to their babies as they drift to sleep. Couples describe their first dance. Fathers and daughters recite lyrics of the song played while they danced at her wedding. "Why not have music at death?" Eden asks.

A certified music therapist, Eden helps families use music to cope with the loss of loved ones. Music therapy is a relatively new field, and the effects can be seen daily in Eden's work.

Using a variety of instruments, she sings with patients and their families. She helps people reflect on their life while creating new memories. While music won't change a diagnosis, she says that it can reduce physi-



cal symptoms of pain and agitation.

"I've been in so many moments when a song is being played, and the patient's lips are moving," Eden said. "They might not be singing, but they acknowledge the song. There's a smile – there's a calmness. They are listening."

Music therapy may be used in hospice care as a method to assist patients with stress relief, well-being and even pain management. Eden uses a variety of techniques to connect with patients, such as singing their favorite

songs and hymns, song writing or playing music with patients.

It's the personalized care that makes music therapy so intimate and powerful. Eden recalls a man who was nearing the end of his life and proudly said he used to sing in a country western band. One of his life dreams was to record an album, so Eden said, "Let's do it!"

The pair rehearsed a song and when he was ready, Eden recorded the song using an app on her iPad. That evening, Eden made a CD from the recording and returned to the man's home the following day.

"It was a like a CD release party. His entire family was there and waiting to hear the song," Eden said. "He was so proud. His family was tearful, saying it was something he always wanted to do."

For Eden, that is what makes her job so important. "I feel honored to be in those last moments with so many people," she said. "Music opens the door for those moments in time—for moments of the past and for moments that have yet to be created."

Sara Lowe is the Executive Director of Emmanuel Hospice. Lowe helped form the organization in 2012 with the conviction that being on hospice doesn't have to mean giving up hope. For information, visit www.emmanuelhospice.org.

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BY
ROLINA
VERMEER

Choosing Gratitude

Life in the time of Covid-19 has changed how I live my privileged retirement days. All the restrictions of where can I freely venture out in a day's time and the cautionary measures I take when I do have put me in mind of my mother's life during wartime in her native Netherlands. Compared to Nazis patrolling the streets and a nightly 8 o'clock curfew, no gasoline available for those lucky enough to have a car and all the rubber bicycle tires confiscated by the Germans, food rationing when there was any food at all and no fuel to heat their home in winter, my limitations hardly seem worthy of even the slightest annoyance. At this writing, in mid-summer, I'm barely feeling stressed at all over any limits placed on my "normal" life.

Mostly I miss restaurant gatherings with friends, the library, and a few of my regular groups that cannot meet until larger gatherings are possible. I miss traveling and visits from friends and family. I miss handshakes and hugs, a lot! But I've learned to Zoom, and now can attend church via the Internet with my daughter who lives in a distant city. My daily pace has slowed. I've lost the pressure for activity, and with

so many cancellations of our regular summer events, this is the first summer in as long as I can remember that truly has that "lazy, hazy days of summer" feeling! I like it.

I know most of us want life to go back to normal...the normal that did not include fear for the well-being of friends, neighbors, loved ones and ourselves; the normal that did not include a daily report of infection rates and an updated death count. And the other concerns that have my attention: political concerns and social concerns. Big issues!!

Now, in the time of Covid-19, I research and read opinion pages, topical books and blogs. I'm trying to balance this reading and listening and television consumption of a variety of points of view while also distancing myself from news overload. My stress and anxiety levels have diminished and I'm remembering joy in the simple pleasures of a home cooked meal, a walk in the park, and snuggling with our dog.

I'm not at all sure when this world wide pandemic will end and if it will not be followed by another threatening virus. The social and political upheavals around us may bring ominous threats as well. But weddings are still happening, birthdays are being celebrated, babies are being born and the birds are still singing. Today I am counting my blessings and enjoying listening to their songs. Today I am reading quietly in the summer sunshine. Today I am thinking that my normal, as I am living it today, is manageable and peaceful and I am choosing gratitude.

Rolina Vermeer writes regularly in celebration of the life and inspiration of her mother.

How do we achieve OUR desires or the desires of A LOVED ONE navigating through the GOLDEN YEARS?

The conversation starts with the idea of "Aging in Place."



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If staying in your own home is a DESIRE you have as you travel through the "golden years," then coming up with a plan to achieve those expectations should be discussed. Think about your support group and start having discussions of what "Aging in Place" looks like for you. Family, friends, and whomever your support group includes should know your plan and how you intend on getting there. Walking through those golden years should be the of quality of life that YOU desire. The people in your inner circle need to be aware of these desires, plans and goals.

There are moments in time we may be confronted with unforeseen life altering events that may or may not impact our way of living. To really achieve your goal, you should be discussing with your support group several conversations of how you see yourself moving into your golden years. These are not easy conversations to have and most of the time they can be very emotional. Sometimes we choose not to discuss them because of our sense of privacy, the unknown, a fear of, or facing situational reality.

In my twenty years of working with seniors and

their families, I know it's important to start these conversations sooner than later. Over time the talks will get more in depth, become more comfortable and give everyone involved a complete understanding of your desires. It will also create a feeling of happiness, satisfaction, and peace knowing your family and support team are working together to achieve the goal of, "Aging in place" with confidence and a clear plan.

Whether it is yourself or a loved one entering the golden years, I want to simplify it by saying "plant the seed and then watch it grow." The start of one discussion will turn into another and another clarifying what one wants as they age in place. These discussions will help each person in your support group think about the future and what you or a loved one may or may not want. Ultimately talking through and deciding what aging in place looks like for you.

So again, the true question... How do we achieve OUR desires or help a loved one achieve their desires navigating through the Golden years?

Shelley Vasey, President

Jeremiah 29:11 "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."



BY
ASHLEY
BIEBER

If You Care for Others, Care for Yourself FIRST

The title is not a typo. If you care for others, care for yourself first. According to Moira Fordyce and the Family Caregiver Alliance, “an estimated 44 million Americans age 18 and older provide unpaid assistance and support to older people and adults with disabilities who live in the community.” If you are one of these people, then I am sure that this is not the first time you are being told to take care of yourself or to take time for “selfcare.” Let this article be a reminder to you. If you are not one of those people, or this is the first time you are hearing the term “selfcare,” let this article be a lesson to you.

The hard truth is that caring for others has negative impacts on both the psychological and physical health of the caregiver. Moira Fordyce states that “higher levels of stress, anxiety, depression and other mental health effects are common among family members who care for an older relative or friend.” Additionally, “caregivers suffer from increased rates of physical ailments... increased tendency to develop serious illness... have high levels of obesity and bodily pain... have diminished immune response... have an increased risk of heart disease...(and) have increased mortality rates.”

Again, that was not a typo. Caring for others without caring for yourself decreases your life expectancy. When investing all of your time in caring for others and neglecting to care for yourself you do things like skip wellness visits and preventive health appoint-

ments or forget your own medication. Additionally, as a caregiver, due to lack of time and energy you are about 60% more likely to eat more poorly and exercise less than you would have under other circumstances. In short, caring for others while not actively participating in selfcare is killing you.

So, what is selfcare? Selfcare looks different for everyone. In general terms it is something we do for ourselves which refuels us and improves our mental, emotional, and physical health. It is not a selfish act and is not designed to be just one more thing on your to-do list that you do not want to do.

Unfortunately, there is not a one size fits all answer to what you should do for selfcare. It is an exploratory process that is going to take time that you already feel like you don't have.

It will not be easy. If it were, you would already be doing it. However, it is necessary and there are some generally accepted guidelines that will help you to get started.

1. Make a list of things you are no longer going to do and stick to it
2. Eat a healthy diet and increase physical activity and exercise
3. Get needed medical care
4. Practice Relaxation/Meditation
5. Take time with loved ones
6. Enjoy what is pleasurable / makes you laugh

If you won't do it for yourself, do it for your loved ones. You will be less likely to abuse or neglect the person you are caring for, be happier, more productive, and live longer. A little selfcare goes a long way.

Learn more at www.caregiver.org/caregiver-health

Ashley Bieber MS, is an intern at the Area Agency on Aging Western Michigan. She is currently a graduate student at Grand Valley State University in the public administration and social work programs and previously graduated with a master's in communication. Helping people is a passion of hers. Her goal is to enrich the lives of others and whenever possible, volunteer in the community.





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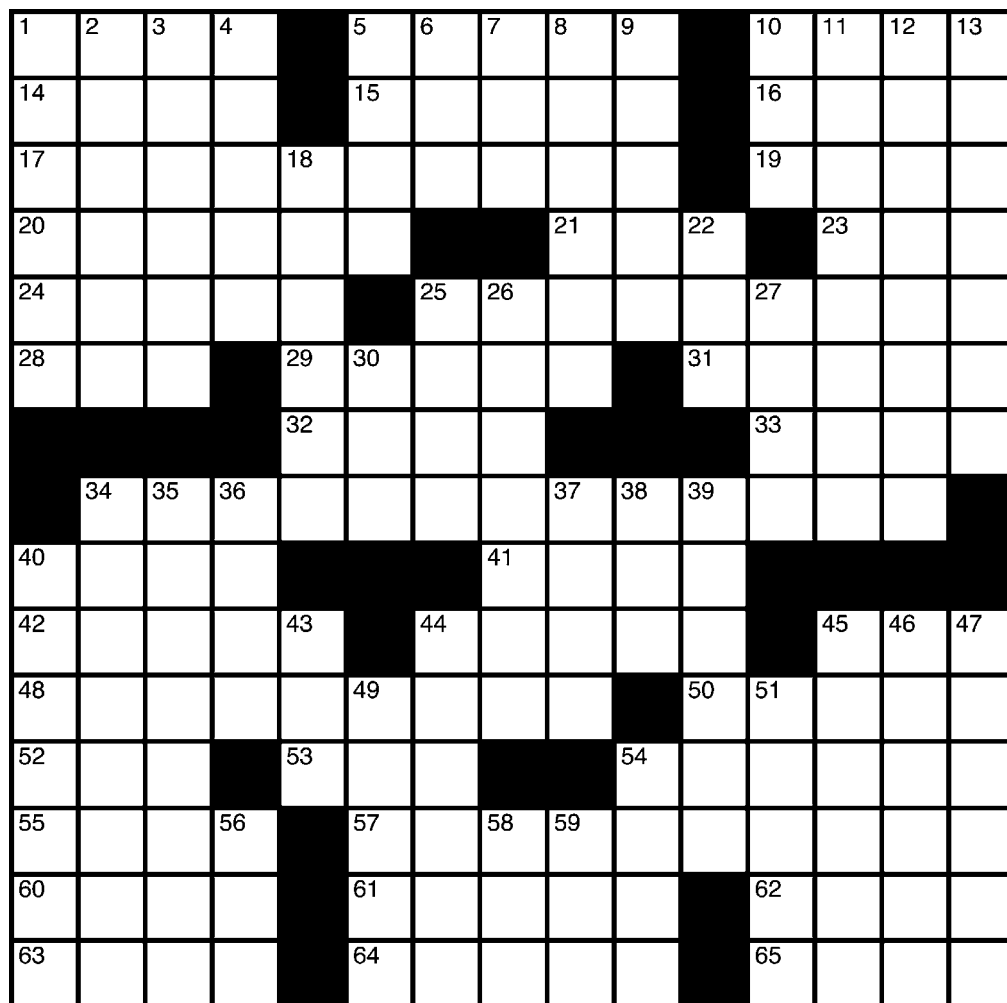
ACROSS

- 1 Talked into, with "on"
- 5 Calyx part
- 10 Typical artist's apartment
- 14 Samoan capital
- 15 Amtrak option
- 16 Cabinet dept. formed under Carter
- 17 Doughnut order from a king?
- 19 Fifty percent up front?
- 20 Recorded
- 21 GPS info
- 23 Pisa possessive
- 24 Recording device
- 25 Musicians given to tippling?
- 28 Writer LeShan
- 29 Is next to
- 31 Sergeant Bilko, to friends
- 32 Tapestry thread
- 33 Saturn models
- 34 Set of data within an atmospheric analysis?
- 40 Quarterback Tony
- 41 Swamplike
- 42 Protection against Mr. Decay Germ, in old ads
- 44 Continued violently
- 45 MDX ÷ X
- 48 Occupants of a well-insulated nest?
- 50 One of the Coen brothers
- 52 "10538 Overture" gp.
- 53 Ocean bird
- 54 Gets rid of
- 55 M's favorite agent
- 57 How perfume is sold ... and this puzzle's title
- 60 Commercial exchange fee
- 61 Ames native
- 62 Future ENT's exam
- 63 "You've Got Mail" co-star
- 64 Grabs
- 65 Turtles, sometimes

DOWN

- 1 Biblical seductress
- 2 Offered a view
- 3 Shoeless Joe Jackson portrayer in "Field of Dreams"
- 4 Mother of Perseus
- 5 Marquis de ____
- 6 Prefix with friendly
- 7 Product with a Simpsons set
- 8 Last Olds models
- 9 Andy Panda creator
- 10 Took charge

- 11 Two-run homer situation
- 12 Like "executrix," e.g.
- 13 Old TV parts
- 18 Urban ____
- 22 "Beauty is bought by judgement of the ____": Shakespeare
- 25 Fit and muscular
- 26 Certain footrest
- 27 Verve
- 30 Quilting party
- 34 Math branch concerned with surfaces
- 35 Rain forest region
- 36 Beyond slender
- 37 Former PBS "Mystery!" host
- 38 Extractable natural resource
- 39 Louisiana genre featuring the accordion
- 40 Grain-based treat
- 43 "Understood, Cap'n"
- 44 His stories inspired "Guys and Dolls"
- 45 Luck
- 46 Pet that needs a sitter?
- 47 Many Alaska maps
- 49 "____ non sufficit": the world is not enough
- 51 Outdo
- 54 Beltway VIPs
- 56 Put on
- 58 BOAC competitor
- 59 Storied cauldron stirrer



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JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

TYHEM

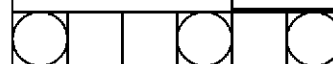


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TAIRO



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ARUBUE



THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.



		2		4				
9					7		8	2
		1				3	9	
7					2		5	8
		3						
8	2		9					1
		4				1		
5			7					4
				6		8		

SENIOR PERSPECTIVES GAME PAGE

Answers on Page 23



By David L. Hoyt and Jeff Knurek

INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

BOGGLE POINT SCALE

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

YOUR BOGGLE RATING

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- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

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Find AT LEAST FIVE SEVEN-LETTER MAMMALS in the grid of letters.

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_____	_____
_____	_____
_____	_____

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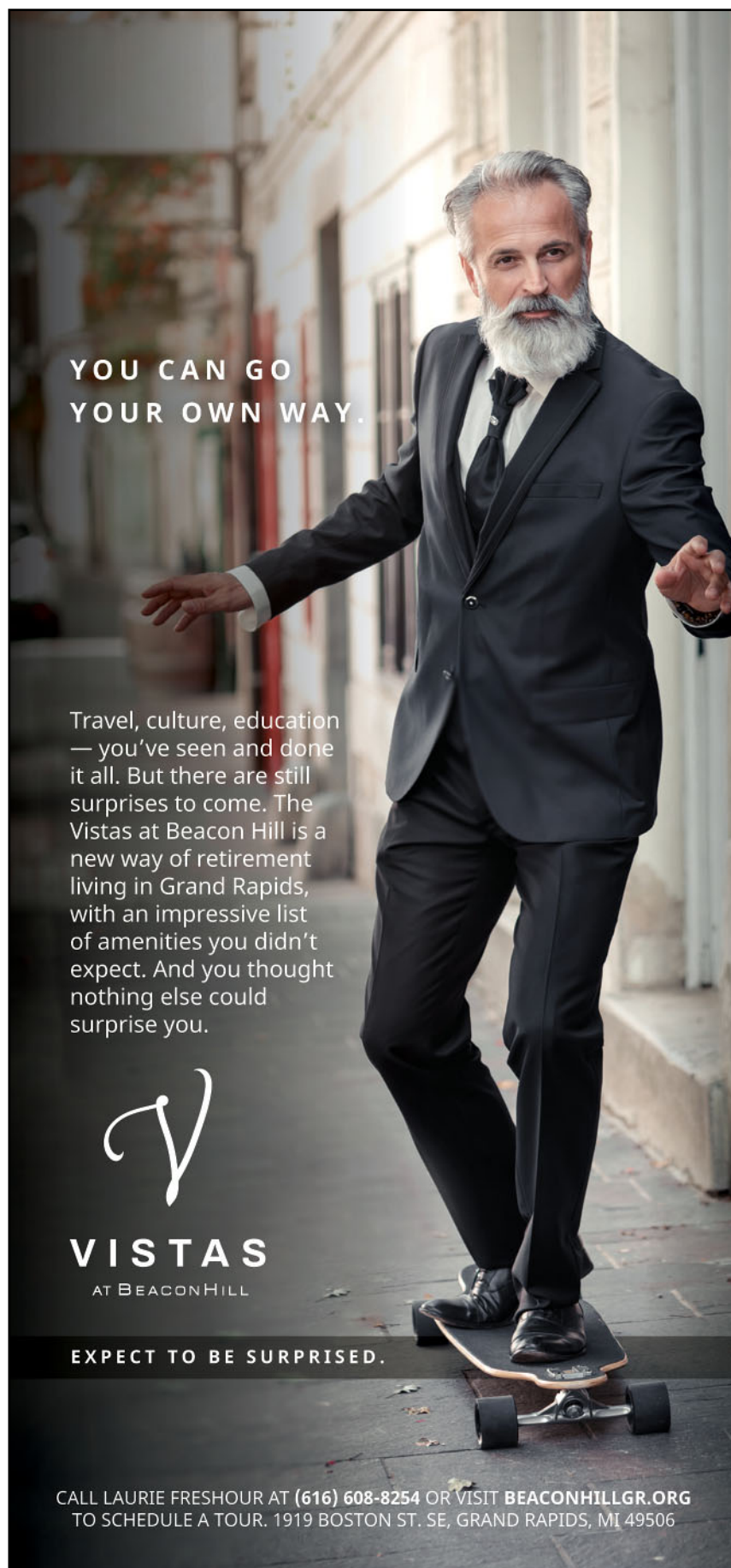
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Veterans' Health and Resource Fair: Benefits for Veterans and Their Families

Abraham Lincoln's immortal words became the Veterans' Affairs motto in 1959: "... To care for him who shall have borne the battle and for his widow, and his orphan." The use of Lincoln's words can be traced to Sumner G. Whittier, administrator of what was then called the Veteran's Administration, who had plaques with these words installed at the VA.*



BY
CHARLIE
BATIZY

The Michigan Armory at 1200 44th Street SW, Wyoming, and veteran service organizations are hosting the second annual *Veterans' Health and Resource Fair* on Saturday, November 14, 2020 for veterans, their family members, and supporters.

The Vietnam War ended on May 7, 1975. As the brother of a veteran with a 100% disability, I know his fight will never end. Fortunately, a grateful nation recognized his sacrifice. However, many veterans are unaware of their earned benefits and how the benefits can help their loved ones. Many are suffering from wounds seen and unseen, including PTSD and illnesses related to Agent Orange. Last year we started the first Veterans' Health and Resource Fair, which answered questions for attendees, but at the same time helped five spouses apply for benefits they knew nothing about prior.

Americans have been involved in Gulf Wars since August 2, 1990. My nephew served in the second Gulf War, and after I had a chance to talk with him, he discovered he had signs of Gulf War Syndrome and hearing loss. He is a Marine veteran who never thought to use VA services until then. Many veterans know almost nothing about Gulf War Syndrome.

The Veterans' Health and Resource Fair is for all veterans, not just for veterans who were in theatre. The Veterans' Affairs staff will be present to discuss the benefits for all veterans. Members of the American Legion, Veterans of Foreign Wars, AmVet, Order of the Purple Heart, the Michigan Veteran Service Agency, and other veteran

not-for-profit organizations will also be available to discuss information on available programs and to provide assistance.

We are encouraging veterans and family members to bring their discharge papers to this event (form DD-214). If you cannot find your discharge papers, we can help you get a copy. If anyone wants to find lost medals or personnel files, we can help you obtain these as well; this could include medals and files of veterans who served in the two World Wars.

Note: When this article was written, Michigan was in a Covid-19 shutdown. Please call Charlie Batizy at (616) 218-5635 for an event update, or if you are interested but unable to attend. I will help you connect to the appropriate organization to meet your needs.

* <https://www.va.gov/opa/publications/celebrate/vamotto>

Csanad (Charlie) Batizy, a Western Michigan University MBA graduate, has been conducting briefings through various veteran service organizations, such as the American Legion, VFW, and AmVets in their Veteran Initiative Programs for nearly a decade. He works as an extension of Advocate Health Advisors, a Veteran owned and operated organization. Charlie Batizy can be contacted at cbatizy@patriot.agency or at (616) 218-5635.



BY JACKIE
LINDRUP
RDH, M.Ed.

A Close Call

Tom and I planned to spend three weeks this winter in Florida being snowbirds, but we came back a week

early due to cold, foggy weather. Then I remembered that my brother's band, Foghat, had a show in Jackson, MI on March 7th and now I could see it! My sister agreed to go too, so I picked her up in Grand Rapids and we drove to the Jackson College venue early hoping to see our brother, Charlie, before the show began. The band usually holds a "Meet and Greet" with friends and fans before the show. We learned later that this event and the post-show autograph signing had been called off due to the news of a novel coronavirus which was making headlines

in China. We stood in a long line to pick up our tickets at the "Will Call" kiosk and found our seats in the 10th row a few minutes before the show began.

Sitting next to us was a couple about our age and I noticed the man was wearing a medical mask, which seemed really unusual. During the concert we all stood up and sang, danced, and enjoyed ourselves. It's always a fun time for us to hear our brother sing with the band since we know most of the words! When the lights came back on at the end of the show, I was really curious why this man was wearing a mask (no one else was) so I asked him about it. He said he'd had a double lung transplant and his U of M doctors said he should wear a mask to protect himself when out in public. Wow,

a double lung transplant! I didn't know a double lung transplant was possible! He asked if he could meet our brother, so we introduced him and his wife to Charlie, then we went onstage and took some family pictures. We didn't give any more thought to the man with the mask.

A month and a half later, in mid-April, I read an MLive article about a 57-year-old Livonia man with a double lung transplant who was admitted to U of M hospital on March 9th (two days after the concert) with Covid-19! He was the first person diagnosed in the State of Michigan. The hospital staff attributed his ability to kick the virus as quickly as he did to his new 29-year-old lungs! Could this have been the same man we sat next to at the concert? We are still wondering if we dodged a bullet. My brother thinks so!

Jackie Lindrup is a retired dental hygienist who enjoys hiking, biking and generally being outside. She also loves to golf and shoot pool with her 96-year-old dad in Grand Rapids. She is the Director of Volunteer for Dental, a local non-profit which helps uninsured Muskegon residents receive dental care through their volunteerism in the community. She can be reached at jackielindrup111@gmail.com.

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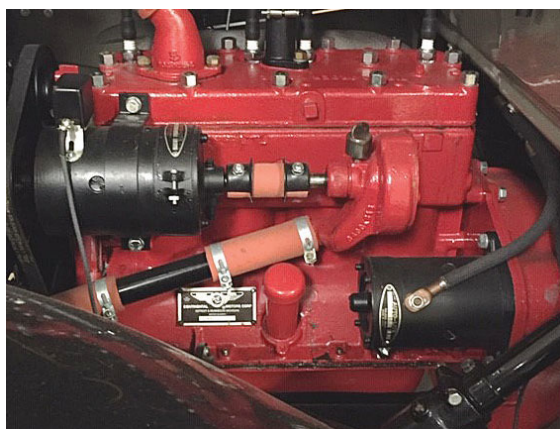
BY
JERRY
MATTSON

Continental

Dave Walborn of Spring Lake has two restored 1934 Continental cars, a four-door sedan and a coupe. He also has a used-up 1934 two-door sedan "parts car." These are all stored in the basement of his home.

In the early 1990s, he decided to look for a car to restore that had some local connection and decided on a Continental. Not a Lincoln automobile, or any of the six other companies producing Continentals from 1907 to the present, but one produced by Muskegon's Continental Motors.

He found one in *Hemmings Motor News*, made a deal and had it shipped from Nashua, New Hampshire, in 1992. It was transported in parts and they weren't all there. He then began a search for items that were missing or broken, including unique hub caps and tail lights. This brought him to the famous, and huge, Hershey, Pennsylvania, swap meet several times. He also sought parts at many other meets, including meets in Auburn and Indianapolis, Indiana, and some in Florida.



By 2002, he had amassed 10 years' worth of Continental parts, sales literature, and other printed documents. He had also recently purchased the coupe in LaGrange, Ohio. Now, a year into retirement, he got enthusiastic about the restoration. He disassembled the coupe and learned how many pieces of it, and the sedan, went together.

The only hood ornament was broken into several pieces, so he made a mold and cast new ones. These were polished, chromed and had the round company logo "Powerful as the Nation" affixed.



Rusted sheet-metal was cut away and replaced, metal parts were sandblasted and put on the body several times until the desired fit was attained. Safety glass was cut, new interiors and refurbished gauges were completed. The four-cylinder, 41-horsepower Red Seal Continental engines were rebuilt.

Special tools and wooden metal-shaping bucks were made, moldings were hand-formed, headlights were repaired and re-chromed and, finally, an original-matching light brown Pittsburg Paint was blended.

He made storage racks for all the separate body parts that were painted. This took up a lot of room in his basement, but they were protected and easily accessible for the reassembly of both cars at the same time.



Many people helped him at his home and much of the special work was jobbed out. Still, Walborn put countless hours in on these cars. He is now proud to show his museum-quality autos to others. They were titled and licensed in 2013 and each has been driven about four miles since then.

Continental Motors did not start out with the idea of being a competitor for some of their customers, but were kind of forced into it. According to the book *Continental! Its Motors and Its People*, "the company built motors for 90 percent of the 600 automobile companies during the past 30 years." (Starting about 1900.) One of these was DeVaux-Hall Motors of Oakland, California, and Grand Rapids, Michigan. When they didn't have the funds to pay for motors they had ordered, Continental made a deal with them to take over the Grand Rapids operation. Hayes Body Corporation manufactured the bodies and transported them from across the street to the assembly plant via a conveyor through a covered bridge.

For the first six months of production, cars were badged as Continental-DeVaux, but were later sold as Continentals. In 1933, they offered the four-cylinder Beacon, priced from \$355 to \$395, and

two six-cylinder models, the Flyer from \$450 to \$535 and the Ace for \$725 to \$815.

For the 1934 market, they produced only one model, the Red Seal Four, an updated 1933 Beacon. Only 983 cars were built in 1934 and all production ceased in July.

The value of Walborn's cars is many times the original price, but he will never sell them. They will be donated to a museum when he no longer is able to enjoy them.

Jerry was in high school when he bought his first car for \$50, a 1937 Ford two-door sedan. In 2002, he bought his last car, a 1939 Plymouth two-door sedan, from a scrap yard for ten times as much money. That car is now a hot rod which has been on the road for 17 years.

COVID's Legacy



BY
NANCY
ABIADÉ

By Nancy Abiade, in honor of her sister, Dorothy Pearce RN who has had a slow recovery back to health from COVID-19.

It muddled minds and stole the breath.
Created pain; sometimes brought death,
Kindled fear, destroyed the peace.
Made school and sports and travel cease.

It shut down jobs, made health care woes:
Exhausted workers - emotions froze.
Even steady PPE
Was not a safety guarantee.

With handshakes gone and hugs forbidden
And friendly smiles all masked and hidden
The enclaved elders longed so much
For family to see and touch.

So what is next to move ahead
To live in hope instead of dread?
The shift must come inside of us
To see the good amidst the fuss.

To send a letter, make a call,
Encourage those who risked it all.
Spend our time on things that matter;
Click and scroll beyond the clatter.

The changes wrought in you and me -
May that be COVID's legacy.

Nancy Abiade LMSW has been a social worker for Harbor Hospice serving the Poppen Residence, assisted living, and home patients and families for over 7 years. She previously worked as a skilled nursing facility, hospital, and geriatric day care social worker.

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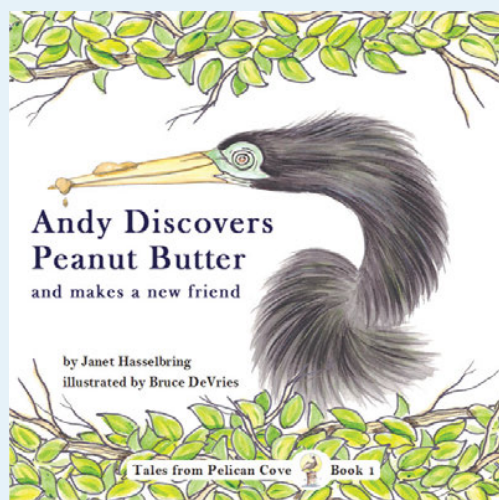
***Some future FCU classes will be held virtually; further details at www.caregiverresource.net**



BY
TRICIA
McDONALD

Authors of West Michigan An Anhinga Started the Journey

Have you ever heard of an anhinga? If not, you aren't alone. Author Janet Hasselbring had never heard of one either, until she watched it sitting on a perch in front of her Florida condo every day drying and preening its wings. Janet's experience with this water bird became the subject of her first book, *Andy Discovers Peanut Butter*, published in 2007.



Andy Discovers Peanut Butter was just the first in a series of seven children's books inspired by the incredible wild/shorebirds of Florida. The series, *Tales from Pelican Cove*, are based on Janet's experiences with various Florida birds. "I weave facts I gain from my research into the stories," she states.

Janet, her husband Don, and their Welsh terrier, Maggie May, are snowbirds who live in West Michigan during the summer months. Grand Haven's culture, history, parks, hiking and biking trails, are some of the reasons she loves the

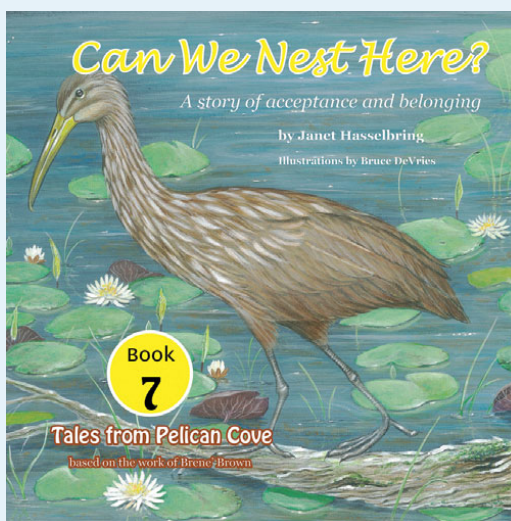


area. Maggie May is a therapy dog and they do "lots of therapy visits."

She grew up on a farm in New Era that is now Country Dairy, a fourth-generation farm with lots of history. In 2012, she wrote *The Country Dairy, Looking Back Moving Forward* as a tribute to her parents. She wanted to make sure her three children and four grandchildren always remembered her parents for their faith, perseverance, and hard work.

She also wrote *In the Garden*, a memoir that portrays her mother's lifetime journey of faith and courage on the farm. This book was inspired by a class Janet took on writing memoir and personal story, and is the book nearest to her heart.

Her most recent book and the seventh in her *Tales from Pelican Cove* series is *Can We Nest Here?* This book, her favorite with regard to inspiration, is based on themes of



acceptance, belonging, connection and vulnerability from the work of author Brené Brown. It is also based on the Dr. Seuss quote, "Why just fit in when you were born to stand out?" Janet has been told that *Can We Nest Here?* is a "must read for

parents and children."

Her successful ability to write for children may have come from her 36 years as an elementary grade teacher in the Grand Haven Area Public Schools district. She also taught music for almost 20 years, and directed SPARKS, an arts education program, during part of her tenure.

If you are a regular reader of *Senior Perspectives*, Janet's name may sound familiar. Writing short stories for SP has become one of the major joys and mainstays of her life. She has earned numerous honors from the NAMPA Annual Awards Competition (which provides special recognition for excellence in senior publications) for her short stories and personal essays. She is currently in the process of having the stories published as a collection of short stories. In addition, Janet is working on a series of articles for SP on "How Does Your Garden Grow?"

Tricia L. McDonald is an internationally published author, public speaker and writing coach. Her new middle-grade fiction book, *The Sally Squad: Pals to the Rescue* was published in March 2020. Her *Life with Sally* series: *Little White Dog Tails*, *Still Spinnin' Tails*, *Waggin' More Tails*, and *Princess Tails* are compilations of stories chronicling life with her miniature



bull terrier. *Quit Whining Start Writing* is a guide to help writers put away the excuses and get the writing done.

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BY
VONDA
VANTIL

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Vonda Van Til is the Public Affairs Specialist for West Michigan. You can write her c/o Social Security Administration, 3045 Knapp NE, Grand Rapids MI 49525 or via email at vonda.vantil@ssa.gov.



BY
GIL BOERSMA,
M.DIV., B.C.C.

Soul Food *Gifts of the Spirit*

Do you believe that, to be fully human, one must care for the mind, body, and spirit? If this is a new thought for you, take a breath, and take some time to read and explore. Those who have religious upbringing have a head start. If you have had no introduction to the Spirit, access to computers today can help tremendously; and

if you have no computer, libraries have computer resources and training to help you. I would not be surprised if a member of your extended family or a close friend would be happy to help you. Bear in mind, just like entering a restaurant or cafeteria when you're hungry, go easy; over consuming on any visit can be overwhelming. I pray that the Spirit has already given you a friend or family member to be with you on the journey.

It was not until I fully retired that I was able to clearly identify my primary gift of the Spirit. I don't know if learning of my gift late in life was due to my varied work experience, or due to my practical focus on fulfilling each part of my job description for which I was being paid. Of course, it's quite likely it was just how it happened for me.

1 Corinthians 12:9-11 (in the "Easy to Read Version" ERV) states "The same Spirit gives faith to one person and to another, gifts of healing. The

Spirit gives to one person the power to do miracles, to another the ability to prophesy, and to another the ability to judge what is from the Spirit and what is not. The Spirit gives to one person the ability to speak in different kinds of languages, and to another the ability to interpret those languages. One Spirit, the same Spirit, does all these things. The Spirit decides what to give each one."

The final sentence of the above Bible scripture informs us of a special matter. It is the Holy Spirit that decides one's spiritual gift. This humbles each of us to continue our study and service, while trusting God's choice of what gift would be best suited for us.

I had entered my 60's when I became clear about the gift of Discernment ("what is from the Spirit and what is not") as the gift that was chosen for me, and in which I was becoming faithful to its use. This is the first time I have written about it, and I am now 71. No matter what gift you have discovered in your discipleship, you must recognize that it has a divine purpose which is likely bigger than one can imagine. I have also been humbled when my gift has helped me in my family, like helping me to make wise decisions or offering compassionate regard when someone's in trouble.

Rev. Gilbert Boersma, BBA, MDIV, is a retired United Methodist pastor of the (former) West Michigan Conference, and board-certified chaplain. His wife Sara is retired from Muskegon Community Mental Health and offers counseling privately, part-time. Their two sons and three grandchildren also live in Muskegon. Gil offers Spiritual Direction for those who have interest. You may contact him by email: boersmagil71@gmail.com

Martin's Meanderings

The Adoption Option



BY
CLIF
MARTIN

On July 5th, 1991 our son Clif Jr. and his wife Ann became the Martin five when they adopted three brothers ages 9, 8 and 6 ½. Just a year later, the Damfinos international Buster Keaton Society was formed to honor the great silent film star. Because the Keaton family had a summer

home in Muskegon, the Damfinos hold an annual convention here every October.

The new Martin brothers were at the Frauenthal Theater watching a Keaton silent film while I played the organ. In the audience were Buster's widow, Eleanor, along with Adrian Booth, Buster's co-star in a 1939 film and we were able to meet them. When we learned that adoption was Adrian's favorite project, it was clear that we needed a photo and she was happy to provide us with one.



Here are the boys with
Adrian Booth (L-R)
Travis, Steven and Ken.

Adrian Booth appeared in movies with John Wayne, The 3 Stooges and Boris Karloff as well as Buster Keaton and many others. Adrian was born in Grand Rapids MI and passed away in California in 2017, just shy of her 100th birthday.

Later, our daughter Melanie Lynn and her husband Dan went to Hollywood, Florida, and adopted newborn Alex at the hospital. So now there were four adopted grandsons. You have seen Alex's drawings in my columns. He turned 21 in July. Add the three other grandsons, and five great granddaughters that came along, plus a great grandson being raised by his grandparents and you have a family that I can't keep track of without a calculator. With lots of luck, I hope to get a photo of the whole clan.

Because of the pandemic, the Damfinos won't be coming to Muskegon this year. To learn more about their virtual convention, you can look them up at www.busterkeaton.org/



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We are working on incorporating a virtual option for future meetings. Contact us for more information.



BY
JANET
HASSELBRING

How Does Your Garden Grow II

“As We Think, So We Are.”

My garden is awash with color and alive with daffodils, crocus, and tulips, just what I envisioned last fall when I braved the cold and placed hundreds of bulbs into the ground. (SP March/ April 20)

Easter and the arrival of spring were especially poignant this year, as I watched the miracle of new life in my garden. “God has written the promise of the resurrection not in books alone, but in every leaf in springtime.” (Martin Luther)

Grubbing in the dirt, pulling weeds, planting bulbs and seeds – gardening is helping me realize a deeper truth: our thoughts are like bulbs that produce flowers; seeds that produce crops.

In his book, *As a Man Thinketh*, based on Proverbs 23:7, James Allen claims our thoughts are the most important thing about us. All that we achieve or fail to achieve is the result of our thinking. “Just like nothing can come from corn but corn and nothing from nettles but nettles, good thoughts and actions can never produce bad results; likewise bad thoughts and actions cannot produce good – a truth we understand in the physical world, but fail to grasp in the mental and moral world.”

The analogy of gardening to matters of the heart has its roots deep (pun intended) in religious and secular literature.

In the parable of the sower, Jesus likens faith

to the sowing of seeds. Seed falling on a path describes faith without any substance; seed sown in rocky places is faith which falls away when trials and challenges arise; seed which falls among thorns describes faith which fades with competing worries and cares; but seed which falls on rich soil is like faith which hears the word, accepts it, and produces crops, up to a hundredfold.

Allen continues. “A person’s mind may be likened to a garden, which is intelligently cultivated or allowed to run wild; but whether cultivated or neglected it will bring forth. If no useful seeds are put into it or if it is not tended, an abundance of useless seeds will fall therein and will continue to produce their kind.”

The message is clear. If we strive to be holy we must control

our thoughts. Because emotions accompany thoughts, they become extremely powerful.

“Just like the underlying energy field forms atoms which then bind together into molecules and ultimately manifest into the physical universe, so all that goes on inside of us has its foundation in an underlying energy field. The movements in this field create our mental and emotional patterns as well as our inner drives, urges, and instinctual reactions. Call it Chi, Shakti, or Spirit, it’s an underlying energy that flows in particular patterns through us.” (Michael Singer, *The Untethered Soul*)

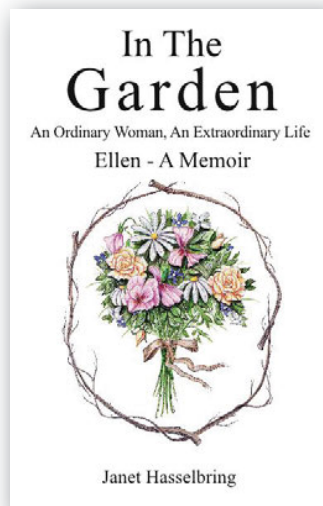
Because we cannot escape our thoughts, Singer cautions, “Once these energies capture your consciousness and all your powers of awareness focus on them, this power begins to feed them. Consciousness is a tremendous force. The thoughts and emotions on which you concentrate become charged with energy and power, becoming stronger the more attention you give them.”

Jesus appropriately uses a tree to symbolize this power: the barren fig tree symbolizes one who has little faith and like the tree, takes up space but bears no fruit. Contrast that image to the tree in Psalm 1: “Blessed is he whose delight is in the law of the Lord...he is like a tree planted by rivers of water which yields its fruit in season and whose leaf does not wither.”

I used that analogy to describe my father working his farm in the 1930s. “As Henry walks back and forth across the field, behind the horses, he guides the planter as it drops seed corn into the furrows, reflecting on the Scriptures he’s studied and memorized. Like the seeds that fall on rich tended soil, he becomes like an apple tree, planted by rivers of water, bearing its fruit in season....” (*In the Garden*, pg. 25)

How does your (mental) garden grow?

Janet lives in Michigan with her husband, Don and Welsh terrier, Maggie May. Jan drags herself off the tennis and pickleball courts occasionally to write - her book series, *Tales from Pelican Cove*, features wild/shorebirds and a second series, *Country Dairy*, describes life on her family farm, in West MI in the 1930’s, when her parents lived and worked on the land. Her piano gets lonely because she chooses to whack fuzzy yellow balls instead of tickling its ivories.



School Days...In New Ways



BY
CYNTHIA
HOGG

There were nearly 50,000 children scattered across Michigan being homeschooled part-time or full-time by their parents at the beginning of the last school year. Then in mid-March, the coronavirus swept across the country, sweeping children out of their school buildings and back into their homes. Suddenly hundreds of thousands of schoolchildren were being “homeschooled” for the remainder of the school year – whether they liked it or not.

Now that the new school year is upon us, it will be interesting to see how that experience impacts things moving forward. There are sure to be some things that look different. And it makes me wonder: How many previously publicly-schooled children’s parents will, for whatever reason, decide to homeschool them instead?

Only time will tell.

Whether you have grandchildren who have been homeschooled for a while or may be newly homeschooled in the coming year, the silver lining for grandparents is the surprising flexibility it offers in planning time together. No need to plan around school schedules and commitments. If you have a special interest or skill you want to share with your grandchild, it’s likely that it can be worked into their curriculum, and more than likely that the parent-teacher will be glad to have you shoulder some of the teaching load. It’s also a special bonus if you want to plan a skip-gen travel. Again, no need to worry about your grandchild being absent from school or having those absences count against them.

And why not start right off in September? Most kids are back in school,

few others are taking vacations so crowds are down, and the weather in Michigan is often still quite lovely. It’s the perfect time for a skip-gen trip together.

It’s what I intend to do!

My 12-year-old granddaughter is one of those being newly home-schooled this fall. While under normal circumstances I would approach her parents about being allowed to take her somewhere interesting and unique – and educational, of course! – travel looks a little different these days. No matter; I am not about to waste this opportunity.

So what will we do instead?

My husband and I own a 40’ seasonal RV in Ludington. For a week, my granddaughter and I will spend time there together, doing the homework sent along by her mom, of course, but also hiking, kayaking, walking along the beach and watching the sunset over Lake Michigan, painting, reading, taking photos, sitting around the campfire in the evening – and whatever else strikes our fancy. It’s not exotic but it will definitely be quality bonding time. And after all, isn’t that the main goal?

If you find yourself in the position of having a homeschooled grandchild this fall, put on your thinking cap and devise ways to take advantage of the flexibility of their new schedule. Whether it’s a time of regularly teaching them in some subject area or planning a special trip together, it’s an opportunity you won’t regret!

Cynthia Hogg, LBSW, is the Care Counselor for the Alzheimer’s Association’s Dementia Support Program. She is a freelance writer whose passion is travel, especially with her grandchildren. She is the founder of the blog skipgentravel-guru.com.

Answers for Word Search , Crossword Puzzle and Suduko on Pages 12 & 13

S	O	L	D		S	E	P	A	L		L	O	F	T
A	P	I	A		A	C	E	L	A		E	N	E	R
L	I	O	N	S	D	O	Z	E	N		D	E	M	I
O	N	T	A	P	E				R	T	E		M	I
M	E	T	E	R		B	O	O	Z	Y	B	A	N	D
E	D	A			A	B	U	T	S		E	R	N	I
					W	E	F	T						
					T	A	B	L	E	F	O	R	O	Z
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					I	P	A	N	A		R	A	G	E
					C	O	Z	Y	Y	O	U	N	G	
					E	L	O		E	R	N		S	C
					B	O	N	D		B	Y	T	H	E
					A	G	I	O		I	O	W	A	N
					R	Y	A	N		S	N	A	G	S

6	8	2	3	4	9	5	1	7
9	3	5	6	1	7	4	8	2
4	7	1	2	8	5	3	9	6
7	4	9	1	3	2	6	5	8
1	5	3	8	7	6	2	4	9
8	2	6	9	5	4	7	3	1
2	6	4	5	9	8	1	7	3
5	1	8	7	2	3	9	6	4
3	9	7	4	6	1	8	2	5

Boggle Answers:

DOLPHIN GAZELLE GIRAFFE
LEOPARD BUFFALO

Jumble Answers:

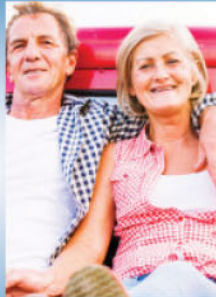
THYME RATIO KARATE BUREAU

ANSWER:

After scuba diving for hours, they
were ready to — TAKE A BREATH



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