

PRESQUE ISLE COUNTY SENIOR NEWS

Issue NO. 304

6520 Darga Hwy. Posen MI 49776

989-766-8191

4203 S. Lynn St. Onaway, MI 49765

989-733-2559



May 2010



Greetings:

Happy Mother's Day to all the women who have mothered children. May you enjoy your day.

Dear American Soldier:

Thank You for defending our country.
Thank You for caring enough that you are willing to risk your life for our country.
May God be with you when you get frighten.

May he give you the strength to do your job.
Thank You! Thank You!

We will be having a Safe, Sound, and Secure Conference on June 16, 2010. This year our speakers will be from the State of Michigan, Attorney General Office and our Health Inspector from the County of Presque Isle. There will be refreshments at the time of registration, there will be a lovely lunch, there will be free hand outs, there will be free transportation, there will door prizes, and this should be a great learning experience. So come and enjoy a half day at the PICCA Posen Center.

This May 5th and 6th there will be a "Drivers' Training Course" at the Posen Senior Center from 8:30a.m. to 12:30p.m. and at the Onaway Center on May 19th and 20th. from 8:30a.m. to 12:30p.m.

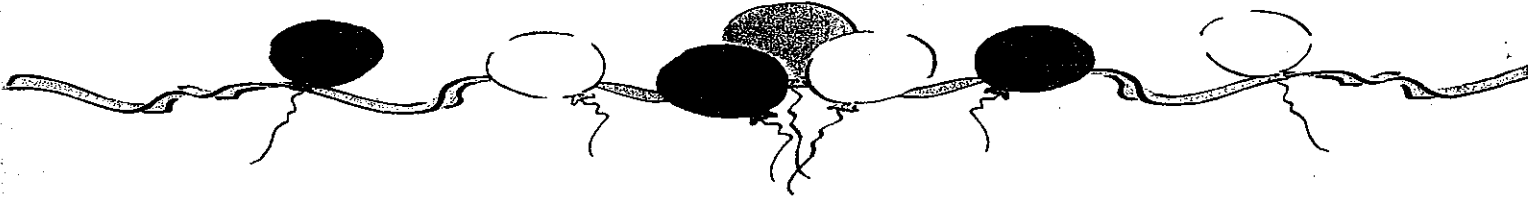
Lunch will be served immediately following the classes. Here is great chance for you to refresh and enhance your driving skills. For more information and/or to register, please call Meg at 766-8191 or Marilyn at 733-2559.

We received a donation in memory of Eugene Bruning from the Stan Wozniak Insurance Agency. Thank You!

Starting Monday, May 3, 2010 we will be having a bus from 9:30a.m. to 2:30p.m. in Rogers City. This is a new project we are starting, we have had sufficient requests for it. Every Monday, the Bus will be in Rogers City, just call Meg at 766-8191 to reserve a seat.

Both Centers will have their Congregate Meal at 4:00p.m. on Monday, May 3, 2010. The staff have CPR classes that evening.

Enjoy the month of May. Take Care. Barb



Happy May Birthdays !!!

- Mitzi Downs
- Clara Mulka
- Frances Lenard
- Shirley Freel
- Martha Hall
- Ken Nowak
- Dorothy Darga
- Lois Veihl
- Glenna McLennan
- Yvonne Wagner
- Alice Woloszyk
- Elna Heward
- Phillip Kaszubowski
- Gerald Kaszubowski
- Maxine Meyer
- Lynn Munn
- Norris Doyle
- Ervin Grulke
- Betty Vollmar
- Helen Eagleson
- Donna Davis
- Vivian Szabo
- MaryAnn Mulka

piccoa.org

Nobody's Like You, Mom

Nobody's quite like you, Mom.

You're special in every way.

You cheer me up, you fill my cup

With tenderness, come what may.

Nobody loves me like you, Mom

No matter what I do,

Good or bad, happy or sad,

You support me; You always come through.

Nobody's equal to you, Mom

With you in my life, I'm blessed.

I love you so, and I want you to know

I think you're the very best!

"Happy Mother's Day"



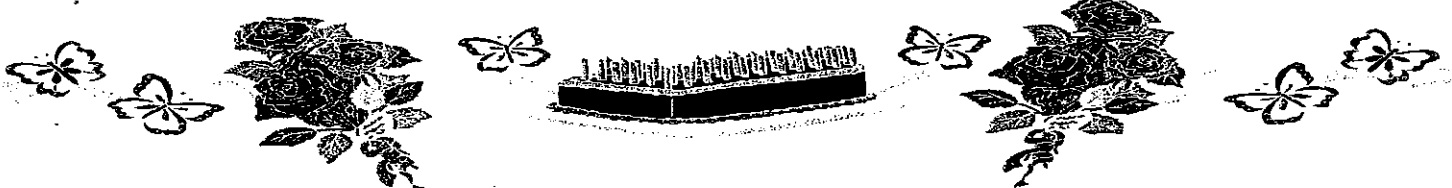
**McFalda Law
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Probate, Real Estate
Guardianship,
Business Law**

**Judy McFalda
Attorney-at-law**

989-734-4486



NOTICE TO
HOME-DELIVERED MEAL
PARTICIPANTS

Remember, meals cannot be delivered to you if you are not home. When you know in advance that you will not be home at the time your meal is normally delivered, you may request a frozen meal or extra hot meal to be delivered with your hot meal the day before your appointment. That way you will still have one of our tasty meals to heat and eat when you return from your appointment.

Have you ever considered what a valuable service this program provides? Home Delivered Meals clients receive a hot, nutritious, and delicious meal delivered to their home Sunday through Thursday. We are also checking to make sure your okay and that you have not fallen. We only ask for a donation of \$2.50 for each meal. We have available meal gift certificates for any amount of meals if a relative or friend would like to give as a gift. To keep this program available to all the seniors who need a meal, **PLEASE DONATE**. State, Federal, and local Millage provide funds to cover only a portion of the cost of this service. We rely on you, our seniors, to donate towards the cost of your meals.

Home-Delivered Meals from Oct. 2009 through Mar. 2010: 11779 meals were delivered in Presque Isle.

Half a year is not enough

Spring arrives on hummingbird wings;
Of this I have no doubt.
When they arrive, I know it's time
To put sweet nectar out.

I realize they've traveled far
To spend six months with me.
So I will do my very best
To make their visit worry-free.

I'll cultivate sweet blossoms,
Filling beds and pots with red.
They will supervise the job
As they buzz high above my head.

They ask so little, give so much,
Adding sweetness to my days.
Half a year is not enough
To behold all their winning ways.

Taken from Birds & Blooms.



To our Men and Women in Uniform...

Past, Present, and Future

God Bless You...and Thank You.

It is the soldier, not the President, who gives us democracy.

It is the soldier, not the Congress, who takes care of us.

It is the soldier, not the Poet, who has given us, the Freedom of Speech.

It is the soldier, not the Campus Organizer, who has given us the Freedom to Demonstrate.

It is the soldier, who salutes the flag, who serves beneath the flag, and whose coffin is draped by the flag, that allows the protester to burn the flag.

Father Dennis O'Brien

U.S. Marine Corp. Chaplain

God Bless America!!!

Submitted by Kara LaMarre

One Liners...

A person is getting along the road to wisdom when they begin to realize that their opinion is just another opinion.

A pessimist is someone who looks at the land of milk and honey and sees only calories and cholesterol.

A politician is a person who can make waves and then make you think they are the only one who can save the ship.

Bad planning on your part does not necessarily constitute an automatic emergency on my part.

Before you point your fingers, be sure your hands are clean.

Being listened to and heard is one of the greatest desires of the human heart.

Being right is highly overrated...even a stopped clock is right twice a day.

Be slow in choosing a friend, slower in changing.

Challenges can be stepping stones or stumbling blocks...it's just a matter of how you view them.

Cleaning your house while your kids are still growing is like shoveling the walk before it has stopped snowing.

Coming together is a beginning, staying together is progress, working together is success. (Henry Ford)

Need some time to be alone, try washing the dishes.

Never interrupt your opponent while he is making a mistake.

No man really becomes a fool until he stops asking questions.

Not everything that counts can be counted, and not everything that can be counted counts.

Nothing is a waste of time if you use the experience wisely.

Nothing seems to bring on an emergency as quickly as putting money aside in case of one.

Don't be afraid of opposition ...remember a kite rises against, not with the wind.

Antrim County COA

Happy

Mom's Day



The Good Old Days.....Pass Them On!
Submitted by: Kara LaMarre

Hey Wasn't That Us?....Sure Was!!!

A little house with three bedrooms,
one bathroom and one car on the street.

A mower that you had to push to make the
grass look neat.

In the kitchen on the wall we only had one
phone,
And no need for recording things, someone was
always home.

We only had a living room where we would
congregate,
Unless it was at mealtime in the kitchen where
we ate.

We had no need for family rooms or extra
rooms to dine,
When meeting as a family those two rooms
would work out fine.

We only had one TV set, and channels maybe
two,
But always there was one of them with
something worth the view.

For snacks we had potato chips that tasted like
a chip,
And if you wanted flavor there was Lipton's
onion dip.

Store bought snacks were rare because my
mother like to cook,
And nothing can compare to snacks in Betty
Crocker's Book.

Weekends were for family trips or staying home
to play,
We all did things together..even go to church to
pray.

When we did our weekend trips depending on
the weather,

No one stayed at home because we liked to be
together.

Sometimes we would separate to do things on
our own,
But we knew where the others were without
our own cell phone.

Then there were the movies with your favorite
movie star,
And nothing can compare to watching movies in
your car.

Then there were the picnics at the peak of
summer season,
Pack a lunch and find some trees and never
need a reason.

Get a baseball game together with all the
friends you know,
Have real action playing ball..and no game
video.

Remember when the doctor used to be the
family friend,
And didn't need insurance or a lawyer to
defend?

The way that he took care of you or what he
had to do,
Because he took an oath and strived to do the
best for you.

Remember going to the store and shopping
casually,
And when you went to pay for it you used your
own money?

Nothing that you had to swipe or punch in some
amount,
Remember when the cashier person had to
really count?

There was a time when mailed letters came
right to your door,
Without a lot of junk mail ads sent out by every
store.

The mailman knew each house by name and
knew where it was sent;
There were not loads of mail addressed to
"present occupant."

There was a time when just one glance was all
that it would take,
And you would know the kind of car, the model
and the make.
They didn't look like turtles trying to squeeze
out every mile;
They were streamlined, white walls, fins, and
really had some style.

One time the music that you played whenever
you would jive,
Was from a vinyl, big holed record called a
forty-five.
The record player had a post to keep them all in
line,
And then the records would drop down and
play one a time.

Oh sure, we had our problems then, just like we
do today.
And always we were striving, trying for a better
way.

Oh, the simple life we lived still seems like so
much fun,
How can you explain a game, just kick the can
and run?

And why would boys put baseball cards
between bicycle spokes,
And for a nickel red machines had little bottled
Cokes?

This life seemed so much easier and slower in
some ways,
I love the new technology but I sure miss those
days.

So time moves on and so do we, and nothings
stays the same,
But I sure love to reminisce and walk down
memory lane.

SENSATIONAL TURKEY NOODLE SOUP

3 & 1/2 CUPS Swanson Chicken Broth
Generous dash of black pepper
1 medium carrot sliced
1 stalk of celery sliced
1/2 cup uncooked medium egg noodles
1 cup cubed cooked turkey

1. Heat the broth, black pepper, carrot and celery in a 3 quart pot over medium high heat to a boil.
2. Stir the noodles and turkey in the saucepan. Reduce the heat to medium.
3. Cook for 10 minutes or until the noodles are tender.
4. Serving Suggestions" Serve with your favorite cheese and crackers and a spinach salad. For dessert serve a No Fuss Fruit Pie.

NO FUSS FRUIT PIE

Package (17.3 o.) Pepperidge Farm Puff
Pastry Sheets, thawed
1 egg
1 Tablespoon of water
1 can (21 oz fruit pie filling)

1. Heat the oven to 400 degrees. Beat the egg and water in a small bowl with a fork or whisk.
2. Unfold 1 pastry sheet on a baking sheet. Spread the pie filling on the pastry to within 1 in. of the edge. Brush the edges with the egg mixture. Unfold the remaining pastry sheet and place over the filling. Crimp the edges with a fork to seal. Brush with the egg mixture. Cut several slits in the top of the pastry.
3. Bake for 30 minutes or until the pastry is golden brown. Cool the pastry on the baking sheet in a wire rack for 15 minutes.
Campbell's Soup Kitchen

Is Gambling a Problem... for you or someone you love?

Compiled by Katie Kuznicki,
Assistant Director

According to a 2006 statewide survey conducted by Western Michigan University, 2% of all Michigan residents currently have a gambling problem and 4.1% reported having a problem at some point in their lives. Only a very small percentage of problem gamblers ever seek help such as treatment or self-help recovery programs.

Senior citizens are a major target market for gambling operations of all kinds and their monies account for a large portion of the money spent gambling in Michigan.

Senior gamblers are easily taken in because:

- Unresolved grief, loneliness, and boredom may lead to gambling
- Casinos are appealing because they offer coupons, free meals and a "safe" environment
- Seniors are looking for entertainment and are hoping to win money
- Seniors who are facing major life transitions such as retirement, the loss of a loved one, moving or health problems may be especially vulnerable.

Gambling is often not seen as a problem until it is too late. When it affects others in the gamblers family or results in the loss of lifetime savings it can be truly devastating.

To seek help: Michigan Problem Gambling Helpline is available 24 hours a day, 7 days a week at 1-800-270-7117.

Some Myths and Facts about Problem Gambling

Myth: You have to gamble every day to be a problem gambler.

Fact: A problem gambler may gamble frequently or infrequently. If a person's gambling is causing psychological, financial, emotional, marital, legal or other problems for themselves or the people around them, then there is a problem.

Myth: Problem gambling is not really a problem if they can afford it.

Fact: Problems caused by excessive gambling are not just financial. If gambling interferes with their values, then there is a problem. For instance, spending less time with family and friends can lead to the breakdown of important relationships.

Myth: Partners of problem gamblers often drive the person to gamble.

Fact: Problem gamblers are skilled in finding ways to rationalize their gambling. Blaming others is one way to avoid taking responsibility for actions.

Myth: Problem gambling is easy to recognize.

Fact: Problem gambling is a hidden addiction because it is easy to hide and has few symptoms. Many gamblers don't recognize they have a problem themselves and they often deny the problem exists.

This information was taken from publications by the Bureau of Substance Abuse and Addiction Services as part of the Problem Gambling Treatment Services funded by the Michigan Department of Community Health.



May is one of my favorite months. Gardening is such a joy for me. I like getting my hands in the fresh soil, watching the buds come out, and the warm days of May.

The flower for the month of May is Lilly of the Valley. The birthstone is Emerald.

I love to laugh. Some say I have a distinctive laugh, others have imitated me laughing, while others have said "I knew you were here I heard you laugh". The following are some laughter quotes.

The most wasted of all days is one without laughter. ~E.E. Cummings

A man isn't poor if he can still laugh.
~Raymond Hitchcock

Maturity is a bitter disappointment for which no remedy exists, unless laughter can be said to remedy anything. ~Kurt Vonnegut

At the height of laughter, the universe is flung into a kaleidoscope of new possibilities. ~Jean Houston

With the fearful strain that is on me night and day, if I did not laugh I should die. ~Abraham Lincoln

Man, when you lose your laugh you lose your footing. ~Ken Kesey

Laughter is the sun that drives winter from the human face. ~Victor Hugo

Carry laughter with you wherever you go. ~Hugh Sidey

Seven days without laughter makes one weak. ~Mort Walker

And Grandma's too...

While we honor all our mothers with words of love and praise.
While we tell about their goodness and their kind and loving ways.
We should also think of Grandma, she's a mother too, you see....
For she mothered my dear mother as my mother mothers me.

Author Unknown

Happy Mother's Day!

Cheri Downie



Onaway Site News

We wish all the Mothers and Grandmothers a
Happy Mother's Day!!!

First of all I would like to thank the ladies that
volunteer for us, Edna Hillis who works the Salad
Bar every Sunday and Jennie MacGregor and the
ladies from the manor that have decorated the
center for the last 2 months.

It is very much appreciated.

Our Birthday and Card party will be on Tuesday
May 4th. Huron Beach Meals will be starting
Tuesday May 4th. at 1:00. On Monday May 3 rd.
the employees have a CPR, class so dinner will be
served at 4:00 that day. The AARP drivers training
class will be at Onaway Center on May 19th &
20th. It is an 8 hour class divided into 2 days.
It's a good way to sharpen up your driving skills.

The class is free, Don't forget to sign up.
Bingo Card Party Thur. May 20 at 2:30 Bus is
available. We had a good turn out for our St.
Patrick's party, the door prize winners were,
Arlene Cryderman, Ruth Schultz, Bob Fraiser,
Robert Mann, Donna Diller, Judy Chruch,
Jet Cope, James Nokes and Mary Cassidy.

Congratulations to all of you!!!

Marilyn

Hentkowski Funeral Home, Inc.

676 South Bradley Highway
Rogers City, Michigan 49779

989-734-8890

Louisa M. Hentkowski
Owner/Manager



I Stand Before You

I stand before you all today
But not one eye can see my way

My time arrived, to leave this earth
A fact so planned, to every birth

It happened where I had to go
My torch for life was so aglow

I transferred while in uniform
Protecting freedom, through a storm

Should I resent I died for you
Not on my life, red white and blue

Please help my family through each day
Tell all my friends, try not to stray

And of the country I did love
Do think of me, through God above

Your memories, brought forth this day
Send love to us, who could not stay

A donation was made to PICCA
in memory of Janette Brege from
Holland & Marty Swank .

A donation made in memory of
Julia Lewandowski from
Geraldine Misiak



Hello Everyone!

Here are a few of our activities and your chance to ride the bus.

Monday May 3rd Cheboygan

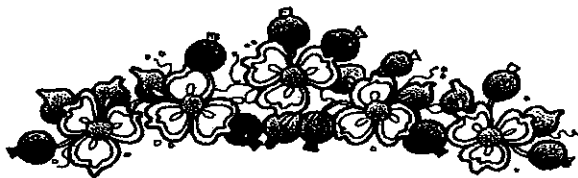
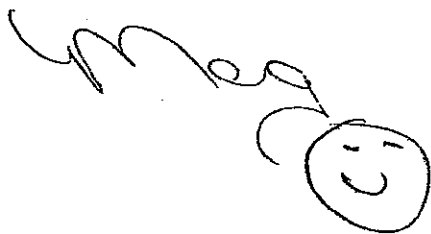
Tuesday May 4th Onaway Birthday and Card Party

Sunday May 9th Posen Mother's Day Party

Thursday May 20th Onaway Card Party

Friday May 21st Alpena

The PICCA Transportation will be giving you a chance to win a prize if you ride the bus. Keep watching for details!!



Examples of healthy habits are:

- * Eating breakfast is beneficial to everyone, breakfast can make a big difference in your energy level, since breakfast gives your brain and body fuel for the day.
- * Chewing your food well.
- * Eating just until you feel full.
- * Eating several servings of fruits and vegetables every day.
- * Getting exercising .

Snacks to keep on hand:

- * Bananas, apples and other fresh fruit
- * Sliced peppers, cucumbers, baby carrots, grape tomatoes. celery,
- * Low fat dressing
- * Nuts: almonds, peanuts, pistachios, walnuts.
- * Trail mix
- * Whole - grain dry cereal
- * Whole-grain crackers
- * Flavored seltzer water
- * Whole grain granola bars made from whole grains
- * Non - fat or low- fat milk or soy milk
- * Light yogurt
- * Low-fat cottage cheese
- * Low- fat string cheese
- * Sliced roasted turkey or chicken breast
- * Hard boiled eggs
- * Salsa and baked tortilla chips

* Newsletter Subscription \$ 5.00

For cost of mailing. All mailings are handled by the Onaway Site. Any Questions please contact:

Marilyn LaFave- Editor

(989) 733-2559 Fax. (989) 733-5058

PICCA Posen

(989) 766-8191 Fax. (989) 766 2329

Presque Isle Co. Council on Aging May 2010 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Menu subject to change due to availability of food.

Weekday meals in Onaway & Posen 5:00

Soup Every Day 4:30 Both Sites

Sunday Onaway 1:00 Salad Bar 12:00- 12:45

Posen 4:00 Salad Bar 3:00-3:45

1

Come and Join us for a Delicious Meal

Ham 2 Mashed Potatoes Beets Fruit Cocktail	Fish 3 Baked Potatoes Stewed Tomatoes Pears	Meatloaf 4 Seasoned Rice Peas Applesauce Tossed Salad	Cabbage Rolls 5 Mixed Vegetables Pears Tossed Salad	6 Cook's Choice
Turkey 9 Mashed Potatoes Peas & Carrots Tropical Fruit	Chicken 10 Sandwich/Bun Tossed Salad Green Beans Applesauce	Pork Chops 11 AuGratin Potatoes Corn Apricots	Sausage 12 Boiled Potatoes Sauerkraut Plums	Lasagna 13 Mixed Vegetables Coleslaw Peaches
BBQ Chicken 16 Parsley Potatoes Winter Blend Pineapple	Chop Suey 17 Rice Broccoli Pears	Porcupine 18 Meatballs Mashed Potatoes Calif. Blend Fruit Cocktail	Pork Roast 19 Mashed Potatoes Peas & Carrots Apricots	Beef Stew 20 Green Beans Applesauce Tossed Salad
Pork Chops 23 Mashed Potatoes Green Beans Peaches	Turkey Noodle 24 Casserole Beets Tossed Salad Mandarin Oranges	Swiss Steak 25 Oven Brown Potatoes Carrots Plums Coleslaw	Swedish 26 Meatballs Noodles Broccoli Carrot Raisin Salad /Pears	Pork Steak 27 Noodles Beets Applesauce

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Finest Homemade Sausages

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Tom's

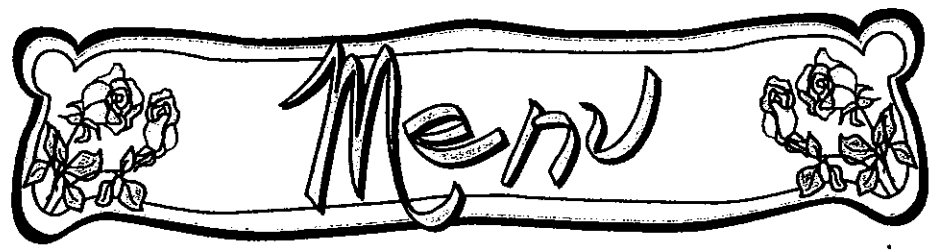
Family Market

Best Meat and Produce in Town

Deliveries Made Daily

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30 Closed	31 Closed Memorial Day Observed
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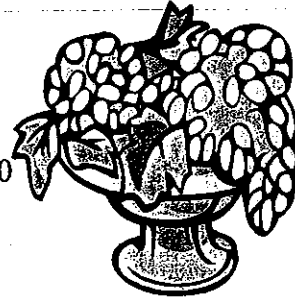
Presque Isle Co. Council on Aging

May 2010 Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Mother's Day Dinner Served at
Both Centers on Sunday May 9th.
Onaway 1:00 with Salad Bar at 12:00
Posen 4:00 with Salad Bar at 3:00.
Menu: Turkey Dinner



May 3rd.
Employees 1
CPR Class.
Dinner will
be Served
at 4:00

Onaway 2 5 Meal Draw ----- P I Clubhouse 1:00	Cheboygan 3 Bus ----- New in Rogers City Bus 9-2:30	Huron Beach 4 Meals 1:00 Onaway Birthday & Card Party 2:30 Bus	5 Posen Birthday	6 CSFP Commodities Onaway 9-10 Posen 12-1	7	8 Bus in Rogers City Tue. Wed. Thur. & Fri. 8:00-4:00/Call Meg766-8191
Mother's Day 9 Dinner Door Prizes & 50/50 Posen 4:00 Onaway 1:00	10 Bus in Rogers City 9:00-2:30	11 Huron Beach 1:00	12 Posen Card Party Bingo 3:00 pm	13 TEFAP Commodities Onaway 9-12 Posen 9-12	14	15 Onaway Bus Every Tue. Call Marilyn 733-2559
16 Posen 5 Meal Draw	17 Bus in Rogers City 9:00-2:30	18 Huron Beach 1:00	19	20 Onaway Card Bingo 2:30 Bus	21 Alpena Bus	22 Onaway Day Dessert Every Wed. ----- Posen Every Thur.
23	24 Bus in Rogers City 9:00-2;30	25 Huron Beach 1:00	26	27	28 Closed	29

30 Closed	31 Memorial Day Observed Closed 	<p>Soup, Salad & Dessert Bar With Meal Every Sunday. \$1.00 Extra. Onaway 12:00-12:45 Posen 3:00-3:45 piccoa.org</p> <p>AARP Drivers Training Class in Posen May 5th & 6th 8:30-12:30 Lunch Served. Onaway May 19th & 20th 8:30 - 12:30 Lunch Served To sign up for class Call Posen at 989-766-8191 or Onaway at 989-733-2559 No Walkins</p>				
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Summer Gardening Tips:

Submitted by Rogers City Physical Therapy

Summer Gardening activities are common places for injuries. The following are tips to preventing injuries before they occur while gardening.

- **Wear gloves at all times.** Bacteria and fungus live in the soil and a small irritation or cut can develop into a major hand infection. Thick, leather or suede gloves may protect your hands from thorns, cuts and scrapes.
- **Keep your hands and arms covered.** Be especially careful if you live in an area where you may disturb a snake, spider, or rodent living in your garden. You will be better protected from poison ivy, insect bites and other common skin irritants that may inhabit a garden.
- **Take a break every hour or switch to another activity.** Overuse of repetitive motions, such as digging, can cause tendonitis of the elbow or lead to carpal tunnel syndrome. Break up large tasks into short sessions, with a rest and stretch break between gardening sessions.
- **Use a tool when digging into unfamiliar or new areas.** Buried sharp objects can cause tendon lacerations or punctures. Use the correct tool for the task at hand in order to avoid accidental injury.
- **Store your tools to prevent accidents.** Learn how to use and store your tools correctly to prevent accidents, and keep sharp tools out of the reach of children at all times. Also make sure to put all tools away after use to prevent future injuries.

Use wide handled tools. Use tools with padded or thicker handles to protect the smaller joints in your hands. Working with your wrist in a more neutral or straight position will help to prevent injuries in the wrist and forearm.

- **Avoid sustained/constant gripping and awkward motions.** Use both hands for heavy activities like lifting a bag of potting soil and alternate hands on more repetitive tasks like scooping dirt out of the bag into a pot. Sustained grip and repetitive motions can cause pain and lead to tendonitis.
- **Plan ahead.** Use a basket or large handled container to carry supplies to the garden. The basket should be carried with both hands, distributing the workload equally and decreasing stress in the joints of your upper body.
- **Don't sit back on your knees.** Bending your knees this far is not only a hard position for the knee joint, but it requires you to push most of your body weight up with your hands and wrists, placing increased pressure on these joints as well. Instead, use a short gardening stool or bench.



ROGERS CITY PHYSICAL THERAPY



- ◆ Orthopedic Injuries/Surgery
- ◆ Neurological Disorders
- ◆ Back / Neck Pain
- ◆ Leg, hip, knee, ankle & foot pain/injuries
- ◆ Hand & wrist pain/injuries
- ◆ Shoulder & arm pain/injuries

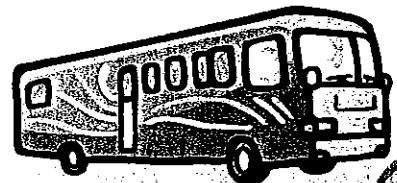
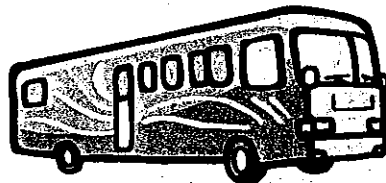
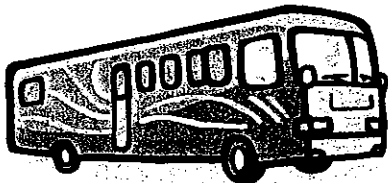
Your fast recovery is our goal.

989-734-7607

Ask your doctor for a
referral and give us a call

506 North Bradley Hwy
Rogers City, MI 49779

**ANNOUNCING!
ANNOUNCING!
STARTING IN MAY
THE PICCA BUS WILL
RUN ON MONDAYS
IN ROGERS CITY
9:30 TO 2:30
TO MAKE AN
APPOINTMENT
CALL MEG @ 766-8191**



PUZZLE 134

BUSY BEE

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

BABY
BACK
BAIL
BAIT
BASE
BATHE
BAWL
BEAD
BEAK
BEAM
BEAN

BEAR
BEAST
BEAT
BELT
BIAS
BICEPS
BIKE
BILE
BIND
BIRD
BITE

BLIND
BOAT
BODY
BOIL
BOMB
BORN
BOSC
BOSH
BOSS
BOTE
BOTTU

BOWER
BOWL
BOZA
BOZO
BRACE
BRAND
BRAVE
BRAVO
BRAZE
BRED
BRIDE

SQUISHY-SOFT

8

Softness is highly undesirable in armor, a bargaining stance, or a boxer's chin. But it's most sought after in a host of other situations . . .

You are looking for an 11-letter word.

Bread
Butter
Cake
Chiffon
Clay
Cushion
Custard
Dough
Down
Ermine
Feather
Felt
Fleece
Flour
Flower
Foam
Froth
Gauze
Grass
Hair
Kiss
Kitten
Lamb
Leaf
Loam
Mush
Orlon
Otter
Pillows
Pudding

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

Putty	Rubber	Tapioca
Rabbit	Sable	Thread
Raccoon	Satin	Velvet
Rayon	Seal	Wadding
Rolls	Sponge	Whisper
Rose	Suede	Yogurt

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