

Rocky Mountain Development Council, Inc.

VOICE OF EXPERIENCE



VOLUME 60 | MARCH-APRIL 2021

Rocky Neighborhood Center | 200 S. Cruse Avenue | Helena, MT

Ph: 406.447.1680 | HELENA SENIOR CENTER

WHAT HAPPENS AFTER GETTING THE VACCINE?

I've had both my vaccine shots. Now what? Do I need to wear a mask and avoid close contact with others if I have had two shots? **YES.** Not enough information is currently available to say if or when the CDC will stop recommending that people wear masks and avoid close contact with others to help prevent the spread of the virus that causes COVID-19.

Experts need to understand more about the protection that COVID-19 vaccines provide in real-world conditions before making that decision. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision. We also don't yet know whether getting a COVID-19 vaccine will prevent you from spreading the virus that causes COVID-19 to other people, even if you don't get sick yourself. CDC will continue to update this information as we learn more.

While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important

for everyone to continue using all the tools available to help stop this pandemic.

To protect yourself and others, follow these recommendations:

- Wear a mask over your nose and mouth
- Stay at least 6 feet away from others
- Avoid crowds
- Avoid poorly ventilated spaces
- Wash your hands often

Together, COVID-19 vaccination and following the CDC's recommendations for how to protect yourself and others will offer the best protection from getting and spreading COVID-19.

We're all looking forward to the day when we can start resuming "normal" life again. We still need to be diligent and continue to follow CDC protocol. Please continue to do your part pulling together to help stop the spread and keep everyone as safe as possible.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>
updated: January 25, 2021

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HELENA SENIOR NUTRITION MENU

-MARCH 2021-

For Additional Information Call 447-1680

MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SALMON PATTY w/CREAMY GARLIC SAUCE WILD RICE MIXED VEGETABLES GREEN BEANS SWEET PEACHES	2 PEPPER STEAK ROASTED POTATOES CAULIFLOWER WHOLE GRAIN BREAD FRESH FRUIT	3 CHICKEN BACON RANCH PASTA BUTTERMILK BISCUIT COUNTRY BLEND VEGGIES FOUR BEAN SALAD APRICOT HALVES	4 HEARTY MEATLOAF MASHED POTATOES w/GRAVY CARROT RAISIN SALAD WHOLE GRAIN ROLL MIXED FRUIT CUP	5 CHILI DOG ON A BUN SWEET CORN CARROT COINS GOLDEN PEARS
8 LEMON PEPPER CHICKEN WILD RICE GREEN BEANS GARDEN MIX VEGETABLES CRANBERRIES	9 HAMBURGER ON A BUN CARROT COINS BAKED BEANS FRESH FRUIT	10 PORK CHOPS-N-GRAVY MASHED POTATOES STEAMED CABBAGE WHOLE WHEAT ROLL BAKED APPLES	11 TURKEY COBBLER SWEET PEAS TOSSED GREENS w/BEANS BLUSHING PEARS	12 BIRTHDAY DINNER CHICKEN FRIED STEAK MASHED POTATOES & GRAVY MIXED VEGETABLES PICKLED BEETS PINEAPPLE BIRTHDAY CAKE
15 MOCK CHOP SUEY BROWN RICE CAULIFLOWER PICKLED BEETS SWEET PEACHES	16 RASPBERRY CHICKEN BREAST BUTTERED NOODLES CAPRI VEGETABLES BEAN MEDLEY FRESH FRUIT	17 <u>ST. PATRICK'S DAY</u> CORNED BEEF & CABBAGE LUCKY POTATOES CARROT COINS BLARNEY STONE ROLL GREEN PEARS	18 CITRUS BAKED COD RICE PILAF ZUCCHINI SQUASH COLESLAW APRICOTS	19 BISCUITS & SAUSAGE GRAVY POTATO WEDGES MIXED VEGGIES CINNAMON CHERRY APPLES
22 MONTANA PASTY w/GRAVY PACIFIC VEGGIES GREEN PEAS SWEET PEARS	23 CHICKEN NOODLE CASSEROLE VEGETABLE BLEND LIMA BEANS FRESH FRUIT	24 ROAST TURKEY BREAD STUFFING MASHED POTATOES & GRAVY BRUSSELS SPROUTS CRANBERRIES	25 SWEET & SOUR MEATBALLS BROWN RICE ORIENTAL VEGETABLES GREEN SALAD w/GARBANZOS PLUMP PEACHES	26 POLISH SAUSAGE ON A BUN SAUERKRAUT BABY RED POTATOES GREEN BEANS MANDARIN ORANGES
29 SPAGHETTI w/MEAT SAUCE GARLIC BREAD BROCCOLI SPEARS GOLDEN CORN SWEET PEACHES	30 BBQ PORK RIBS SWEET YAMS DICED BEETS WHOLE GRAIN ROLL FRESH FRUIT	31 TERIYAKI CHICKEN BREAST BROWN RICE ORIENTAL VEGETABLES ASIAN CABBAGE PINEAPPLE	Low fat milk is served daily to Home Delivered Meals customers. 	



WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS
USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C. 20250.
This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN Cassandra Drynan, RDN
Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.

SPIRIT OF SERVICE CANCELLED IN 2021

It is with great regret that Rocky is announcing that we will not be able to hold the annual Spirit of Service Day of spring-cleaning for 2021.

We know that this is a disappointment to many of you. Rocky and Anderson Zurmuehlen & Co. have worked with community business partners to provide up to 500 volunteers from 2000 through 2019 helping area seniors with yardwork and light upgrades to the outside of their homes.



This was a tough call to make. Right now, the most important thing we can do is keep seniors and volunteers safe and healthy. We feel the decision is the best way to proceed during such an unprecedented pandemic.

Thank you for your understanding.



HELENA SENIOR NUTRITION MENU - APRIL 2021**April**

For Additional Information Call 447-1680

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Low fat milk is served daily to Home Delivered Meals customers.	¹ FISH PATTY w/TARTAR ON A BUN GARDEN PEAS CAULIFLOWER CARROT RAISIN SALAD	² APRICOT MUSTARD BAKED HAM LEMON PARMESAN ROASTED RED POTATOES HONEY GLAZED CARROTS WHOLE GRAIN ROLL BANANA PUDDING TART
⁵ BEEF TACO CASSEROLE REFRIED PINTO BEANS TORTILLA CHIPS & SALSA MEXICAN CORN MANDARIN ORANGES	⁶ HOMEMADE HAM & BEAN SOUP BUTTERMILK BISCUIT SAUTÉED GREENS CARROT COINS FRESH FRUIT	⁷ HOT TURKEY SANDWICH MASHED POTATOES STEAMED BROCCOLI CRANBERRIES	⁸ VEAL PARMESAN OVER ROTINI NOODLES YELLOW & GREEN ZUCCHINI 4-BEANS & GREENS PLUMP PLUMS	⁹ <u>BIRTHDAY DINNER</u> LOADED CHICKEN POTATO BAKE GREEN BEANS DINNER ROLL PEACHES & PEARS BIRTHDAY CAKE
¹² SALMON PATTY ON A BUN MIXED VEGGIES SWEET POTATOES JUICY PEACHES	¹³ UPSIDE DOWN PIZZA GOLDEN CORN CARROT COINS FRESH FRUIT	¹⁴ BBQ CHICKEN BAKED BEANS GARDEN VEGETABLES WHOLE GRAIN ROLL APRICOT HALVES	¹⁵ SALISBURY STEAK STEAMED BROWN RICE VEGETABLE MEDLEY COLESLAW MIXED FRUIT	¹⁶ HAM & SCALLOPED POTATOES GARDEN PEAS PICKLED BEETS MANDARIN ORANGES
¹⁹ TURKEY CHOP SUEY OVER BROWN RICE GREEN BEANS DICED BEETS MANDARIN ORANGES	²⁰ CHEESEBURGER ON A BUN BAKED BEANS PACIFIC VEGGIES FRESH FRUIT	²¹ CHICKEN BREAST IN MUSHROOM GRAVY BUTTERED NOODLES GARDEN PEAS CARROT COINS CRANBERRIES	²² HAMBURGER & SPANISH RICE JUMBLE CORN & BEAN MEDLEY CAULIFLOWER FRUITED JELLO	²³ SAUSAGE GRAVY OVER FRESH BAKED BISCUITS BREAKFAST POTATOES MIXED VEGETABLES APRICOTS
²⁶ LEMON PEPPER COD ROTINI NOODLES WINTER SQUASH BRUSSELS SPROUTS FRUIT CUP	²⁷ CALICO BEANS CARROT COINS PICKLED BEETS WHOLE GRAIN ROLL FRESH FRUIT	²⁸ OPEN FACE PORK SANDWICH w/GRAVY MASHED POTATOES GREEN PEAS BAKED APPLES	²⁹ ZITI NOODLES w/MEATBALLS GARLIC BREAD GOLDEN CORN CARROT RAISIN SALAD JUICY PEACHES	³⁰ ORANGE CHICKEN WILD RICE BROCCOLI & CAULIFLOWER FOUR BEAN SALAD PINEAPPLE

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS
 USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture, Washington D.C. 20250.

This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN Cassandra Drynan, RDN.

Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.

JOIN US FOR VIRTUAL EVENTS

The virtual events offered by Rocky's Area IV continue to gain momentum. You can find the full schedule of events on our website at www.rmhc.net/events/. Please don't forget we have iPads with built-in internet connectivity available to borrow; you can contact Michele Mathot at 406-441-3985 to get set up.

Morning Chat Tuesdays and Thursdays at 9:00 AM

This is a chance to grab your coffee, your tea, your pop, your ice water, etc.,

and get together for an informal chat about life, your cats, your new fence, your dog, your favorite playground equipment, your grandkids, your '57 Chevy, your garden, your favorite piece of folk-art... You get the idea; whatever comes up in conversation!

Gentle Yoga Tuesdays at 11:00 AM

Stay in your chair and move! This yoga class will be gentle. We will move through a series of 'poses' to open our joints, align our bodies and allow for better breathing. With the chair for support, we will move mindfully and carefully. Please have a sturdy chair and a belt or towel available.

PopKnowledge! Wednesdays at 1:00 PM

PopKnowledge! is brought to you by Montana locals on a wide variety of topics. With the variety we are planning, some of the topics are bound to pique your interest! Also, if you know someone who is willing to present on a topic you think would interest others, please have them give Maria a call at (406)457-7368.

Upcoming topics include:

- March 3, 2021 - Montana African American Heritage with Zoe Anne Stoltz of Montana Historical Society
- March 17, 2021 - Bear Aware with Montana Fish, Wildlife, and Parks
- April 14, 2021 - Montana Ties to the Titanic with Zoe Anne Stoltz of Montana Historical Society

HELENA HIGH SCHOOL HISTORY

The following information and photos are from www.helenahistory.org.

THE SECOND HELENA HIGH SCHOOL 1935-1955 1025 N. Rodney

In 1934, construction began on the new Helena High School, funded with Federal monies under the auspices of the Public Works Administration (PWA), part of the Roosevelt administration's "New Deal" of 1933. The building required permanent closures of portions of Davis, Hoback, Billings, Livingston and Sixteenth Streets. Completed in 1935, the school was dedicated on September 21, 1935.



Photo courtesy of David Poor Collection



Photo courtesy of David Poor Collection

Less than a month after its dedication in 1935, the new high school was severely damaged by a 6.2 magnitude earthquake on October 18th, followed by a 6.0 magnitude aftershock on October 31st. According to post-quake estimates, approximately 75% of the new high school was damaged. It took nearly two years to repair the structure, during which time classes were held in railroad passenger coaches. The building remained in use as Helena High School until 1955, when Helena High School moved to its current location on Montana Avenue. At that time, the facility opened as Helena Junior High School, and has since been renamed, Helena Middle School.

HIGH SCHOOL ON WHEELS 1935-1937

Railway Coaches on E. Lyndale Avenue

A few weeks after the October 1935 earthquakes nearly destroyed the new Helena High School on Rodney Street, a section of East Lyndale Avenue, two blocks north of the High School, was closed, and tracks were laid there to accommodate coaches donated by both the Great Northern and Northern Pacific railway companies for use as classrooms. They were in use from December 1935 to June 1937.

RAILCAR CLASSROOMS 1935-1937

Lyndale Avenue



Photo courtesy of Richard Smith

RAILCAR CLASSROOM INTERIOR – Drafting Class



Photo courtesy of Wendi Kottas Peterson

ROCKY VACCINE REGISTRATION

By Jim Marks
Area IV Agency on Aging
Program Director

There comes a time when we face challenges of massive proportions, and we hope and pray we will be adequate when it is our turn to respond. Getting the COVID vaccine out to older Montanans is our current trial. Rocky stepped up. Here is how.

Lewis and Clark County Health offers an online registration system for COVID vaccinations. There are more people to vaccinate than there is vaccine, and the County needed a way to distribute the vaccinations fairly and quickly. Problem is, many older adults cannot use technology well for a whole variety of reasons including poverty, skill, and experience with technology. The County asked Rocky to assist people with registering for the vaccine. By the time this article is published, Rocky will assist over 1,000 Lewis and Clark County residents age 70 and older. The number served will continue to grow because we intend to continue providing the assistance for everyone 60 years old and older. Doing so is part of our mission. It is also the right thing to do.

We are lucky. We get the opportunity to serve a very sizable number of older adults during the worst pandemic in 100 years. Here we are, providing very necessary and substantial services in a time of great need. While our other work is equally important, now is the time to step up and do the best we can with the resources we have.

At times, Rocky receptionists who answer our main telephone number, (406)447-1680, field as many as 100 calls per hour. Each week, the online registration for the vaccines begins at 9:00 AM on Fridays. The receptionists take the names and phone numbers of about 200 people, and they pass them to Area IV employees and volunteers. These Area IV staff members then call each person to assist with the online registration. Individuals and couples receive appointments for their first and second vaccinations

along with the instructions on where to show up, how to dress, and other relevant details.

Yes, the work is disruptive to routine. So is a pandemic. Yes, we all must juggle multiple priorities. Just because we face a nasty virus doesn't mean everything else takes a holiday. Yes, each of us has more work to do than we can complete. No rest for the weary, as they say. And, yes, we have to make choices. At this moment, there is nothing more important than getting older adults access to COVID vaccinations. Nothing.

I also want to call your attention to the teamwork involved. It's not just Rocky. We are partnering with Lewis and Clark County, Pureview, and St. Peters Hospital. It takes a whole village to vaccinate so many. It's huge, and it's difficult. Yet, the sum of all these parts is far greater than the whole. Our engagement is real work for real people and critical services in a time of crisis. Please keep the faith and we will get through these novel times exhausted and happy.



Thoughtfully designed, affordable, and safe senior and disabled housing in Lewis & Clark, Jefferson and Broadwater counties.
*All phone numbers utilize TTY 711
Learn more at www.rmdc.net

RED ALDER RESIDENCES 1-406-447-1680 <small>Helena, Montana</small>	EAGLE MANOR RESIDENCES 1-406-442-0610 <small>Helena, Montana</small>
PTARMIGAN RESIDENCES 1-406-461-9849 <small>Helena, Montana</small>	PHEASANT GLEN RESIDENCES 1-406-461-9849 <small>Helena, Montana</small>
RIVER ROCK RESIDENCES 1-406-461-9849 <small>Helena, Montana</small>	ROCKY MOUNTAIN FRONT PROPERTIES 1-406-438-7125 <small>Augusta, Montana</small>
BIG BOULDER RESIDENCES 1-406-438-5611 <small>Boulder, Montana</small>	TOWNSEND HOUSING 1-406-437-4411 <small>Townsend, Montana</small>



AREA IV HAS FREE LIFELIKE ROBOTIC PETS AND BRAIN STIMULATION TOOLS

Through funding from the CARES act and Blue Cross Blue Shield, the Area IV Agency on Aging of Rocky Mountain Development Council, Inc. has free, lifelike robotic pets and brain stimulation tools available to relieve symptoms of loneliness and social isolation caused by the Covid-19 pandemic.

National studies have shown the companionship of robotic pets can provide comfort, especially to individuals affected by dementia, Alzheimer's, and other cognitive disorders. Robotic pets and brain stimulation tools are available for free to qualified recipients age 60 and over in Broadwater, Jefferson, Gallatin, Lewis & Clark, Meagher, and Park counties upon completion of a simple application.

Please contact the Area IV Agency on Aging at 1-800-551-3191 for more information.



Area IV has **DURABLE MEDICAL EQUIPMENT**

The Area IV Agency on Aging of Rocky Mountain Development Council has durable medical equipment (DME) to loan for anyone in need. Additionally, Area IV will accept donations of DME.

If you would like to borrow equipment or arrange a donation drop-off, please contact Michele Mathot at mmathot@rmdc.net or 406-441-3985.



HEALTH AND WELLNESS CLASSES

Area IV Agency on Aging of Rocky will begin offering virtual evidence-based health and wellness classes in the near future. Rigorous studies have been done that consistently show positive changes for participants. Besides the health benefits, these classes will offer a chance to interact with others in the comfort and safety of your own home. To help us gauge the level of interest in these classes, please indicate which classes you would register to attend.

Powerful Tools for Caregivers: This class is designed to help caregivers take better care of themselves while caring for a friend or relative. The class helps caregivers improve their self-care behaviors and emotion management, increase their self-confidence, and utilize more community resources. (1.5 hours, one day a week for six weeks)

Stepping On: This is a fall prevention class. You'll learn how to build and maintain the physical strength and balance you need to walk confidently and receive information about what increases risk of falling while learning strategies to prevent future falls. (2 hours, one day a week, for seven weeks)

Montana Living Life Well: This is a class for individuals with a chronic health condition or individuals caring for someone with a chronic health condition. The class is designed to help you gain confidence in your ability to control your symptoms. (2.5 hours, one day a week, for six weeks)

If you have an interest in any of the above classes, please tell us your name, phone number and email address so we can contact you with more information once they have been scheduled. Please contact Michele Mathot at 406-441-3985 or mmathot@rmdc.net.

MLK DAY OF SERVICE

To celebrate a day of service for MLK Day, AmeriCorps Senior RSVP volunteers donated books for Operation Paperback. Over 100 books were collected and shared with active duty soldiers as well as Veteran facilities. Operation Paperback is a national, non-profit organization, whose volunteers collect gently-used books and send them to American troops overseas, as well as veterans and military families here at home.

They also have special projects that take book donations for professional reading lists, books that support military Chaplains, and children's books so that deployed soldiers can read books to their children via webcam.

Check out their website for more information:
www.operationpaperback.org



Good for \$1 off any
movie or \$2 off any
LIVE performance.

Myrna Loy Theater Helena Senior Center MARCH-APRIL COUPON

Sponsored by the Myrna Loy Center | Present in person at box office

- * Not redeemable for cash.
- * One coupon per customer
- * Cannot be used during rentals, performances sponsored by other organizations or in conjunction with any special offers other than the senior rate.
- * Can be used in addition to the senior discount.

IPADS FOR LOAN

Have you always wanted to take a look at our online classes for things like yoga, but didn't have the technology to make it happen?



Rocky's Area IV Agency on Aging has iPads with built-in Internet connectivity for you to borrow!
Call Michele at 406-441-3985 to check one out!

COMMODITY FOOD FOR QUALIFYING SENIORS

COMMODITIES SCHEDULE

Townsend, MT
Monday, March 22
2:00 pm - 3:00 pm

East Helena, MT
Monday, March 22
2:00 pm - 3:30 pm

Wolf Creek, MT
Tuesday, March 23
9:30 am - 10:30 am

Augusta, MT
Tuesday, March 23
12:30 pm - 1:30 pm

Elliston, MT
Wednesday, March 24
9:30 am - 10:00 am

Avon, MT
Wednesday, March 24
10:30 am - 11:00 am

Lincoln, MT
Wednesday, March 24
12:30 pm - 1:00 pm

Whitehall, MT
Thursday, March 25
11:00 am - 12:00 pm

Boulder, MT
Friday, March 26
9:30 am - 10:30 am

White Sulphur Springs, MT
Monday, March 29
11:00 am - 12:00 pm

Helena, MT @ Food Share
Wednesday, March 24
8:00 am - 10:30 am

Thursday, March 25
8:00 am - 10:30 am

The Commodity Supplemental Food Program (CSFP) is a program where seniors can receive regular allocations of free food every other month. The program guidelines mandate that the person receiving the food must be 60 years of age or older, a resident of Montana, and meet an income requirement. Food typically consists of canned fruit, vegetables, meats, juice, cereals, dry milk, shelf stable milk, cheese, pasta or beans, and peanut butter.

Rocky will have supplemental foods available for Helena-area senior citizens at the Helena Food Share, 1616 Lewis Street, Helena, MT. We are lucky to work with Helena Food Share to make the program more accessible to those individuals picking up the food. There is no charge for the food.

Persons 60+ will be certified to receive the food based on income and residency eligibility. For further information or questions, call Rocky at 406-447-1680.

LETTER FROM THE EXECUTIVE DIRECTOR

Something strange is going on in the world. People are lining up to get shots! Who would have ever thought there would be such high demand for having a big, nasty needle stuck into your arm?

The last several weeks have presented an opportunity for Rocky to be on the front lines of the pandemic through helping seniors with vaccine registration. The County contacted Jim Marks, Rocky’s Area IV Agency on Aging Program Director, to ask for assistance for people age 70 and over who do not have the technology available to register themselves.

It started with the Independent Record and the local TV news station advertising the service the day before. While we were all very excited for the recognition, we were unprepared for the onslaught of calls that began

immediately. You may have heard that the number of vaccines available in the first couple days of registration “sold out” in the online system in three minutes! By the second week of registration we had put together a better system to handle a greater volume of calls and have been able to register those interested much more effeciently.

The main theme that has come through loud and clear is that people are desperate to get the vaccine in hopes of putting the pandemic behind us. We are thrilled to be a part of the community-wide effort get everyone access to the vaccine as soon as possible. Stay safe as we move towards spring!



Lori Ladas, C.P.A.
Executive Director

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JOIN THE FAMILY

It’s easy to forget that fundraising is such an essential part of how Rocky is able to provide the vast community support our programs are able to offer. We never would have arrived at this point without the gracious support of donors. If you have ever given to Rocky, we would like to thank you for making our achievements a possibility.

Signing up to make a monthly gift is one of the strongest ways to sustain Rocky’s impact in the community for many years to come. Becoming Part of the Rocky Family for as little as \$5 per month will go a long way in furthering our mission of

striving to improve quality of life
and promote self-suffiency for
individuals and families.

If you are interested in becoming part of the Rocky Family, you can visit www.rmhc.net/family.html. Or to receive more information, feel free to call 406-457-7323 to speak with Kathy Marks.



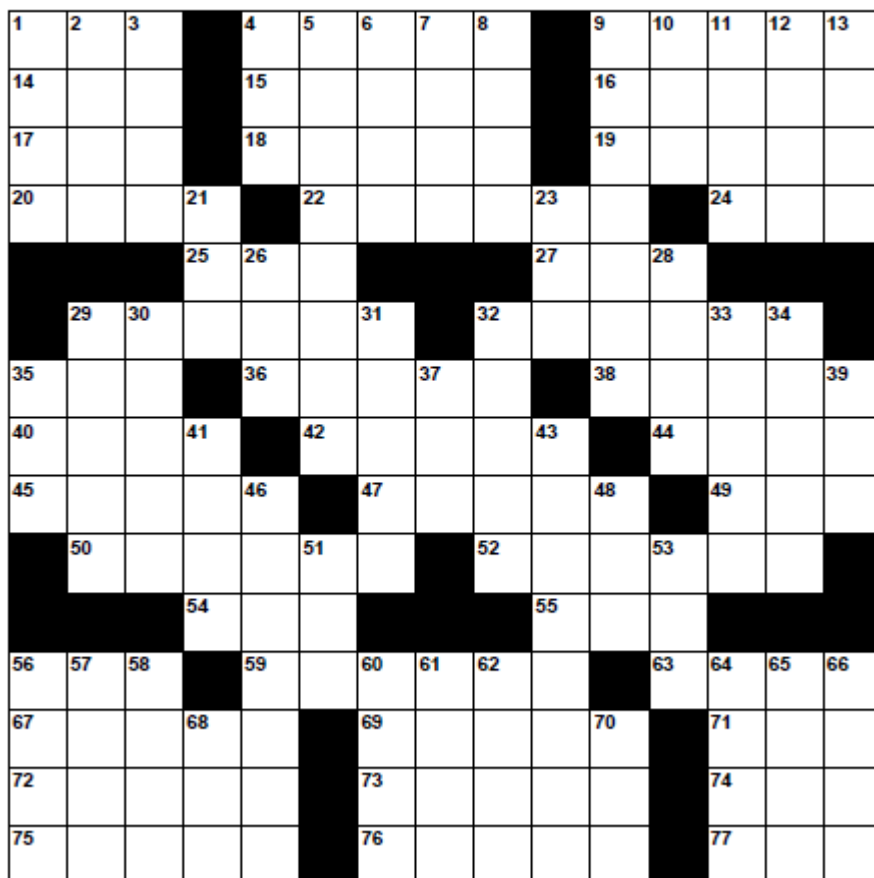
Kathy Marks
Operations
Director
Room 208C
Neighborhood Center

ST. PATRICK'S DAY

ACROSS

- 1 Zilch
 4 Defense
 9 Italian herb
 14 Single
 15 Italian "dollars"
 16 Negative battery terminal
 17 Genius
 18 Electronic mail
 19 Man-made fiber
 20 Triangular musical instruments with 46 strings
 22 Goes in a door
 24 Stale
 25 Serving of corn
 27 Doctoral degree
 29 Honest
 32 Come out
 35 Make a mistake
 36 Abundance
 38 Merits
 40 Gawky
 42 Makes a sweater
 44 Second letter of the greek alphabet
 45 Melts together
 47 Crawl

- 49 Gray sea eagle
 50 Small person
 52 Sticky
 54 No
 55 Telegraphic signal
 56 Resort hotel
 59 Lament
 63 Thick soup
 67 Stick food
 69 Month
 71 Regret
 72 Habituate
 73 Female given name
 74 Internal Revenue Service
 75 Allotted
 76 Tart
 77 Deep round container



DOWN

- 1 Man who built the arc
 2 S.A. Indian
 3 Stare
 4 Drink made by fermenting malt
 5 humorous poem that has five lines
 6 Persia
 7 Entice
 8 Small island
 9 Female spirit in Irish folklore
 10 Some
 11 Go at it alone
 12 Movie star
 13 Allow to borrow
 21 Quill
 23 Revolutions per minute
 26 Advertisements
 28 Dreary
 29 Infant illness
 30 Got up
 31 Move the body in a rhythmic sequence
 32 Organic compound
 33 Color of emeralds
 34 Doorway
 35 Mischievous humanlike creature
 37 Directory (abbr.)
 39 __ Francisco
 41 Extremely sharp
 43 Baby plant
 46 Dabbed
 48 Pressure unit
 51 Sight organ
 53 Possessive pronoun
 56 Take off the surface
 57 Sheet of glass
 58 Adjoin
 60 Blow gently
 61 Capital of Western Samoa

- 62 Cast metal
 64 Stumble
 65 European monetary unit
 66 Compass point
 68 Lode yield
 70 Repose

Answers located on the back page.



Rocky Mountain Development Council, Inc.
Helena Senior Center
PO BOX 1717
Helena, MT 59624-1717



Solution:

1	N	2	I	3	L		4	A	5	L	6	I	7	B	8	I		9	B	10	A	11	S	12	I	13	L
14	O	N	E				15	L	I	R	A	S						16	A	N	O	D	E				
17	A	C	E				18	E	M	A	I	L						19	N	Y	L	O	N				
20	H	A	R	21	P		22	E	N	T	E	R	S					23			24	O	L	D			
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		29	C	30	A	N	D	I	31	D				32	E	M	E	R	33	G	34	E					
35	E	R	R				36	S	C	A	D	S						38	E	A	R	N	39	S			
40	L	O	O	41	K			42	K	N	I	T	43	S				44	B	E	T	A					
45	F	U	S	E	46	S			47	C	R	E	E	48	P			49	E	R	N						
		50	P	E	E	51	W	E	E					52	R	E	S	53	I	N	Y						
						54	N	A	Y						55	D	I	T									
56	S	57	P	58	A		59	B	E	60	W	61	A	62	I	L		63	S	64	T	65	E	66	W		
67	K	A	B	68	O	B				69	A	P	R	I	70	L				71	R	U	E				
72	I	N	U	R	E					73	F	I	O	N	A					74	I	R	S				
75	M	E	T	E	D					76	T	A	N	G	Y					77	P	O	T				