

Hurricane Active Life Center

September 2023 Newsletter



Lunch is served in the dining room Monday-Thursday 11:30 to 12:30.

Beginning April 1st, the Suggested donation for lunch is now \$4.00 per meal. Under 60 clients are welcome for \$7.00 per meal.

The center will be closed September 4th for the Labor Day Holiday.

We are still looking for volunteers to help in the kitchen & the thrift store.

Thrift Store hours are Mon-Thurs 10:00am-2:00pm.

Hurricane Senior Center
95 N 300 W
Hurricane, UT 84737
435-635-2089

•••

Hours of Operation

Monday – Thursday
9:00AM – 4:00PM

Lunch served daily –
11:30AM - 12:30PM \$4

Dial-A-Ride Program

We offer an in town Dial-A-Ride service for grocery shopping or medical needs. Bus hours are 9:30 AM – 2:30 PM Monday – Thursday.

Our Dial-A-Ride service to St. George is available Wednesday afternoon for your shopping or medical needs.

Age 60+ suggested donation:
\$5 round trip.

Call 435-635-2089 to schedule.



FOCUS ON DIAL-A-RIDE

Our Dial-A-Ride program provides

Transportation to:

1. Lunch at our Senior Citizens Center.
2. Various types of appointments including shopping and medical in the Hurricane area. The program is funded in part by your donations. The suggested donation is \$5.00 round trip, age 60+. Under 60 is \$10.00. The bus runs from 9:30 am to 2:30 pm Monday, Tuesday & Thursday. Wednesday-:30 pm and St. George from 12:30 pm to 4:00 pm.

To schedule a ride during these hours, please call the Senior Center at 435-635-2089.

So we can serve you better, please have the following information ready when calling to schedule transportation.

1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

NOTE: Please allow a 15 minute window on either side of your requested pickup time. Please schedule rides at least one day in advance. If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

THRIFT STORE

OPEN MON – THURS

10:00 AM – 2:00 PM

DONATIONS ACCEPTED!

Monthly Events

Pathway Healthcare – Blood Pressure/Sugar checks – every Monday 11:00am

Tai Chi – every Monday @ 1:30pm

Video Sit & Be Fit – every Mon & Wed @ 10:00am

Video Tai Chi – every Tues @ 10:00am

Video Yoga – every Thurs @ 10:00am

Movie – see Activity Schedule
** Free ** Popcorn **

Billiards – Daily 9:00am – 3:00pm

Wii Bowling – Monday @ 11:00am

Hand & Foot Card Game– See Schedule

Crochet Class – 2nd & 4th Thurs @ 1:00pm

Beginning Knitting – 2nd & 4th Thurs @ 1:00pm

Drawing 101 – Thursday @ 1:00pm

Caregiver Support – 1st & 3rd Thurs @ 1:00pm

Craft Class – Wednesday @ 1:00pm

Neck/Shoulder Massage – see Activity Schedule

Toe Nail Trimming – 3rd Tuesday 10:00am

Bingo 60+ Only – 2nd & 4th Monday after lunch
Bingo is free to play **For 60+ only**

Happy Birthday/Anniversary Celebration – last Thursday of every month!

COME JOIN US!



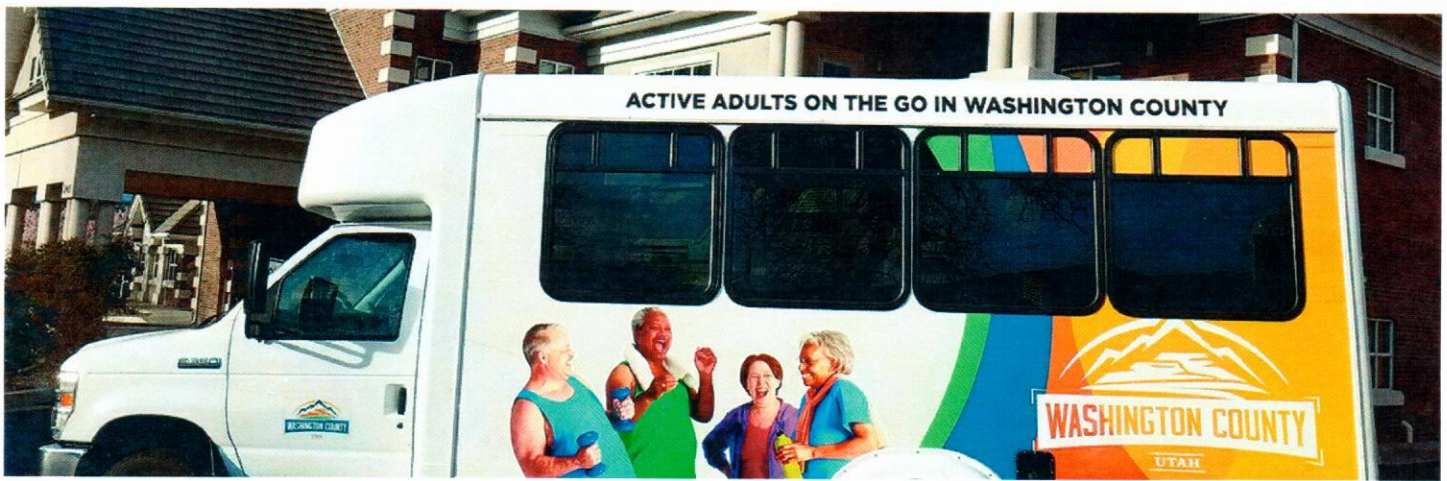
Did you know that your meal donation of \$4.00 helps ensure that programs and services continue to be offered and that any donations over \$4.00 help cover the cost of the lunch for those who cannot afford to make a donation?

Thank you for your donation to our meal program.

Washington County Council on Aging is committed to compliance with Title VI of the Civil Rights Act of 1964 and all related regulations and relevant guidance. The Agency assures that no person in the United States shall, on the grounds of race, color or nation origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance.

To request additional information on Washington County Council on Aging's Title VI policy, or to file a discrimination complaint, please contact Washington County Council on Aging at 435-634-5743.

The Complaint Procedure is located at 245 N. 200 W., St. George, Utah, 84770 or www.stg.coa.washco.utah.gov



FOCUS ON ***DIAL A RIDE***

Our Dial-A-Ride program provides transportation to:

1. Lunch at our Senior Citizens Center.
2. Various types of appointments including shopping and medical in the Hurricane area. The program is funded in part by your donations. The suggested donation is \$5.00 round trip. The bus runs from 9:30 am to 2:30 pm Monday through Thursday. The bus goes to St. George on Wednesday's from 12:30 pm to 4:30 pm. To schedule a ride during these hours, please call Senior Center at 435-635-2089.

So we can serve you better, please have the following information ready when calling to schedule transportation.

1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

NOTE: Please allow a 15 minute window on either side of your requested Pickup time.

If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

Hurricane Active Life Center

September 2023 435-635-2089

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
--------	---------	-----------	----------

A suggested donation of \$4.00 is requested from seniors 60 and older.

Persons under 60 can enjoy a meal for \$7.00

Menu subject to change based on availability.

Follow Us on Facebook @triocommunitymeals

4	5	6	7
<i>Closed for Holiday</i>	Hawaiian Chicken Haystack White Rice Japanese Vegetable Blend Cucumber Salad Chow Mein Noodles Pineapple Tidbits Milk	Meatballs w/Spaghetti Sauce Penne Pasta Parslied Carrots Brussels Sprouts Garlic Texas Bread Seasonal Fruit Milk	Baked Chicken Coconut Chili Sauce Rice Broccoli Black Bean Salad Dinner Roll Seasonal Fruit Milk Margarine & Salad Dressing
11	12	13	14
Chicken Cordon Bleu Green Beans Mashed Potatoes Cornbread Tropical Fruit Milk	Sloppy Joe Sandwich French Fries Bean Salad Hamburger Bun Hot Spiced Apples Sugar Cookie Milk Ketchup Diet - Vanilla Wafers	Glazed Ham Pasta Salad Cut Yams Mixed Vegetables Wheat Bread Seasonal Fruit Milk Margarine	Swiss Steak Egg Noodles California Vegetable Blend Whole Kernel Corn Wheat Bread Seasonal Fruit Milk Margarine
18	19	20	21
Cheeseburger Lettuce/Tomato/Onion Potato Wedges Hamburger Bun Pineapple Milk Ketchup Mustard	Beef Taco Spanish Rice Pinto Beans Coleslaw Flour Tortilla Applesauce Milk Taco Sauce	Cheesy Pizza Bake Italian Vegetable Blend Garden Tossed Salad Texas Bread Tropical Fruit Milk Salad Dressing	Chicken Fried Rice Broccoli Cabbage & Carrots Wheat Bread Seasonal Fruit Fortune Cookie Milk Margarine
25	26	27	28
Pork w/Lemon Caper Sauce Brown Rice Whole Kernel Corn Spinach Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing	Beef Chili w/Beans Shredded Cheese Baked Potato Half California Vegetable Blend Wheat Bread Seasonal Fruit Milk Margarine Sour Cream	Chicken Salad Sandwich Lettuce/Tomato/Onion Coleslaw Hamburger Bun Fresh Grapes Sugar Cookie Milk Diet - Vanilla Wafers	Salisbury Steak w/Gravy Mashed Potatoes Parslied Carrots Green Peas Wheat Roll Seasonal Fruit Milk

September Activities

95 N. 300 W. Hurricane 435-635-2089

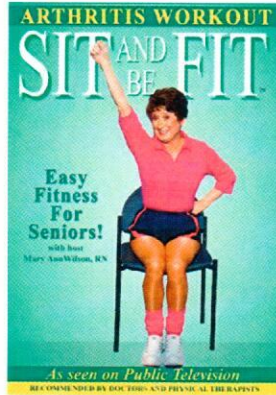
4-Sep	5-Sep	6-Sep	7-Sep
Closed for Holiday	Billiards 9:00-3:00 Video Tai Chi 10:00	Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's to entertain @ lunch Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Arthur Whitney to entertain @ lunch Caregiver Group 1:00 Drawing 101 1:00
11-Sep	12-Sep	13-Sep	14-Sep
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Bingo after lunch Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch	Billiards 9:00-3:00 Video Sit Fit 10:00 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Neil Petty to entertain @ lunch Drawing 101 1:00 Knitting/Crochet 1:00
18-Sep	19-Sep	20-Sep	21-Sep
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Nail-trim for feet 10:00	Billiards 9:00-3:00 Video Sit Fit 10:00 Health Screening 11:00 Dixie Can Do's to entertain @ lunch Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Arthur Whitney to entertain @ lunch Caregiver Group 1:00 Drawing 101 1:00
25-Sep	26-Sep	27-Sep	28-Sep
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Bingo after lunch Tai Chi 1:30	Billiards 9:00-3:00 Video Tai Chi 10:00 Mimi Hansen to entertain @ lunch	Billiards 9:00-3:00 Video Sit Fit 10:00 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Neil Petty to entertain @ lunch Knitting/Crochet 1:00 Drawing 101 1:00 Birthday Celebration

Thrift Store is Open Mon-Thurs 10:00 am to 2:00 pm

Exercise Classes

****With Instructor** TAI-CHI*** — Monday's @ 1:30pm

VIDEO SIT & BE FIT — Monday's & Wednesday's @ 10:00am



VIDEO TAI-CHI — Tuesday's @ 10:00am



VIDEO YOGA — Thursday's 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.

Card-Making Class
is making these cute

PARTY FAVORS

*Come join a fun group of ladies,
we would love to have you!*



**Tuesday, October 10th
1:00pm to 3:00pm**

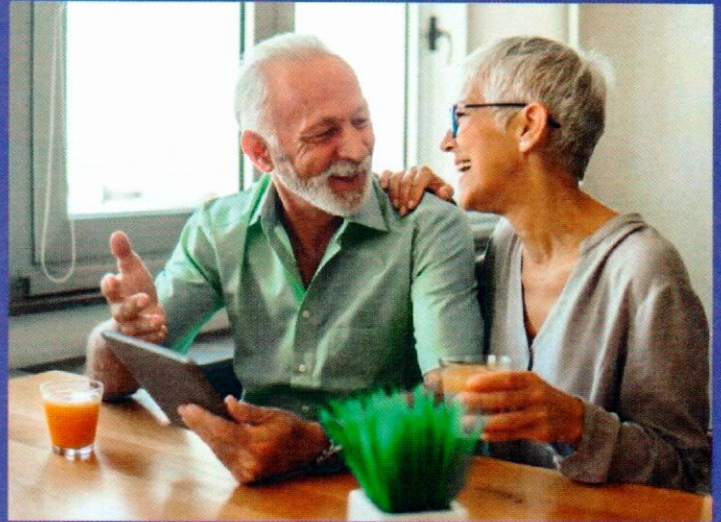
Hurricane Senior Center

Call Kari for details **435-635-2089**

A Conversation about Dementia in your Community

**Washington County
Dementia Public Forum
September 12, 2023
1:00-2:30 PM**

**St. George Active Life Center
245 North 200 West
St. George Utah**



We invite the community to take part in a forum on dementia and cognitive decline. The forum provides an opportunity for residents of all ages to gather and:

- share perspectives and ask questions
- discuss concerns
- brainstorm ideas to improve
- build and access resources
- discover volunteer opportunities to support families affected by the disease.

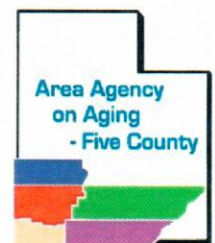
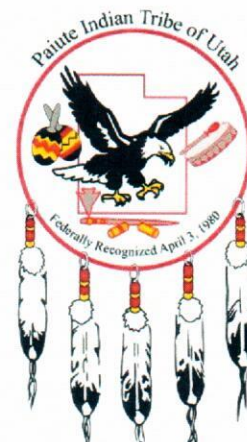
Pre-registration is recommended
Scan QR or Contact: Tracy HeavyRunner
theavyrunner@alz.org | 385.831.7123



MemoryMattersUtah



FourPoints
HEALTH



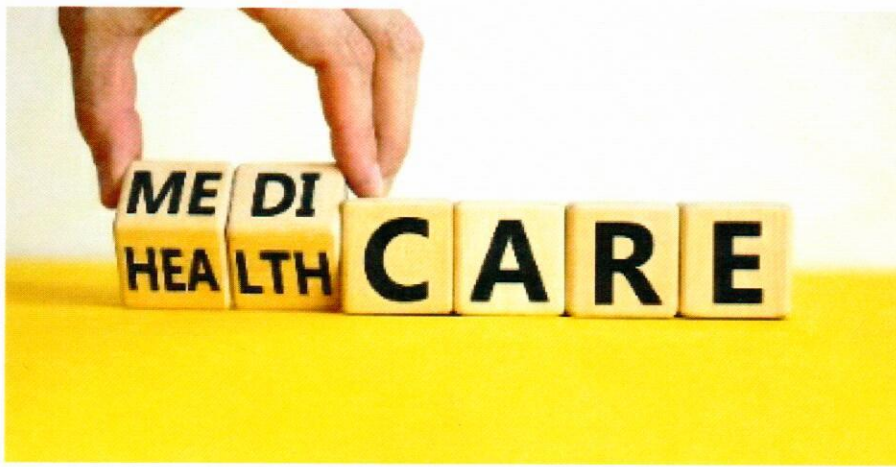
ALZHEIMER'S ASSOCIATION®





NEWS FROM THE ALZHEIMER'S ASSOCIATION, UTAH CHAPTER

- **Volunteering**
 - We'd love to have you join us in helping connect people with greatly needed resources, education, and support! Together we can make a difference in every community in Utah
 - **Call our 24/7 Helpline to register: 800.272.3900**
 - New! Early Stage Support Group - Thursdays at 11 am.
 - Several Virtual Support Groups - This is a great way to connect with our resources and local support in a convenient way.
 - In-person support groups throughout the state: Bountiful, Cedar City, Clearfield, Layton, Ogden, N. Ogden, Sandy, Park City, and Tooele.
- **Education**
 - **Caregiver Conference:** Resources and Support for Caregivers: Including those caring for Veterans and persons with dementia. Wednesday **September 20 9:30 am - 3:30 pm**. This is located at the Carbon County Senior Citizens Center at 418 South Fairgrounds Way, Price, UT. Register by September 13th by calling Shawna Horrocks at 435-613-0036.
 - **Virtual Education sessions** are happening!
 - Effective Conversation Strategies 9/12 11:30 am
 - Understanding & Responding to Dementia Behaviors 9/13 11:30 am
 - Living With Alzheimer's Series - Multiple dates starting 11/1 at 11:30 am
 - Effective Conversation Strategies 12/13 10 am
 - Understanding & Responding to Dementia Behaviors 12/14 10 am
 - You can also always view classes On Demand at training.alz.org
- **Community Forums.** Join us in bringing your local community together, sharing their dementia stories, discussing need and concern in the community and brainstorming ideas and possible solutions to community needs. We have two upcoming forums and would love to schedule one in your community!
 - **Washington County Dementia Forum.** This forum is being held with multiple community agencies to reach those with Dementia and/or their care team. It will be held **Sep 12, 2023** at the Active Life Center in St. George Utah. The Forum will start at 1:00 PM.
 - **Iron County Dementia Public Forum, October 12, 2023, 6:00-7:30 pm.** Location: Paiute Indian Tribe of Utah. 530 North 100 East Cedar City (Gym at the Youth Center). Pre-registration is recommended. Contact: Tracy HeavyRunner theavyrunner@alz.org /385.837.7123
- **Walk to End Alzheimer's.** At the Alzheimer's Association Walk to End Alzheimer's®, we're fighting for a different future. For families facing the disease today. For more time. For treatments. We're closer than ever to stopping Alzheimer's. But to get there, we need you. Join us for the world's largest fundraiser to fight the disease. Find your local walk at alz.org/walk.
 - WEBER COUNTY - SEPTEMBER 23
 - SALT LAKE COUNTY -SEPTEMBER 30
 - ST. GEORGE - OCTOBER 21



Utah DHHS warns of phone scam

Salt Lake City—DHHS has become aware of several phone scams targeting Utah's elderly population. Often, the caller impersonates an employee of the Utah Department of Health and Human Services (DHHS).

The caller then tries to collect personal information from individuals, such as Social Security Number, Medicare number, age, and full name. They may try to sell products or services. DHHS employees will never call to promote services or products for sale.

If such calls are received, we advise Utahns to hang up immediately. The caller is not from DHHS. They are trying to steal personal information.

Utah DHHS does conduct some official business over the phone, including official surveys, but our callers do not ask for Social Security Numbers.

The Biden administration unveiled Tuesday the names of the first 10 drugs subject to price negotiations in Medicare, including several popular blood thinners and diabetes medications. They are: Eliquis, Jardiance, Xarelto, Januvia, Farxiga, Entresto, Enbrel, Imbruvica and Stelara, as well as Fiasp and certain other insulins made by Novo Nordisk, including NovoLog.

These ten drugs are among those with highest total spending in Medicare Part D. Millions of Part D enrollees depend on these vital treatments to treat life-threatening conditions including diabetes, heart failure, and cancer, but many struggle to access their medications because of prohibitive costs.

Medicare drug price negotiations will result in lower out-of-pocket costs for seniors and will save money for American taxpayers. Negotiations for the first group of selected drugs will begin in 2023 with negotiated prices going into effect in 2026.



Helping Southern Utah households with year-round energy assistance



Five County Association of Governments

H.E.A.T.

Home Energy Assistance Target

We will be at the Hurricane Senior Center taking applications for the new HEAT Program Year. Call the HEAT office to schedule your appointment today.

Household Size	150% of Poverty HEAT/HELP
1	\$1,823
2	\$2,465
3	\$3,108
4	\$3,750
5	\$4,393
6	\$5,035
7	\$5,678

The total household income must be at or below 150% of the federal poverty.

9A to 11:45A
OCTOBER
24

REQUIRED DOCUMENTS

- ID & Social Security Cards
- Utility bills for electric & gas
- Income for the month of September
- Medical expenses paid out of pocket in September *(optional)*
- Proof of disability *(if applicable)*

For more information visit our website or give our office a call:
www.fivecountyheat.org

435-652-9643

**WHOLE
GRAINS
MONTH:**

Elevate Your Meals with Fiber

Participate in

**WHOLE
GRAINS
MONTH**

This September!

Whole grains provide us with a variety of important nutrients to keep us healthy. One nutrient we get from whole grains is fiber. Consuming an adequate amount of fiber daily may help prevent heart disease, control blood sugar levels, lower inflammation risk, promote a healthy digestive system, and help you feel fuller longer.

What is Fiber? It is a type of carbohydrate that the body cannot break down and instead it passes through the body undigested. Dietary fiber is an essential nutrient, but most people do not get enough. Women over 50 years need 21 gm per day and men over 50 years should get 30 gm per day. There are two forms of fiber that we need: soluble and insoluble fiber.

Forms of Fiber:

- **Soluble Fiber** dissolves in water and can help lower blood sugar levels and blood cholesterol. Whole grains with soluble fiber include barley and oats.
- **Insoluble Fiber** does not dissolve in water and can help the food move through your digestive system, promoting regularity and preventing constipation. Most whole grains contain insoluble fiber.

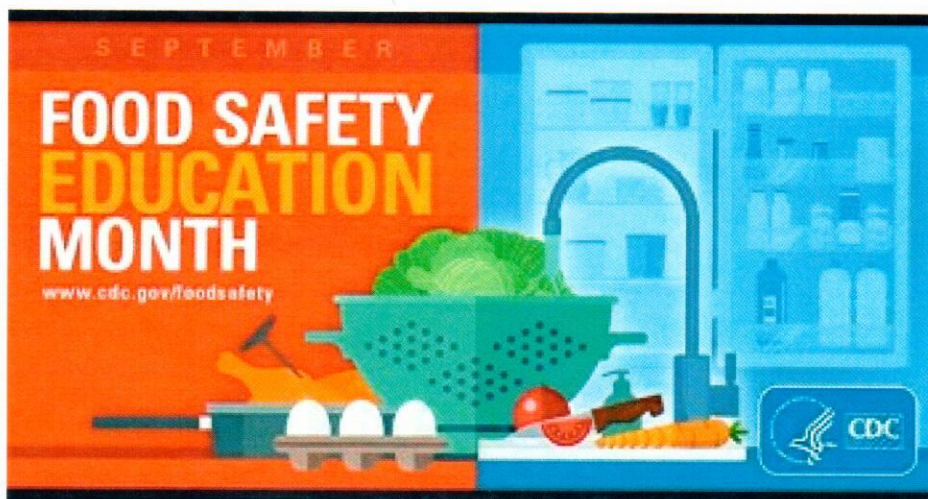
What is a Whole Grain?

A whole grain contains the whole grain kernel – the bran, germ and endosperm. Examples are oats, rye, whole wheat, quinoa, popcorn and brown rice. Most of the nutrition is found in the bran and germ, making whole grains a more nutrient-dense choice than refined grains (white bread, rice and pasta).

Whole Grain Choices to Elevate Your Daily Fiber Intake

Breakfast	Lunch	Dinner
<ul style="list-style-type: none">• All bran cereal & milk• Whole grain toast or English muffin with nut butter & fresh fruit• Steel-cut oatmeal with nuts & fruit	<ul style="list-style-type: none">• 100% whole wheat bread or bun for sandwiches• Hummus & veggie wrap with whole grain tortilla• Veggie & grain bowl with farro and quinoa	<ul style="list-style-type: none">• Chicken stir-fry with brown rice• Pasta with whole grain noodles• Vegetable soup with whole grain barley

Snacks: **Whole grain crackers** and cheese, **popcorn** or crispy **quinoa** bites



be food safe.



clean.



separate.



cook.



chill.

THE HISTORY OF NATIONAL FOOD SAFETY EDUCATION MONTH

September is National Food Safety Education Month! It's our annual reminder of the precautions we all need to take in the handling, preparation, and storage of food in order to reduce the risk of foodborne illness.

WHEN DID NATIONAL FOOD SAFETY MONTH BEGIN?

National Food Safety Month was created by the National Restaurant Association in 1994. Specifically, it was created by the National Restaurant Association Educational Foundation (NRAEF), which is an educational non-profit run by the business association.

WHY DOES NATIONAL SAFETY AWARENESS MONTH EXIST?

A lot of people can make or break food safety in the modern world: farmers, food processors, shipping companies, food service, and food retail businesses, lawmakers, regulatory agencies, and even consumers. Everyone has to be on board and work together to keep the public safe. National Food Safety Awareness Month provides the opportunity to recognize and rethink all the work that goes into preventing foodborne illness. It's an annual event that encourages politicians and food industry professionals to assess progress, set new goals, and address new issues. It also promotes awareness among consumers who may not think about food safety for most of the year.

WHAT WERE THE FIRST FOOD SAFETY LAWS IN THE U.S.?

Before the Industrial Revolution, the food supply chain was fairly simple and straightforward. People knew exactly where their food came from, so most laws focused on prohibiting "adulteration" – adding ingredients that reduced quality – to manually processed items like bread and wine. American colonists brought the Assize of Bread, an English food law dating back to 1202, with them to the New World and made it law here in 1646. After the American Revolution, the first food safety law in the new nation was

passed in 1785, called the Massachusetts Act Against Selling Unwholesome Provisions. That means we had a food safety law before we'd even finalized the Constitution!

WHEN DID FOOD SAFETY REGULATIONS GO FEDERAL?

Food safety law was dealt with by the states for our first hundred years. But once the Industrial Revolution introduced concepts of mass production to our food supply, ensuring food safety became increasingly complicated.

As early as 1880, the chief chemist of the U.S. Department of Agriculture (USDA) investigated food adulteration throughout the U.S. and recommended a federal food and drug law. Over the next 25 years, more than 100 food and drug bills were introduced and defeated. States passed their own laws, but the differences complicated interstate business.

After Upton Sinclair's book "The Jungle" raised public awareness about unsanitary conditions in meat-packing plants, the U.S. Congress finally passed two federal food safety laws in 1906.

The Meat Inspection Act requires government inspection of *all* items in meat processing plants. The Pure Food and Drug Act – passed on the same day – prohibited interstate commerce in misbranded or adulterated food, drink, or drugs, enforced by *periodic* inspection. It was designed to address fraud in patent medicines, but also the use of poisonous preservatives and dyes in food.

WHEN DID WE GET START TRACKING FOODBORNE ILLNESS OUTBREAKS?

The next food safety frontier involved tracking and reducing pathogens that cause foodborne illness.

In 1970, the Centers for Disease Control and Prevention (CDC) began to keep records of deaths from foodborne illness. This allowed us to track the most dangerous infectious outbreaks, fix the problem, and issue major recalls of contaminated food.

In 1996, the Food Safety Inspection Service (FSIS) issued a rule focused on the prevention and reduction of microbial pathogens in raw food products. This Pathogen Reduction/Hazard Analysis Critical Control Point (HACCP) rule modernized food safety protocols in slaughtering and processing facilities for meat and poultry across the nation.

The Food Safety Modernization Act of 2011 enabled the Food and Drug Administration (FDA) to take similar preventative measures for the facilities and products under their jurisdiction.

PUTTING THE FOOD SAFETY EDUCATION IN NATIONAL FOOD SAFETY EDUCATION MONTH

As you can see, food safety regulations have become increasingly complicated to keep us safe in a complex world. To keep up and protect your business from liability, you need training compliant with the regulatory requirements of your jurisdiction.

<https://www.360training.com/blog/history-national-food-safety-education-month>



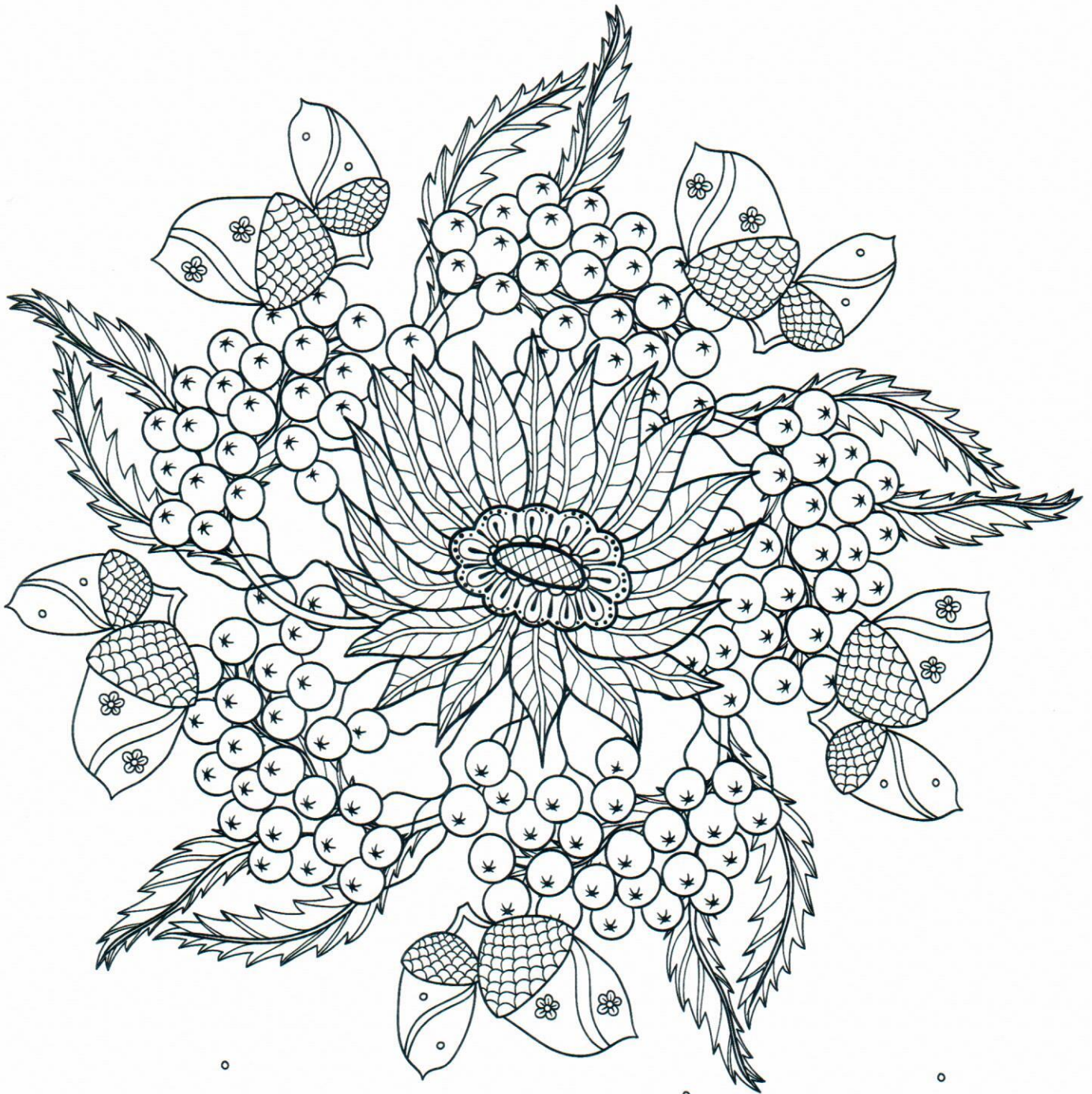
11 FACTS ABOUT LABOR DAY

The holiday has been celebrated since 1882.

- The first celebrated US Labor Day was on Tuesday, September 5, 1882 in New York City, planned by the Central Labor Union.
- 10,000 workers marched from City Hall all the way to 42nd Street and then met with their families in Wendel's Elm Park for a picnic, concert, and speeches.
- Canada is said to have originated the idea of hosting a day honoring the labor movement. In 1872, they held a "Nine-Hour Movement" to show support for striking workers.
- There is disagreement about who actually proposed Labor Day as a holiday. Some say it was Peter J. McGuire, who was the cofounder of the American Federation of Labor. Others believe that it was Matthew Maguire, a machinist.
- Oregon was the first state to celebrate Labor Day as a legal holiday in 1887.
- The decision to make Labor Day the first Monday of September was approved on June 28, 1894.
- Labor Day started as a part of the labor union movement, to recognize the contributions of men and women in the US workforce, but modernly is seen as a chance to celebrate the last weekend of summer.
- Americans worked 12-hour days seven days a week during the 19th century!
- The Adamson Act was passed on September 3, 1916 to establish an eight-hour work day.
- Historians say the expression "no white after Labor Day" comes from when the upper class would return from their summer vacations and stow away their lightweight, white summer clothes as they returned back to school and work.
- There is still a Labor Day parade in New York City, which takes place throughout the 20 blocks north of the 1882 labor march.

<https://www.dosomething.org/us/facts/11-facts-about-labor-day>





STAND TALL AND SHINE BRIGHT LIKE A

Sunflower

Homemade
GIFTS MADE EASY

LABOR DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Jimmy and Evelyn Johnson - www.qets.com

Achievement

Coalition

Economic

Education

Employer

Family

Federation

Holiday

Industry

Labor

Movement

National

Occupation

Parade

Picnic

September

Social

Superintendent

Toil

Unions

Workers