

# The Hub

10 North Broadway Ave.  
P.O Box 67  
Grand Marais, MN 55604  
218-387-2660  
seniors@boreal.org  
grandmaraishub.com

## Cook County Council on Aging

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flannelmoosestudio@gmail.com

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gwmlenz@boreal.org

**Secretary** Audrey Stattelman  
cattale1952@gmail.com

**Treasurer** Mary Charlier  
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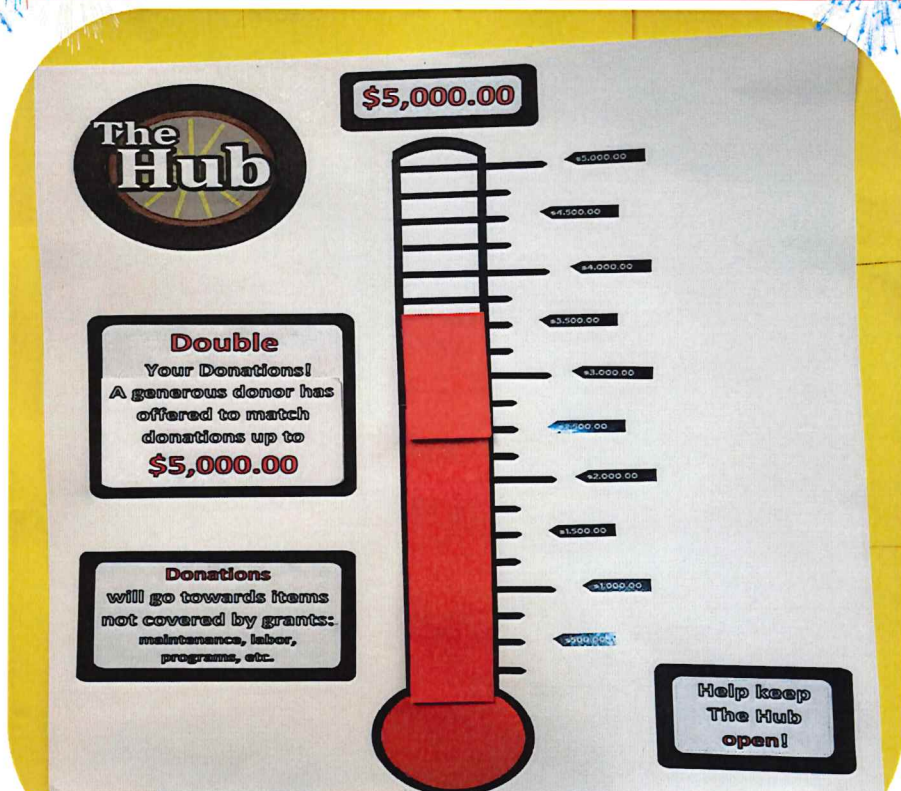
**County Commissioner Representative**  
Debra White  
Debra.White@co.cook.mn.us

## Staff

**Programs & Activities Director**  
Chris Bautch  
cccoa@boreal.org

**Kitchen Coordinator**  
Carmen Kivi-Grogan  
thehubcook@gmail.com

# JULY 2023



## Pancake Breakfast Fundraiser a Great Success!

On behalf of Cook Council on Aging, The Hub Staff & Volunteers we would like to thank our families, friends, and community for supporting The Hub's breakfast fundraising event! A special thanks to Upper Lakes Foods & Mia Valentini for the generous donation of supplies & food for the fundraiser. We had a wonderful turnout and are very excited to announce we served over 145 breakfasts. A big thank you to our volunteers; Penny Schappel, Patsy Smith, Cindy Shaughnessey, Bruce Tyler, Richard & Patsy Alexander, Nikki Boostrom, Elaine Dean, Donna & Orvis Lunke, and Therese Morrison; The Hub wouldn't be able to fulfill our mission without the commitment of volunteers and generous support of a caring community! **Thank you from all of us here at The Hub!**



The Hub will be closed for the 4th of July!

There will be no transportation, activities or services on Tuesday, July 4 in observance of the 4th of July Holiday.

**Mission Statement** The mission of the Cook County Council on Aging is to enhance the quality of life for all, through programs, resource and services and to support health, economic, social and cultural needs.

Visit us at [grandmaraishub.com](http://grandmaraishub.com)

# A few photo's from our breakfast fundraiser!



**Weekly Bus trip to Duluth returns!**



We have some exciting news for residents and visitors of Grand Marais and Duluth! Arrowhead Transit is thrilled to announce the return of its most requested bus route from Grand Marais to Duluth. After careful consideration and community feedback, this convenient and comfortable transportation option will be available every Tuesday starting from July 11th. Whether you're planning a day trip, a medical appointment, or exploring the vibrant city of Duluth, Arrowhead Transit has got you covered!

**Schedule:**

The new bus route schedule ensures a smooth and efficient journey for passengers. Here are the departure and arrival times:

Departure Times:

- 8:00 am: Depart from Grand Marais
- 9:00 am: Depart from Silver Bay
- 9:45 am: Depart from Two Harbors

Arrival Time:

- 10:15 am: Arrive at Medical Facilities in Duluth

Return Departure Times:

- 3:35 pm: Depart from Duluth
- 4:05 pm: Depart from Two Harbors
- 4:50 pm: Depart from Silver Bay

Return Arrival Time:

- 5:50 pm: Arrive back in Grand Marais

**Reservations:**

To ensure a spot on the Grand Marais to Duluth bus route, reservations are required. Please make your reservation before noon the Monday prior to your desired travel date. Contact our friendly team at 1-800-862-0175 to secure your reservation and receive additional information.

**Convenience at Your Fingertips:**

Arrowhead Transit understands the importance of providing convenient and reliable transportation options for the community. By reintroducing this highly requested bus route, they aim to make travel between Grand Marais and Duluth hassle-free and enjoyable. Whether you're commuting for work, attending medical appointments, or exploring the attractions and amenities in Duluth, the Arrowhead Transit bus route is designed to cater to your needs.

**Conclusion:**

Arrowhead Transit's decision to bring back the Grand Marais to Duluth bus route demonstrates their commitment to serving the transportation needs of the community. Starting on July 11th, passengers can once again take advantage of this convenient and comfortable travel option every Tuesday. Remember to make your reservations before noon the Monday prior to secure your spot. Don't miss out on this fantastic opportunity to explore Duluth or fulfill your transportation needs. Get ready to embark on a pleasant journey with Arrowhead Transit!

**For more information and updates, visit [arrowheadtransit.com](http://arrowheadtransit.com) or contact them directly at 1-800-862-0175.**

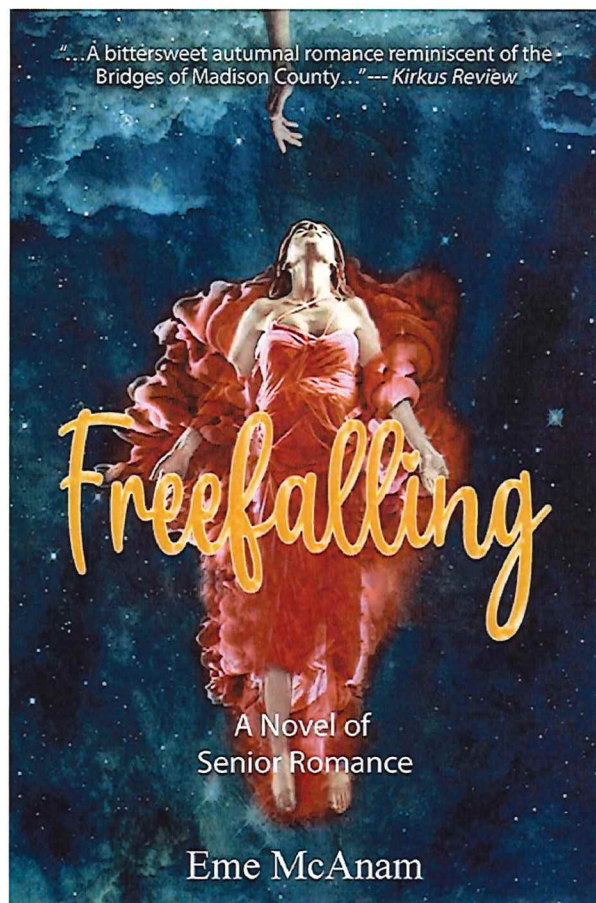
## Book Discussion & Signing

**Eme McAnam; author of *Freefalling* a novel recently released in February, will be visiting the Hub on July 27th at 1:00 p.m. to share her novel with a book discussion and signing.**

As a first time novelist, she wants to touch people's hearts and open their eyes to the beauty in life.

She grew up as one of nine children in a small midwestern town. Her dreams were always big. They still are! Singing and songwriting were her first creative ventures. She was a professional singer for ten years and charted in the Country Top One Hundred. As often happens, life interrupted that path requiring my attention in other areas. The road opened in new directions. She was blessed with the ability to enjoy successful years in business. Her passions waited in the margins. After selling her home in 2012, she travelled for a year as I waited for her artist loft to become available. On the road, she resumed writing and painting as well as honing skills in photography. By the time she landed in her new space, she was well immersed in her artistic nature. Though she started writing on the road, she didn't seriously take on the creation of my novel until 2019. *Freefalling*, a Novel of Senior Romance was finished at the end of 2021. It was released on February 14, 2023.

Blessed with time and perspective, She has brought a unique viewpoint to my art. I think of myself as a storyteller and a light chaser. Sunsets are the sweet spot of my photography. People with years of experience and emotional depth inspire the characters in her stories. Romance, love, and reality blend with life's messy parts transforming into powerful novels of lives enjoyed through the senior years.



More information about Eme McAnam on the following pages.

# CATERING TO A SENIOR AUDIENCE

AN IDEA WHO'S TIME  
HAS COME



**W**hy senior romance? Seventy is the new fifty and senior citizens are more active than ever. Eme McAnam is a hip senior citizen who loves romance novels. Her biggest complaint about those novels is that they are aimed at men and women who are young to middle-aged. Women who love the Fabio covers and dreamy stories.

Eme writes romance novels for a more mature crowd. A senior citizen crowd that faces different dating and romance problems than younger women. Senior romance addresses blended families, blended finances, health concerns, retirement, and end-of-life decisions. Love and marriage is different for seniors than it is for a younger audience. This was the idea behind Eme's dive into what she hopes will become a new genre for readers.

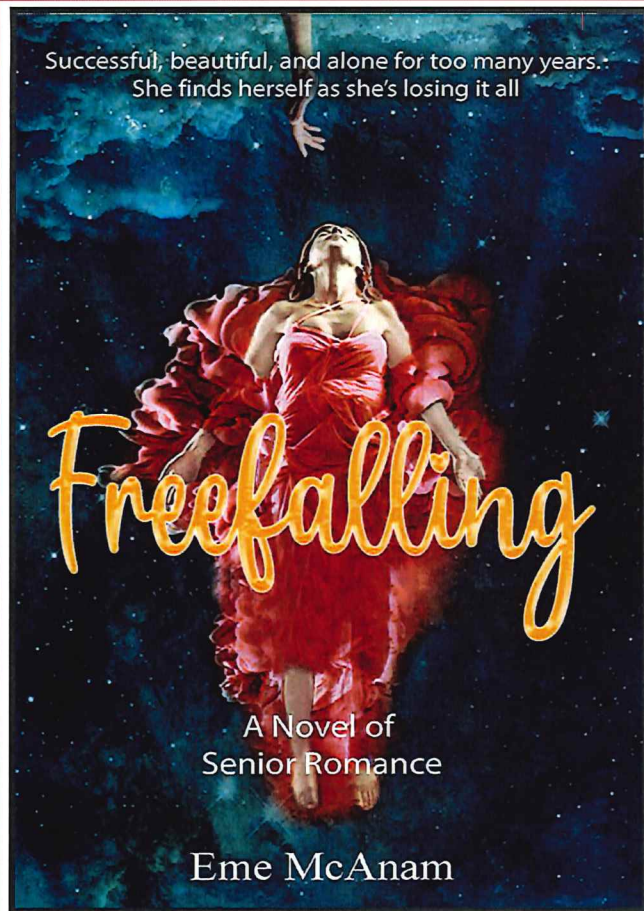
Freefalling, Eme McAnam's upcoming book is about Charlotte, the owner and operator of a successful five-star hotel, Charlotte had always put her work first. But as she entered the autumn of her life, she realized that her dedication to her career had left a void in her heart - she had never found true love. Despite the complications that come with finding romance at her age, Charlotte sets out on a journey to fill that emptiness. Through challenges and obstacles, Charlotte discovers that the golden years of her life can still hold happiness and fulfillment. Senior romance might come with its own set of hurdles, but ultimately it allows Charlotte to experience true contentment for the first time.

The challenges in Charlotte's life will be familiar to anyone who has had a mother or father that suffers from dementia, a disease that is painful to acknowledge is happening to many seniors and difficult for their families as well.

Eme McAnam is a first-time novelist coming from a background as a singer/songwriter. Blessed with time and perspective, she's enjoyed a successful business career resurfacing into her life as an artist. Currently, she's a storyteller and a light chaser. Sunsets are the sweet spot of her photography. Characters with years of experience and emotional depth inspire the characters in her stories. Romance, love, and reality blend with life's messy parts transforming into beautiful stories of love.

Freefalling will be released on Valentine's Day to commemorate all of the senior citizens looking for love.





## BISAC CODES

### FICO27380

Fiction/Romance/Later in Life  
(7,000 on Amazon)

### FICO19000

Fiction/Literary  
(100,000 on Amazon)

### FICO45010

Fiction/Family Life/Marriage  
and Divorce (10,000)

**To book an event contact**  
Autumn Stories Publishing  
Event Coordinator

315 Main Street SE, Suite 904  
Minneapolis, MN 55414

[info@autumnstoriespublishing.com](mailto:info@autumnstoriespublishing.com)

## Seniors Are Sexy!

### Eme McAnam loves romance

As a first-time novelist coming from a background as a singer/songwriter, she took a detour where she experienced a successful career in business. Blessed with time and perspective, she has resurfaced into her life as an artist bringing realistic life situations to her novels. Currently, she's a storyteller and a light chaser. Sunsets are the sweet spot of her photography. People thriving in complicated lives are inspiration for her stories.

The one thing that Eme noticed was that no one was writing romance novels for seniors. Mature readers have years of experience and emotional depth. They deserve stories that reflect the life they know. Eme writes about romance, love, and reality blended with life's messy parts. She spins stories of life's complications into novels depicting lives fully lived and enjoyed through the senior years.

Eme McAnam speaks on senior issues:

- Stay in the light
- Don't believe the myths at the beauty counter
- Bodies change, but beauty and function survive in different ways
- Parenting parents and children at the same time
- Dealing with losses – friends, family, careers, health
- Complications of finances in mature couples
- Inheritance conversations
- Babysitting or dating?
- Choosing the best care options when help is needed

Eme released *Freefalling* on Valentine's Day, 2/14/2023.

This novel features Charlotte, the owner and operator of a successful five-star hotel, who has always put her work first. As she enters the autumn of her life, she realizes her dedication to her career has left a void in her heart - she never found true love. Despite the complications that come with finding romance at her age, Charlotte sets out on a journey to fill that emptiness. Through challenges and obstacles, Charlotte discovers that the golden years of her life can still hold happiness and fulfillment. Senior romance might come with its own set of hurdles, but ultimately, Charlotte experiences true contentment for the first time.





## The next Foot Care Clinic is

**Tuesday, July 18, 2023**

Place: The Hub – 10 Broadway, Grand Marais, MN

Dates: Third Tuesday of  
every month

Time: 8:30 a.m. until finished

### Details:

**Schedule an appointment by calling the Hub at  
(218) 387-2660.**

First come, first served starting at 8:30 am.

Patients must remain masked at all times.

Patients need to bring their own:

- Foot basin
- Towel
- \$10 cash

**Clinic staff will be using the same infection control  
protocols that are in place at the clinic.**

## Tai Chi

*Instructor: Bruce R. Tyler; Board-Certified Instructor*  
Having discovered the benefits of Tai Chi in his sixties, Bruce is particularly interested in working with older adults to maintain and improve their functional movement and balance, help prevent falls, and provide opportunities for social interaction.

### Why do people practice Tai chi?

- Reactivates mindful body connection
- Improves balance & helps prevent falls
- Pain reduction (gentle, slow movement lubricates joints)
  - Improves mood
  - Fosters social interaction

**Tuesdays at 10:30 –11:30**

Walk-ins welcome!

Comfortable clothing and shoes are suggested

Please call The Hub if you have any questions  
call us at 387-2660.

## Guys Coffee & Conversation!



Join others for coffee & conversation on

Thursdays at the Hub starting at 11:00!

Stop down and start your Thursday mornings  
off with a great cup of coffee & conversation!

The focus of the group is purely social based  
on coffee, conversation, & friendship!

**“Boundary Waters Coffee” provided by:**

*Tyler & Jess Dean  
Owners of Ben Franklin,  
Grand Marais*

(Complimentary coffee/tea)

## Chair Yoga for Strength & Ease of Movement

*Instructor: Nancy Giguere, Registered Yoga Instructor*  
Nancy began her study of Yoga in here 50s and is especially interested in working with older & “non-typical” students. **Her classes emphasize the development of mindful awareness through explorations of range of motion, alignment, strengthening, function, breathing, and relaxation.**

### Chair Yoga for Strength & Ease of Movement

Sitting in a chair or standing using the chair for support, you'll explore the mind-body connection through yoga postures and other forms of movement.

**Wednesdays at 10:30 -11:30**

No charge for class & open to all - Walk-ins welcome

Comfortable clothing are suggested

Call The Hub 218-387-2660 if you have any questions.

Visit us at [grandmaraishub.com](http://grandmaraishub.com)



## The Hub Blood Pressure + Blood Sugar Screenings

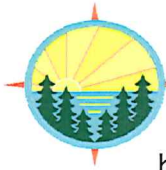
The Sawtooth Mountain Clinic will be offering monthly blood pressure and blood sugar screenings beginning in May at The Hub.

No registration necessary, provided on a first come first serve basis.

Cost for the services: The Blood Pressure Screening - Free  
Blood Sugar Screening: \$3.00

The Hub Dates & Times:

July 6th 9:15-10:15  
August 3rd 9:15-10:15  
September 7th 9:15-10:15



**Aging Well Resources**  
COOK COUNTY MN

<https://agingwellresources.org/>

## Grand Marais/Cook County Food Shelf

- Fresh and shelf-stable food, plus two vouchers for dried goods and produce redeemable in Grand Marais grocery stores
- For those in crisis or within income guidelines
- Open every Monday 3-5pm and 1st Wednesday of the month 5-7pm
- Register on site during distribution hours

Location: First Congregational Church  
300 W. 2nd St. Grand Marais, MN

## HEALTHCARE LOAN CLOSET

Check with The Hub/Senior Center next time you are in need of durable medical supplies. Lots of great supplies have been donated to The Hub! We, in turn, loan items out to those who need them. You may keep the item as long as you need it and return it to us when you are done. Items typically on hand are: Walkers, Canes, Commodes, Shower Chairs, Wheelchairs & other miscellaneous supplies.

Call 218-387-2660, we'll be glad to help!

## SUPPORT SERVICE AT THE HUB!

If you need assistance filling out paperwork, applications, legal forms, etc.

Donna Lunke will be at The Hub on the second Tuesday of each month to assist with any of these tasks.

**Tuesday, July 11, 2023**

Place: The Hub – 10 Broadway, Grand Marais, MN

Dates: Second Tuesday of each month

Time: 11:00 a.m. until 2:00 p.m.

**Questions call The Hub at (218) 387-2660.**

First come, first served starting at 11:00 am.

**Donna is a certified Notary Public**

## MEALS ON WHEELS

- Lunches delivered from the Hub/Senior Center to Cook County adults 60+ or homebound
  - Fresh meals delivered Monday-Friday; frozen meals available for weekends
  - Delivery within 5-mile radius of Grand Marais
    - \$4.50 suggested donation per meal
- To register or for more information, contact the Arrowhead Economic Opportunity Agency at 1-800-662-5711

# Ruby's PANTRY

**Next Pop-Up Pantry is Tuesday**

**July 11, 2023**

317 West 5th Street Grand Marais, MN 55604

**DAYS AND HOURS** 2nd Tuesday of the Month

Registration begins at 4:30 PM

Food bundles available 4:30-6:00 PM

Hosted by: Spirit of the Wilderness Church

Visit us at [grandmaraishub.com](http://grandmaraishub.com)





## Tech Support at The Hub

Tristen Surbaugh, Boreal tech intern will be offering free tech support on Thursdays throughout the summer from 1:00-3:00

John Jacobsen from *Jake's Computer & Technology Services* will be offering free tech support on Fridays from 1:00-3:00.

Bring your devices and your questions!

This is on a first come first basis

There is no charge for this service.



## MN Drivers Written Test & Exams

MN Drivers Test & Written exams monthly at The Hub on the second and fourth

Tuesday of each month

10:30 a.m. – 1:15 p.m.

July 11th & 25th



## Creative Crafting

Paper Crafts, Card Making, Coloring, Rock Painting, Clay and More!

Open House crafting on Tuesdays & Thursdays  
10:30-3:30

Everyone welcome and open to all!

Supplies provided. Come learn some fun crafting techniques

**Open to ideas and projects ideas!**



Never played?  
Join us on any of the scheduled card playing days and learn a new card game the game!

## Cribbage

Join us on Thursdays at 10:00 a.m.

## Bridge

Interested in playing or learning how to play Bridge? Join us on Wednesdays at 12:30 play or learn! play!

## 500 Card Game

Friday afternoons at 12:30!



## Texas Hold Em'

Join us on Tuesdays at 12:30 to play or learn the game of Texas Hold Em'.



## Mobile Food Pantry Program

Our Mobile Food Pantry Program provides a monthly supply of supplemental nutritious food to those who meet our income qualifications or are in crisis. Our availability varies but you may receive shelf-stable, fresh or frozen protein, grains, fruits, vegetables, and dairy. Items like cereal, pasta, brown or white rice; protein like beef, chicken, tuna, or peanut butter; dairy like milk or cheese; fruits, vegetables and more.

### Distribution Information:

The 4th Wednesday of Every Month in 2023 (rain or shine)

- Grand Portage Community Center, 11:30am-Noon  
73 Upper Road, Grand Portage, MN
- Cook County Community Center, 1:30-2:00pm  
317 W. 5th Street, Grand Marais, MN

### Additional Information:

- Distributions are a low-contact, safe, drive-through format
- Please be ready to provide basic information like name, address, number of people in your household and household income
- Please make sure your vehicle has capacity for 1-2 boxes of food (limit 4 households per vehicle)



second harvest northern lakes food bank  
4503 Airpark Boulevard, Duluth MN 55811 | 218-336-2312 | [info@northernlakesfoodbank.org](mailto:info@northernlakesfoodbank.org)



## Support and Companionship on the Journey of Aging and Serious Illness

Care Partners of Cook County provides vital support and services to help clients and their families address the transitions of aging, serious illness and end of life with safety, dignity, and confidence.

### Education and Conversation about Death and Dying

Through Death Cafés, seminars, and workshops Doulas endeavor to destigmatize death and help people have a greater understanding and more conscious relationship to mortality both for others and for themselves.

Death Café is an open and non-directed friendly conversation on the topic of death, typically over tea and cake or other refreshments.

Fourth Thursday of each month

6:30 - 7:30pm

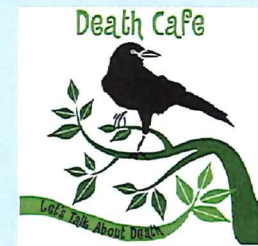
In person @ The Hub/Grand Marais Senior Center

OR online via Zoom

Email Pat Campanaro at [pcampanaro@gmail.com](mailto:pcampanaro@gmail.com)

Call Pat at (651) 336-2964

(<https://us02web.zoom.us/j/87031418892>)



### Memory Care Café

**Thursday, from 1:00 – 2:30pm at the Hub/Senior Center**

10 North Broadway Ave. in Grand Marais

A Memory Café is a free, casual gathering where people with memory loss and the family or friends who care for them can come together in a safe, supportive, relaxed environment. Guests share conversations over a cup of coffee and games, crafts, music or other simple activities. Memory Cafés are not a form of respite care. Instead, they offer a place where both caregiver and care recipient can enjoy one another's company and interact with others who share similar experiences.

The Cook County Memory Café will meet on the third Thursday of each month through the support of the Lloyd K. Johnson Foundation, Live Well at Home and the Grand Marais Hub/Senior Center.

For more information, call Care Partners at 387-3788

# July 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Pasties Orange Dream - Sickle Salad Cookie Juice	CLOSED FOR HOLIDAY  HAPPY INDEPENDENCE DAY	Sloppy Joes On Bun Tater Tots Fruit Cookie	Chef Salad Dinner Roll Cake	Sweet & Sour Chicken Egg Roll Rice Dessert
10	11	12	13	14
Hot Turkey Sandwich Stuffing Carrots Fruit/Yogurt	Philly Cheesesteak Cottage Cheese Chips Dessert	Biscuits and Sausage Gravy Hashbrown Juice Rice Krispy Bar	Sub Sandwich Pickle Tomato/Cuke Salad Fruit	Salisbury Steak Mashed Potatoes w/Gravy Vegetable Dinner Roll Jell-O Salad
17	18	19	20	21
BLT Wrap Chips Cottage Cheese Celery Sticks Dessert	Cuban Sliders Coleslaw Cheesecake Salad	Hot Dog on a Bun Sauerkraut Tater Tots Peas Fruit	BBQ Pork on Bun Baked Beans Beet Salad Dessert	Chicken Enchiladas Egg Roll Corn Fruit Salad
24	25	26	27	28
Chicken Sandwich Antipasto Salad Pickle Dessert	Ravioli With Meat Sauce Side Salad Bread Jell-O	Pizza Coleslaw Fruit/Yogurt	Chicken Caesar Salad Dinner Roll Dessert	Pork w/Mushroom Gravy Stuffing Peas Pudding
31				
Cheeseburger on A Bun Macaroni Salad Carrot Sticks Jell-O				

Must be pre-registered and approved for Meals on Wheels

Call AEOA at 1-800-662-5711 ext. 7323 to register and call the Center at 387-2660 by 9:30am  
on day service is desired, or on Monday's to register for the week.

Lunch served Monday - Friday 12:00 pm

\*\*\* Seniors over 60 yrs.: \$4.50 \*\*\*Regular Price: \$8.00

# JULY ACTIVITIES & PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
3:00 Fiber Guild	Closed for the 4th of July Holiday  	10:30 Chair Yoga w/ Nancy 12:30 Bridge	9:15-10:15 Blood Pressure/ Blood Sugar Screening 11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring 1:00 Tech Support	9:30 Free Arrowhead Bus  12:30 Cards - 500 1:00 Tech Support
10	11	12	13	14
9:00 Felting class w/Kim  1:30 Council on Aging Board Mtg.	10:30 DMV 10:30 Tai Chi w/ Bruce 12:30 Crafts, Cards & Coloring 12:30 Texas Hold Em	10:30 Chair Yoga w/ Nancy 12:30 Bridge  6:30 Men's Sober Support Group	11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring 1:00 Tech Support 2:00 Fiber Guild	9:30 Free Arrowhead Bus  12:30 Cards - 500 1:00 Tech Support
17	18	19	20	21
9:00 Felting class w/Kim  1:30 Council on Aging Board Mtg.  3:00 Fiber Guild Paper Group	8:30 Footcare Clinic 10:30 Tai Chi w/ Bruce fts, Crafts, Cards & Coloring 12:30 Texas Hold Em	9:00 MN Children's Press—Story Scouts  10:30 Chair Yoga w/ Nancy 12:30 Bridge	11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring 1:00 Tech Support 1:00-2:30 Care Partners' Memory Café' 2:00 Fiber Guild 6:30 Death & Grief Café'	9:30 Free Arrowhead Bus  12:30 Cards 500 1:00 Tech Support
24	25	26	27	28
10:00 Medicare Presentation  3:00 Fiber Guild Paper Group	10:30 DMV 10:30 Tai Chi w/ Bruce 12:30 Crafts, Cards & Coloring 12:30 Texas Hold Em'	9:00 MN Children's Press—Story Scouts  10:30 Chair Yoga w/ Nancy 12:30 Bridge  1:30 Food Distribution -Community Center	10:00 Cribbage 11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring 1:00 Tech Support  1:00 Eme McAnam - book signing & discussion <i>Freefalling</i>  2:00 Fiber Guild	9:30 Free Arrowhead Bus  12:30 Cards 500 1:00 Tech Support
31				



*Loop in the diagram all the words listed below; then read the leftover letters from left to right, top to bottom, to discover the Wizard's Words.*

*Wizard's Words on page 263*

- |                                    |                                  |                                    |
|------------------------------------|----------------------------------|------------------------------------|
| <input type="checkbox"/> ACTOR     | <input type="checkbox"/> CASHIER | <input type="checkbox"/> FLORIST   |
| <input type="checkbox"/> ARTIST    | <input type="checkbox"/> CATERER | <input type="checkbox"/> JUDGE     |
| <input type="checkbox"/> ATHLETE   | <input type="checkbox"/> CHEF    | <input type="checkbox"/> LAWYER    |
| <input type="checkbox"/> AUTHOR    | <input type="checkbox"/> DENTIST | <input type="checkbox"/> LIBRARIAN |
| <input type="checkbox"/> BAKER     | <input type="checkbox"/> DOCTOR  | <input type="checkbox"/> MANAGER   |
| <input type="checkbox"/> BARBER    | <input type="checkbox"/> EDITOR  | <input type="checkbox"/> MAYOR     |
| <input type="checkbox"/> CARPENTER | <input type="checkbox"/> FARMER  | <input type="checkbox"/> MECHANIC  |

T B H O R E D L E W S E W H O  
 F B A R B E R C E U A C T O R  
 S L E K N S I T T R C A J I S  
 S O O T E N R S E E S R U N R  
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|-----------------------------------|
| <input type="checkbox"/> MUSICIAN |
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| <input type="checkbox"/> OPTICIAN |
| <input type="checkbox"/> PAINTER  |
| <input type="checkbox"/> PLUMBER  |
| <input type="checkbox"/> REALTOR  |
| <input type="checkbox"/> REPORTER |
| <input type="checkbox"/> TAILOR   |
| <input type="checkbox"/> TEACHER  |
| <input type="checkbox"/> TELLER   |
| <input type="checkbox"/> WELDER   |



*Plaster is a common building material used to coat interior walls and ceilings. There are several types of plaster that can be made to resemble natural stone. One is scagliola, which resembles marble.*

- |   |                                    |                                      |
|---|------------------------------------|--------------------------------------|
| <input type="checkbox"/> AIRTIGHT           | <input type="checkbox"/> ROUGH     | <input type="checkbox"/> TOOLS       |
| <input type="checkbox"/> APPLY              | <input type="checkbox"/> SAND      | <input type="checkbox"/> TROWEL      |
| <input type="checkbox"/> BASE               | <input type="checkbox"/> SCAGLIOLA | <input type="checkbox"/> VERMICULITE |
| <input type="checkbox"/> BUILDING           | <input type="checkbox"/> SMOOTH    | <input type="checkbox"/> WALL        |
| <input type="checkbox"/> CEILING            | <input type="checkbox"/> STUCCO    | <input type="checkbox"/> WATER       |
| <input type="checkbox"/> CEMENTING<br>agent | <input type="checkbox"/> SURFACE   | <input type="checkbox"/> WHITE       |
| <input type="checkbox"/> COATING            | <input type="checkbox"/> TEXTURE   | <input type="checkbox"/> WOOD fiber  |

- |  |                               |
|--|-------------------------------|
| <input type="checkbox"/> DARBY               | F U G W R E B I F F L W V W M |
| <input type="checkbox"/> DRY                 | L E W O R T G N I L I E C A U |
| <input type="checkbox"/> FIBER               | H J U T E I R P A Y R R N T S |
| <input type="checkbox"/> FLOAT               | E G I R P L E W O M E I L E P |
| <input type="checkbox"/> GYPSUM              | H H N C D R N E I R L J B R Y |
| <input type="checkbox"/> HARDEN              | C B Y I U E I C O A T I N G G |
| <input type="checkbox"/> JUTE                | G A L T D P U R M A Y L P P A |
| <input type="checkbox"/> LIME                | N S X R S L A L O I L G A C S |
| <input type="checkbox"/> MANILA              | I E A U I A I A A R X E R N A |
| <input type="checkbox"/> MIXTURE             | T H C T Y S P U L T T T Y R D |
| <input type="checkbox"/> MORTAR              | N D E A L T M D B I S A U R O |
| <input type="checkbox"/> PASTY               | E O V S F E A O H G M L O R B |
| <input type="checkbox"/> PERLITE             | M O R T A R I W O H R E O L E |
| <input type="checkbox"/> PLASTER of<br>Paris | E W E V B N U X S T U C C O F |
| <input type="checkbox"/> PORTLAND<br>cement  | C G P Y E D D S C D H C A M T |

