



# Ninilchik Senior Center

PO Box 39422. 66265 Aspen Ave. Ninilchik, AK. 99639 Phone: 567-3988



## Coming Up:

- ~ April Fool's Day 4/1
- ~ Board Meeting 4/17
- ~ Good Friday 4/18
- ~ Easter 4/20

## A Note From the President of the Board:

Hello all!!!! I grew up here in good old Ninilchik. Even up here in the far north I learned the old adage "April showers bring May flowers". As a child I didn't quite understand what was being said. How could a snow shower help with flowers in May? We didn't deal with annuals or even perennials while I was growing up. It was enough work tending to the vegetable garden much less a flower garden. Oh well! Suffice it to say "we up here in Alaska don't care how they do it in the lower 48. I do know that spring will come as well as summer and things will green up when the good Lord sees fit.

Don't know if you have heard yet but our Gun Show is coming back. It is scheduled for May 31 and June 1. The posters will be going up this next week with all the info that you need to know. We are also planning to have two gun raffles again. This time two different weapons. Make sure to get your raffle tickets early and often. There will be a lot more info coming but mark those dates on your calendar.

The kitchen project is starting to make progress. We have an architect that will draw up detailed plans and the request for bids can go out. That should happen by the end of April or the first of May.

The birds will start coming back this month. Not just the snow birds but the others as well. I always look forward to hearing and seeing the first Sandhill cranes. They always make an appearance in the field below our house. I get such a kick out of watching them. They have a definite pecking order and it's always fun to watch the younger ones get put back in their place.

The Nenana Ice Classic will stop selling tickets this month. I think the last day is April 5 to buy a ticket. The earliest the ice has ever gone out is April 20th and the latest is May 20. I have never bought a ticket but it is always fun to keep track of when the ice goes out and how many winners there are. Remember you have to guess the day, hour and minute the ice will go out. It is determined by a tripod set up on the ice with a clock and a line to the river bank that trips the clock when the ice melts and hence the tripod moves at least 100 yards down river.

Have a great month everybody. God Bless you all.

~ **Dick Hawkins, President**



## **A Note from the Executive Director:**

April - yippee! Spring has sprung! Our mild winter weather seems to be carrying forward into spring. Let's hope it keeps up! Soon our endless long days and short nights will be here! Something else to look forward to in spring - opening the gazebo! If luck is on our side, we will be able to get the gazebo up and running again during the first half of May. If you are interested in volunteering, please talk to us in the office, we are always looking for folks to help!

Speaking of volunteers, for all you wonderful folks that volunteer, April 20-26, 2025 is National Volunteer Week! We are so fortunate to have such wonderful volunteers here at the center. Those who serve on our board of directors are volunteers, those working at the gazebo are volunteers, those working our events are volunteers....and many more....you all so very important to our center. Thank you to each and every one of you! You are much appreciated! Thank you! Thank you! Thank you!

April also gets us one month closer to the gardening season. Get your space reserved now in our community garden. Take advantage of our raised beds! The beds are 8 feet long and 2 feet wide - perfect for growing beautiful vegetables without having to crawl around on the ground. If you are interested in a garden plot this year or one of the raised beds, please let the office know. Put your green thumb to work and grow some veggies!

With the arrival of spring and the weather is getting even nicer (we hope!), soon we'll see our "snow bird" friends returning from their winter homes. It's always nice to see everyone again! Welcome back, you've been missed!



~ Julie Otto

**3 Chances to Win**

**Ninilchik Senior Center**

**3 Chances to Win**

# **Gun Raffle**

**\$20 per ticket, only 400 tickets to be sold**

**Diamond Back DB15, AR15, 5.56 cal/223, 16" Barrel MSRP \$700**

**1st Place**



**Color may vary**

**G Force Saddlehorn lever action 44 mag "Mares Leg" 12" barrel 5 round  
Pistol MSRP \$699**

**2nd Place**



**Pistol**

**Ruger LCP 380 cal, 2 1/4" barrel MSRP \$345**

**3rd Place**



**Great for Conceal Carry**

**Drawing to be held June 1st at 1 pm at the Ninilchik  
Senior Center, during the Gun Show  
(May 31-June 1, 2025)**

**State of Alaska Gaming Permit #874**



## **APRIL DUGOUT NEWS**

With tax season upon us and stress amounts higher than usual I saw this information in a Dr. Office and thought it would be helpful. Always check with your Dr. before trying new things!

### **Superfood For Your Problem:**

Feeling Tired	Banana
Poor Digestion	Ginger
Low Immunity	Oranges
Skin Problems	Cucumber
Weak Bones	Kale
Trouble Focusing	Walnuts
Heart Health	Avocado
Muscle Cramps	Beets
Diabetes	Pumpkin seeds
Weak Lungs	Tomatoes
Memory Boost	Blueberries
Liver Detox	Broccoli
Eyes	Carrots
Hydration	Watermelon
Blood Pressure	Garlic
Poor Sleep	Kiwi
Bloating	Pineapple

Have a great Spring and I'm off to my last couple of Spring Training Baseball games.

As Always,

**KEEP SWINGING FOR THE FENCES!!**

*Cheryl*

# The Gazebo News

Spring is here! Thoughts of the Gazebo opening are in the air.

We plan to open the Gazebo sometime in May! Depending on the weather and volunteer availability.

If you are interested in volunteering, please contact the office at  
(907) 567-3988.

We are gratefully accepting donation for the Gazebo, however, please hold off on clothing donations for the time being. We have a lot of clothes right now.

We are looking forward to another season at the Gazebo.

Thank you to all who donate.

Thank you to all our volunteers.



# National Volunteer Week

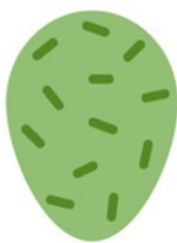
April 20—26, 2025

Thank you so very much to all our volunteers!

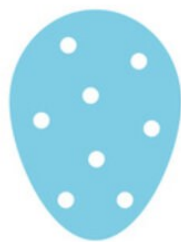
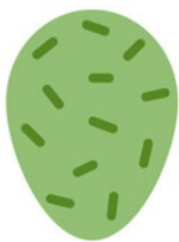
We are so fortunate to have all our wonderful  
volunteers.

Ninilchik Senior Center is blessed with our volunteers.

Thank you, thank you, thank you!



**Happy Easter!**  
**April 20, 2025**



# April

April birth month symbols are all about freshness.

Daisy, the April birth flower, represents innocence and purity,



while the diamond birthstone symbolizes fearlessness and faithfulness.



Aries and Taurus stand as the month's zodiac guardians, bringing ambition and persistence to those born during this month.

March 29– April 19

April 20–May 20





# Ninilchik Senior Center (NSC) Progressive Split the Pot Raffle

Cost: \$1 per ticket. Members may purchase as many tickets as desired each week. Tickets purchased are valid only for that week's drawing. Tickets must be purchased each week until 11am Friday if the member wishes to participate in that week's drawing.

Drawing Time: Every Friday at 12:00 pm

Location: Ninilchik Senior Center 66265 Aspen Ave Ninilchik, AK

## Progressive Split the Pot Raffle Rules:

One winner every week.

Winner does not need to be present to win.

Open to NSC members only. Membership must be current.

The Current Raffle will last up to 16 weeks or until someone draws the Eagle. Future raffle duration may change without notice but will be announced at the beginning of each new raffle.

## 16 cards

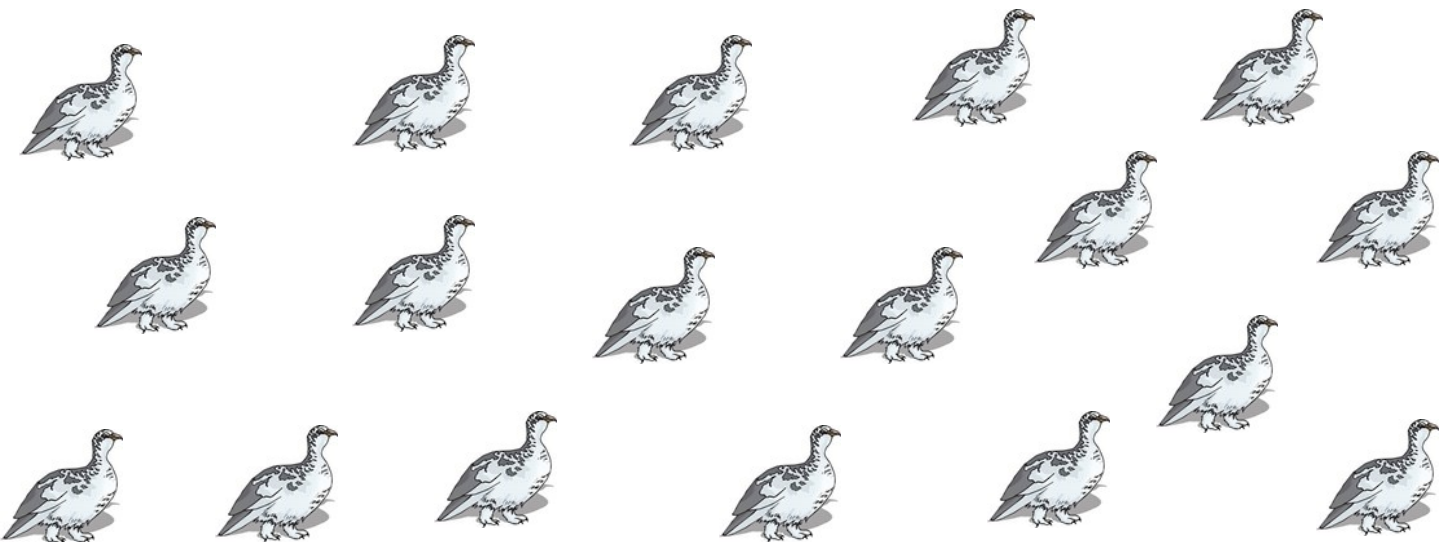
(1) Eagle: grand prize winner: 50% of the pot

(1) Owl: 10% of the pot

(14) Ptarmigan: \$5



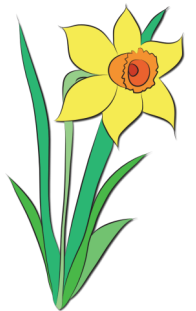
Congratulations to all the prior weeks winners



# Flowers

Find and circle all of the flowers that are hidden in the grid.  
The remaining letters spell a secret message - a quotation from *Romeo and Juliet*.

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



ALSTROEMERIA  
 AMARYLLIS  
 ANTHURIUM  
 ASTER  
 BABY'S BREATH  
 BELL FLOWER  
 BIRD OF PARADISE  
 BOUVARDIA  
 CALLA  
 CARNATION  
 CHRYSANTHEMUM  
 CLEMATIS

CORNFLOWER  
 DAFFODIL  
 DAISY  
 DELPHINIUM  
 FORGET-ME-NOT  
 FOXGLOVE  
 FREESIA  
 FUCHSIA  
 GERANIUM  
 GERBERA  
 GINGER  
 GLADIOLUS

GOLDEN ROD  
 HEATHER  
 HOLLYHOCKS  
 HYACINTH  
 HYDRANGEA  
 IRIS  
 LAVENDER  
 LILAC  
 LILY  
 LISIANTHUS  
 MARIGOLD  
 ORCHID

PANSY  
 PEONY  
 PETUNIA  
 ROSE  
 SNAPDRAGON  
 STATICE  
 STOCK  
 SUNFLOWER  
 TULIP  
 VIOLET  
 YARROW

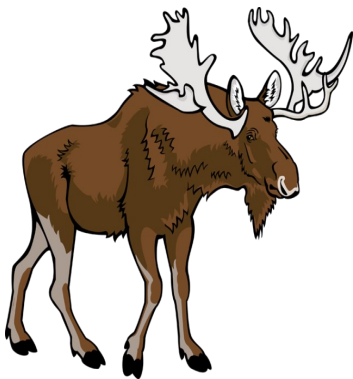




1985 Teddy's Toys & Co., All Rights Reserved.

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1. Name the sea that borders the Arctic Coastline.
2. True/False All room and board was provided the workers of the Alaska pipe-line for “free”.
3. How much do brown bear cubs weigh at birth?
4. What are “Sitka Slippers”?
5. What were the Perseverance, Treadwell and Alaska Juneau in the early 1900’s?
6. What are the unseasonally warm winds that cause thawing in the middle of winter?
7. What types of reptiles are indigenous to Alaska?
8. Before the jet airport was built in Ketchikan, how did air travelers get to Ketchikan?
9. Alaska’s native people are from what three distinct groups?
10. Why was the Valdez chosen as the terminal for the Alaska Pipeline?
11. True/False There are two “races” of bald eagles.



- |                              |                              |   |
|------------------------------|------------------------------|---|
| 1. Beaufort Sea              | 1. True                      | 1. then small seaplane to Ketchikan                   |
| 2. True                      | 2. True                      | 2. Indians Aleuts and Eskimo's                        |
| 3. 12 ounces                 | 3. 12 ounces                 | 3. round port and also had protection from heavy seas |
| 4. Heavy duty rubber boots   | 4. Heavy duty rubber boots   | 4. It was the closest year                            |
| 5. Gold Mines                | 5. Gold Mines                | 5. Chinook Winds                                      |
| 6. Chinook Winds             | 6. Chinook Winds             | 6. None   |
| 7. None                      | 7. None                      | 7. Jet to Annette island and                          |
| 8. Jet to Annette island and | 8. Jet to Annette island and | 8. southern race                                      |

### Free Printable Crossword Puzzle #3

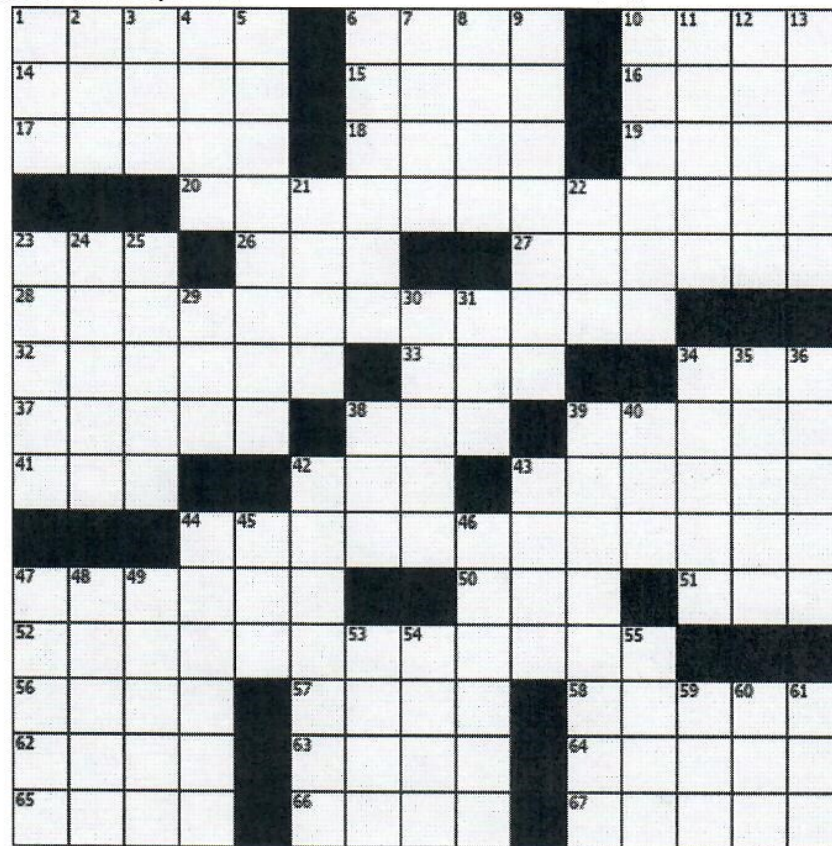
This is the Daily Crossword Puzzle #3 for Mar 20, 2025

Find the solution at

<https://onlinecrosswords.net/803>

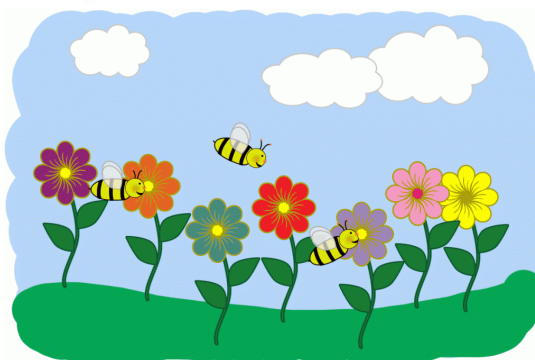
#### Across

1. Change at the Louvre?
6. Debtor's worry
10. Go with the flow?
14. Rubbish
15. Marmaduke peer
16. Humorist Bombeck
17. The Beatles had a white one
18. MVP slugger of 1998
19. Campus list keeper
20. Hands-on communication?
23. Nov. ballot designation
26. Mr. Baba
27. Entrance requirement, often
28. Summer treat
32. Stew-like dish
33. Spring addressee, for short
34. Secured
37. Beseech
38. Word with light or line
39. Word in some winter forecasts
41. Conciliatory response
42. "The Purloined Letter" writer
43. Tackiness
44. Brush-off
47. Antithesis of surfeit
50. Language suffix
51. Sci-fi phenomenon
52. Overall measure of wealth
56. Auto industry pioneer
57. Miner's path
58. Targets of some sprays
62. Large seaweed
63. Las Vegas alternative
64. Winning
65. Correspondent's kisses
66. Solar cycle
67. Sharply dressed



#### Down

1. Zeta-theta connection
2. Techie's address
3. Kid
4. Beethoven's ninth, e.g.
5. Not quite Saharan
6. Part of the Balkan Peninsula
7. Temple outcast
8. Presley progeny
9. Sheds
10. Turn on the charm
11. Cause to happen, as havoc
12. Corporate concern
13. Frenchman who made quite an impression
21. Joy
22. Card game named for a drink
23. Hardly sensible
24. Nice school?
25. Apportions (with "out")
29. Spreadsheet pro
30. Stage props
31. Tear up
34. Woodsy retreat
35. Seeps
36. Nerd's cousin
38. Lawn planting
39. Rodgers and Hart song
40. Japanese delicacy
42. All-inclusive, as a meeting
43. Middlin'
44. Crunchy snacks
45. Reproductive cells
46. Boss around
47. It may be secondhand
48. E-mail ancestor
49. Confuse
53. --- fixe
54. Early Atlantic crosser
55. Purviance or Ferber
59. Hall of Famer Mel
60. Hogwash!
61. Security threat





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

1sudoku.com

n° 129106 - Level Easy

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

1sudoku.com

n° 124791 - Level Easy

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

1sudoku.com

n° 217035 - Level Medium

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

1sudoku.com

n° 229863 - Level Medium

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

1sudoku.com

n° 37736 - Level Hard

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

1sudoku.com

n° 36768 - Level Hard

# Join NSC's Legacy Club!

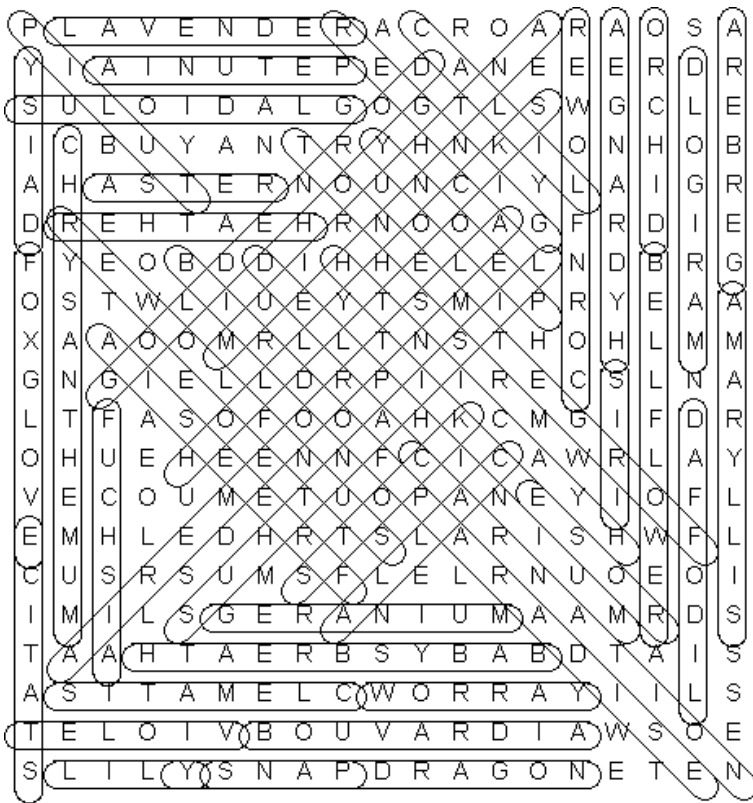
Leave a Legacy and make a donation (monthly or not) of any amount to the NSC Endowment Fund or NSC Operations and once your donations reach \$500, your name will be added to our donor tree. Endowment Fund Donations provide long-term investment income for the Senior Center.



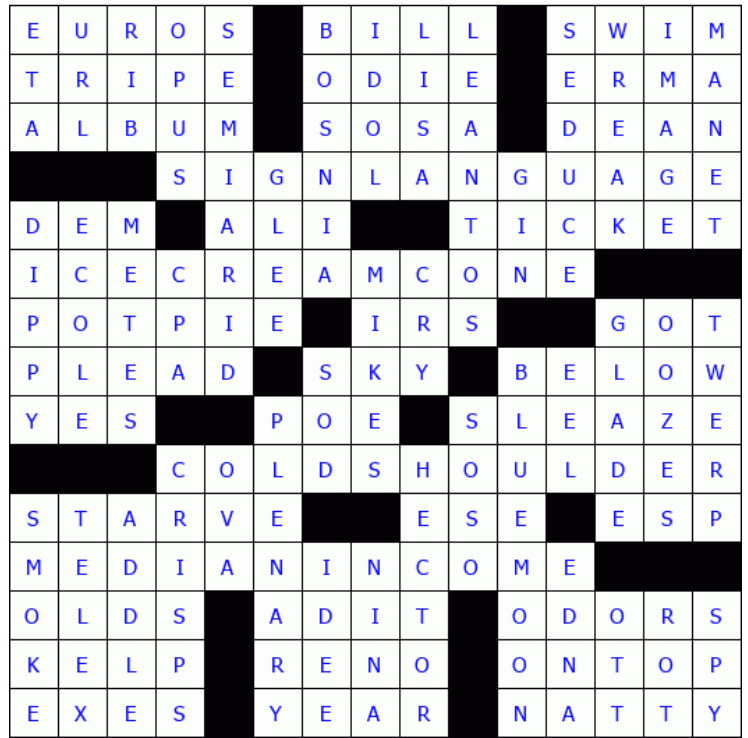
## Donor Tree Wall Levels of Giving:

- Tree Leaf: \$500. to \$999.
- Ptarmigan: \$1,000. to \$4,999.
- Crane: \$5,000. to \$9,999.

Thank you to all who donate to the Ninilchik Senior Center!



Puzzle Solution © OnlineCrosswords.net



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

1sudoku.com n° 129106 - Level Easy

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

1sudoku.com n° 124791 - Level Easy

### Puzzle Answers

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

1sudoku.com n° 217035 - Level Medium

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

1sudoku.com n° 229863 - Level Medium



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

1sudoku.com n° 37736 - Level Hard

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

1sudoku.com n° 36768 - Level Hard



Carole Lund 4/1

Arnold Mason 4/2

Ken Carlson 4/2

Val Christensen 4/3

Martesue Chapman  
4/7

Jim Hickel 4/9

Bob Self 4/10

Steve Stewart 4/13

Monica Vanek 4/13

Julie Wasser 4/16

Kathy Syska 4/18

Ed Harper 4/19

Tandy Wallace 4/20

Teri Reid 4/20

Tracy Rector 4/21

Alana Greear 4/23

Mike Smith 4/26

Josie Savoy 4/27

Jeff Smith 4/28

Ann Platt 4/29

Bruce Neilson 4/30

## **\$5 A Month Club**

Thank you to the following who contributed to the club:

David & Judy Clemenson

Bruce Randall

Delmer McCune

Debbie MacLean

Nora & Howard Appel

Cathy Perry

Char & Byron Moore

John & Janice Nofziger

Ron Jorgensen

Jim Beall

Russ Cross & Bev Graf-Cross

Josie Savoy

We have a fund to provide items that are not in the budget.

If you would like to join the club, just bring or send a donation of \$5 any time you can.

## **Thank You**

Char Moore for decorating the center

Steve Vanek for selling the split the pot raffle tickets

Don't forget to log all of your time in the volunteer book

Thank you to all of our members and volunteers

Thank you to all the donors



# About The Ninilchik Senior Center

## Our Mission

We are dedicated to making life easier, more interesting, and providing assistance to others in need among our members, as well as the surrounding community, in ways which lift the spirit and give a feeling of love to each other. We are dedicated to assisting one another through cooperation, respect, and strength of spirit, so that everyone feels welcome and their contributions valued.

## Board of Directors

President: Dick Hawkins  
V. President: Steve Vanek  
Secretary: Kaye Waldsmith  
Treasurer: Vi Nordgren  
Trustee: Cheryl Doyle  
Trustee: Lynn Harding  
Trustee: John McCombs

## Endowment Trustees

Chair: Kaye Waldsmith  
Vice Chair: Steve Vanek  
Treasurer: John Nofziger  
Trustee: David Clemenson  
Secretary: Vi Nordgren

## Staff

Executive Director: Julie Otto  
Adm. Assist./Bookkeeper:  
Tandy Wallace  
Cook: Casey Campbell  
Cook/Maintenance: Rick Ferguson  
Kitchen Assist./Homemaker:  
Niki Keenan  
Trans. Driver: Sharon Wheeler

## Join us for lunch!

Lunch is served at 12:00 pm Mon-Fri.  
Suggested donation:  
\$8 or members, \$12 for non-members  
Lunch includes: soup,  
salad, entrée and dessert

## Events and Activities

### Weekly

**Mondays:**  
Quilting/Sewing 1-4 pm

**Tuesdays:**

**Wednesdays:**  
Bingo (after lunch 1:15 pm)

**Thursdays:** Game Day 1-4 pm

**Fridays:**  
Knitting 1:30 -4:00  
Billiards 1-4 pm



April



So far this year (2023), the center received **\$238.31** from Fred Meyer through their community rewards program. Thank you to those who participate and make this possible.

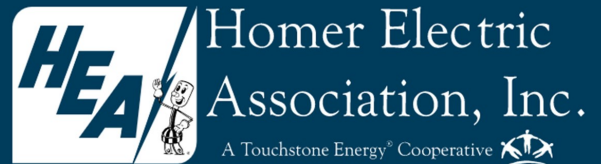
If you shop at Fred Meyer, please consider linking your Rewards Card to donate to the center. Fred Meyer will donate money to the center whenever you make purchases; this will not affect the personal rewards associated with your account. Sign up online at: <https://www.fredmeyer.com/topic/community-rewards-4>

The center's Organization Identification Number is **GP013**.

**Thank you!!!**





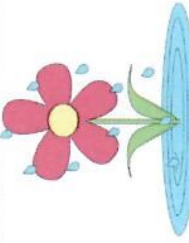
The Senior Center is partially funded by these Corporate Sponsors



Alaska Food Coalition  
American Legion Auxiliary #18  
Dolifka & Associates, PC  
Enstar  
Fred Meyer/Kroger  
HEA  
Hilcorp  
Kenai Peninsula Borough  
Kenai Peninsula Family Caregivers  
Support Program  
Meals on Wheels America  
Ninilchik Family Dentistry  
Ninilchik Native Association, Inc.  
Private Donations  
Sons of the American Legion 18  
South Peninsula Hospital  
State of Alaska/NTS Grant  
The Alaska Community Foundation

# April 2025 Menu

Meals will still be available as take-out (\$7 suggested donation, add \$2 for salad). Lunch Starts at Noon.  
Please note: menu is subject to change based on product availability. 907-567-3988. Please call in advance for take-out meals.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Birthdays</b>						
Carole Lund 4/1 Arnold Mason 4/2 Ken Carlson 4/2 Val Christensen 4/3		Sloppy Joes Sweet Potato Fries Broccoli	<b>Bingo @ 1:15</b> 2 Chicken Cordon Bleu Pasta Cauliflower Bread	Cheese/Hamburger Potatoes Jell-O	Frittata Sausage Potatoes Blueberry Bread Pudding	Soup served daily with pick up meals
6 Martesue Chapman 4/7 Jim Hickel 4/9 Bob Self 4/10 Mela Chaney 4/11	7 Salisbury Steak Mashed Potatoes Gravy Mixed Veggies Rolls	8 Country Pork Ribs Kidney Beans Coleslaw Cornbread	<b>Bingo @ 1:15</b> 9 Baked Chicken Mashed Potatoes Gravy Carrots Bread	10 BBQ Beef Burrito Rice Mexi-Corn	11 Biscuits & Gravy Sausage Hash Browns Fruit	12 Suggested Donation \$8.00 Members \$12.00 Guests To-Go Soup \$1.00 per cup
13 Steve Stewart 4/13 Monica Vaneek 4/13 Julie Wasser 4/16 Kathy Syska 4/18 Ed Harper 4/19	14 Chicken Enchiladas Refried Beans Stir Fry Veggies Rice	15 Ham & Cheese Sandwich Fruit Macaroni Salad	<b>Bingo @ 1:15</b> 16 Swiss Mushroom Bacon Meatloaf Mashed Potatoes Gravy Cabbage Bread	<b>Board Meeting</b> 17 Hawaiian Chicken Roasted Bell Pepper Rice Eggroll	18 Salmon Baked Sweet Potatoes Stuffing	19 
<b>Easter</b> 20 Tandy Wallace 4/20 Teri Reid 4/20 Tracy Rector 4/21 Alana Greear 4/23 Mike Smith 4/26	21 Beef Stroganoff Noodles Broccoli	22 Monterey Chicken Rice Carrots	<b>Bingo @ 1:15</b> 23 Crispy Pork Cutlet Apple Sauce Cauliflower Yams Bread	24 Turkey Mashed Potatoes Gravy Stuffing Cranberry Sauce Green Beans	25 Lasagna Garlic Bread Mixed Veggies	26 Lunch starts right at noon
27 Josie Savoy 4/27 Jeff Smith 4/28 Ann Platt 4/29 Bruce Neilson 4/30	28 Sweet & Sour Meatballs Rice Eggroll	29 Florentine Spaghetti Bake Bread Carrots	<b>Bingo @ 1:15</b> 30 Crispy Chicken Waffles Hashbrowns Green Beans			<b>APRIL</b>

"Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness."