

# NEWS YOU CAN USE



## Mount Mansfield Villages

### FEBRUARY 2022

February is [Black History Month](#) and [National Cancer Prevention Month](#). On Groundhog Day we'll know for sure—will winter last another 6 weeks or end early?

February's full moon is the [Snow Moon](#)—at peak illumination on Wednesday, Feb. 16, at 11:59am.

Dates of note:

**Feb 2—**[Groundhog Day](#)

**Feb 13—**[Superbowl Sunday](#)

**Feb 14—**[Valentine's Day](#)

**Feb 20—**[World Day of Social Justice](#)

**Feb 21—**[Presidents' Day](#)

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Listed events are a smattering of options—with a focus on free, relatively local, and in-person **unless noted otherwise**.

## BLACK HISTORY MONTH



February is [Black History Month](#) when we acknowledge the extraordinary contributions the Black community has made throughout our country's history. Black history is everyone's history. Visit the [National Museum of African American History & Culture website](#) for their virtual programming schedule to honor Black History Month. See [this website](#) for ideas to appreciate Black history this month and year-round.

# MEMBERS' MEMORANDUM



National Village Day Celebrates the  
**20<sup>th</sup> ANNIVERSARY OF THE VILLAGE MOVEMENT**

Tuesday, February 15, 2022

**On February 15, more than 300 Villages** across the country will celebrate the 20th anniversary of the founding of the nationwide Village Movement.

The celebration will reach the halls of the U.S. Congress with a proclamation in the House of Representatives designating February 15 as National Village Day and recognizing the nonprofit movement that supports what is often called aging in place.

The **Village Movement** started in 1999 with a group of friends who did not want to leave their community in retirement. Intent upon staying, they launched the Beacon Hill Village in Massachusetts, enrolling their first member in 2002.

**Susan McWhinney Morse, a founding member of the Beacon Hill Village, writes:**

*"We wanted to continue living active lifestyles while recognizing that there may be periods when we'd need help. Professional organizations, social workers, etc. were extremely critical of what we were doing. They were skeptical that we could care for ourselves without supervision and guidance which were best found in continuing-care retirement communities."*

The demand for care-at-home services has risen significantly since baby boomers began reaching age 65 in 2011. An AARP survey found that 80% of older adults desire to remain in their homes and communities as long as possible, rather than move to age-segregated facilities. This demand has led to a surge in new Villages being organized—with over 200 Villages operating in 2017 and more than 300 today.

To help support the growth, the national nonprofit **Village to Village Network** (VtV Network) was formed in 2010 to share best practices and offer guidance to both existing and developing Villages.

Kim Grier, president of Village to Village Network, writes:

*"Villages are a cost-effective care model for our rapidly aging society that increasingly recognizes the benefits of home- and community-based care for older adults. We celebrate the positive impact Villages are having on the lives of an estimated 40,000 older adults today."*

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**Mount Mansfield Villages** is a volunteer-based, self-governing, caring community of neighbors helping neighbors in the Jericho, Underhill, and Cambridge areas. Social and educational activities, planned by volunteers, reduce isolation and create interpersonal connections and social support. Programs and services such as transportation, light home maintenance, tech support, friendly visits, and check-in calls help older adults remain safe and independent in their homes.

Read [here](#) about how Mount Mansfield Villages was conceived in 2015 by members of the Pleasant Valley Book Group. It enrolled its first member in 2019 and has consistently grown to its current membership of 60 supported by 44 volunteers.



◆ ONLINE ◆

## HAPPY HOUR MYSTERY BOOK DISCUSSION

Friday, February 11, 2022, 4:00pm–5:00pm

Sponsored by Mount Mansfield Villages



### Who doesn't love a good mystery?

Pour out your favorite libation, pull up a chair, and share the intriguing twists and turns of your favorite mystery novel with fellow mystery lovers.

From bestsellers to detective classics to cozy mysteries and lesser-known thrillers, our online discussion may inspire you to pick up a book you might never have considered before.

Each member, volunteer, or sponsor who registers will have a chance to speak for up to 5 minutes. After the meeting, MMV will send you a list of the books and authors we've discussed.

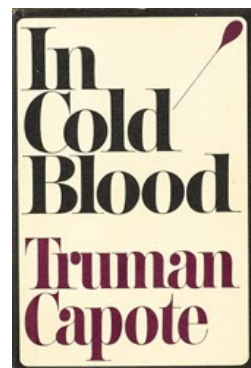
Register for the book discussion [here](#), and we'll email you a link on the day of the event.

**[PBS: Best Mystery Books of 2021: Recommended by Bestselling Authors](#)**

**[Becoming a Writer Today: 18 Top Mystery Writers Of All Time](#)**

**[Goodreads \[Readers'\] Choice Awards: Best Mystery & Thriller Books of 2021](#)**

**[The New York Public Library: 30 Historical Mystery Series to Get You Through Any Crisis](#)**





Department of Housing & Urban Development

## OLDER ADULT HOME MODIFICATION PROGRAM



**Are you an older Vermont Homeowner in need of repairs to your home** so you can stay safe and independent?

Cathedral Square was recently awarded a grant by the Department of Housing and Urban Development that aims to enable low-income elderly Vermont homeowners to stay in their homes longer and live more independently.

The program's goal is to reduce the risk of falling, improve general safety, and increase accessibility through low-cost, low-barrier, high-impact home modifications.

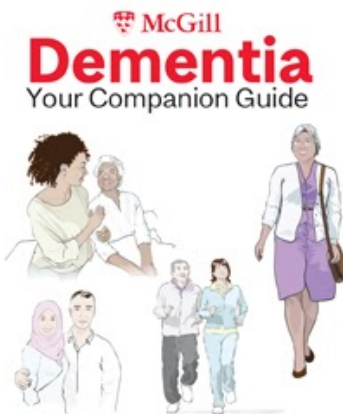
See [this document](#) for qualification requirements and more information on the program.



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McGill University Dementia Education Program

## DEMENTIA, YOUR COMPANION GUIDE



**A free new educational resource, *Dementia, Your Companion Guide*, was designed to help provide answers.** With engaging illustrations and a friendly writing style, this approachable 168-page guide covers a wide array of topics to assist both the person living with dementia (PLWD) and their care partners: information on the science and progression of dementia as well as practical advice on safety and self-care. The guide was created by a multidisciplinary team at the McGill University Dementia Education Program. Download or order this guide in English or French [here](#).

# REPORTING RESULTS

## SENIOR ADULT FITNESS EXERCISES

from January 2022 "News You Can Use"



Developed by our northern neighbor, the Geriatric Division of Medicine at the McGill University Health Centre (MUHC), **safe** is a series of exercise videos with one goal—to improve your quality of life. Visit the website [here](#).

Gary Chicoine writes:

*"I've now used it a few times and like it.*

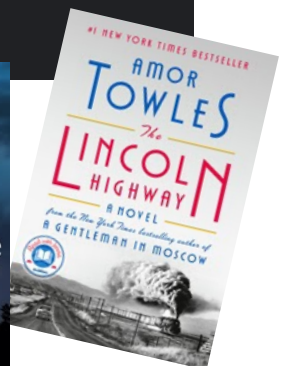
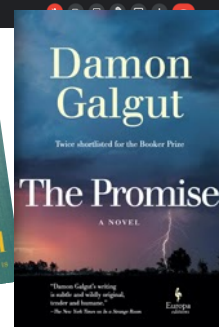
*Here's what one needs to know: there are 4 levels of exercise, each with 5 modules—warmup (the exercise content of which is common to all 4 levels), followed by strength, balance, flexibility, and endurance. The higher the level the more strenuous the workout. I found my "pain for gain" in level 3 and am doing that for a few days before trying 4. Level 3 takes about 35-40 minutes.*

*I find the chirpy coach to be a tad annoying and so just follow the video demonstrator but with the sound off."*

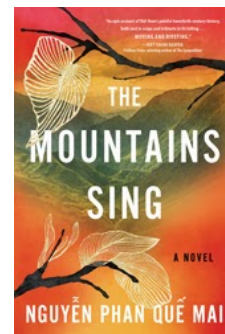
## HAPPY HOUR BOOK DISCUSSION

from January 2022 "News You Can Use"

Thank you to all who participated in our online "Happy Hour Book Discussion" on Friday, January 14. MMV is eager to facilitate interaction among the members, volunteers, and sponsors of our organization with virtual gatherings since we can't meet in person.



Of special note, Bill Wilson tasked himself with reading a handful of books on Vietnam so that he could recommend a book that best represents the Vietnamese people, their culture, and their land—not solely the more typical Vietnam War theme.



See [this link](#) for inspiring reads that were recommended at the January book discussion. Join us for the upcoming [Happy Hour Mystery Book Discussion](#) online—it should be thrilling!

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### **MAKE A CONNECTION - MAKE A DIFFERENCE**

*from December 2021 "News You Can Use"*

With winter's greater travel challenges and the ongoing pandemic, more of our senior members find themselves homebound and with fewer social interactions. For anyone who lives alone—and especially someone worried about a fall or a stroke—a check-in program can be invaluable.

A medical alert device is the best protection if you are concerned about an urgent health or safety issue, but MMV volunteers can also assist. [Contact MMV](#) if you'd like check-in phone calls or emails—daily or otherwise.

**Nancy McRae, an MMV Board member, writes:**

*"Currently we are assisting a member who previously had a stroke and lives alone. Every morning, he sends a group email to three MMV volunteers to say he is up and fine. The designated volunteer for that day responds with a note to the member's email. If the volunteer group has not heard from the member by 2:00pm, that day's designated volunteer will call him on the phone. If there is no answer, they will try again in an hour. If there is still no response, then the member's emergency contact will be notified."*

*For those who don't use the computer, a similar program can be devised using the telephone."*

## AGING WELL



- **SIX PILLARS OF BRAIN HEALTH** ♦ **ONLINE** ♦

**Thursday, February 10, 2022,**

**12:00pm–1:30pm**

AARP Vermont

Take one more step along the path of successful aging by learning about lifestyle habits that support brain health. Register [at this link](#).

- **MEN'S HEALTH AND AGING** ♦ **ONLINE** ♦

**Tuesday, February 15, 2022, 10:00am–11:30am**

Dartmouth-Hitchcock Health, Aging Resource Center

Topics will cover health screening, advance directives, staying active, your changing body, life after retirement, substance use, and sex after 60. Registration [here](#).

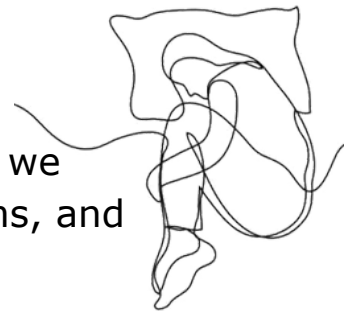


- **MOVING WITH MOOD CHANGES IN AGING AND PARKINSON'S: A LOOK AT DEPRESSION AND ANXIETY** ♦ **ONLINE** ♦

**Thursday, February 17, 2022, 12:00pm–1:00pm**

The Michael J. Fox Foundation

Panelists discuss how and why mood changes happen as we age and in Parkinson's, how to talk about these symptoms, and available treatment options. Register [at this link](#).



- **END OF LIFE CAFE:**

**A TIME TO TALK AND SHARE** ♦ **ONLINE** ♦

**Thursday, February 17, 2022, 2:00pm–3:30pm**

Dartmouth-Hitchcock Health, Aging Resource Center

This is a time to share your thoughts and concerns with others about what happens at the end of life. More information and registration are [here](#).



# FOOD FIRST

- **ESSEX JERICHO UNDERHILL FOOD SHELF DISTRIBUTION**

**Saturday, February 19, 2022, 9:00am–10:30am**

Good Shepherd Lutheran Church, Route 15, Jericho

If you put in a request for assistance with Mount Mansfield Villages, a volunteer will drive you to the Food Shelf.

- **GRAB 'N GO LUNCH—FOR AGES 60 & OVER**

**Wednesday, February 23, 11:00am–12:00pm**

**(Register by Friday, February 18)**

**Location:** St. Thomas's Church, Underhill Center



Contact Teri to register for the meal: [office@stthomasvt.com](mailto:office@stthomasvt.com) or (802) 899-4632. Menu [here](#). Once registered, put in a request for assistance with MMV if you need a volunteer to pick up the meal and deliver it to you.



- **JERICHO MARKET - ONLINE GROCERY SHOPPING**

Once you place an [online grocery order](#) with Jericho Market, you can put in a request for assistance with Mount Mansfield Villages to pick up your grocery order and deliver it to your door.

- **ACROSS THE FENCE: NUTRITION & RISK OF FALLING** ♦ **ONLINE** ♦

A Northern Vermont University study shows a significant association between rural-dwelling seniors with poor nutrition or food insecurity and their risk of falling.

See the *Across the Fence* video [here](#).



**Older Vermonters Nutrition Coalition**: Food resource programs are explained at [this link](#) or call the HelpLine at 800-642-5119.

**Age Well** Nutrition & Health Resources: View [this video](#).

**Falls Free Vermont**: Falls are preventable; they are not inevitable.



# BLACK HISTORY MONTH

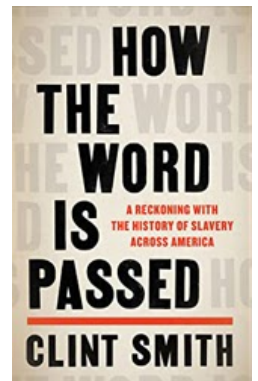


- **BONEYARN: NEW YORK SLAVERY POEMS** ♦ **ONLINE** ♦  
**Wednesday, February 2, 2022, 7:00pm**  
Brooks Memorial Library and Vermont Humanities  
Actor and poet David Mills reads from his award-winning poetry collection, *Boneyarn*, featuring groundbreaking poems about slavery in New York City. Register [here](#).

- **BOOK DISCUSSION: HOW THE WORD IS PASSED, A RECKONING WITH THE HISTORY OF SLAVERY ACROSS AMERICA**

**Tuesday, February 8, 6:30pm** ♦ **ONLINE** ♦  
Rokeby Museum and the Bixby Memorial Free Library

This engrossing book by Clint Smith examines how the real history of slavery compares to the stories being told through guided tours, memorial events, and preservation efforts. Registration information is [here](#).



- **THE REMARKABLE MUSICAL HISTORY OF MOTOWN** ♦ **ONLINE** ♦  
**Wednesday, February 23, 2022, 6:30pm–7:45pm**

AARP

Professor Gil Harel explores the history of “Hitsville, USA” and discusses the contribution of African American musicians to history. Registration is [here](#).



- **AFRICAN AMERICAN EXPERIENCE: THE HARLEM RENAISSANCE** ♦ **ONLINE** ♦

**Thursday, February 24, 2:00pm–3:00pm**  
Cabot Public Library and Vermont Humanities

During the 1920s, New York’s Harlem neighborhood hosted an explosion of African-American cultural expression. This presentation features a history of the era alongside texts that have come to define it. Registration details [here](#).



## CHANNEL YOUR CREATIVITY



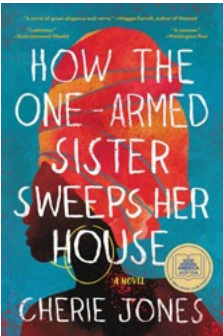
- **PAUL ASBELL IN CONCERT** ♦ **ONLINE** ♦  
**Sunday, February 6, 2022, 2:00pm–4:00pm**  
Deborah Rawson Memorial Library

Well-known Vermont guitarist Paul Asbell will play a solo acoustic guitar concert, a tribute to his 50-year professional career. This program will be hosted both in-person and on Zoom. Register [here](#).

- **SO YOU HAVE A MANUSCRIPT, NOW WHAT?**  
**BILL SCHUBART ON FICTION** ♦ **ONLINE** ♦  
**Wednesday, February 9, 2022, 7:00pm–8:30pm**  
St. Johnsbury Athenaeum and Vermont Humanities



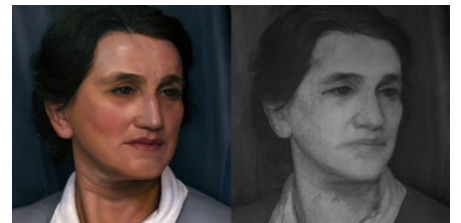
This is not a manuscript workshop—it is focused on the next steps to getting your work published. More information and registration are [here](#).



- **CHERIE JONES—A SPECIAL READING** ♦ **ONLINE** ♦  
**Thursday, February 10, 2022, 7:00pm–9:00pm**  
Vermont Studio Center, Johnson

Join a discussion with the author of *How the One-Armed Sister Sweeps Her House*, an intimate portrayal of interconnected lives, across race and class. Register [here](#).

- **WHAT THE CONSERVATOR SAW:** ♦ **ONLINE** ♦  
**LOOKING AT WORKS BY LUIGI LUCIONI**  
**Wednesday, February 16, 2022,**  
**12:00pm–1:00pm**  
Shelburne Museum



The Director of Conservation shows us how she uses lighting and photographic techniques to gain insight into how Italian American artist Luigi Lucioni (1900-1988)—the focus of an upcoming exhibition—worked. Register at [this link](#).

# DISCOVER VERMONT



- **VERMONT HAIRWORK:**  
**CONNECTING PAST AND PRESENT** ♦ **ONLINE** ♦

**Wednesday, February 2, 2022, 7:00pm–8:00pm**

Brownell Library and Vermont Humanities

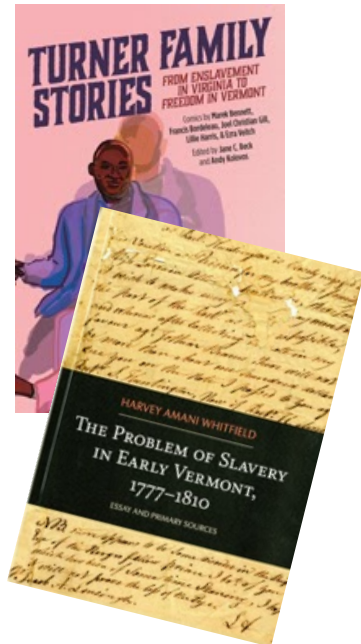
Middlebury professor Ellery Foutch shares the research about hair-based works in local collections and explores the meanings of hair in American culture and politics—past and present. Registration [here](#).

- **BOOK DISCUSSION: *TURNER FAMILY STORIES, FROM ENSLAVEMENT IN VIRGINIA TO FREEDOM IN VERMONT*** ♦ **ONLINE** ♦

**Thursday, February 3, 2022, 7:00pm–8:00pm**

Phoenix Books and Vermont Folklife Center

This book features the work of New England cartoonists and draws on the rich personal and family stories of the remarkable Daisy Turner (1883-1988) of Grafton, Vermont. More information and registration are [here](#).



- **BOOK DISCUSSION: *THE PROBLEM OF SLAVERY IN EARLY VERMONT, 1777-1810*** ♦ **ONLINE** ♦

**Monday, February 7, 2022, 6:00pm–7:00pm**

Ethan Allen Homestead Museum and Vermont Humanities

Author Harvey A. Whitfield's book compels us to consider what freedom meant for African Americans in Vermont well into the nineteenth century. Register at [this link](#).

- **VERMONT LEGISLATIVE UPDATE** ♦ **ONLINE** ♦

**Tuesday, February 15, 2022, 6:00pm–7:30pm**

Deborah Rawson Memorial Library

Join representatives Till and Squirrel for an update on the current legislative session. Register [here](#).





# INSPIRED BY NATURE

- **NATURALIST JOURNEYS SERIES 2021-2022**

**Wednesdays, 6:00pm ♦ ONLINE ♦**

North Branch Nature Center

See [this webpage](#) for links to all the upcoming webinars and recordings of past presentations.

**2/2—[Life of a Conservation Photographer](#)** with Isabelle Groc

**2/9—[Atowi](#)** with Melody Mackin and Rich Holschuh

**2/16—[Ferns](#)** with Bertrand Black

**2/23—[Racing the Clock](#)** with Bernd Heinrich



- **GARDENING: 12 TIPS FOR SEED STARTING AT HOME**

**Tuesday, Feb. 8, 2022, 12:00pm–1:30pm ♦ ONLINE ♦**

AARP Vermont and VT Community Garden Network

Learn about ideal light sources, growing mediums, watering techniques, tray size, planting calendars, fertilizing schedules, and more. Register [here](#).



- **A WORLD ON THE WING: ♦ ONLINE ♦**

**A GLOBAL ODYSSEY OF MIGRATORY BIRDS**

**Thursday, February 10, 2022, 7:00pm–8:00pm**

Audubon Vermont and Green Mountain Audubon

Author and researcher Scott Weidensaul takes us around the globe to learn how people are fighting to understand and save the world's great bird migrations. See [this link](#).



- **THE GREAT BACKYARD BIRD COUNT ♦ ONLINE ♦**

**Friday, February 18–Monday, February 21, 2022**

All Over the World!

Join a worldwide community-science project, observe for 15 minutes, and submit your observation(s). More information [here](#).



## COOK'S CORNER

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### VALENTINE'S CHEESECAKE WITH RASPBERRY SAUCE



#### **CRUST:**

- 3/4 cup coarsely ground nuts
- 3/4 cup finely crushed graham crackers (7)
- 3 Tbsp melted margarine

Combine ingredients and press into the bottom of a 10" springform pan.

#### **FILLING:**

- 4 packages (8 oz) softened cream cheese
- 4 eggs
- 1 1/4 cup sugar
- 1 Tbsp fresh lemon juice
- 1 Tbsp lemon rind
- 2 tsp vanilla

Beat cream cheese until smooth. Add remaining ingredients and beat thoroughly. Spoon the filling over the crust. Set the springform pan on a cookie sheet to catch drips. Place on a rack in the center of the oven. Bake at 350° for 40–45 minutes. Remove from the oven and let sit for 15 minutes. Keep the oven at 350°.

## TOP FILLING:

2 cups sour cream

1/4 cup sugar

1 tsp vanilla

Combine together and blend well. After the cake has set for 15 minutes, spread the topping over the cake and bake for 5 minutes more. Cool completely, then refrigerate.

## RASPBERRY SAUCE TOPPING:

10 oz frozen (or fresh) raspberries

Thaw and drain juice into a bowl. Add water to the juice to make 1 1/4 cups total liquid.

1/4 cup sugar

2 Tbsp cornstarch

Mix sugar and cornstarch in a saucepan. Stir in juice and raspberries. Cook over medium heat until the mixture comes to a boil. Stir and boil for 1 minute. Strain through a strainer, mashing with a wooden spoon.

When cooled and thickened, drizzle the sauce over the cake. Garnish with fresh raspberries or whipped cream with lemon slices—or both!



Nancy M. writes:

*"I put two slices on a paper plate, wrap it, and put it in the freezer. Then we have dessert for a future day."*

## MEET A FRIENDLY NEIGHBOR

---

~ **TINA TIJAN** ~



***After hectic days living in Chicago,  
every day in Vermont still feels delightful!***

Tina and her husband Brian are former city dwellers that packed up and moved to Underhill, Vermont three years ago for an everyday life immersed in nature. A vacation to Vermont in 2017 to visit friends that included a hike in Mount Mansfield State Park led them to fall in love with this area. After hectic days living in Chicago, a city with 2.7 million people, every day in Vermont still feels delightful to Tina.

Tina is originally from Maryland and graduated from the University of Maryland with a Bachelor of Arts in Behavioral and Social Sciences in 1991. Her career has included working in marketing, advertising, and selling residential real estate.



In 2021, Tina started a flower farm on their 10.4-acre property. The property is a blend of old pasture meadows, woodlands, perennial gardens, and flower fields.



Tina currently grows flowers on about a quarter acre in the field and in an old, unheated hoop house loaned to her by a generous neighbor. She enjoys learning all she can about sustainable growing practices, regenerative agriculture, and permaculture. Her first growing season was all about experimenting with specialty cut flower varieties and making the leap from experienced gardener to commercial grower.

Tina was a vendor at the Richmond Farmers Market and did local pop-up events using the back of her old Jeep Wrangler as a mobile flower shop. This year Tina is partnering with another local flower farmer to grow the business and will be selling her lovely flowers and arrangements under the name Goose Feather Flowers. Keep your eye out for them!

Tina was looking for local volunteer opportunities and heard about the work of Mount Mansfield Villages through her friend and MMV founding member, Jeanne Hutchins. She joined the Board in 2021.



*"Flowers are the music of the ground. From earth's lips spoken without sound."*

*~Edwin Curran*

## SPECIAL SALUTE

### BIRTHDAY IN HISTORY



Activist **Rosa McCauley Parks**, born February 4, 1913, helped initiate the **civil rights movement** in the United States when she refused to give up her seat to a white man on a Montgomery, Alabama bus in 1955. Her actions inspired the leaders of the local Black community to organize the **Montgomery Bus Boycott**. Led by a young Rev. Dr. Martin Luther King Jr., the boycott lasted more than a year and ended only when the U.S. Supreme Court ruled in **Browder v. Gayle** that bus segregation was unconstitutional.

~ from History.com

*"I had given up my seat before, but this day, I was especially tired. Tired from my work as a seamstress, and tired from the ache in my heart."*  
~ Rosa Parks



### WE THANK OUR GENEROUS COMMERCIAL DONORS

Ben and Jerry's Foundation  
Cambridge Rotary  
Concept2, Morrisville  
Eagles Club, Jeffersonville  
The Harnisch Foundation

Hickok and Boardman, Inc.  
Jericho United Methodist Church  
SecurShred, South Burlington  
Union Bank, Jericho  
United Church of Underhill



It takes a village to help older adults stay in their homes, live independently, and remain connected. Mount Mansfield Villages (MMV) is a nonprofit 501(c)3, membership organization formed to provide a supportive village for residents of Cambridge, Underhill, & Jericho.

## Want more information about MMV?

Visit our website [www.mountmansfieldvillages.org](http://www.mountmansfieldvillages.org)

Email us at [mountmansfieldvillages@gmail.com](mailto:mountmansfieldvillages@gmail.com)

Call us at (802) 858-5381

Please get in touch if you'd like to explore becoming a member, volunteer, sponsor, donor, or commercial service provider.



**MMV News You Can Use** is a resource to share information that might be of interest to its members, volunteers, sponsors, and friends. The events listed are a collection of activities—some digital and others in the local area—that may appeal to our readers. Mount Mansfield Villages does not endorse event providers or listings other than the events it specifically sponsors or co-sponsors.

If you have suggestions for postings, problems with “links” in the newsletter, or if you wish to unsubscribe, please let us know at [mountmansfieldvillages@gmail.com](mailto:mountmansfieldvillages@gmail.com).



**Look for the return** of the local history column and the puzzle pages (with answers!) in the March MMV *News You Can Use*.

Below are the answers to the puzzles in the January *News You Can Use*:

### BROADWAY MUSICALS

Puzzle # 59

C	A	L	A	M	I	T	Y	J	A	N	E	O	C	C
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K	I	S	S	M	E	K	A	T	E	S			N	
H	I	G	H	S	O	C	I	E	T	Y				

### TOP TV SHOWS

VLOE YULC	=	LOVE LUCY
ETRORVBAI	=	RIVERBOAT
ARWHIDE	=	RAWHIDE
REGNATD	=	DRAGNET
OANANZB	=	BONANZA
MSUKGONE	=	GUNSMOKE
FALMRNEI	=	RIFLEMAN
ONDNA DEER	=	DONNA REED
ENAKD ITYC	=	NAKED CITY
KAJC NNBYE	=	JACK BENNY
IKCD CRTYA	=	DICK TRACY
RM YCLUK	=	MR LUCKY