

NEWS YOU CAN USE



Mount Mansfield Villages

MARCH 2022

Winter loosens its hold, the sap begins to flow, and steam rises from the sugarhouses.

March brings us Irish-American Heritage Month, National Colorectal Cancer Awareness Month, and [Women's History Month](#).

Vermont's March [Full Sap Moon](#) is at peak illumination on Friday, March 18 at 3:20am.

Dates of note:

Mar 3—[World Wildlife Day](#)

Mar 8—[Int'l Women's Day](#)

Mar 17—[St. Patrick's Day](#)

Mar 29—[Nat'l Vietnam War Veterans 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**.

2022 MAPLE OPEN HOUSE WEEKENDS

March 19-20 and March 26-27, 2022

Sugar maker hosts are eager to educate and share with the public the process of making maple syrup from sap. Traditional Open House activities include sampling syrup, tours of the woods, pancake breakfasts, sugar-on-snow parties, and more. Check out further information at the [VT Maple Sugar Makers](#) website and at [Dig In Vermont](#).



MEMBERS' MEMORANDUM



LAMOILLE NEIGHBORS WINTER SPEAKER SERIES

Our sister Village organization generously invites us to attend its winter Zoom speaker series.

◆ **ONLINE** ◆

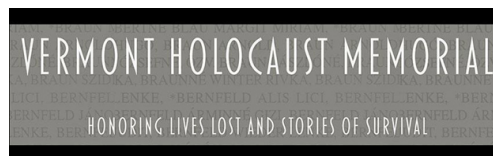
VERMONT HOLOCAUST MEMORIAL

Tuesday, March 8, 2022, 7:00pm–8:00pm

Co-sponsored by the Lanpher Library and Lamoille Neighbors

With Deborah Steiner

Deborah Steiner, president and co-founder of the Vermont Holocaust Memorial, will share a personal family story of Holocaust survival as well as information about the [Vermont Holocaust Memorial](#), what they do, and what VTHM's mission means to Vermonters. Registration at [this link](#).



"The Vermont Holocaust Memorial (VTHM) is not a physical, brick and mortar museum. As a virtual memorial organization, we provide educational resources that include teacher training, speaker events, and access to programs and exhibits that engage and educate the Vermont community."



◆ ONLINE ◆

VERMONT, QUEBEC, AND IRISH INDEPENDENCE



Wednesday, March 16, 2022, 4:00pm–5:00pm

Sponsored by Mount Mansfield Villages

Presentation by Liam McKone

On the eve of St. Patrick's Day, the **Fenian Historical Society** invites you to join a lively discussion of Vermont's role in the struggle to restore the independence of Ireland. While this virtual gathering cannot be a celebration like the usual round of festivities with music and drink in an Irish pub, we will offer you an insight into the history of our region as we explore various facets of the Irish cause.

The presentation will start with a brief slideshow identifying Vermont's connections to the issues and will be followed by an open discussion with the participants. The presentation and discussion will be on Google Meet—similar to Zoom and just as easy to use. Register **here**, and we'll send you the link on the day of the event.



If you'd like more detail on the topic of Vermont's role in the struggle to restore the independence of Ireland, see [this link](#) for a recent presentation at the Ethan Allen Homestead Museum—or access [this link](#) for a longer talk archived at the CCTV Center for Media & Democracy's website.



Seven Days' reporter K. Kelley writes of his [interview with William "Liam" McKone](#), discussing Liam's biography entitled *Vermont's Irish Rebel—Captain John Lonergan*:

"Lonergan (1837-1902) immigrated to Vermont in 1848 as a famine refugee and member of a rebel family on the run from repression as well as from hunger. He worked with his father in Winooski as a cooper.

Seeking military skills to apply to the cause of Irish freedom, Lonergan in 1862 formed a company of fellow Vermont Irishmen who volunteered to fight the Confederates. Their important contributions to the Union victory at Gettysburg earned [Lonergan the Medal of Honor](#).

McKone said he had no choice but to acquaint contemporary Vermonters with Lonergan's exploits. "He reached out of the grave, grabbed my ankle, and said, 'You've got to tell my story,'" McKone related. Lonergan is buried in St. Joseph Cemetery in the Old North End.





ANTI-AGEISM CLEARINGHOUSE

From the [Old School website](#):

*"Old School is a clearinghouse of free and carefully vetted resources to educate people about **ageism** and help dismantle it. Our goal is to help catalyze a movement to make ageism (discrimination on the basis of age) as unacceptable as any other kind of prejudice."*



"Ageism is one of the most prevalent forms of discrimination. The way people currently talk about aging and older age is largely negative. To change this conversation we need to stop reinforcing these beliefs—and tell a new story. Small changes to the ways that we speak and write about aging and older age, if applied consistently, could have a big impact."

U.S. Department of Agriculture—Rural Development **LOW-INCOME & NEED REPAIRS ON YOUR HOME?**

The USDA provides funding to fix single-family homes for low-income residents of rural communities. Funding can be used to repair roofs, heating systems, wells, and much more. Find information on loans and grants [here](#).



REPORTING RESULTS

HAPPY HOUR MYSTERY BOOK DISCUSSION

from February 2022 "News You Can Use"

Thank you to all who participated in our online "Happy Hour *MYSTERY* Book Discussion" on Friday, February 11. The conversation included books that ranged from cozy mysteries to espionage thrillers to historical detective novels.



See [this link](#) for fun and thrilling reads that were recommended at the February mystery book discussion.

Visit the newly revamped "[MMV Reads](#)" section of the Mount Mansfield Villages website—housed under the "Events" menu. You'll find summaries of the recent, virtual MMV book discussions along with an [online database of books with comments](#) recommended by our members and volunteers. Add your favorite books and keep the recommendations growing!

In the "MMV Reads" database, Gary C. recommends the Anthony Horowitz mystery *The Word is Murder*:

"Horowitz is an accomplished British screenwriter (Foyle's War & other British series) and a novelist. This is the first book I've read by him and, as an inveterate reader of mysteries, I was immediately immersed. His construct is quite novel (no pun intended)—he is both the real-life author, narrator, and one of two main characters in the book as he accompanies a disgraced detective through present-day London on the path to solving the murder while Horowitz (in Dr. Watson style) takes notes to write a book about the detective and his investigatory methods."

AGING WELL

- **EXERCISE: QIGONG** ♦ **ONLINE** ♦

Tuesday, March 8, 2022, 6:30pm–7:30pm

AARP with Daybreaker

This 40-minute Qigong movement class—similar to Tai Chi—will invite a total connection of your brain and body, activating a relaxation response in your body. Registration and info are [here](#).



- **TROUBLE SLEEPING?** ♦ **ONLINE** ♦

Thursday, March 17, 2022, 12:00pm–1:00pm

The Michael J. Fox Foundation



Expert panelists will discuss sleep issues that accompany aging and Parkinson's, including acting out dreams while asleep, and will share tips for managing sleep problems and cover research into the latest treatments. Register at [this link](#).

- **THE EFFECTS OF AGING ON SKIN** ♦ **ONLINE** ♦

Thursday, March 31, 2022, 1:00pm–2:30pm

Dartmouth-Hitchcock Health, Aging Resource Center

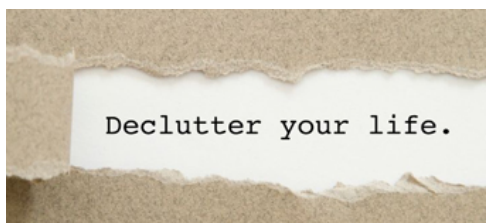
The discussion will help identify a variety of skin changes—what is part of the normal aging process versus signs that point to a more serious concern—in addition to treatments and how to maintain healthy skin. Register [here](#).



- **DECLUTTERING AND DOWNSIZING** ♦ **ONLINE** ♦

Thursday, April 7, 2022, 1:00pm–3:00pm

Dartmouth-Hitchcock Health, Aging Resource Center



Learn basic strategies, how to stay motivated and make decisions, and how to use online resources to sell or give away items. This class is filling up fast. Register soon at [this link](#)!

FOOD FIRST

- **ESSEX JERICHO UNDERHILL FOOD SHELF DISTRIBUTION**

Saturday, March 19, 2022, 9:00am–10:30am

Good Shepherd Lutheran Church, Route 15, Jericho

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



- **COOK-ALONG HEALTHY MEAL PLANNING WORKSHOP ♦ ONLINE ♦**

Sunday, March 20, 2022, 1:00pm–2:30pm

City Market

Join this live cook-along session and make simple dishes that can be combined into a variety of quick and healthy meals throughout the week. Registration and more information are [here](#).



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

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.

UNDERHILL

Wednesday, March 30, 2022, 11:00am–12:00pm

(Register by Friday, March 25)

Location: St. Thomas's Church, Underhill Center

Contact Teri to register for the meal:

office@stthomasvt.com or (802) 899-4632. Menu [here](#).



JERICHO

Wednesday, March 9, 2022, 11:00am–12:00pm

(Register by Friday, March 4)

Location: Jericho Community Center, Jericho Center

Contact Donna to register for the meal:

bellyacr@gmavt.net or (802) 434-3155. Menu [here](#).



ENHANCE YOUR KNOWLEDGE

- **FIRST WEDNESDAYS LECTURE SERIES** ♦ **ONLINE** ♦

Wednesday, March 2, 2022, 7:00pm

Vermont Humanities & Library Partners in Vermont

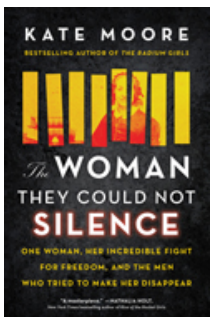


“1st Wednesdays” are free public talks hosted by library partners in Vermont and offered online via Zoom. Advance registration is required. The list of online lectures can be found at [this link](#).

- **CELEBRATE FORGOTTEN WOMEN IN HISTORY** ♦ **ONLINE** ♦

Tuesday, March 15, 2022, 7:00pm

Phoenix Books with Skylark Bookshop



Celebrate Women’s History Month with authors Benedict, Moore, Webb, and Gregorio telling the stories of forgotten women in history and showcased in their new books. Register [here](#).



- **CLIMATE ACTION FILM FESTIVAL** ♦ **ONLINE** ♦

Wednesday, March 16–Thursday, Mar 17, 2022, 7:00pm–8:30pm

Suncommon



Join this 2-evening digital streaming event of 10 short films by climate activists and organizations committed to facing the climate crisis head-on. By donation. Sponsored by SunCommon. Tickets are available at [this link](#).

- **WINTER SPEAKER SERIES: CHARITY & SYLVIA, 1807-1851**

Wednesday, March 23, 2022, 12:00pm ♦ **ONLINE** ♦

Vermont Historical Society with Rachel Hope Cleves



This talk will explore the roles that family, work, religion, love, and sexuality played in the lives of Charity Bryant and Sylvia Drake, commonly recognized as a married couple by their Weybridge community. Register [here](#).

CHANNEL YOUR CREATIVITY

- **YOUNG TRADITION YOUTH COMMISSION ♦ ONLINE ♦**

Sunday, March 6, 2022, 2:00pm–4:00pm

Deborah Rawson Memorial Library

Offered in both in-person and online formats, this concert by a Vermont teen ensemble will feature original arrangements of a variety of master artists and mentors.

See [this link](#) to reserve your seat or register for online streaming.



- **MRS. WEBB'S MODEL MUSEUM: A SMALL PLAN FOR A BIG IDEA**

Wednesday, March 9, 2022, 6:00pm–7:00pm ♦ ONLINE ♦

Shelburne Museum



This talk will explore the important role that scale models played in assisting Electra Havemeyer Webb to design her vision of the Shelburne Museum.

Register at [this link](#).

- **VIRTUAL POETRY OPEN MIC ♦ ONLINE ♦**

Thursday, March 24, 2022, 7:00pm–8:30pm

Phoenix Books

Virtually attend—to read and/or to listen. If interested in reading, sign up at the beginning of the meeting. Registration [here](#).



- **STUCK IN VERMONT: MAKING SNOWSHOE ART IN ISLAND POND WITH JOHN PREDOM ♦ ONLINE ♦**

8 min. video—stream anytime

Seven Days

John “Snowdog” Predom shares drone footage taken while he creates massive masterpieces in his scenic, East Brighton backyard. Stream [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.

3/2—[New England's Roadside Ecology](#)

3/9—[Attracting Bees and Beneficial Insects with Native Plants](#)

3/16—[Alpine Habitats, Climate Change, and Rosy-Finches](#)

3/23—[Birdability: Birding for Everybody and Every Body](#)



- **ASK A NATURALIST: AMPHIBIANS ♦ ONLINE ♦**

Thursday, March 10, 2022, 6:00pm

Audubon Vermont with collaborators

Local naturalists will share observations about what is happening outside and answer questions about some of our favorite animals: salamanders, frogs, and toads. Register [here](#).



- **PRUNER'S WORKSHOP**

Saturday, March 26, 2022, 2:00pm–4:00pm

Friends of the UVM Horticultural Farm, S. Burlington

Tom Shea will lead this hands-on demonstration for assessing annual pruning needs and strategies for future pruning. Registration is [here](#).

- **OLD FORESTS IN PLAIN SIGHT ♦ ONLINE ♦**

Wednesday, March 30, 2022, 7:00pm–8:00pm

Vermont Land Trust

Join this virtual tour of unusual examples of old forests in Vermont—from airy cliff brows to damp and mossy swamps. Registration is [here](#).



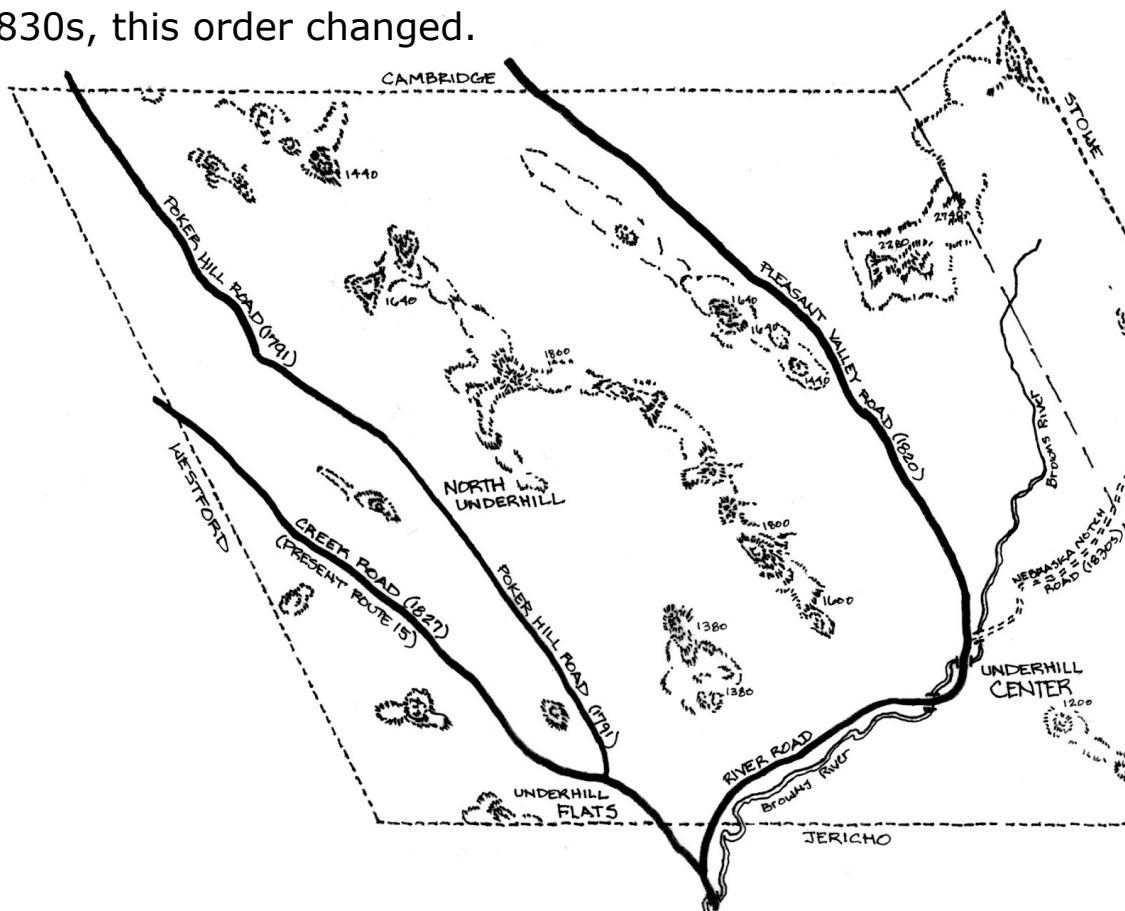
REMEMBER WHEN UNDERHILL...

THE BIG POWER SHIFT 1830-1840

The Decline Of North Underhill

From *Town Growth, Town Controversy:
Underhill Meetinghouses to 1840* by Carol C. Wagner

During the mid-1820s, North Underhill had been the largest of the town's three villages, followed in size by the Flats and, lastly, the Center. During the 1830s, this order changed.



The period of 1800 to 1820 saw a tripling of the population with the majority of Underhill residents working homesteads in the western part of town, along Poker Hill Road's irregular and bumpy seven-mile length. The Poker Hill highway was a link in the stage route from Burlington to Derby line and was importantly accorded County Road status. The northern limit of the blossoming 1/2-mile-long hamlet (initially called "Underhill" and later called

"North Underhill") on Poker Hill Road was David Birge's tavern acting as a meetinghouse until the first town meetinghouse was built close by in 1807.

With a boom in population in the late 1820s, two other hamlets within the Town grew swiftly—located respectively in the "Flats" area and at the head of the Browns River alluvial plain, the "Center."

Contributing to the enhancement of Flats business opportunities during this time and to the suppression of them in North Underhill was a reduction in north and south through-traffic by way of the Poker Hill highway.

Increasingly travelers and teamsters favored the more level Creek Road (the present Route 15), surveyed in 1827, and in 1840 the County Road was permanently transferred there from the old Poker Hill artery.



*William Barney's house & tavern in
Underhill Flats as it looks today*

Reflecting the shift in traffic, North Underhill's historic Birge Tavern closed around 1831 and was succeeded as the town's only public house by one newly opened in William Barney's residence on the highway in the Flats. Age sixty-three in 1831, Barney was an original Underhill settler and perhaps the most highly honored and respected citizen of the town. Although seemingly insignificant, his decision to open his

house to the public may have played a pivotal role in the Flats' fortunes.

Further influenced by the unflagging boosterism of John H. Tower and Henry Oakes, the Flats grew rapidly. By 1840 the Flats had dealt a death blow to venerable North Underhill.

The issue then became—which of the two rising villages, the Flats or the Center, would dominate Underhill.

~

*"And, I would venture to suggest, **The issue** is still with us!"*

~ Penny M., compiler of "MMV News You Can Use"

COOK'S CORNER

BUTTERNUT SQUASH POSOLE

Posole is a Mexican soup seasoned with chili powder and hominy



INGREDIENTS:

1 tablespoon olive oil

1 1/2 pounds skinless bone-in chicken thighs

3 stalks celery, sliced

2 medium onions, cut into wedges

4 garlic cloves, minced

2 teaspoons dried oregano

2 teaspoons chili powder

1 teaspoon ground cumin

6 cups reduced-sodium chicken broth

2- 15 ounce cans white hominy, rinsed and drained

1 1/2 pounds butternut squash, peeled, seeded, and cut into chunks

3 cups chopped kale or chard

1/4 cup chopped fresh cilantro
1 teaspoon salt
1/4 teaspoon ground black pepper
Sliced radishes & lime wedges (optional)

DIRECTIONS:

Step 1

In a Dutch oven or heavy-bottomed pot, heat oil over medium-high heat. Add chicken and cook until browned, 5 to 6 minutes per side. Transfer to a plate. Drain all but 1 tablespoon of drippings from the pot.

Step 2

Add the celery, onion, and garlic to the pot; cook, stirring occasionally, until just tender, 4 to 5 minutes. Stir in the oregano, chili powder, and cumin; cook and stir for 30 seconds.

Step 3

Add the broth, chicken, squash, kale, and hominy to the pot. Bring to boiling, reduce heat to medium, and simmer until the chicken is cooked through and the squash is tender, 18 to 20 minutes.

Step 4

Remove the chicken; cut into cubes. Return the chicken to the pot. Stir in the cilantro, salt, and pepper. Divide among bowls and top with sliced radishes and lime wedges, optional.

Makes 8 to 10 servings.



Penny M. writes:

"Using boneless chicken thighs makes the process a bit simpler. Use less broth if you'd like a more stew-like consistency. I often double the ingredients and freeze the soup in containers for future lunches—hearty and delicious."

MEET A FRIENDLY NEIGHBOR

~ **MIKE WEISEL** ~



Mike Weisel is a retired civil engineer with a degree from the University of New Hampshire, the place where he and his wife, Pat, met back in 1966. Pat says he caught her eye because he was the only guy in the mechanical drawing class who didn't have a plastic pocket protector and a slide rule on his belt! They've now been married for 51 years.

Mike's engineering career took them from southern New Hampshire to Vermont's Connecticut Valley to Colorado for a spell, then finally back to Underhill in 1977, where they bought a piece of land, lived in a tent for the summer, and built their house. Another ten years and it was finally finished! Before retirement in 2014, his Underhill professional resume began with 18 years at an Essex Junction consulting firm and ended with 19 years as the independent Town Engineer for 5 local towns.





Mike and Pat have always been outdoor enthusiasts and have enjoyed a variety of sports—catamaran sailing, windsurfing, skiing, snowboarding, hiking, cycling, tandem cycle touring, and mountain biking—some of which he/they still attempt to participate in, albeit at a more moderate level. Good sense has been known to prevail... Past highlights have included several international tandem tours and two US cross-country tandem tours (yes, they are slow learners!).

Now with plenty of retirement time on his hands, Mike is a board member of the local Brewster River Mountain Bike Club, a member of the Underhill Infrastructure Committee, and a hands-on volunteer for Mount Mansfield Villages, doing handyman tasks as needed. He views MMV as a great way for folks to stay in their homes and yet be able to receive some assistance with the more troublesome tasks such as things involving ladders and computers! It's a great opportunity for the volunteers, too—they get to apply their respective talents and have an opportunity to meet new neighbors in the process. That sounds like a win-win!



SPECIAL SALUTE

BIRTHDAY IN HISTORY

"The Funniest Woman in the World"



Born Loretta Mary Aiken in Brevard, NC, on March 19, 1894, Jackie "Moms" Mabley was an American comedian and one of the most successful black vaudeville performers.

She modeled her stage persona loosely on her grandmother, who had been a slave. Wise, clever, and often ribald, Mabley dressed in frumpy clothes and used her deep voice and elastic face (and, in later years, her toothlessness) to great effect.



Raised in poverty and sexually victimized as a youth, she moved to Ohio at age 14 and worked for years on the black vaudeville circuit (aka "The Chitlin' Circuit"). Later she relocated to New York City where she performed at The Savoy and The Cotton Club, appeared on TV, and played at the Apollo Theater more than any other performer in history, earning \$10,000 a week; eventually, she even played Carnegie Hall in 1962. Mabley tackled topics too edgy for many other comics of the era, such as racism, poverty, and sexism.



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



Mount Mansfield Villages

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

Email us at 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.

PURE PUZZLEMENT

[From *1950's Adult Activity Book* by Sharper Mind Press]

Puzzle #1

COMEDY MOVIES

YKULC EM	— — — — — — — —
USB PSOT	— — — — — — — —
VERYAH	— — — — — — —
OOTBHASUE	— — — — — — — — —
YNUFN CAFE	— — — — — — — — — —
KDES TSE	— — — — — — — —
ASAIBRN	— — — — — — — —
KUYCL EM	— — — — — — — —
NABD OAWGN	— — — — — — — — — —
EIRCSDTNIE	— — — — — — — — — —
ETH ACDDY	— — — — — — — — —
GSGAYH GDO	— — — — — — — — — —

Puzzle #53

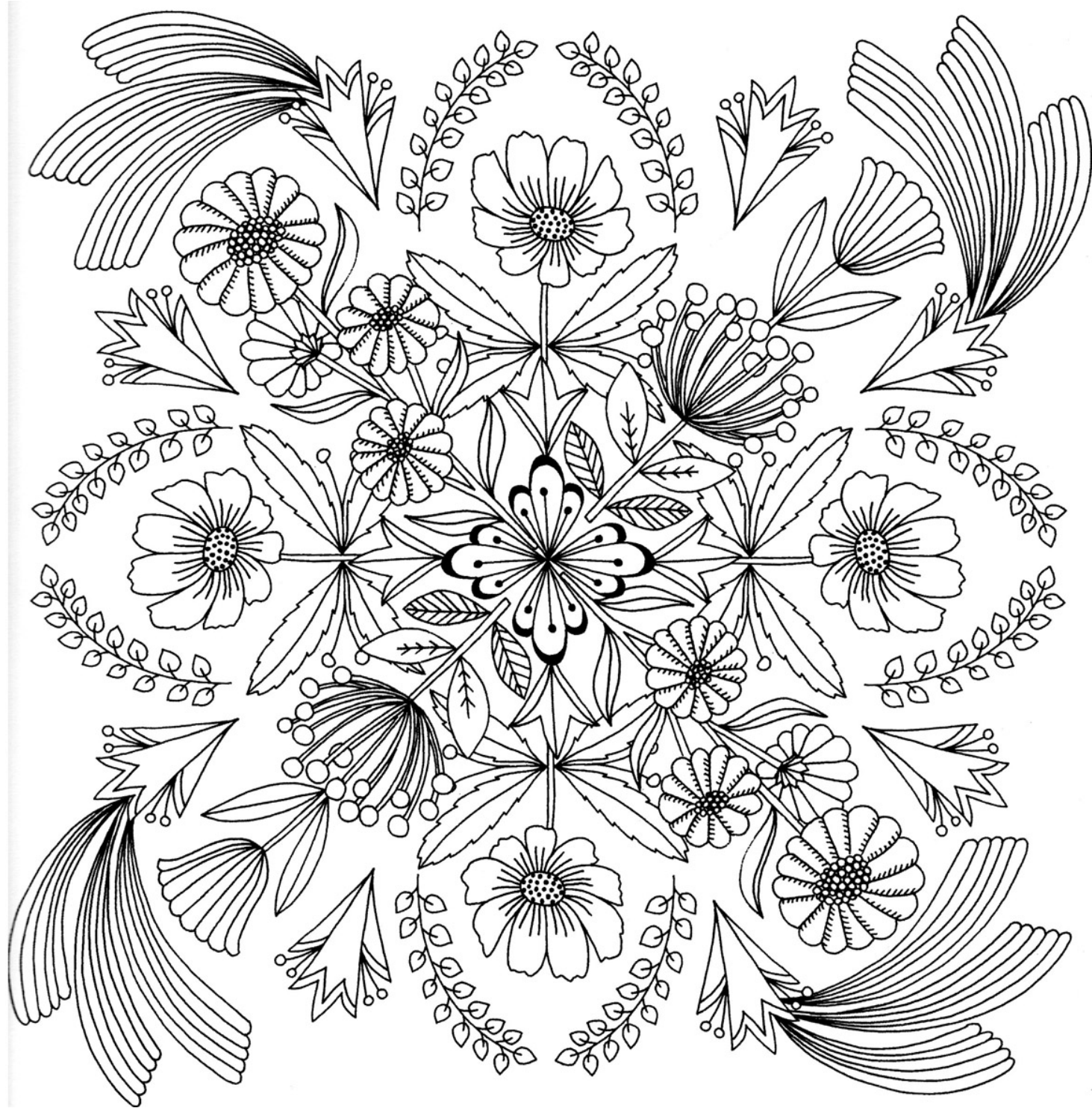
I LOVE LUCY SHOW

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

APARTMENT
BANDLEADER
BEST FRIENDS
BILL FRAWLEY
COMEDY
CONNECTICUT
CUBAN BORN
DESI ARNAZ

ETHEL MERTZ
FRED MERTZ
HOUSEWIFE
LANDLORD
LITTLE RICKY
LUCILLE BALL
LUCY RICARDO
NIGHTCLUB

REDHEAD
RICKY
TROPICANA
VIVIAN VANCE



Below (and upside-down) are the answers to the puzzles in this edition of *News You Can Use*:

COMEDY MOVIES

Puzzle #1

YKULC EM	=	LUCKY ME
USB PSOT	=	BUS STOP
VERYAH	=	HARVEY
00TBHASUE	=	HOUSEBOAT
YNUNFN CAFE	=	FUNNY FACE
KDES TSE	=	DESK SET
ASAIBRN	=	SABRINA
KUYCL EM	=	LUCKY ME
NABD OAWGN	=	BAND WAGON
EIRCSDTINIE	=	INDISCREET
ETH ACDDY	=	THE CADDY
GSGAYH GDO	=	SHAGGY DOG

I LOVE LUCY SHOW

Puzzle # 53

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