

# NEWS YOU CAN USE



## Mount Mansfield Villages

### JANUARY 2023

Happy New Year to all—an opportunity for a fresh start and the expectation of winter snow!

The full moon this month is a “Micromoon” called the [Wolf Moon](#) and is at peak illumination on Friday, January 6, at 6:09pm.

Dates of note:

**January—[Dry January](#)**

**Jan 1—[Mummers Parade](#)**

**Jan 16—[MLK Day of Service](#)**

**Jan 22—[Chinese New Year](#)**

**Jan 25—[Burns Night](#)**

### CONTENTS

<u><a href="#">Members’ Memorandum</a></u> .....	p. 2
<u><a href="#">Reporting Results</a></u> .....	p. 5
<u><a href="#">Aging Well—Events</a></u> .....	p. 6
<u><a href="#">Aging Well—Resources</a></u> .....	p. 7
<u><a href="#">Hodgepodge of Happenings</a></u> ....	p. 8
<u><a href="#">Remember When Cambridge</a></u> .	p. 10
<u><a href="#">Cook’s Corner</a></u> .....	p. 14
<u><a href="#">Meet a Friendly Neighbor</a></u> .....	p. 16
<u><a href="#">Special Salute</a></u> .....	p. 20
<u><a href="#">More Info about MMV</a></u> .....	p. 21
<u><a href="#">Pure Puzzlement</a></u> .....	p. 22

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

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## ~ NATIONAL PUZZLE DAY—JANUARY 29 ~



[National Puzzle Day](#) recognizes that doing puzzles improves memory, cognitive function, and problem-solving skills. For those who enjoy online puzzles, try the free [New York Times daily puzzles](#) or [“9 Brain Games for Seniors to Target Different Areas.”](#)

The [Deborah Rawson Memorial Library](#) is a jigsaw puzzle exchange site—pick up a used puzzle or drop one off for someone else to enjoy. Reap the many [benefits of doing jigsaw puzzles](#).

## MEMBERS' MEMORANDUM



### LAMOILLE NEIGHBORS ♦ ONLINE ♦ SPEAKER SERIES

*Our sister Village organization invites us to its winter Zoom series*



#### ~ OWLS OF NEW ENGLAND ~

**Tuesday, January 10, 7:00pm**

***Join this lively online presentation*** by **Bridget Butler**, the Bird Diva, who will discuss the eleven different species of owls found in New England. You'll learn where and when to look for owls as well as how to recognize the calls of our most common owls. Find out why these birds are so amazing and what you can do to keep owls part of our landscape.

This program is co-sponsored by the Lanpher Memorial Library and Lamoille Neighbors with a donation from the Copley Trust.

- 1) Register [here](#) at the MMV website.
- 2) MMV will email you a link to the Lanpher Memorial Library registration form. Fill out the library registration form and submit it.
- 3) You will receive an email from the library with the Zoom link.



◆ ONLINE ◆  
~ MMV BOOK REVIEWS ~

***It may take a village to help seniors*** live independently in their homes, but we don't need a village to keep reading. One of the attractions of retirement is that we have more time to read and write—time we did not have during our working years. No wonder we are excited about the many opportunities for sharing thoughts on what we're reading!

The "**MMV Reads**" section of the Mount Mansfield Villages website (housed under the "Events" menu) maintains an **online database of books** recommended by members and volunteers which includes a short review for each book. Add your favorite books and keep the recommendations growing at **this link**!

***Carol T. recommends the provocative book Cat Brushing by Jane Campbell, published in 2022:***

*"What initially attracted me to this book is that at age 80, this is Jane Campbell's first published book. It is 133 pages of short stories (each story is only about 3 or 4 pages long). Cat Brushing explores the erotic, emotional, and intellectual lives of old women. Each story is told by a different old woman. The women in these stories fight against prevalent misconceptions and stereotypes of aging.*



*The book is full of surprises and shows how some women overcome the notion that elder women's behavior must be monitored and controlled. This is not a book for the faint of heart. The book is full of humor, sex, and sadness...You may find these stories shocking, and they may offend you. But they are full of a senior woman's insights. I could not put these compelling stories down."*

◆ ONLINE ◆

**ALZHEIMER'S ASSOCIATION**  
**~ NEW ENGLAND FAMILY CONFERENCE ~**

**Friday, Feb 3 thru Saturday, Feb 4, 9:30am–2:00pm**



***Join us for a free, virtual conference*** for those living with Alzheimer's and dementia and for their families. Sessions will feature notable guest speakers and include a panel of persons living with early-stage dementia. Topics include tips and strategies for how to live well with cognitive changes, use expressive therapies and mindfulness practices, approach resistance to care, and create healthy and safe environments.

Friday's programs include sessions for individuals living with dementia. Saturday's programs include sessions for family caregivers.

More information and registration are [here](#).

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**~ HOME FREE LIBRARY ~**

***Jericho Center ecologists Bernie and Maeve*** have begun a trial project to inspire interest in nature—by loaning their books to local community members. Visit the [Home Free Library link](#) for a list of their books, for book reviews, and to learn more about our natural community. And don't forget to check out Bernie's weekly [nature-inspired comics](#) for a chuckle, stunning photographs, and an education! Email Bernie at [bernie.paquette@yahoo.com](mailto:bernie.paquette@yahoo.com) to arrange a book loan.





## REPORTING RESULTS

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### ~ BALANCING & AGING WORKSHOP ~



**A group of 28 MMV members and volunteers** were put through their paces by Physical Therapist Pam Sills, owner of Sunrise Physical Therapy in Jeffersonville. Pam presented research that shows no matter what your chronological age, you can improve your functional age with daily exercise, a balanced diet, intellectual stimulation, and socialization. Pam demonstrated simple daily exercises to improve balance and well-being. The audience thoroughly enjoyed the presentation.

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### ~ FESTIVITY DELIVERY ~



**MMV elves Margaret, Dan, Nori, Carol, Nancy, and Bonny** spread good cheer and delivered treats to Mount Mansfield Villages members far and wide over the holidays.

# AGING WELL—EVENTS

- **EATING HEALTHY WHEN MONEY'S TIGHT** ♦ **ONLINE** ♦

**Wednesday, January 18, 2023, 2:00pm–3:00pm**

Dartmouth Aging Resource Center

Every month registered dietitian Jean Copeland will highlight a different topic. More information and registration are [here](#).

**01/18:** Eating Healthy When Money's Tight

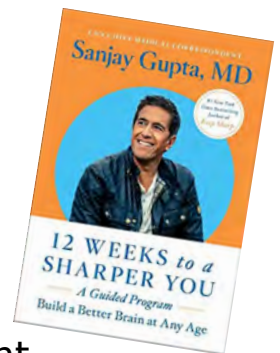
**02/15:** Stocking up—Setting Up Your Emergency Food Supply

- **12 WEEKS TO A SHARPER YOU** ♦ **ONLINE** ♦

**Wednesday, January 18, 2023, 7:00pm–8:00pm**

AARP—with Dr. Sanjay Gupta

CNN's Dr. Sanjay Gupta discusses simple ways to create positive life-changing habits. Register [here](#)—you don't have to be an AARP member, but you'll need to create a free account.



- **HIGH BLOOD PRESSURE WORKSHOP** ♦ **ONLINE** ♦

**Wednesdays, Jan 25–Mar 22, 2023, 1:00pm–2:30pm**

My Healthy Vermont

Learn the basics of controlling your high blood pressure through eating healthier, becoming more active, and more! Register [here](#).

- **TAI JI QUAN: MOVING FOR BETTER BALANCE** ♦ **ONLINE** ♦

**Tues & Thurs, Jan 31–July 20, 2023, 11:00am–12:00pm**

Dartmouth Aging Resource Center

**Tai Ji Quan: MBB** is a research-based balance training regimen designed for older adults. More info is [here](#).



- **CHAIR YOGA** ♦ **ONLINE** ♦

**Wednesdays, 10:30am–11:30am**

Waterbury Public Library

For the Zoom link, click on the Events Calendar entry [here](#).



# AGING WELL—RESOURCES

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

Once registered for the meal(s) with Age Well, request assistance from MMV for your meal delivery.



**JERICHO** - Jericho Community Center, Jericho Center

**Wed, Jan 11, 2023, 11:00am–12:00pm** (Register by Fri 1/6)

**Menu:** [here](#)

**Register:** Donna at [bellyacr@gmavt.net](mailto:bellyacr@gmavt.net) or 802-434-3155

**UNDERHILL** - St. Thomas's Church, Underhill Center

**Wed, Jan 25, 2023, 11:00am–12:00pm** (Register by Fri 1/20)

**Menu:** [here](#)

**Register:** Teri at [office@stthomasvt.com](mailto:office@stthomasvt.com) or 802-899-4632

- **WARMTH & WOOD-4-GOOD—FUEL ASSISTANCE PROGRAMS**

The [Warmth Support Program](#) provides emergency disbursements to help families and individuals avert life-threatening heating crises. If you need fuel assistance, see [this link](#) or call 802-863-6248. If you would like to donate to this critical program, see [this link](#).

If you need fuel assistance in the form of firewood this winter, contact Wood4Good at [this link](#) or call Eric at 802-310-1949. If you can donate muscle or funds to this important community resource, use [this link](#).

- **FREE HEARING TESTS ♦ ONLINE ♦**

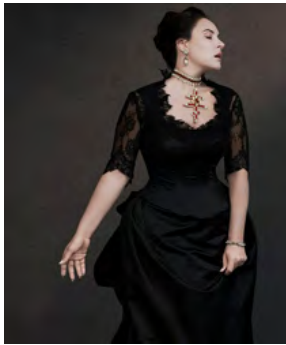
These tests are a quick and convenient option for those who have mild to moderate hearing loss but often ignore it or don't want to go through the hassle or expense of visiting an audiologist for a hearing exam. See [this article](#) for links and more information.



- **SNUG SAFETY ♦ ONLINE ♦**

"Snug", a smartphone or tablet app, is a free daily check-in service that will follow up with your emergency contacts if you miss a check-in. More info is [here](#).

# HODGEPODGE OF HAPPENINGS



- **METROPOLITAN OPERA HD-LIVE: *FEDORA***

**Saturday, January 14, 2023, 12:55pm**

Essex Cinemas

Soprano Sonya Yoncheva sings the title role of the 19th-century Russian princess who falls in love with her fiancé's murderer Count Loris. More about the opera is [here](#). Cinema tickets are \$26 and purchased [here](#).

- **MIGRANT JUSTICE SPEAKER AT DRML**

**Wednesday, January 25, 2023, 7:00pm**

Deborah Rawson Memorial Library, Jericho

A guest speaker from the non-profit organization [Migrant Justice](#) will talk about their mission to organize for economic justice and human rights for the farmworker community. More information is [here](#).



- **TREE TALK TUESDAYS: HEMLOCK AND RED MAPLE** ♦ **ONLINE** ♦

**Tuesday, January 31, 2023, 12:00pm–12:30pm**

Vermont Land Trust

Join the forestry team for lively presentations that help you identify various species, the climate futures of those trees, and ways to manage them to promote and protect the special values they bring to Vermont's forests. Register [here](#).



- **CONVOCATION KEYNOTE SPEAKER: MARGARET A. BURNHAM**

**Tuesday, January 31, 2023, 4:30pm** ♦ **HYBRID** ♦

St. Michael's College—McCarthy Recital Hall



An expert on civil and human rights, Professor Burnham founded and directs the Civil Rights and Restorative Justice Project (CRRJ). More info and registration are [here](#).



• **WINTER BOOK DISCUSSION GROUP** ♦ **ONLINE** ♦

**Various Tuesdays, 6:00pm**

Rokeby Museum

[Register here](#) for these online book group discussions:

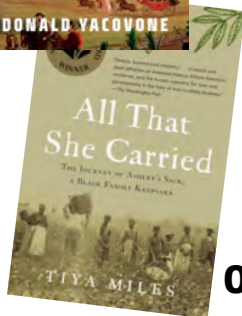
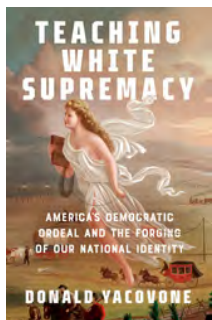
**01/31:** [Teaching White Supremacy: America's Democratic Ordeal and the Forging of Our National Identity](#)

by Donald Yacovone

Also, join the Thursday, Feb 23, 2023, Zoom talk with Donald Yacovone, who will present his book *Teaching White Supremacy*. Register [at this link](#).

**02/21:** [For One Day of Freedom](#) by Blyden B. Jackson, Jr.

**03/14:** [All That She Carried: The Journey of Ashley's Sack, a Black Family Keepsake](#) by Tiya Miles

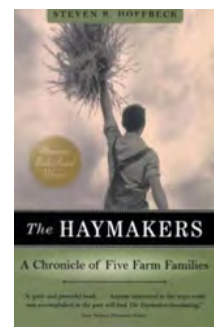


• **HAYMAKING, BARNS, AND FARM MEMORIES** ♦ **ONLINE** ♦

**Wednesday, February 1, 2023, 7:00pm**

Vermont Humanities—First Wednesday Event

Enjoy the insights and humor of this multimedia presentation by Steven Hoffbeck, author of *The Haymakers: A Chronicle of Five Farm Families*. Register [here](#). More Vermont Humanities events are [here](#).



• **OLLI AT UVM ONLINE DISTINGUISHED SPEAKER SERIES**

**Tuesdays in February 2023, 11:00am–12:00pm** ♦ **ONLINE** ♦

Join OLLI for 4 online presentations in February and receive the \$25/Series Special when you **sign up for all 4 lectures by 02/06/23**. More information and registration for the series discount are [here](#).



**02/07**—Aligning Health Care with Planetary Health

**02/14**—Indigenous Foodways: Pathways, Paradigms, & Posterity

**02/21**—Discrimination in US Policy History

**02/28**—Cannabis Research: What We Know and Don't Know

# REMEMBER WHEN CAMBRIDGE

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## ~ FROM GRAVE TO GRAVE ~

### **The Exhumation and Reinterment of an Early Cambridge Settler**

Courtesy of Georgeana Little, local historian

***In the early 1800's, John Wood died at the age of 73*** and was buried on a hill overlooking his Cambridge farm on Route 109—not far from the intersection with Route 108. A few years later his wife Hannah followed him into the earth.

In 2001 G.W. Tatro Construction owned the land which the Woods had farmed and wanted, literally, the earth that the Woods were buried in.

### ***The Woods had to move!***



On November 6, 2001, the remains of John Wood and his wife were exhumed from their Cambridge farm and subsequently studied by the Smithsonian Institution.





The bones of these early Vermont farmers were examined by equipment they could not even have imagined, including a CT (computerized tomography) scanner!

The analysis told us that...

- John had nearly all his teeth.
- Hannah had one tooth.
- John had unhealed fractures on both the front and back of his skull.
- Hannah had broken her wrist and hurt her collarbone at some time during her life. Both injuries had healed.
- John had two fused vertebrae.
- Hannah also had fused vertebrae, as well as arthritis of the jaw, knee, and hip.

Both had lived a life of hard work.

Local legend attributes John's death to being gored by a bull. Although the forensic examination could not prove this, all the evidence is consistent with such a violent death.





***John, a Revolutionary War veteran, was reinterred***—with full military honors—in Mountain View Cemetery, Cambridge in June of 2002.

**"The Cambridge Harkener"** reported:

*"Members of the Cambridge Historical Society, Hayes Rich Funeral Home personnel, and news reporters and photographers from local papers joined descendants of John and Hannah gathered for a full military service conducted by the Vermont National Guard for the Revolutionary War soldier, pioneer and early Cambridge settler. Pastor Elizabeth Griffin held a communal service.*

*The flag was presented to Burnham Wood Carchrie, age 83 years, the great-great-grandson of John Wood.*

*One deranged (or brave) old woman came to the service dressed in attire that might have been fashionable in the 1800s.*

*...The trials and tribulations our ancestors endured may be different from those of our times, but the legacy they left us continues on—as will ours when we become the ancestors that our descendants talk and read about."*



Historical Research—courtesy of June Dodge and Jane Hubbard  
Photographs—courtesy of Clark Dodge, Hugh List, and Dr. Paul Morrow  
Forensic Analysis—courtesy of Dr. Bruno Frohlich and Dr. Paul Morrow

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For additional information on archaeology related to Vermont:



[This 2011 Washington Post article](#) is about “The Scan Man” Dr. Bruno Frohlich, a Vermont resident at the time who worked at the Smithsonian’s National Museum of Natural History as a research anthropologist and who has used CT equipment to create 3D scans of millions of artifacts.

For more information on the Vermont Archaeological Society and to read past articles from their publication [The Journal of Vermont Archaeology](#), see [this link](#).



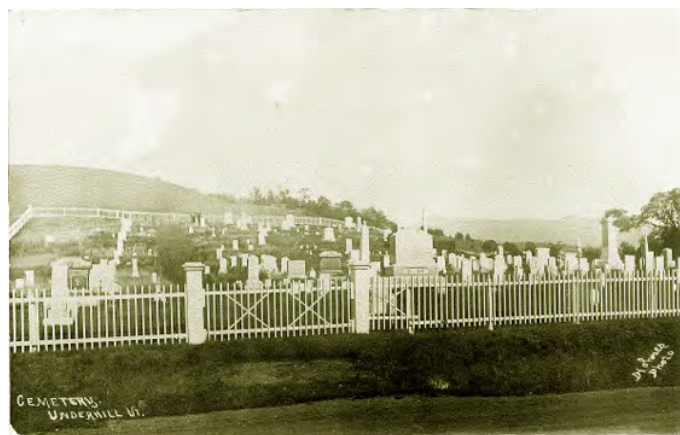
The [Vermont Archaeological Heritage Center](#) in Barre notes that it “serves as the central warehouse for artifacts and archives of Vermont’s past. The center is open to the public to explore our 13,000 years of history through exhibits, workshops, and lectures.”

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From the [Vermont Old Cemetery Association](#) webpage on [postcards](#):



*Jeffersonville Cemetery abt. 1919*



*Underhill Cemetery—Park Street abt. 1909*

## COOK'S CORNER

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### ~ SMOKY AND SWEET TURKEY CHILI ~

Contributed by  
MMV volunteer Dorsey Naylor

#### INGREDIENTS:

- 2 Tbsp avocado or canola oil
- 1 pound lean ground turkey
- 1 large onion
- 1 Tbsp minced garlic
- 1/2 tsp salt
- 3 Tbsp chili powder—less for less spiciness
- 2 Tbsp ground cumin
- 1 Tbsp smoked paprika
- 4 1/2 tsp red wine vinegar
- 1 cup water
- 1- 28 ounce can crushed tomatoes, preferably fire-roasted
- 1- 15 ounce can black or kidney beans, drained and rinsed
- 1/3 cup maple syrup
  
- 1 avocado, diced
- 1 cup grated cheddar cheese
- 1 cup toasted pumpkin seeds



## DIRECTIONS:

### Step 1

Heat 1 Tbsp of the oil in a large, heavy-bottomed soup pot or Dutch oven over medium-high heat. Add turkey and stir until browned. Transfer turkey and any juices to a bowl.

### Step 2

Add the remaining 1 Tbsp of oil to the cooking pot, heat, and then add the onion, garlic, and salt. Cook, stirring often, for 6-10 minutes until the onion is soft and golden.

### Step 3

Add chili powder, cumin, and paprika and cook stirring for 20-90 seconds until the spices are fragrant. Then add the vinegar, and stir for 30 seconds to a minute until evaporated.

### Step 4

Add water and bring to a simmer, scraping up any browned bits and spices from the bottom of the pot.

### Step 5

Add tomatoes, beans, syrup, and browned turkey, stirring to combine. Bring to a simmer and then reduce heat to medium-low to maintain a gentle simmer, stirring occasionally for 10-15 minutes.

Serve topped with avocado, cheese, and/or pumpkin seeds.

Makes four 2-cup servings.

### *Dorsey notes:*

*"This recipe is so delicious and so easy to make—you can make a double batch for a bunch of hungry skiers, skaters, snowshoers, or sledders! Add whatever toppings you'd like—red onion, black olives, cilantro, scallions—or serve it over baked spaghetti squash. It nourishes both body and spirit!"*



## MEET A FRIENDLY NEIGHBOR

~ *Chris Miller* ~

Mount Mansfield Villages Volunteer



*Burlington Ferrari Festival—A guy can dream, can't he?*

### ***The truth is—I love to drive!***

This fondness for driving has been with me all of my life, but now in my retirement years, it has found a new purpose as I volunteer for MMV. I enjoy all my volunteer assignments for MMV, but driving MMV members where they need to go is perhaps my favorite kind of assignment.



My desire to drive got an early boost at the age of four when my twin brother and I received Playmobile toy automobile dashboards for Christmas. This was so I could continue to practice "driving" without "shifting" the signal stalk on my father's Studebaker and risk breaking it off—again. The Playmobile had a windscreen and operable windshield wipers.



I thought the Playmobile was bliss, but true bliss arrived when battery-powered go-karts called Marx-A-Karts appeared the following Christmas. Now I was actually driving, albeit very slowly and not very far.

I had achieved the American dream of automotive independence at age 5!

In 1963 my cousin from NYC drove up in his new, red MGB, a classic British sports car, and took my brother and me for a ride with the top down. It was formative and planted a seed that sprouted years later.

A year later my family moved to a dairy farm, and I was surrounded by machines with motors, gears, and wheels. I could drive a tractor by age 12. Soon my brother and I were able to perform some tractor-driving chores to help our father, though we were still too young to do heavier work.



When we were 13, my brother and I hounded our dad to buy an old foreign car to drive on the farm fields. It was a blue-green English Ford and cost \$35. We took to that as quickly as a newly born calf takes to standing on its young legs. Soon we were giving rides in the farm fields to visiting relatives—or anybody who happened to stop by the farm.

The farm afforded us a safe place to learn to ride old, used motorcycles and snowmobiles, too. Dad thought it was better for us to have our fun on the farm where he could keep half an eye on us than for us to wander into the village for our entertainment. Smart guy!

Our interests could easily spread out on spacious farm fields. We made and flew kites, hot air balloons, and model rockets. I acquired a ham radio license and strung radio antennas up all around the yard. My sister enjoyed having horses and riding over the fields. We worked hard in the summer, explored our interests, and enjoyed the support of our parents.

By the time I entered college my passion for small foreign cars blossomed, and I witnessed my first competition, an autocross, held on a campus parking lot. Another seed was planted.

After college, I began to participate in a variety of auto sports activities: time-speed-distance (TSD) rallies, regional pro-rallies, ice racing, and hillclimb time trials. Some of these needed a co-driver and involved more risks, requiring helmets, harnesses, and fire extinguishers.



My favorite car was a VW Scirocco, a sporty economy car with an Italian-styled body. After I paid off the car loan, I had it "highly modified." It was well suited for hillclimb competitions and was a racing success story for 2 years. Then luck ran out when its body crumpled against a boulder on Burke Mountain. The next year I switched to racing "beaters"—older VW Rabbits that were cheaper to risk.

After marriage and as my engineering career and life became more demanding of my time, participating in competitions tapered off. That phase of my life was replaced with a string of sporty second cars that my wife and I enjoyed taking on road trips. Most of those cars were convertibles and provided an expansive 360-degree view of scenery everywhere we traveled.



In recent years my aging left knee has become too painful to shift through gears while relishing the sound of an engine. But not to fear! Instead of being relegated to a child's Playmobile dashboard again, I've found the perfect vehicle that doesn't involve shifting with my left knee—a motorcycle! This past year I rode out to Mt. Rushmore with my brother, who, like me, is equally enthralled by things with wheels connected to motors.



I see an electric car in my future! Driving it will require no shifting, and it will be an ideal way for me to chauffeur MMV members.



*"You know, somebody actually complimented me on my driving today. They left a little note on the windscreen; it said 'Parking Fine'."*

~ T. Cooper



◆ ONLINE ◆

~ WE NEED TO TALK ~

## Having Difficult Conversations With Older Drivers

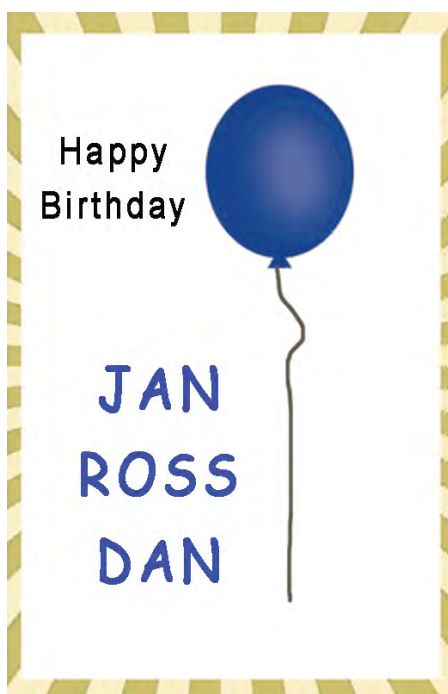


***How do you know when it's time*** for your loved one to limit or stop driving? It's a tough subject for most families, but it's a serious matter.

AARP offers a free, online, self-paced seminar called "We Need to Talk" that will help you determine how to assess your loved one's driving skills and provide tools to help you have this important conversation. See [this link](#) for the online seminar. You do not need to be an AARP member to view the seminar, but you will need to create a free account and log in first.



## SPECIAL SALUTE



### BIRTHDAY IN HISTORY

"The Lioness of the Convention"

**Born January 3, 1793, Lucretia**

**Coffin** was sent to the Society of Friends' Nine Partners School, Dutchess County, NY, at age 13 where she later became a teacher. Her interest in women's rights



began when she discovered that the male teachers at the school were paid significantly more than female staff. **Lucretia Coffin Mott** became an extraordinary leader in women's rights, social reform, and the abolitionist movement and with Elizabeth Cady Stanton, organized the first **women's rights convention** at **Seneca Falls, NY**, in 1848. In 1983, Lucretia Mott was inducted into the **National Women's Hall of Fame**.

*"The world has never seen a truly great and virtuous nation because, in the degradation of women, the very fountains of life are poisoned at their source."*  
~ Lucretia Mott



### WE THANK OUR GENEROUS COMMERCIAL DONORS

Age Well

Ben & Jerry's Foundation

Central VT Council on Aging

Community Bank, N.A.

Concept2, Morrisville

The Tarrant Foundation

Union Bank, Jericho

United Church of Underhill

Vermont Electric Cooperative





## 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](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).

# PURE PUZZLEMENT

From "399 games, puzzles & trivia challenges specially designed to keep your brain young" by Nancy Linde. Answers are on **PAGE 24**.

## rhyme time

Each question in the game includes two definitions for two different words. The twist is, they will rhyme.

1. Something unexpected; and to dress in a way that changes or hides your true appearance.

2. Microbe or bacteria; and to wriggle or twist the body, especially when nervous or uncomfortable.

3. To express an opposing opinion; and home state of Al Gore and Davy Crockett.

4. A greeting; and author of *Civil Disobedience* and *Walden*.

5. A marine mollusk; and a baby goat.

6. To refuse to allow, to prohibit; and the capital city of Spain.

7. A menu of individual dishes; and military decoration for those wounded in action.

8. A puffy baked custard; and sherbet without dairy.

9. Scottish wool flecked with colors; and to mix bread dough.

10. A promise or vow; and a piece of pie or cheese.

11. Device that controls the flow of fuel to an engine; and a glass container.

12. Bright, brilliant, intense; and furiously angry.

13. Orange melon; and gazelle or impala.

14. It follows *pea* and *coco*; and golf swing.

From "1950's Adult Activity Book" by Sharper Mind Press.  
Answers are on **PAGE 24.**

Puzzle #99

## VERTIGO

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

ACROPHOBIA  
BELL TOWER  
CARLOTTA  
DECEIT  
DETECTIVE  
DOLLY ZOOM  
FAKE SUICIDE  
FORT POINT

GAVIN ELSTER  
HITCHCOCK  
JAMES STEWART  
JUDY BARTON  
KIM NOVAK  
MADELEINE  
MADNESS  
MIDGE

MISTRESS  
MUIR WOODS  
MURDER  
SCOTTIE  
THRILLER  
VERTIGO



*Below are the answers to the puzzles in this edition of "News You Can Use."*

## RHYME TIME

1. Surprise; and disguise
2. Germ; and squirm
3. Disagree; and Tennessee
4. Hello; and Thoreau
5. Squid; and kid
6. Forbid; and Madrid
7. À la carte; and Purple Heart
8. Soufflé; and sorbet
9. Tweed; and knead
10. Pledge; and wedge
11. Throttle; and bottle
12. Vivid; and livid
13. Cantaloupe; and antelope
14. Nut; and putt

## VERTIGO

Puzzle # 99

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