

# NEWS YOU CAN USE



## Mount Mansfield Villages

### DECEMBER 2023

December is replete with festivities and holidays—and astronomical interest.

Watch for the [Geminid meteor shower](#) which peaks on Dec 14, the [Winter Solstice](#) which occurs on Dec 21, and the full [Cold Moon](#) which reaches peak illumination on Tuesday, Dec 26 at 7:33pm.

**Dec 1—**[World AIDS Day](#)

**Dec 7—**[Hanukkah begins](#)

**Dec 7—**[Pearl Harbor Day](#)

**Dec 21—**[Winter Solstice](#)

**Dec 26—**[Kwanzaa begins](#)

### CONTENTS

[Members' Memorandum](#).....p. 2

[Aging Well—Events](#).....p. 5

[Aging Well—Resources](#).....p. 6

[Food First](#).....p. 7

[Hodgepodge of Happenings](#)....p. 8

[Holiday Festivities](#).....p. 10

[Remember When Cambridge](#).p. 12

[Cook's Corner](#).....p. 17

[Special Salute](#).....p. 19

[More Info about MMV](#).....p. 20

[Pure Puzzlement](#).....p. 21

A smattering of event options follow with a focus on free, relatively local, and in-person **unless noted**.

### ♦ HOLIDAY LUNCH & SOCIAL ♦

**Saturday, December 9, 2023, 12:00pm–3:00pm**

Good Shepherd Church, Jericho

**Please RSVP at [this link](#).**

MMV members, volunteers, family, and friends—

**Join us for great food and good cheer!**

If you are an MMV member and need a ride,  
submit an online Service Request or call 802-858-5381.

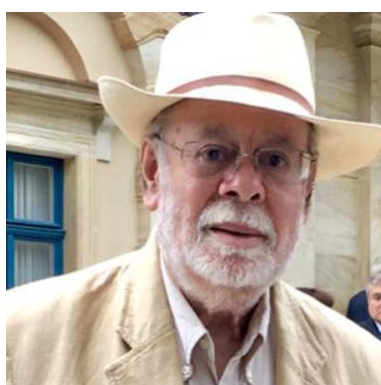
## MEMBERS' MEMORANDUM



### ◆ SOME GHOSTS OF CHRISTMAS PAST ◆

**Sunday, December 17, 2023, 1:30pm–3:00pm**

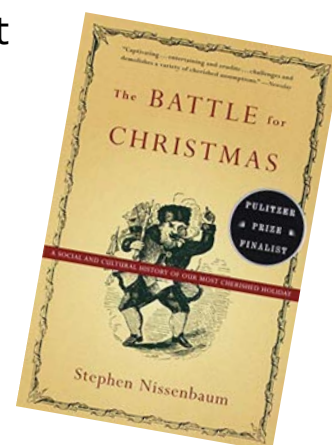
Deborah Rawson Memorial Library



***Professor Stephen Nissenbaum will present an American History Talk*** on the role of Christmas in America and will begin with the arrival of the Pilgrims. Why is Christmas celebrated on December 25th and why was it first celebrated? How, for so many people, did Christmas later come to replace Easter as the central holiday of the Christian year? This fascinating talk, sponsored by the Underhill

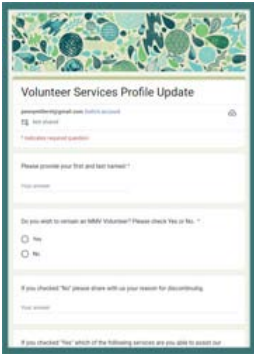
Historical Society, will examine the shifting history of America's most important holiday.

Stephen Nissenbaum taught U.S. history at UMass/Amherst before retiring to Underhill 20 years ago. He wrote books on a variety of topics, including Salem witchcraft, sexual and dietary reform, and *The Battle for Christmas: a Social and Cultural History of Christmas That Shows How it was Transformed from an Unruly Carnival Season into the Quintessential American Family Holiday*.



## ◆ MMV VOLUNTEERS ◆

### TIME TO UPDATE YOUR VOLUNTEER FORM

A screenshot of a web form titled "Volunteer Services Profile Update". The form includes fields for "Please provide your first and last name:", "Do you wish to remain an MMV Volunteer? Please check Yes or No.", and "If you checked 'No' please share with us your reason for discontinuing:". There are also checkboxes for "Yes" and "No" under the second question.

**Mount Mansfield Villages Volunteers**—please update your volunteer services profile [here](#) to ensure you receive the appropriate Service Requests by email.

Just a reminder: Per the MMV volunteer handbook, volunteer drivers are not allowed to physically assist with MMV members' mobility—for your safety and theirs.

## ◆ ANNUAL FESTIVITY DELIVERY ◆

**'Tis the season to hear a knock at the door** and find a Mount Mansfield Villages elf with a jolly greeting and a small gift for our treasured members. Expect to see a bedecked MMV volunteer delivering holiday cheer on **Saturday, December 16.**



## ◆ MEDICARE: FALL OPEN ENROLLMENT ◆

Excerpts from Medicare Interactive ([medicareinteractive.org](https://www.medicareinteractive.org))

**Fall Open Enrollment**, also known as the Annual Election Period, is the time of year when you can change your Medicare coverage—and that period **ends on December 7.** You can:



- Join a new [Medicare Advantage Plan](#) or [stand-alone prescription drug plan \(Part D\) plan](#).
- Switch between [Original Medicare](#) with or without a Part D plan and Medicare Advantage.

Six things to know about Fall Open Enrollment can be viewed [here](#).

Register [here](#) to receive a biweekly email—the *Dear Marci* column with Medicare advice, basic health tips, and links to healthcare resources.

## ◆ OLDER ADULT HOME MODIFICATION PROGRAM ◆

Department of Housing & Urban Development

***Are you an older Vermonter in need of modifications*** to your home to help you live more safely and independently?

Examples of modifications include bathroom accessibility, stair rails, entryway improvements, lighting, and more.

The Older Adult Home Modification Program funded by the Department of Housing & Urban Development is 100% free to those who qualify. You must be 62 years or older, own your home, and have an income of less than \$53,700 for 1 person or \$61,400 for 2 people.



Call Carolyn Gipson at 802-488-0734 to see if you qualify. See the publication at [this link](#) for more information.

---

## ◆ SUPPORT GROUP: GRIEF DURING THE HOLIDAYS ◆

**Thursday, December 7, 2023, 2:30pm–4:00pm**

Conference Room C, Richmond Town Center



***Are the holidays an especially difficult time for you?*** Are you missing someone you have lost—either recently or in the past? Grieving a loved one during the holidays can be complicated, and for many, somewhat isolating.

Finding ways to express your grief and connect with others who have also had a loss can be invaluable. With facilitator Ally Parker, MA, this support group will explore grief during the holiday season.

This is a one-time session focused on the holidays. The group will be limited to 12.



For questions and to register, contact Ally Parker at 802-355-9471 or [Allyparker918@gmail.com](mailto:Allyparker918@gmail.com). To register, email [martha@cscvt.org](mailto:martha@cscvt.org).



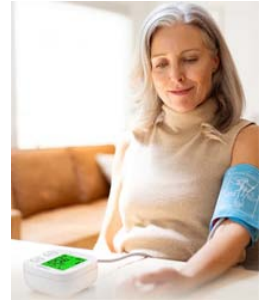
## AGING WELL–EVENTS

- **HIGH BLOOD PRESSURE MANAGEMENT** ♦ **ONLINE** ♦

**Thursdays, Dec 7, 2023–Feb 8, 2024,  
2:00pm–3:30pm**

My Healthy Vermont & North Country Hospital

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



- **PD SOLO: LIVING ALONE WHILE LIVING WITH PD**

♦ **ONLINE** ♦

**Tuesday, December 12, 2023, 1:00pm or 7:30pm**

Parkinson's Foundation

This is a virtual network for those with Parkinson's disease (PD) who live alone, by choice or circumstance. The purpose of this group is to create a community of support, share ideas, and brainstorm strategies. Register [here](#).

- **HEALTHY EATING: IRRITABLE BOWEL SYNDROME & FODMAPS**

**Wednesday, December 20, 2023, 2:00pm–3:00pm** ♦ **ONLINE** ♦

Dartmouth Aging Resource Center

Registered dietitian Jean Copeland will present FODMAPs and their effect on bowel function in individuals with Irritable Bowel Syndrome (IBS). Register [here](#).



- **CREATIVE CAREGIVING FOR ALZHEIMER'S**

**Thursday, December 21, 2023, 1:00pm–2:00pm**

Wellmed Charitable Foundation ♦ **BY PHONE** ♦

Join gerontologist Dr. Natalee Oliver, DSW, and learn strategies, tips, and techniques to find solace, humor, and positivity amid this complex journey. Registration and information are [here](#).



## AGING WELL–RESOURCES

December is designated as Give the Gift of Sight month. There are many ways to give the gift of sight: make your eye health a priority, place old glasses in [Lions Club International](#) boxes for redistribution, become an [organ donor](#), or support charities that deliver vital eye care.

### • VISION & AGING WELL VIDEOS ♦ ONLINE ♦

The National Eye Institute's videos explain dilated eye exams and age-related eye conditions and promote eye health at [this link](#). Remember to wear sunglasses to avoid cataract-producing damage caused by the sun!



### • MyMobility PLAN ♦ ONLINE ♦

The MyMobility planning guide is a tool to help us plan for mobility changes as we age and take action now. Plan today; stay independent tomorrow. See the CDC pdf at [this link](#).

### • CARING CONVERSATIONS ♦ ONLINE ♦

The McGill Dementia Education Program provides virtual support to care partners—with social worker Lucy Barylak and educator Joanne Besner. More info [here](#).



- [Season 2, Ep.1: Hygiene and Dementia](#)—what care partners can do when the person they support refuses daily hygiene care.
- [Season 2, Ep.2: Dementia and Sexually Inappropriate Behaviors](#)—how care partners can manage inappropriate behaviors.

### • STAY SAFE DURING A WINTER STORM ♦ ONLINE ♦

Winter storms can be dangerous—cold temperatures, power failures, loss of communication services, and icy roads. The CDC offers suggestions for staying safe indoors and outdoors on [this webpage](#).



# FOOD FIRST

Request assistance from Mount Mansfield Villages and a volunteer will drive you to the Food Shelf or pick up your Grab 'N Go lunch and deliver it to you.

- **HOLLY JOLLY HOLIDAY LUNCHEON**



**Friday, December 8, 2023, 11:30am check-in**

**Advanced tickets—required by Mon, Dec 4**

Catalyst Church, 100 Raceway Road, Jericho

Aged 60+? Join Age Well's local holiday luncheon for a \$5 donation—great food and good friends! See [here](#) for info.

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



Register for the meal(s) with Age Well; if needed, request a meal delivery from MMV. **The suggested donation is \$5.**

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

**Wed, Dec 13, 2023, 11:00am–12:00pm** (Register by **Fri 12/8**)

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

**Register:** Jen at [ccjvermont@gmail.com](mailto:ccjvermont@gmail.com) or 802-274-4024

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

**Wed, Dec 27, 2023, 11:00am–12:00pm** (Register by **Fri 12/22**)

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

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

Registration form for 2024 Age Well Meals can be downloaded [here](#).

- **ESSEX JERICHO UNDERHILL FOOD SHELF DISTRIBUTION**

**Saturday, December 16, 2023, 9:00am–10:30am**

Good Shepherd Lutheran Church, Route 15, Jericho

More information is [here](#) or call 802-899-3932.



- **CAMBRIDGE COMMUNITY FOOD SHELF**

**Tuesdays, 1:00pm–7:00pm**

Second Congregational Church ("white church"), Jeffersonville

More info is [here](#) or call 802-644-8911.

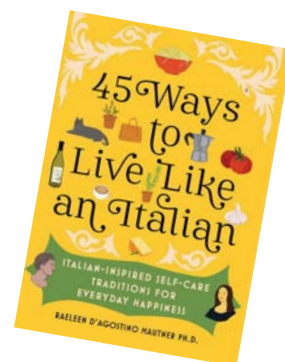
## HODGEPODGE OF HAPPENINGS

- **RAELEEN D'AGOSTINO MAUTNER: 45 WAYS TO LIVE LIKE AN ITALIAN ♦ ONLINE ♦**

**Tuesday, December 5, 2023, 7:00pm–8:00pm**

Phoenix Books and the Vermont Italian Cultural Association

When it comes to self-care, nobody does it quite like an Italian! Adopt the sweetness of Italy and turn ordinary moments into extraordinary experiences, making your life richer, more enjoyable, and less stressful. Info and registration are [here](#).



- **STORYTELLING & COSTUME WITH ANDREW LIPTAK ♦ ONLINE ♦**

**Wednesday, December 6, 2023, 12:00pm–1:00pm**

Vermont Historical Society—Virtual Speaker Series

How do costumes help us tell and take part in the stories we love? Author Andrew Liptak delves into the history of costuming, the modern cosplay movement, and the ways Vermonters have dressed up in costume over the years. Register [here](#).



- **DECIDING THE FUTURE OF YOUR WOODS ♦ ONLINE ♦**

**Friday, December 8, 2023, 12:00pm–1:00pm**

Vermont Woodlands

A new initiative between Vermont Woodlands Association and Vermont Conservation and Housing Board helps you define goals for your land and develop a plan to make decisions regarding its future uses and owners. Register [here](#).



- **CALENDAR: JERICHO AND UNDERHILL VERMONT**

The 2024 Jericho Community Center wall calendar is available at local businesses or through the mail—with stunning photography of local scenes taken by community members. More info is [here](#).





---

- **BAKED POTATO DINNER COOK-ALONG** ♦ **ONLINE** ♦

**Tuesday, December 12, 2023, 5:30pm–7:00pm**

City Market

Cook along and make a cozy, healthy dinner—free of gluten and refined sugar and made from nutrient-dense whole foods. Registration and info are [here](#).



- **A&D FILM SERIES: ALTO** ♦ **HYBRID** ♦

**Wednesday, December 13, 2023, 6:30pm–8:30pm**

Burlington City Arts



This Architecture & Design film explores Alvar Aalto, the defining figure in Scandic design and one of Europe's greatest modern architects, and focuses on his remarkable partnership with his wife, Aino. A free streaming link and more info are [here](#).

- **WRITER TO WRITER: CHRIS MARTIN & ROWAN RIGGS**

**Monday, December 18, 2023, 7:00pm–8:00pm** ♦ **ONLINE** ♦

Vermont Studio Center



These live virtual events are a window into a writer's life and also provide access to, and a platform for, diverse voices and writing talent across genres. Chris and Rowan, neurodivergent writers, read from their work and discuss being working writers. More info on the writers, their work, and the program are [here](#).

- **TECH TIME—BRING YOUR DEVICES & QUESTIONS**

**Tuesdays, 10:30am**

Essex Free Library

Want to Learn How To...Download Audio & eBooks? Use a Chromebook, Laptop, or Cell Phone? Learn a Language Online? Use Free Digital Resources? Questions—call 802-879-0313.



## HOLIDAY FESTIVITIES



- **THEATER: CHRISTMAS CHAOS**

**Friday, Dec 1 thru Sunday, Dec 10, 2023**

Essex Community Players, Memorial Hall, Essex

An intrepid band of hapless actors must put together their own Christmas Carol production in only seven hours when the traveling theater company doesn't show. More info [here](#). \$16 Senior tickets are [here](#).

- **FILM: HOW THE GRINCH STOLE CHRISTMAS**

**Sun, Dec 3, 1:00pm & Wed, Dec 6, 2023, 7:00pm**

Essex Cinemas

Ron Howard's very offbeat, satirical film adaptation from 2000 stars Jim Carey. \$10 senior tickets [here](#).



- **4TH ANNUAL CAMBRIDGE CHRISTMAS COFFEEHOUSE**

**Sunday, December 3, 2023, 4:00pm–7:00pm**

2nd Congregational Church, Jeffersonville

Join the cozy afternoon celebration—hot drinks and goodies while community members entertain with secular and non-secular music. Freewill offering. If you have questions, call Annie at 802-309-8158.



- **TREE LIGHTING WITH SANTA**

**Sunday, December 3, 2023, 5:00pm**

Jericho Center Green

Join the gathering on the Town Green as the tree is lit for the first time this winter season. There will be sweet treats and a visit from the big man himself.

- **BRIAN MCCARTHY JAZZ ORCHESTRA  
HOLIDAY CONCERT W/RAY VEGA**

**Saturday, December 9, 2023, 7:30pm**

McCarthy Arts Center, Saint Michael's College

The saxophonist directs an 18-piece ensemble in a selection of seasonal hits—free admission. More info is [here](#).



- **JOINT CHORUS: COUNTERPOINT & ST. MIKE'S  
COLLEGE SINGERS**

**Wednesday, December 13, 2023, 7:30pm**

McCarthy Arts Center, Saint Michael's College

Counterpoint joins student singers at St. Michael's College for a free concert featuring Christmastime favorites. More info is [here](#).



- **MMU WINTER CHORUS CONCERT ♦ HYBRID ♦**

**Wednesday, December 20, 2023, 7:00pm**

Mount Mansfield Union High School Auditorium

This concert celebrates the holiday season and features our talented and dedicated high school students. To be live streamed at [MMCTV 2](#).



- **WINTER LIGHTS IN THE PARK**

**Through Monday, Jan 1, 2024, 5:00pm–8:00pm**

Maple Street Park, Essex Junction

Enjoy the lights, listen to holiday music, and join the scavenger hunt for ornaments hidden in trees.



- **WINTER LIGHTS AT SHELburne MUSEUM**

**Through Saturday, Jan 6, 2024, various days**

Shelburne Museum

Enjoy a breathtaking walk around the Shelburne Museum grounds, aglow for a spectacular holiday event—Winter Lights! \$15 adult tickets are [here](#).





---

## REMEMBER WHEN CAMBRIDGE

---

### ◆ A VIRTUAL WALKING TOUR ◆

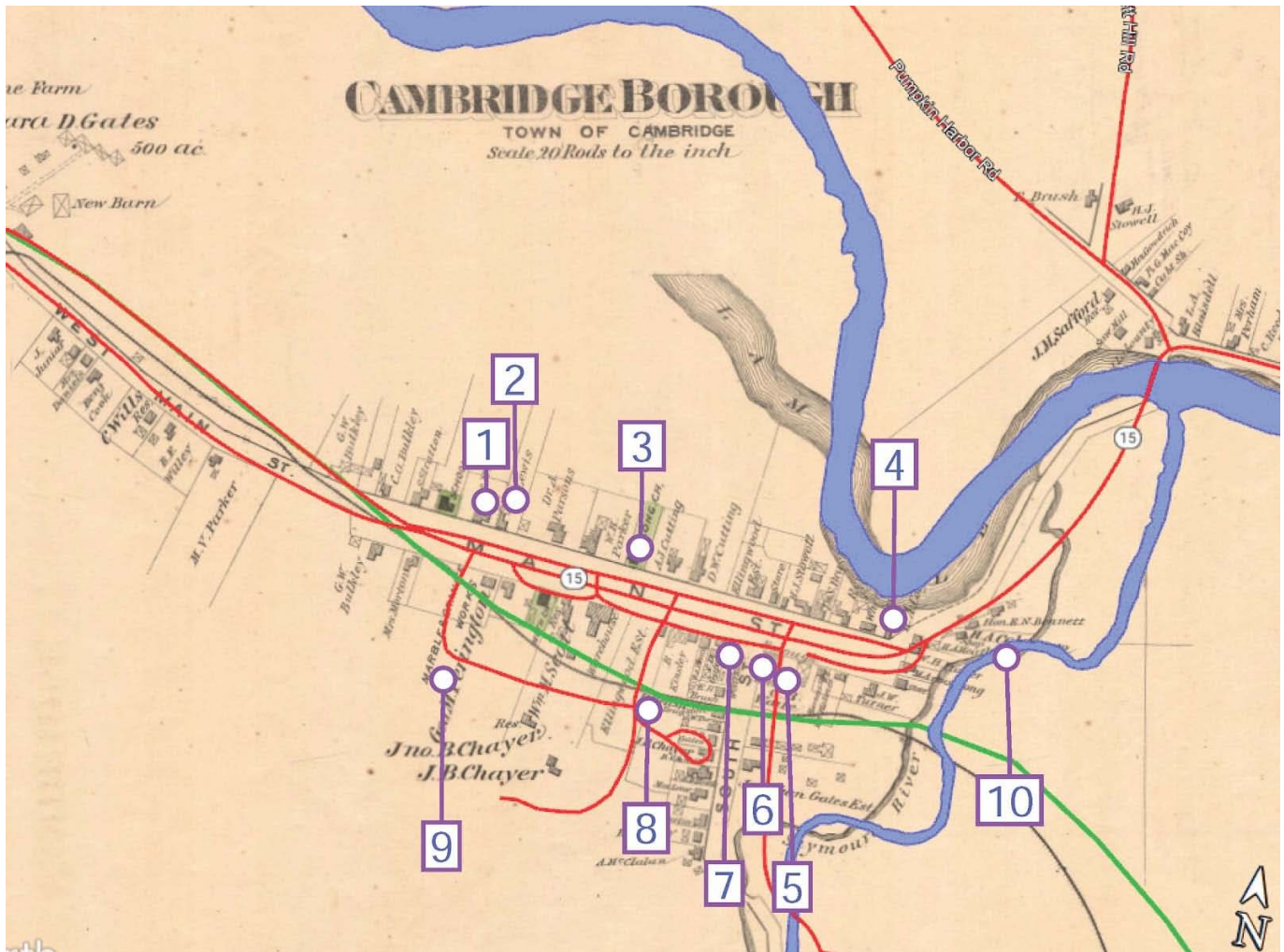
Excerpts from [Cambridge History Walk](#);  
Courtesy of Georgeana Little, local historian, and  
the Cambridge Village Historic Preservation Committee



***Cambridge Town was chartered on August 13, 1781.*** The first meeting was organized on March 29, 1785, at the home of John Fassett in Cambridgeboro, now Cambridge Village. The Village was the commercial center of the Town and boasted over the years, grist mills, sawmills, a creamery, two general stores, a hotel, three churches, a community hall, the GAR Hall, a Newspaper, an Ice Cream Parlor, and more.

Today, the Village is applying for inclusion in the National Register of Historic Places. The Cambridge Village Historic Preservation Committee held a history walk on October 7, 2023, as part of their NRHP application.





## 1) St. Mary's Catholic Church

In 1914 a small chapel was built on the site of the current church. At that time, the parish was a mission of St. Thomas' in Underhill. The congregation grew, and in 1964 St. Mary's became a full-fledged parish.

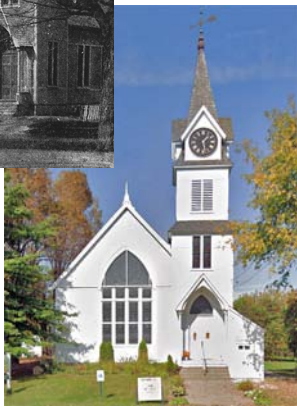
The construction date of the current building is unknown.

In 1962 a fire destroyed the interior but left the shell undamaged.



## 2) Cambridge Graded School/ Cambridge Health Center

The first school in Cambridge was a log house built in 1786. A school was located on the current site in 1856, but that structure burned in 1899. By 1901 a new building was ready for students, and it served until 1969, when it was torn down. There are still residents of the town who remember attending classes at the school.



## 3) Cambridge Community Fellowship/ First Congregational Church

The congregational society was organized in 1792, but it wasn't until 1805 that the church building was begun. That building was repurposed in 1887, and a new building was immediately begun. The new building was dedicated in 1888 and has remained a vital part of the Cambridge community for many years.

## 4) 12 North Main Street

The house at 12 North Main Street was built by the Rev. Edwin Wheelock in 1870. The house was the home, at different times, of two remarkable women.

Lucy Wheelock, the daughter of Rev. Wheelock, was an early advocate for kindergarten education and the founder of Wheelock College in Boston.

Myrtie Wallace Watson Frenyear was a noted composer and music teacher, called by John Philip Sousa "The March Queen."





## 5) Cambridge Inn

Built in 1826 by Peleg Stearns, this building has had several names—The Eagle House, The Boro House, The Cambridge Inn—and several owners. It served as a stagecoach stop and later as a railroad hotel. The Tavern located in the Inn was a watering place for travelers and locals alike. Not surprisingly, due to its age, there are a lot of stories associated with this building. Mansfield Avenue was originally known as Hog Lane, because of the pigs kept in the attached barnyard.



## 6) Civil War Monument

Grand Army of the Republic Post #10 was organized in 1868 in memory of the men from Cambridge who fought in the Civil War.

The Monument commemorating the war was dedicated in 1891 and has a line on its back noting the height of the water during the 1927 flood.



## 7) Cambridge Village Market

The Willey Brothers established a store in Cambridge Village in 1894. The family ran the store for many years, but advancing age forced them to sell to a Burlington man. In 1943 a group of Cambridge residents organized the Cambridge Cooperative Lockers by selling shares to locals who, not having freezers of their own, could use a place to store their meat until needed. The store has gone through several owners but has remained a fixture in Cambridge Village for well over 100 years.



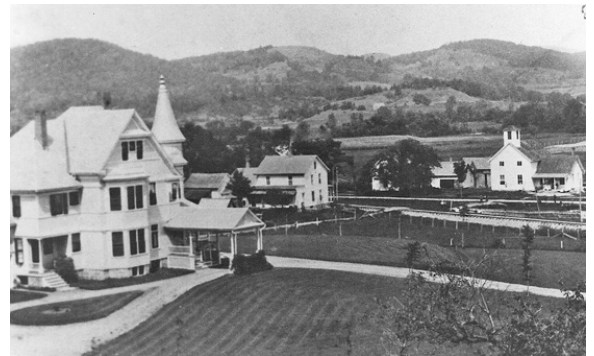


## 8) Cambridge Railroad Station

By 1877 the Burlington & Lamoille Railroad was operating and bringing business to Cambridge Village and taking villagers to the big city of Burlington. The first Station Agent was H.N. Gray, who later built the Castle (see below). He owned a gristmill and hardware store in the village which served the entire county, with the railroad bringing in supplies and taking away the grain from the mill.

## 9) "The Castle," H.N. Gray's Residence

H.N. Gray was one of the most successful businessmen in Cambridge. In 1892 he commissioned work on his new residence, "The Castle," a large Victorian Mansion befitting his status. The house had electric lights, the only one in the village with such an amenity. Today, the Castle is considered the most architecturally significant Victorian building in Cambridge. During construction, the *Cambridge Transcript* kept readers informed of the progress—for instance when the windows arrived and what the various craftsmen were working on.



## 10) Little Bridge/ Gates Bridge

The Little Bridge originally was the first of two bridges; the other bridge, the Big Double Bridge, also spanned the Lamoille River but further along. In 1950 the bridges were dismantled. Mrs. Electra Havemeyer Webb rescued the Big Double Bridge and had it moved to Shelburne Museum. The Little Bridge was moved to its current location to allow the Gates family access to their farm fields across the Seymour River.



---

## COOK'S CORNER

---

### ◆ MAPLE-GLAZED ROASTED DELICATA SQUASH ◆

Contributed by MMV volunteer Dorsey Naylor



#### INGREDIENTS

5 pounds delicata or acorn squash

4 shallots, quartered lengthwise

3 Tbsp extra-virgin olive oil

1/2 tsp fine sea salt plus a pinch, divided

1/4 tsp ground pepper

1/2 cup maple syrup

1/2 cup cider vinegar

1/2 cup dried cranberries, plumped in hot water

1/4 cup fresh mint, finely chopped

---

## DIRECTIONS

### Step 1

Position racks in upper and lower thirds of the oven; preheat to 400° F.

### Step 2

Halve squash lengthwise and scoop out the seeds. Cut crosswise into 1-inch-thick slices. Toss the squash slices and shallots with oil, 1/2 teaspoon salt, and pepper in a large bowl. Divide between 2 large rimmed baking sheets.

### Step 3

Roast, turning each piece over and rotating the pans top to bottom halfway through, until the squash is tender and caramelized in spots, 30 to 40 minutes. Transfer the squash and shallots to a serving platter.

### Step 4

While the squash is roasting, plump cranberries in hot water for 15 minutes. Drain.

A few minutes before serving, combine maple syrup, vinegar, and a pinch of salt in a small saucepan; bring to a boil over high heat. Reduce heat to a lively simmer and cook, watching closely toward the end, until reduced to about 1/2 cup, 5 to 8 minutes. Immediately drizzle the syrup over the squash.

### Step 5

Serve topped with plumped cranberries and mint.



### *Dorsey notes:*

*"This side dish recipe combines the best characteristics of holiday cooking: it is delicious, festive, and easy to make. It can also be prepared ahead of time. If you have not previously discovered Delicata Squash, you have a treat in store. It is both delicious and easy to prepare as it does not have to be peeled. Wishing you a delicious, nutritious, joy-filled holiday season!"*

---

## SPECIAL SALUTE

---



*Born in the last month of the year,  
destined for greatness!*



### **WE THANK OUR GENEROUS COMMERCIAL DONORS**

Age Well	Hickok and Boardman
Ben & Jerry's Foundation	Jericho United Methodist Church
Cambridge Area Rotary	SecurShred
Central VT Council on Aging	The Harnisch Foundation
Community Bank N.A.	Union Bank, Jericho
Concept2, Morrisville	United Church of Underhill

Green Mountain Auxiliary #3210, Eagles  
The Richard E. & Deborah L. Tarrant Foundation  
Vermont Electric Cooperative, Inc.  
Vermont Mutual Insurance Charitable Giving Fund



## 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, 2012, Workman Publishing. The answers are on **PAGE 22**.*

### *Anagrams!*

The letters of each word in this list can be arranged in multiple ways to form other words. We provide the word and the number of anagrams that are possible to make.

1. Loop (2) \_\_\_\_\_
2. Mesa (3) \_\_\_\_\_
3. Abets (4) \_\_\_\_\_
4. Taser (4) \_\_\_\_\_
5. Leapt (3) \_\_\_\_\_
6. Bleary (2) \_\_\_\_\_
7. Stable (2) \_\_\_\_\_
8. Starer (3) \_\_\_\_\_

---

*Below is the solution to the puzzle in this edition of "News You Can Use."*

### *Answers: Anagrams!*

1. Loop, Polo, Pool
2. Mesa, Same, Seam
3. Abets, Baste, Betas, Beast, Beats
4. Taser, Aster, Rates, Stare, Tears
5. Leapt, Petal, Plate, Pleat
6. Bleary, Barely, Barley
7. Stable, Bleats, Tables
8. Starer, Arrest, Rarest, Raters