

Here's a tip of the Verona Hat to the anonymous carver who put two delightful Jack-o-Lanterns on the new Verona sign at the north end of the village. It warmed our hearts every time we passed by to think that the sign is already such a part of the community – and to see that the pumpkins were unvandalized through the Halloween season. Local businesses seem to have had a happy and unharrassed Halloween too. Naseem and Aziz Murji tell us that they had about 230 trick or treaters which, according to Kelly Kellar, is the number that showed up at Toppers. Down at the IGA Bev Brooks says that they gave out candy all day to the kids who came in. By all reports, the night was just as spooky and fun as it should be, without any ugliness.

Ellie Steele grew up in Verona and after high school started working at DuPont. One day she was idly reading a health magazine when she was struck by an article on holistic nutrition. "It just grabbed me," she says. "I didn't have any choice [about whether or not I would study the field]. "It's a calling." While still working at DuPont she began her studies with the Canadian School of Natural Nutrition, and for the last several years she has been consulting with clients from her home near Harrowsmith. Through her work, Ellie has become very interested in the connection between emotion and illness, and on Tuesday she will host a seminar on this subject and the "Emotional Freedom Technique" of healing. Nov. 13 6-8 PM at the Verona Firewall on Rd. 38. No charge, but reserve your spot by calling 372-3622 or at [wbw@kos.net](mailto:wbw@kos.net)

The Frontenac Farmers Market's next special event is a Meat Us at the Market Chilifest on November 17. And throughout November and December, you can donate non-perishable foods and new toys to their drop off boxes. All donations will go to Rural Visions for distribution to local families. Especially helpful donations are: meals (stews, chili etc.), vegetables & fruits (all canned of course) cereal, peanut butter, pastas, rice.

Also on November 17 is the annual Trinity United Church beef supper. Guess what they're serving? And all the trimmings too – mashed potatoes, veggie, gravy and especially the yummy homemade pies. Serving from 5-7. Adults \$12. Children \$6.

But there's more! North Frontenac Little Theatre's fall production runs from Nov. 16 – 18 and on Saturday the 17<sup>th</sup> is *their* special dinner theatre presentation. Dianne Lake always creates a meal to reflect the tone of the production – which this year is the timeless comedy *The Importance of Being Ernest*. Verona connections in the cast are Prince Charles alumnus Adrian Murray and a couple of Plateniuses. You need to reserve tickets for the dinner theatre at 279-2945. Friday and Sunday tickets are available at Verona Hardware or at the door.

Plan now to head over to Sydenham for the 2<sup>nd</sup> annual VISIONSoup event. For \$20 you get a locally crafted pottery bowl and your choice of a selection of soups. Nov. 24 11:30-1:30 at the Sydenham High Cafeteria.

And so on to Christmas. Wayne Conway, Don Coleman, Doug Lovegrove and Herb Hinchey of Bell Alliant gathered at the Christmas spruce on McMullen lawn this week to replace the old tree lights with energy efficient LED's. They'll make a wonderful display at the official tree lighting on November 30.