

THE CALL

BINGE WORTHY

What's the Best Show You've 'Binged-Watched' Lately?



Winter 2020-21 could make binge-watching addicts out of we Minnesotans. People responding to this latest question gave us a list of great shows to watch this winter!

(Side note: *binge watching*, was added to Webster's Dictionary in 2017, and is defined as, "watching many or all episodes of (a TV series) in rapid succession.") Smart TVs and broadband internet subscriptions like Netflix make binge-watching way too easy in 2020.

The Queen's Gambit, pictured above, received more mentions in our poll than any other series. *Yellowstone*, a drama starring Kevin Costner currently streaming its 3rd season, scored second in endorsements.

Our binge-worthy list of

nominations for best series included long running favorites like reality show *The Great British Baking Show*, and *Grey's Anatomy*.

Ozarks led the list for historical dramas, followed closely by *The Crown*, *Outlander*, *Downton Abbey*, and *Hell on Wheels*.

Comedies tied for votes between *Schitt's Creek* and *The Marvelous Mrs Maisel*.

The Hand Maid's Tale, a dystopian tragedy, was listed as an all-time favorite.

Everwood was endorsed as a family-friendly, feel good show on Amazon Prime. *Cobra Kai*, now in its 4th season is based on the *Karate Kid* film series, but set 34 years later with the same actors reprising their roles.

The ten episode docu-series on

Gift Tip: Bobby Fisher's Learn to Play Chess

Brush up on your chess skills and teach your grandkids...

Whether you're an experienced chess player or just learning, this chess set is perfect. This complete set teaches you how to set up the pieces and how each piece may be moved during the game. The rules are printed on the gameboard for easy reference, building confidence and reinforcing basics as you and your opponent build strategy.

Available at Goose Gang in Perham! 218-346-4400

NEWS TIDBITS & TRIVIA

Binge Anecdotes:

MPR News reports a likely shortage of chess sets this coming holiday season, which has been attributed to the overwhelming success of Netflix's *The Queen's Gambit*. - Nov 20th, 2020



Rumor has it that students at **St. Henry's school** play quite a bit of chess, and enjoy it so much that students recruited a teacher to keep the games going!

November Trivia



1996 was the year with the highest snowfall total for the month of November. At least that's one record we didn't break in 2020!



Experts predict 46 million turkeys will be eaten this Thanksgiving, and 50 million pumpkin pies. That's .16 pies per person. Make sure you get your share!

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."- Oprah Winfrey

Michael Jordan's life, *The Last Dance* scored well.

The Mandalorian, a *Star Wars* tv series, and *Westworld* both got multiple mentions for science fiction shows.

Also receiving multiple nods: *Pen15*, described as a masterpiece on adolescents is a cringe comedy that's gut-punchingly realistic, *Wentworth*, *Billions* (high stakes crime drama), *The Last Kingdom*, *Monarch of the Glen* (a modern day *Downton Abbey*), and *British mysteries*.....



BIO Girls: Beautiful Inside & Out



Beautiful Inside & Out
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We cannot always build the future for our youth, but we can build our youth for the future.

-Franklin D. Roosevelt

The BIO Girls program is coming to the Perham area!

Fearless, kind, dream-chasing individuals. That's what BIO Girls inspires adolescent girls to be! BIO Girls is on a mission to build the self-esteem of adolescent girls through empowerment of self and service to others. The BIO Girls program is proven to increase self-esteem in girls using life-skill lessons, small group mentoring and non-competitive physical activity to empower girls.

Every girl deserves to know she is Beautiful Inside and Out. Please help spread the word that this great program is coming to the Perham area this spring. Learn more about BIO Girls at www.biogirls.org.

Registration opens for girls ages 2nd-6th grade in February 2021 with a season start date sometime in March. Email perham.mn@biogirls.org for more information, or contact Sara Panquin Hanson or Marni Moch.

Calendar of Events

The Perham Calendar had a few more openings than usual for this time of year, so we added a couple ideas:

Dec. 6th: St. Nicholas Day – A European tradition celebrating the feast day of St. Nicholas. Tradition holds St Nick would leave treats in good children’s shoes. Why not surprise the kids in your life with an unexpected treat?!

Volunteer to drive for Meals on Wheels.
Help shovel a neighbor’s driveway.
Check in on a shut in or someone living alone.
Choose a name from the Giving Tree & buy a gift for a stranger.
Clean your closets & donate extras to Boys/Girls

Keys to Cultivating Happiness...

DOPAMINE <i>The Reward Chemical</i> <ul style="list-style-type: none"> • Completing a task • Doing self-care activities • Eating food • Celebrating little wins 	OXYTOCIN <i>The Love Hormone</i> <ul style="list-style-type: none"> • Playing with a dog • Listening to music • Doing something nice for someone else • Giving a compliment
SEROTONIN <i>The Mood Stabilizer</i> <ul style="list-style-type: none"> • Meditating • Running • Being in the sunshine • Walking in nature • Swimming Cycling 	ENDORPHIN <i>The Pain Killer</i> <ul style="list-style-type: none"> • Laughing • Watching a comedy • Eating dark chocolate • Exercising

Research & writing credit given to Sanctus.

GIFT TIP:

The best tasting, crispest peanuts we’ve ever tasted! Drop off a tin to your neighbor when you check in on them. Or thank your friend who helps plow your driveway. Available at NEST!



The Giving Tree is located at ITOW Veterans Museum on the west end of Main Street in Perham. The Giving Trees helps families experiencing hard times still get gifts at Christmas, thanks to the generosity of local individuals. If you’d like to help by purchasing a gift or donating, stop in at ITOW starting Monday, Nov. 30th.



Offering Delivery Starting Nov 30th

GIFT TIP: Holiday Gift Card Promo
Buy \$50 get \$10 free



Letters to Santa

Drop off letters to Santa at Goose Gang and other sites around the area. Dave Howey will be reading portions of the letters on Lakes 99.5 this holiday season in hopes Santa hears the wishes!

Feel better by helping someone else

Shovel a neighbor's sidewalks

Check in on neighbors.

Offer to pickup a senior citizen's groceries

Donate laundry detergent to food shelf

Drive for meals on wheels

Donate blankets & bedding towels to the mission at United Methodist in Richville

Challenge your mind:

Learn a new card game.

Master solitaire

Work on a magic trick

Start reading or writing that novel

Read a book from the library

Donate to the library

Bake cookies and share them with your neighbor.

Walk the neighbor's dog

Clean your closet

Clean your garage. Donate the extras to charity.