

TRENDY TIMES

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The Food Chef Challenge Is Coming To North Haverhill

*By Kathleen Jablonski, Field Specialist,
4-H Healthy Living, Youth and Family Team*

Are you a teen between the ages of 12 and 18? Do you and a friend like to cook and try new things? Enter the first 4-H Food Chef Challenge, Saturday, January 5, 2013.

The event, sponsored by University of New Hampshire Cooperative Extension is open to all teens ages 12 and over as of the event date. You do not have to be a 4-H member to enter. It will be held from 10:00 a.m. until 12:00 noon at the Horse Meadow Senior Center, 91 Horse Meadow Road, North Haverhill, New Hampshire. The \$5.00/team entry fee covers the cost of supplies and overhead.

What's a food chef challenge? Modeled after the "Iron Chef" competitions that are currently popular, it's a way for youth partners to show off culinary skills. Each team (comprised of two or three members and one adult supervisor) is given a pantry selection of ingredients and within twenty minutes the teams must prepare

a dish using the provided secret ingredient (either apples, squash, or spinach), one dairy product (provided), and ingredients from the food supply pantry (provided). Teams bring their own cooking utensils, up to four ingredients of their choice, and knowledge of basic nutrition as well as their food preparation skills. An adult advisor is there to watch the progress and cheer the team on to victory.

During the 20 minutes, each team will have to prepare a dish, plan a presentation, and clean up the preparation area. Each team will be provided with a secret ingredient and allowed to use any pantry item in reasonable quantities. Teams are challenged with being creative and developing their own recipe with the ingredients provided. Teams must incorporate the secret ingredient into the dish and may determine the exact amount of each ingredient to use. The ingredients provided to each team may also be used

to garnish the dish.

Complete rules of play, the event score sheet, a list of the pantry items and more can be found at: http://extension.unh.edu/resources/resource/2020/4H_Food_Chef_Challenge

To register for the event, or to find out more information, contact Kathy Jablonski, Field Specialist, 4-H Healthy Living, at 603-787-6944 or email her at Kathleen.jablonski@unh.edu. You may register for the event through these contacts as well. When registering, please provide names of team members, addresses, phone and email contact information (if available).

Scholarships for this event are available for those with an inability to pay.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.

Work On Pearson Hall To Resume



HAVERHILL, NH — The Haverhill Historical Society has received a grant of \$10,000 from LCHIP, the New Hampshire Land and Community Heritage Investment Program, the Society has announced. This is the second grant LCHIP has awarded to support preservation work on Pearson Hall, one of the most significant academic structures to survive in New Hampshire.

The new LCHIP grant will help the Historical Society complete the exterior restoration of Pearson. Work will begin in 2013 and will include removal of the remnants of a former addition, restoration of the brickwork, reopening of windows and door spaces, and installation of new windows and doors to match the rest of the building. A replica of the original weathervane, crafted by board member Dick Ekwall, will also be installed.

The Historical Society ultimately plans to reopen a fully renovated Pearson Hall as a regional history museum.

Built for the Haverhill Academy in 1816, Pearson Hall initially housed both the academy and, until 1846, the Grafton County courts. Over time, the academy also shared Pearson with a library, Methodist worship hall, and Masonic meeting place. The building remained part of the local school system until 1992.

Pearson Hall was one of only eighteen projects to receive LCHIP funding in the 2012 round of grants. LCHIP

<www.lchip.org> is an independent state authority that provides matching grants to New Hampshire communities and non-profits to protect and preserve the state's most important natural, cultural and historic resources. The grants just awarded will support protection of twelve historic structures dating from 1709 to 1950 and the permanent conservation of 2904 acres.

Incorporated in 1794, Haverhill Academy represented a pioneering stage of private secondary education. Pearson Hall, with a largely intact exterior and with some original features surviving on the interior, is one of a small group of New Hampshire academy structures to survive from the early 1800s; others include Atkinson Academy (1803), Portsmouth Academy (1809), and Pinkerton Academy building (1814) in Derry.

"Pearson Hall is a significant feature in both the history and the landscape of Haverhill," notes Historical Society president Edith Celley; "we look forward to giving the building a new life as a history museum and conservation center."

Information is also available at the Society's web site at <<http://HaverhillHistoricalSociety.blogspot.com/>>.

Editors Note: You can find more details about Pearson Hall in our September 4 edition.

Find it at TrendyTimes.com



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A Walk In The Woods November 2012

By David Falkenham,
UNH Cooperative Extension Grafton County Forester

"An early morning walk is a blessing for the whole day"
Henry David Thoreau

Hunting season is only three months long, that's only 25% of the year. This means that on January first, my wife and I will have to wait out another 75% of the year before we can go hunting again. For a kid my age that's a long time and if you think I have it rough, you should see the look in the dog's eyes. Thanksgiving for us equals four days of uninhibited walk-till-you-drop hunting for my wife, dogs and I; after all January first is coming fast!

The fall has been uncharac-

teristically warm and dry and as I grind my way up a hill in the National Forest, beads of sweat stream down my face as I work hard to keep my dog's bell within earshot. If he makes a flush I don't want to miss it, a grouse dinner for Thanksgiving would be perfect. It's Thanksgiving Day and I am in a tee shirt. The breeze blows strong through the leafless November trees but it offers little relief. The sky is a brilliant blue and my visor is pulled low over my eyes to keep the sun out. These are not the leaden snow filled skies of early winter that hunters hope for however it's hard to argue with a beautiful day.

Finally we reach an old clear-cut. Thick with aspen saplings this clear-cut is a grouse hunter's dream. Aspen, commonly called "popple" is an incredible tree. When an aspen tree is cut in a logging operation the energy in the roots of the old tree is put directly into reproducing many new trees and the root system of the tree sends out "trailers" or "root suckers" that quickly become aspen saplings and eventually full grown trees. The new aspens grow thick and fast. New aspen saplings can reach heights of ten feet tall in only two or three years. The saplings make great browse for deer, moose and bear and the dense young forest created by the clear-cut makes great cover feeding and nesting habitat for countless species of wildlife.

In our own backyards we can improve wildlife habitat by simply cutting down a few aspen trees, preferably in the winter. This effort will create a thick edge of shrubs and saplings in only a few years and best of all there is no planting required. The wood of aspen is used for pulp, shipping crates, veneer filler in plywood, painted molding and trim. If you cut down an aspen in your yard it makes good hot burning firewood.

In the summer, aspen cools the air with its wispy quaking sounds. In the fall aspen stands color our hillsides brilliant yellow and in winter the buds of aspen are a critical survival food for ruffed grouse and other local bird species. In the early spring, the new shoots of aspen are relished by bears looking for an early food source after a long winters nap. The aspen we have in New Hampshire is the same species that cover the hill sides of the Rocky Mountains. These are quaking aspen, balsam poplar and big toothed aspen.

Whenever you see a pure or nearly pure aspen stand it is indicative of some past disturbance in the forest. Out west these disturbances are usually in the form of wild fires, where aspen was the first to colonize a forest after it was burned. In the east the disturbances are usually abandoned farms and old clear-cuts. So the next time you are in an aspen stand take a moment to do some forest forensics. You just might find the old cellar hole or logging road that tells you what happened there in the last 60 – 100 years. You are also very likely to find signs of lots of wildlife.

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In Vino Veritas – Bottle Eight

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

TRENDY TIMES began running these wine articles more than a year ago, and now and then I actually have someone approach me and say something like, “So, you’re the wine expert, right?”

And I try to remember to say, “No, I’m not an expert but I am a specialist”.

And they say, “What’s the difference?”

ANSWER – Quite a bit actually. I worked for years in very good restaurants in a very big Midwestern city as a waiter and headwaiter - restaurants with good to very good wine lists. And I found out as I worked that the more I knew about wine, the more money I made. The better I could communicate what I knew to the customer, find out how I could best serve their needs, the higher my tips were. Pretty clear lesson. I learned about how wine was made and where, and also how to properly serve it. That involved taking wine courses from world-class experts, attending seminars, buying top-drawer reference books and reading them, taking notes, and best of all, years of tasting lots of wines, good wines and bad. I learned something from any wine, no matter how it tasted. When I became a member of management, as the wine steward, also known as a “Sommelier”, I was ordering and inventorying wine and creating the wine lists for the places I worked. I began to teach wine courses myself to the professionals working in the business, and regular people too. That made me a specialist. To this day, I keep notes, even if just mental ones, on every wine I drink. I must say every note represents a pleasure.

Q – “If that doesn’t make you an expert, what does?”

ANSWER – An expert may be someone who has been involved for years in the actual production or national or international marketing and distribution of wine, - judging it in early stages to assess its potential future, and doing this on the large scale as a buyer or “negotiant”. Like buying it in France or Australia or Chili or other countries for sales outlets in widespread parts of the world. Such a person is capable of tracking the wine from the grapes in the field to

the pressing and fermenting rooms to the aging casks, and tasting it all the way. Able to distinguish how to tweak the actual wine making process, and able to taste a finished wine and tell you what it is, what year it is, and how it was made and of course the grape varietal. One of the most famous names at this level of knowledge is wine critic Robert M. Parker Jr. His highly respected ratings appear in his magazine THE WINE ADVOCATE. And another well-regarded bible of the industry is the WINE SPECTATOR.

Q – “Anything else to being an expert?”

A -. Sure. You can obtain academic degrees specializing in wine – The University Of California, Davis is one well-known place for those degrees in this country – and a person can also obtain worldwide certification and recognition as a true wine expert by achieving one of two non-academic ranks – “Master Of Wine” is one, and “Master Sommelier” is another. I worked with and was friends with a bright hardworking young fellow in Kansas City, Missouri long ago who was one of the few people in the world who held both certifications. He is a Notable Master Of Wine and a Master Sommelier named Doug Frost.

Q – “I never heard of any of those wine ranks”.

A – I didn’t either till I did. Mas-

ter of Wine (MW) is a demanding three-year course of self-study and attendance of educational seminars presented by The Institute of Masters of Wine in the United Kingdom. It is generally regarded in the wine industry as one of the highest standards of professional knowledge. Anyone even wanting to try to enroll in the program has to convince a current Master Of Wine that they are prepared to attempt it, and accept their mentoring.

Q – “Sounds like a lot of work”

A – Pretty rigorous. From 1993 to 2000, only 85 people made it of nearly 300 people who tried it. As of a couple of years ago, in the entire world, there were only 280 Masters Of Wine. The other high standard of knowledge is called MASTER SOMMELIER. Of course you understand what a Sommelier is – a trained and knowledgeable wine professional normally working in fine restaurants who specializes in all aspects of wine service as well as wine and food pairing. The role is more specialized than that of a Wine Waiter. He or she works in the areas of procurement, storage, wine cellar rotation and expert service, and the development of wine lists. He works the floor of the restaurant and has a responsibility to work within the taste preference and budget parameters of the patron. That translates to get them the good stuff for the least amount



of money in my view.

Q – “I didn’t know you used to do all that”

A – Sure did. Loved it. The highest rank of that specialty is granted by The Court of Master Sommeliers, the examining body for the Master Sommelier Diploma and other certifications. Since 1969 right up until 2011, only 186 people in the world had achieved that – my friend Doug Frost was one of them.

Q – “OK – this has all been cool to learn, but you gotta leave me with one wine tip or two today, what do you say?”

A – Pleasure. Never let anyone tell you what wine you should be drinking. Suggestions are always appropriate though. Try what you think you might like and pay attention to if you actually liked it or did not. Also, never be afraid to pick up a bottle of wine and read the back label. Lots of information there. Finally, the best rules about wine are the rules that work for you, not someone else.

(Editor’s Note – Roudebush functioned as a wine specialist for years in the restaurant business and submits occasional pieces about the wonderful world of wine.)

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Time For Year-End Review Of Your Financial Strategy?

Now that 2012 is drawing to a close, you may want to review the progress you've made this past year in many areas of your life — including your financial situation. By going over your investment portfolio and other key areas related to your finances, you can learn what moves you may need to make in 2013 to stay on track toward your important objectives, such as college for your children, a comfortable retirement and the ability to leave the type of legacy you desire.

To get a clear picture of where you are, consider asking yourself these questions:

- Am I taking on too much risk? Although 2012 has generally been a pretty good year for investors, we've certainly seen periods of considerable volatility. During these times, did you find yourself constantly fretting about big drops in your portfolio value? In fact, have you consistently experienced this type of worry throughout your years as an investor? If so, you might be taking on

too much risk for your individual risk tolerance. Review your holdings to determine if you can lower your risk level without jeopardizing your overall investment strategy.

- Am I investing too conservatively? Just as you can take on too much investment risk, you can also go to the other extreme by investing too conservatively. If your portfolio contains a preponderance of investments that offer significant preservation of principal but very little in the way of growth potential, you may be endangering your chances of accumulating the resources you'll need to achieve your long-

term goals.

- Am I contributing as much as I can afford to my retirement plans? If you have access to an employer-sponsored retirement plan, such as a 401(k), 403(b) or 457(b), consider yourself fortunate. Your plan has the potential to grow on a tax-deferred basis, and you typically contribute pre-tax dollars — the more you put in, the lower your annual taxable income. Plus, your employer may match part of your contributions. So if you've been under-funding your retirement plan, ratchet up your funding in 2013. At the same time, you may still be eligible to contribute to an IRA; if so, try to "max out" on it. A traditional IRA grows tax deferred while a Roth IRA can grow tax free, provided you meet certain conditions.

- Am I adequately protecting my income — and my family? Over time, you'll experience many changes in your life — marriage, children, new job, new home, etc. Most, if not all, of these changes will require you to make sure you have adequate life insurance in place to help guard your family's future, should anything happen to you. Furthermore, to help replace your income should you become disabled, you may

well need to purchase an adequate amount of disability income insurance.

- Do I need professional help? As the above questions indicate, maintaining control of your financial situation can be challenging — especially if you try to do it all on your own. You might benefit from working with a financial professional — someone who can analyze your situation objectively and make recommendations based on your risk tolerance, time horizon and specific goals.

Before the clock runs out on 2012, take the time to ask yourself the above questions. The answers may well spur you to take positive action in 2013.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Deadline Approaches To Order New Year's Eve Ball Tickets



The deadline for ordering tickets is nearing (Dec. 15th)! A NEW YEAR'S EVE BALL on December 31st at the Robert E. Clifford Memorial Building, South Court Street, in Woodsville, NH (03785) kicks off the year-long celebration of Haverhill's and Newbury's 250th anniversary. Enjoy a catered buffet dinner and dance to the live music of Swing North Big Band.

BYOB; set-ups available. \$35 per person. Mail your check or money order, made out to "Town of Haverhill- 250th" to: Larry Sedgwick, 263 Dartmouth College Hwy., Haverhill, NH 03765. Please include your contact information (including phone number). Doors open at 6PM; dinner at 7PM. No tickets sold at the door. We hope to celebrate with you! www.celebrate250.org, or on Facebook at Haverhill/Newbury250th

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Connecticut River Joint Commissions Welcomes New Commissioners And Officers

Connecticut River Joint Commissions (CRJC) has announced their officers for the year and the appointment of several new commissioners. Commissioners are volunteers appointed to serve for three-year terms by the governors of New Hampshire and Vermont and are designated to represent various economic and community sectors.

Seven positions remain open on the Joint Commissions – four Vermont members at large and three in New Hampshire for designated positions representing flood control, agriculture and tourism.

The work of CRJC is supported by five local river subcommittees composed of citizens appointed to represent their riverfront towns, voice the interests of local business, local government, conservation, agriculture, recreation, and riverfront landowners. Their leadership, planning, and expertise are local in nature, but their ideas range far beyond town boundaries as they advise the array of federal and state agencies, and the CRJC, on river issues. Anyone interested in joining the commissions or a local subcommittee is encouraged to call Rachel Ruppel at 603-727-9484 or email ruppel@uvlsrc.org.

Tara Bamford of Thet-

ford, VT has been appointed to serve as a member at large to the Vermont Commission. Bamford works as Planning Coordinator at North Country Council in Bethlehem, NH and serves as Treasurer of the Northern New England Chapter of the American Planning Association (NNECAPA).

Michael King, executive director of North Country Council, the regional planning commission based in Bethlehem, N.H., will now serve as that organization's representative. He replaces long-time NCC representative Mary Sloat of Lancaster, N.H. who will now serve as a commissioner at-large.

James McClammer of Charlestown, N.H. has been appointed an at-large member to the N.H. Commission. McClammer is an ecologist and land use consultant and president of Connecticut Valley Environment Services, Inc. a small firm that assists clients with environmentally responsible development projects.

Brendan Prusik of Colebrook, N.H. will represent forestry and the forest products industry on the New Hampshire Commission. Prusik is the Coös County Extension Forester and a natural resources field specialist with the University of New Hampshire Cooperative Extension.

Aaron Simpson of Sunapee, N.H. will represent the Upper Valley Lake Sunapee Regional Planning Commission based in Lebanon. Simpson is an attorney with offices in Lebanon and Claremont, N.H. and has served on numerous civic and municipal boards.

Rich Walling of Bath, N.H. has been appointed an at-large member to the N.H. Commission. Walling is a riverfront landowner. Walling serves as chair of the CRJC Riverbend subcommittee and vice chair of the Ammonoosuc Local Advisory Committee. He also served on the Wells River Watershed Council and is on the board of trustees of the Ammonoosuc Conservation Trust.

CRJC Officers elected to serve for the current year are Rebecca Brown of Sugar Hill, N.H., president; Chris Company, Brattleboro, Vt., vice president; Mary Sloat of Lancaster, N.H., treasurer; and Tom Kennedy of Hartland, Vt., secretary.

The Joint Commissions contracts with the Upper Valley Lake Sunapee Regional Planning Commission to provide administrative and staff support. Commission and subcommittee meetings are open to the public. Meeting schedules, minutes and other information are available on the CRJC website at

www.crjc.org and find us on Facebook.

The Connecticut River Joint Commissions, formed in 1989, is comprised of New Hampshire's Connecticut River Valley Resource Commission and Vermont's Connecticut River Watershed Advisory Commission. CRJC's mission is to preserve and protect the visual and ecological integrity and sustainable working landscape of the Connecticut River Valley,

and to guide its growth and development through grassroots leadership.

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Not all Times are Trendy but there will always be Trendy Times

December 11, 2012 Volume 4 Number 5

Calendar of Events

This is a full page of Calendar of Events for local non-profits. Courtesy of Trendy Times.
Put **YOUR FREE** listing here!

SUNDAYS

OPEN GYM

1:00 PM – 3:00 PM
Morrill Municipal Building, North Haverhill

CRIBBAGE

1:00 PM
American Legion Post #83, Lincoln

LINE DANCING

4:00 PM – 5:00 PM
Starr King Fellowship
101 Fairgrounds Road, Plymouth

MONDAY/THURSDAY

NCYMCA AEROBICS

Starting 9/24 til December
6:30 PM
Woodsville Elementary School

TUESDAYS

BREAKFAST BY DONATION

8:30 AM – 10:00 AM
Horse Meadow Senior Center, North Haverhill

UCC EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM 802-584-3857
Wells River Congregational Church

PLYMOUTH AREA CHESS CLUB

6:00 PM – 8:00 PM
Pease Public Library, Plymouth, NH

WEDNESDAYS

BINGO - NO BINGO DECEMBER 26TH

6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill

THURSDAYS

ONE-ON-ONE CRIBBAGE ROUND ROBIN

12:45 PM
Horse Meadow Senior Center, North Haverhill

PLYMOUTH AREA CHESS CLUB

7:00 PM – 9:00 PM
Starr King Fellowship,
101 Fairgrounds Road, Plymouth

TUESDAY, DECEMBER 11

NEWBURY 250TH COMMITTEE MEETING

6:00 PM
Tenney Library, Newbury

WEDNESDAY, DECEMBER 12

MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM
American Legion Home, Woodsville

FRIDAY, DECEMBER 14

POLAR EXPRESS PARTY

6:30 PM
Pulaski Lodge #58, Wells River
See ad on page 5 and article on page 8

BRADFORD COMMUNITY CHRISTMAS CAROLING

7:00 PM
The Gazebo, Denny Park, Bradford

CELTIC TENNORS HOLIDAY CONCERT

7:00 PM
North Congregational Church, St. Johnsbury
See article on page 7

CHRISTMAS CAROL

7:30 PM
Jean's Playhouse, Lincoln, NH

SATURDAY, DECEMBER 15

GROTON GROWERS WINTER FARMERS MARKET

9:00 AM – 1:00 PM
Groton Community Building
See ad on page 12

COOKIE WALK

10:00 AM – 4:00 PM
Lisbon Arts Gallery, 28 Main St., Lisbon

LARRY COFFIN BOOK SIGNING

11:00 AM – 2:00 PM 802-222-4423
Kinney Drugs, Lower Plain, Bradford

ANNUAL CHRISTMAS PARTY

6:00 PM
Ross-Wood Post #20, Woodsville
See ad on page 8

CHRISTMAS CAROL

7:30 PM
Jean's Playhouse, Lincoln, NH

AN EVENING OF SHORT STORY PERFORMANCES

7:30 PM
Eclipse Grange Theater, Thetford
See article on page 8

SUNDAY, DECEMBER 16

CHILDREN'S CHRISTMAS PARTY

10:00 AM – 12:00 Noon
American Legion Post #83, Main Street, Lincoln

CHRISTMAS CAROL

2:00 PM
Jean's Playhouse, Lincoln, NH

AN EVENING OF SHORT STORY PERFORMANCES

3:00 PM
Eclipse Grange Theater, Thetford
See article on page 8

JONATHAN ORLAND QUARTET

4:00 PM
Tenney Library, Rt. 5, Newbury
See article on page 8

TUESDAY, DECEMBER 18

NH STATE VETERANS COUNCIL REPRESENTATIVE

8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

EMERGENCY FOOD SHELF

1:00 PM – 2:30 PM
Wells River Congregational Church

BEGINNER SPANISH

5:30 PM – 6:30 PM
Groton Free Public Library
See article on page 8

THURSDAY, DECEMBER 20

MONTHLY MEETING

HAVERHILL VFW POST 5245
7:00 PM
Post Home, Rt. 116, North Haverhill

PEARL: THE POEM & THE FILM

7:30 PM
Tenney Library, Rt. 5, Newbury
See article on page 9

SATURDAY, DECEMBER 22

SANTA CLAUS IS COMING TO TOWN

10:30 AM
Tenney Library, Rt. 5, Newbury
See article on page 8

ATTENTION ALL CHURCHES

If you are having a special
Christmas or Christmas Eve
service you can list it in our
Calendar of Events for free.

Deadline is Wednesday,
December 19. Trendy Times
will be on news stands on
Friday, December 21.

MONDAY, DECEMBER 31

NEW YEAR'S EVE BALL

6:00 PM
7:00 PM Buffet
Robert E. Clifford Building
(Woodsville Armory)
South Court St, Woodsville
See ad and article on page 4

NEW YEAR'S EVE PARTY

7:00 PM – 1:00 AM
American Legion Post #83, Main Street, Lincoln

SATURDAY, JANUARY 5

FOOD CHEF CHALLENGE

10:00 AM
Horse Meadow Senior Center, North Haverhill
See article on page 1

SATURDAY, JANUARY 12

STORIES AND MORE (S.A.M.)

10:30 AM
Groton Free Public Library
See article on page 8

PLACE YOUR EVENT FOR YOUR TOWN, SCHOOL OR ORGANIZATION AT NO CHARGE.

Submit your entries by:

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com

Deadline for submissions is Wednesday, December 19th for our December 25th issue.

Celtic Tenors To Perform Holiday Concert ⁷

At North Church—December 14

The internationally acclaimed Celtic Tenors will perform a special holiday concert, "Winter Fire and Snow," 7pm, Friday, December 14th at North Congregational Church, St. Johnsbury. The show will include a musical mix of seasonal and spiritual favorites, plus Irish, classical, and American favorites.

The Celtic Tenors have cracked the "stuffy tenor" mold by performing with the likes of Dionne Warwick and The Chieftains. They have toured extensively in Europe and North America, logging Top Ten chart positions on U.S. and Canadian Billboard and Number 1 chart positions in Ireland, Germany, and the UK. They performed a PBS Special and have played to private audiences for world leaders including Bill Clinton and Kofi Annan (personally organized by U2's Bono).

While each of The Celtic Tenors have been influenced by the musical traditions from their own individual parts of Ireland, each of them show great flexibility in melding their voices to suit the appropriate classical, folk, Irish, and pop genres. The Tenors have won accolades from fans including former President Bill Clinton who called their rendition of "Danny Boy," "The finest version I have ever heard." The Sunday Independent (Ireland) recently wrote. "Their sound, a thoughtful fusion of opera and traditional with minimalist arrangements is instantly ear-catching. Like a box of chocolates from a stranger, it's sweet and unexpected. It's a breath of fresh air to see real talent."

The Celtic Tenors include:



St. Luke's Episcopal Church
3 Church Street
Woodsville, NH

SUNDAY SERVICE 10AM
1st, 2nd & 4th Sundays
Holy Communion With Sunday School
3rd & 5th Sundays
Morning Prayer With Sunday School
Bible Study Following Coffee Hour

Matthew Gilsean, born into a hard-working farming family in North Meath and raised by parents who shared a great love for music, from the great composers to obscure Irish folk. His classical training started in the Sisters of Mercy convent in Kells, County Meath, aged 10, and progressed to some of the great Irish and Scottish teachers. Although he ventured into opera and classical singing, Matthew never lost his love for the music of his youth, in particular the vibrant contemporary Irish music that remains his source of inspiration. His oratorio performances include Beethoven's Mass in C, Symphony No. 9, Mendelssohn's Walpurgisnacht, Saint-Saens' Christmas Oratorio, Handel's Messiah, Dvorak's Mass in D and Mozart Masses.

From Sligo, James Nelson's busy opera and concert schedule has taken him throughout the UK and Ireland, Italy, Spain, Portugal, Switzerland, Russia, Israel, Singapore and the U.S. James has performed more than 50 roles in opera and operetta including Pinkerton ("Butterfly"), Lensky ("Onegin") in Russia, Alfredo

("Traviata") in Como, Italy, Tichon ("Katya") in Lisbon and Porto, and Basilio ("Figaro") under the baton of Raymond Leppard for Scottish Opera. Daryl Simpson, from Omagh in Northern Ireland, has performed many recitals including Monteverdi's Coronation of Poppea. Daryl furthered his studies at Zurich's "Internationales Opern Studio" where he sang Tamino (Die Zauberflöte) and roles in Les Mamelles de Tiresias (Poulenc) for Oper Zürich. He has performed concerts with many of the world's leading orchestras including the Royal Scottish National Orchestra, the Ulster Orchestra, the Toronto Symphony, the Cincinnati Pops, Vancouver Symphony and the Zurich Kammer Orchestra. Tickets are now sale at the Catamount Arts Regional Box Office or by calling 802-748-2600. Online sales and information are available at KingdomCounty.com.

The Celtic Tenors are being presented and produced by Kingdom County Productions working in association with Catamount Arts. For more information, contact series producer Jay Craven (jcraven@marlboro.edu).



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December 11, 2012 Volume 4 Number 5

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Tenney Library December Events

The Tenney Library has a full schedule during the Holiday season. On Sunday, December 16 at 4 PM it will be the Jonathan Orland Quartet. The boys of Berklee gather from France, Ireland and Canada for a holiday concert of traditional and original jazz.

A wine and cheese reception will follow.

The next event is Thursday, December 20 at 7:30 PM with Pearl: The Poem & the Film (see more about this event

with the article on page 9).

Then Santa Claus is Coming to Town! His visit will be on Saturday, December 22 at 10:30 AM. This event is for pre-schoolers. There will be a story hour with Santa and his pack full of books, a holiday project – and he certainly has some treats in there, too!

The Tenney Library is open on Tuesdays from 10 am until 5pm, Thursdays from 2 until 8 pm and on Saturdays 9 am to 4pm.

Upcoming Programs At The Groton Free Public Library

Tuesday, Dec. 18, 5:30-6:30pm: Beginner Spanish Class – Free! This class has been extended due to its popularity! This group is perfect for adults and teens who would like an introduction to Spanish. Our teacher, Ana Petersen, is an Argentina native with a flair for effective Spanish teaching using conversational practice. Drop-ins welcome.

Saturday, Jan. 12, 10:30am: S.A.M. (Stories And More) takes place on the sec-

ond Saturday of every month at 10:30am. Preschool-ers and elementary school-ers are invited to enjoy read-aloud stories along with a craft and a snack.

Monday, Jan. 21, 6:30pm: NEW Book Club for teen and adult readers! This month's title to be announced next week. Call or come by for the latest info! This group meets the 3rd Monday of every month.

Monday, Jan. 28, 7:00pm:

Book Discussion of "A Tree Grows in Brooklyn" by Betty Smith. Copies available at our front desk. This group meets the 4th Monday of every month, and all are welcome!

All of our programs are free and open to the public -- check out our new website: www.grotonlibraryvt.org. For more information about any of our services, contact Anne: grotonlibrary@fairpoint.net/802.584.3358.

Polar Express Party

The Baldwin Memorial Library in Wells River, along with co-sponsor Masonic Lodge #58, are gearing up for the annual Polar Express Party on Friday, December 14 (snow date: Dec. 21) at 6:30 pm. Because this simple, traditional event has become so popular and has outgrown the library space, it will be held this year at the

Masonic Lodge, located above Copies & More at 37 Main Street North in Wells River. The stairway to the hall is on the south side of the building. Families of all ages are invited for an inspiring and dramatic reading of the classic story "The Polar Express". A new reader is chosen each year, and his/her identity is a closely-

guarded secret. After the story, Santa pops in, bringing many "first gifts of Christmas" with a sack full of books for the kids. In keeping with the story, cocoa and cookies are then served to all. Reservations are NOT required, but for more information call or e-mail the library at 802-757-2693 or wells_river@vals.state.vt.us

An Evening Of Short Story Performances

Following up on the successful launch of this new series in September, the Parish Players are delighted to present another episode of "Eclipse Grange Shorts: An Evening of Short Story Performances" for the holiday season.

This series presents short stories in the style of NPR's "Selected Shorts" and certainly are not your public library presentations -- no disrespect intended to our librarian friends! These rehearsed readings integrate words, music, and lighting to present theatrical performances which many audience members last September told us was a delightful surprise.

Though a holiday-themed program, this episode will by no means be a celebration of that Christian holiday. We are known for presenting challenging works, and the selection of stories for this presentation will surprise -- in some cases, perhaps even shock -- while entertaining and enlightening all the same.

The evening is produced & directed by Kevin Fitzpatrick with featured performers: Tim Hansen, Laine Gillespie, Rebecca Bailey, Kurt Feuer, Will Giblin, and Kevin Fitzpatrick. Show dates are Saturday, December 15th at 7:30 pm and Sunday, December 16th at 3:00 pm and are held at the Eclipse Grange Theater, Acad-

emy Road, Thetford, Vermont. General Admission is \$12, Students are \$10. For reservations call: 802-785-4344.

FEATURED STORIES:

Anton Chekhov - "Vanka"
Performed by Tim Hansen
Written in 1886, this heart-breaking story tells of a 9-year-old orphan who has been apprenticed to a cruel shoemaker. A poignant tale of gritty realism; notwithstanding, there is a holiday-appropriate and enduring sense of hope emanating from the title character.
Robert Penn Warren - "Christmas Gift"
Performed by Kevin Fitzpatrick
A shocking narrative featuring another young boy in a crisis situation, this story came to prominence not long ago when it was included in the anthology, "The Best American Short Stories of the Century," edited by John Updike. Written in 1937 in the height of The Great Depression, the story subtly includes significant exchanges of gifts in spite of the scandalous circumstances. Ultimately, the question listeners must ask is, from where does the title of the story come?

Grace Paley - "The Loudest Voice"
Performed by Laine Gillespie

The first half concludes on a

much lighter note as well as introducing a Jewish cultural slant on the season. Written in 1959, this hilarious story is about a fourth grade Jewish girl in 1930s New York City who, because of her clear, loud voice, is chosen to narrate her elementary school Christmas play.

Mary Eleanor Wilkins Freeman - "Christmas Masquerade"

Performed by Rebecca Bailey
Written in 1892, this sweet fantasy will make audiences smile with every plot turn, as well as reveling in Freeman's special gift for capturing the spirit of a small town New England life.

Willem Lange - "Favor Johnson"

Performed by Kurt Feuer
A classic Vermont holiday favorite and regular feature on VPR during the holidays, this heartwarming story set in another small New England town tells the tale of a local legend's annual Christmas gift of fruitcake to all his neighbors and how the tradition started.

James Thurber - "A Visit from Saint Nicholas, in the Ernest Hemingway Manner"

Performed by Will Giblin
This satire first appeared in The New Yorker in 1927. It has all the elements of the classic Clement Clarke Moore poem rendered in "Papa" Hemingway's unique style.

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Ross-Wood Post #20 American Legion
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CHRISTMAS PARTY
Saturday, December 15
Social Hour 6pm • Dinner 7pm
Ham, Roasted Potatoes, Salad
Vegetable and Dessert
Yankee Christmas Swap 8pm
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Sons of the American Legion,
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Tenney Library To Have "Pearl" Of A Show

"Pearl," a short film by Dan Butler of Newbury VT, will have its area premier at Tenney Library in Newbury, Thursday, December 20 at 7:30 PM.

"Pearl" is based on the poem of the same name by former US poet laureate and Pulitzer Prize winner Ted Kooser. When a Midwestern poet (Butler) travels to tell his mother's last living cousin (Frances Sternhagen) that his mother has passed away, the visit soon takes an unsettling turn.

Although the poem was set in the Midwest, the film was shot entirely in Newbury and Wells River VT and Piermont NH.

Dan Butler is an actor, director, writer and producer,

best known as "Bulldog" in the TV series, "Frasier." Acting credits include major roles on and off-Broadway and at repertory companies across the US as well as numerous television shows including "House," "Law and Order," "From the Earth to the Moon," and "Prayers for Bobby." Film credits include: "Crazy, Stupid Love," "Silence of the Lambs," "Enemy of the State," "Fixing Frank," and "Chronic Town."

Frances Sternhagen has enjoyed an active career since the 1950's. She's been in numerous Broadway shows, has been nominated five times for a Tony Award and received two. She appeared in "The Good Doctor," "The Heiress," "Equus," "On Golden Pond,"

"You Can't Take it With You," "Driving Miss Daisy," and "Morning's at Seven." On TV, Ms. Sternhagen is best known for playing two mothers: Cliff's on "Cheers," and Kyra Sedgewick's mother on "The Closer."

"Pearl" was produced by Richard Waterhouse, who will join Butler at the Newbury premier. Discussion with questions and answers will follow the showing and refreshments will be served.

The event is part of "Holidays at Tenney" which includes the Jonathan Orland Quartet on December 16 at 4 PM and "Santa Claus is Coming to Town," a preschool story hour with Santa, December 22 at 10:30 AM. All events are free.



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Wednesday, December 5 was the date of the swearing in for the New Hampshire State Senators and many other elected officials. Pictured above at left is first-time District 1 Senator Jeff Woodburn. To his immediate left is second-term District 2 Senator Jeanie Forrester. Our thanks to the office of Senator Woodburn for the photo.

Quality Santa Time In West Newbury

West Newbury celebrating Christmas on Saturday, Dec 1st with its annual Christmas party. While Mrs. Claus read a Christmas story to the children, Santa and his helper, Panda arrived in the snow covered wonderland at W. Newbury hall and dropped by for a visit.

Children young and old were made believers. Merry Christmas to all and to all a good night.

Photos courtesy of Cindy Brockway.

Santa handed out gifts to all the children and entertained the parents with holiday cheer.

One local resident was bestowed with an unexpected gift of coal and a warning from Santa that he better be good for the next few weeks because he was watching.

Children were told to be on their best behavior because Santa Claus was coming back to town.




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WOODSVILLE, NH - Cute efficient Chalet within short walk of Lakes, beach, basketball court, pool. This open concept home offers central heat, vaulted ceilings, nice wooded lot on paved road, well maintained with 2 bedrooms. Nice porch right off the kitchen / dining area and fully furnished. Basement partial with storage. Snow machine from property. Many updates and easy maintenance. \$96,500.

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Kissing Balls Created

Recently members of the Cottage Hospital Auxiliary and the Hearts and Hands Quilters gathered at a member's home to construct evergreen "kissing balls." The holiday spheres, made of balsam, are festooned with bright red bows and ribbons. That same day, auxiliary members placed the decorations around the inner courtyard at Cottage Hospital. They can be seen from many rooms in the institution. Auxiliary members will be decorating the interior of the hospital following the dedication of the Memory Tree on December 5th.

Contact Lori Thompson at Cottage Hospital, 603-787-9000 to arrange for a light to be placed on the tree in mem-



ory of a loved one.

The Hearts and Hands Quilters are affiliated with the Horse Meadow Senior Center. The Cottage Hospital Aux-

iliary organizes programs to support the hospital. New Members are always welcome in both groups.

Zabroski 3rd Quarter Employee

David Zabroski has been chosen as Cottage Hospital's Employee of the Third Quarter for 2012. David joined the Cottage Hospital Team in March of 2011 as a Patient Access Registrar in the Admitting Department.

Co-workers nominated David for this honor stating, "I don't think there is a person in this hospital that David hasn't helped in one way or another. David is the definition of team player and often times goes above and beyond his call of duty, just because that is the type of person he is. He always has a smile and a kind word for everyone in his path. On top of all that, he is just a pool of knowledge. Try to find something he doesn't know how to do. That is why people often go to him for help. When you do go to him for help, he is a wonderful teacher. Very patient and often sends you away with printed instructions that he types up for you."

David expressed that he is honored to be recognized and believes this is a credit to Patient Access and the hospital as a whole. David explained that he works with several departments every day and so many people have taken their time to show him new things and explain how things work. The dedication to teamwork motivates him to continue to make a difference as an employee and member of the community.

David loves the interaction with the patients and finds that it is a friendly and fun atmosphere and actually enjoys going into work each day. David expressed that in his position as a Registrar, the highlight of his day is talking with people and learning about the area, local history,

and just taking time getting to know them. David explained that he almost grew up in Monroe NH. His family planned on buying a house there after he was born, but plans changed and his family stayed in Boston. After decades of coming up to visit, he realized that he really loved the area and wanted to make it his home.

One of David's favorite interests is world history. He loves ancient cultures and civilizations and had the opportunity to study on several historical dig sites, in both America and Northern England. He explained that it is an amazing thing to hold an old coin, piece of pottery in your hand and realize that it was part of someone's daily life 2,000 years ago. David also enjoys spending time with friends and family. Often



times he will get together with friends and family on the weekend and spend time either playing cards and board games or going to a friend's house for a bonfire.

A party was held in David's honor in the hospital dining room. In addition to a cake, David received a check from the hospital and a special parking space reserved for the Employee of the Quarter.

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Holiday Time

By Lisa Ford, Nutrition Connections, Program Associate UNH Cooperative Extension, Grafton County

Even before the ghosts and goblins were out on the streets ringing doorbells and knocking on doors, I was in one store and saw Thanksgiving, Hanukkah, and Christmas items on the store's shelves. I can remember shaking my head in disbelief. I was on holiday overload and they hadn't even begun. I could understand Thanksgiving items being available, but more than that was too much, for me.

On Thanksgiving Day I read a newspaper article which explored the question, "Should the holidays be cancelled?" I read the article and appreciated the author's thoughts. But, it also left me sad. The article talked about changes, the commercial side of holidays, and how busy and stressed people can be. People getting together, having too much to do and not enough time to appreciate one another.

With my family members

living in various parts of the country and others keeping to their traditions, this year I did not have a traditional Thanksgiving. After putting down the morning paper, my husband and I did something totally different for our holiday, we walked a beach!

At first I thought it was going to be a nice quiet walk on the beach, that there wouldn't be many people out. But then I remembered, about children coming home to be with parents, and families gathering together, and indeed, there were many people on the beach this Thanksgiving Day. Sand castles were built, and dogs and their families were playing games. One young man went for a swim.

We enjoyed the walk, immensely. During my walk I thought of what I am thankful for. I thought of my family and friends; I thought about my coworkers; I thought about the

work I do and people I have met. I wished the best for everyone. When we got back to the car and looked at the clock I was amazed. We had walked for more than three hours.

When we got home, we didn't sit down to a large feast for dinner, but still enjoyed a delicious, simple meal. I thought again about the article I had read that morning, about how life changes.

Hanukkah festivities have come and gone. Christmas is two weeks away and the holiday gatherings have already begun. Holiday gatherings - with punch and eggnog, sweets and treats, and food galore! One pot-luck celebration finished and three to go!

What to bring? Sometimes a friend will ask me to make something special. If I don't have a recipe that I want to try, I go to cookbooks, magazines,

or the internet for ideas. Yup - invite me to a potluck and what I bring is likely something I've never made before. I like bringing foods with vegetables. Even during the holidays, I do my best to eat nutritious foods. Winter vegetables are wonderful. A few commonly found fresh vegetables are: kale, mushrooms, onions and leeks, rutabagas, sweet potatoes and yams, turnips, and winter squash. The thought of roasted winter vegetables over brown rice, delicious! For quicker cooking or other vegetable choices I sometimes use frozen or canned vegetables.

Holiday food recipes often have a lot of butter, fat, salt, sugar, and white flour. Many times I reduce these ingredients by making adjustments to the recipe. Instead of using all white flour, I substitute up to half the amount of flour called for with whole wheat flour. When cooking meats, vegetables, or beans I like to use herbs instead of salt for flavoring.

When it comes to baking, cookies, cakes, or other treats, fat is a concern. One easy way to lower fat in recipes calling for milk is to use nonfat or lower fat milk products. This reduces fat, calories, and cholesterol. By using one cup skim milk in place of one cup whole milk, fat can be reduced by about 70 calories, 8 grams of fat and 28 milligrams of cholesterol.¹ This can also be done when making sauces or gravies. When baking, another way to decrease the amount of fat in a recipe is to substitute half the required amount of oil with applesauce. So, if a recipe calls for ½ cup of

oil, you would use ¼ cup oil and ¼ cup applesauce.

In addition to enjoying those special holiday treats, shopping may be a time when we may choose less healthy foods. When we go to the grocery store, using a shopping list and eating a healthy snack before we go prevents us from buying too much food or convenience foods we may not need. Having a snack before going to a party or to the mall is also a good idea. If you're going to be at the mall, bringing an extra snack will help avoid the food court. Be sure to bring a water bottle with you too. Don't want plain water? Add a splash of 100% fruit juice, or lemon, or cucumber slices. Just by being aware we can avoid overeating and extra calories, but still enjoy the flavors during holiday festivities.

It's the holidays. Have fun! Slow down and enjoy family and friends. Keep traditions and create memories. Enjoy family meal times and pleasant conversation. Does your family have any traditions? Does anyone know why or how they were started? Do you want to keep traditions going or add to them?

I believe spending quality time together is a wonderful gift. Think of it as time to 'unplug'! Get outside, play games, or go for a walk. If there's snow on the ground, make a snow angel or build a snowman. Find a field and look for animal prints in the snow. No snow? Play ball. There are so many possibilities.

My vote is not to cancel the holidays, but to spend time enjoying family and friends and making memories.



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Why Do Seniors Fall?

Loss Of Balance & Tripping Cause More Falls Than Slipping

Falls are the leading cause of injury for older adults. About half of older adults living in long-term care facilities experience a fall in any given year. Attempts to reduce the number of falls have been limited by a lack of observational evidence of how they occur.

Interviews or incident reports about actual falls depend on accurate recall, and laboratory-based simulations of falls (which usually involve a healthy younger adult simulating a fall in a controlled setting) provide little insight into the actual circumstances of falls.

To address this lack of evidence, a team of researchers obtained three years of video evidence of falls in common areas of two LTC communities in British Columbia, Canada. The data was collected by more than 200 cameras set up in dining rooms, lounges, and hallways of the two communities.

When a fall occurred, staff alerted the research team, who determined whether the cameras were able to collect footage of the event. Available footage was analyzed by teams of the re-

searchers who attempted to identify the cause of the imbalance and the type of activity that led to the fall.

The researchers devised seven categories of causes of falls (such as incorrect transfer of bodyweight, tipping, or loss of consciousness) and 11 categories of activities occurring at the time of the fall (like walking forward, getting up from a seated position, standing and turning).

The most common cause was incorrect shifting of bodyweight (basically, loss of balance), which caused 41 percent of the recorded falls. Tripping or stumbling was the cause of 21 percent of the falls observed, followed by being hit or bumped, losing support from an external object (such as a walker), or collapsing.

In addition to getting one's foot caught on the ground, tipping was often caused by difficulty in raising the foot, in getting it caught on equipment (such as a walker or food cart), or on furniture. Slipping was the cause of only three percent of all recorded falls.

This study has important implications about falls. Be-

cause so many falls resulted from loss of balance, balance and strength programs may be an important aspect of falls prevention. It is worthy to note, as the authors do, that so many more falls were caused by tripping than by slipping, as it is often slipping that is assessed in laboratory studies of falls. The high rate of tripping falls also suggests the need for further improvements to the design and use of space in home and institutional environments.

For more information about injury prevention classes for seniors in the Northeast Kingdom, call the Senior HelpLine at 1-800-642-5119 or on the web at www.nevaa.org.

Source: Courtesy of John Davy / Mathers Life-Ways

Robinovitch SN, Feldman F, Yang Y, et al. Video capture of the circumstances of falls in elderly people residing in long-term care: an observational study. The Lancet (2012); online ahead of print. DOI: 10.1016/S0140-6736(12)61263-X.

Squier Wins Prestigious NASCAR Award

Barre, VT—Thunder Road co-owner and founder Ken Squier received the prestigious Buddy Shuman Award during the 2012 NASCAR NMP Myers Brothers Award Luncheon in Las Vegas, NV. The award is given to an "individual who has played a key role in the continued growth and success of Cup racing."

"Ken helped bring not only a voice, but also a face, to Cup racing," said Michael Proud, director of marketing for Federal-Mogul who sponsored the award. "During every race there are dozens of drivers out there battling for track position. He was the first to bring those drivers' personalities into the race coverage. That was a huge step that helped make the sport much more accessible for millions of fans."

The owner of Radio Vermont and former CBS broadcaster was the 56th winner of the Buddy Shuman award. The award is in memory of



former NASCAR Grand National driver and chief technical inspector Louis Grier "Buddy" Shuman, who passed away in a hotel fire in 1955.

"It is such an honor to receive an award like this," said Squier. "That was really something. I didn't expect it."

Squier is a popular figure in the motor racing world. He is well known for deeming the Daytona 500 "The Great American Race", and has played a key role in many motorsports innovations

such as the in-car camera, as well as convincing CBS to cover the Daytona 500 beginning in 1979.

The track Squier built at age 21, Thunder Road, now enters its 52nd year of operation. Squier was also the co-founder of the Motor Racing Network, which is now entering its 34th.

For additional information, head to www.thunderroadspeedbowl.com, call the Thunder Road office at (802) 244-6963, or email us at media@acttour.com

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Executive Council Report

Ray Burton, Councilor

District One

Even before the new legislators- House and Senate take office on December 5, 2012 there is lots of discussion about expanding gaming in NH with licensing and building casinos. This matter will be a hot topic of discussion this coming winter and spring.

Actually, under current NH law, we run a very successful gambling business with NH Sweepstakes under the State Lottery Commission and The Racing and Charitable Gaming Commis-

sions that generate much needed income into the revenue side of the NH State Budget.

As one of your elected officials I have always supported expanded gaming provided the revenues go back to local communities and municipalities to relieve the heavy property tax burdens. AND we should NOT create a new agency to administer the program but build it into either The Racing and Charitable Gaming Commission or the State

Lottery Commission. AND commission member positions should remain appointed as they are now by Governor and Council.

I know NH House and Senate Members would appreciate knowing your ideas on this issue and I would too!

Contact my office anytime.

Ray Burton
 ray.burton@myfaripoint.net
 Home Office: 747-3662
 rburton@nh.gov
 State House Office: 271-3632

Barbie Boycott

By Sheila Asselin

Barbie was born sometime in the early 60's. She was an immediate sensation! Unique in the whole wide world of Doll-dom, she was definitely like no other doll that had ever been born.

First of all she had a body that was out of this world. A waist that Scarlett O'Hara would envy, a bosom ala Dolly Parton, and legs that went all the way to the top. Her feet were permanently bent so she could only wear high heels. No Ugg boots or Birkenstocks for her.

Barbie had a vast and varied wardrobe. With that body any old rag looked good. I once cut the toe off an old sock, plus two slits for arms and slipped this "garment" over her head. Of course she looked terrific. For a major outlay of cash she could be fully equipped with all that her tiny heart desired.

Ken was part of this package. He was a bland, white bread kind of guy. No matter how much he moved his hair never moved. Did you notice? I wonder how much Brylcreme and Butch Wax it took to achieve that ef-

fect. I fail to fathom his attraction. What a dork! With her looks Barbie could have done a lot better.

I thought Barbie gave young girls entirely the wrong message. Success and happiness are achieved in constantly shopping for clothes and other material items. To be beautiful and have a boyfriend was the key to forever bliss.

Feeling this way I decided to boycott Barbie. I would never buy one for my daughters ages 7 and 6. I boldly asserted my opinions on the subject to anyone who would listen. The other parents thought I was strange. Their daughters thought I was a weirdo. For months I ranted on the topic of Barbie madness. Came the day of reckoning.

We lived on a military post. Every December the Officer's Club and the NCO Club would get together to give a Christmas party for all the children. Santa appeared and personally handed out the gifts. Babies received Teddy Bears and pull toys. Older boys got trucks and Lincoln Logs. Girls in the 6-8

year age group got (drum roll, please) . You guessed it- BARBIES!

Blindsided. Foiled again. Stabbed in the back. Forced to recant. Was I going to rip the offending objects from my Children's grip? Of course not. What kind of a warped, misguided mother do you think I am?

Barbie and I called a truce. We managed to co-exist in the same household until the time my girls realized what a loser Ken was and how shallow Barbie was. Until the time they became interested in real live breathing boys. Boys whose hair moved, were afflicted with acne, and could actually talk. Happily they grew up to be strong , assertive women with real values and an appreciation for the truly important things in life. So I guess no harm was done.

Barbie went on to have numerous careers. Poor girl. Looks like she could not keep a job for very long. She recently turned 50 yet does not look a day over 20. I wish I looked like her at 50. Heck I wish I had looked like her at 20!

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“Dear Marci” – Medicare Advice Column

Dear Marci,
My Medicare Advantage plan is ending at the end of this year. What are my options?

Allison

Dear Allison,
If your Medicare Advantage (Medicare private health plan) is ending at the end of this year, you have two options:

- If you want to join a new

Medicare Advantage plan, you can sign up for a new plan until February 28, 2013. However, it's best to sign up for a new plan by the end of this year, so you can get coverage beginning January 1, 2013. If you wait until January or February to enroll in the new plan, your coverage will start the first of the month after you enroll. You will have Original Medicare with no drug coverage, until your selected Medicare Advantage plan coverage starts.

• If you want Original Medicare, you will automatically be enrolled and your coverage will begin January 1, 2013. Original Medicare is the traditional fee-for-service Medicare program offered directly through the federal government. If you have Original Medicare, you may sign up for a Medigap (supplemental plan that helps pay for gaps in Original Medicare coverage) from October 2, 2012 to March 4, 2013, if you are 65 years or older.

During this time, federal law gives people 65 years or older the right to buy a Medigap policy and insurers can-

not impose a waiting period on pre-existing conditions. Some states may be more generous with their Medigap laws and may offer these protections to people under 65. Contact your State Dept. of Insurance or State Health Insurance Assistance Program (SHIP) to learn more about Medigap rules in your state.

Keep in mind that most Medicare Advantage plans include health and drug coverage. If you want Original Medicare, you should think about prescription drug coverage. In most cases, you will need to sign up for a stand-alone prescription drug plan (Part D). You can sign up for a Part D plan until February 28, 2013. However, you should try to sign up for a Part D plan by the end of this year so your prescription drug coverage is effective January 1, 2013. If you wait until January or February to sign up for a Part D plan, your drug coverage will start the first of the following month after you enroll, and you may experience gaps in coverage.

If you aren't sure whether your plan will be available in 2013, contact your plan.

-Marci

HEALTH TIP

As you age, your bones tend to become weaker over time. The Mayo Clinic offers some tips on how to keep your bones healthy:

- Include lots of calcium in your diet. Dairy products, dark green leafy vegetables, and soy products are good sources of calcium.
- Exercise on a daily basis to build strong bones and slow bone loss.
- Remember to get enough vitamin D. People can get vitamin D from sunlight, in addition to dietary sources, such as tuna, sardines, egg yolks and fortified milk.
- Avoid smoking and drinking more than two alcoholic beverages a day.

For free personal counseling on benefits, rights and options for people on Medicare and their families, call Pat at the State Health Insurance Assistance Program (SHIP) located at the Agency on Aging for Northeastern Vermont at 748-5182 or 1-800-642-5119.

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Cottage Hospital STORK REPORT Fall 2012

Thomas Pifari III & Joscelyn Flint, of South Ryegate, VT proudly introduce their daughter, Ariana Ann-Marie Pifari, born August 28, 2012. Delivering Physician was Dr. Steve Genereaux.

Joshua & Jennifer Buckley along with big siblings Ashley, James, Isabella, Gabriel, Hannah, Colton and Brody, of North Haverhill, NH proudly introduce their son and brother, Trent William Buckley born August 30, 2012. Delivering Physician was Dr. Aaron Solnit.

Clifford Plummer & Alysia Perry along with big sister Alexis, of Newbury, VT proudly introduce their son, Connor William Plummer, born September 30, 2012. Delivering Physicians were Dr. Melanie Lawrence & Dr. Fay Homan.

Phil McDanolds & Andrea Elliott along with big sister Patricia, of Benton, NH proudly introduce their daughter and sister, Aubrey Janice McDanolds, born October 15, 2012. Delivering Physician was Dr. Gretchen Andrews.

Julio Alcala & Norelly Rodriguez along with big brother Leon, of Woodsville, NH proudly introduce their daughter and sister Leila E. Alcala, born October 16, 2012. Delivering Physician was Dr. Sarah Young-Xu.

Stanley & Lynn Beland along with big brother Drake, of East Ryegate, VT proudly introduce their son and brother Desmond Miles Beland, born October 22, 2012. Delivering Physician was Dr. Sarah Young-Xu.

Sherman & Mollie Brown, of East Corinth, VT proudly introduce their daughter Madeline Mckinzie Brown, born October 29, 2012. Delivering Physician was Dr. Melanie Lawrence.

Allen Troy & Holly Ilsley along with big siblings Orin, James and Caleb, of Bath, NH proudly introduce their son and brother Callen Justice Troy, born November 1, 2012. Delivering Physician was Dr. Aaron Solnit.

Don & Crystal Hitman along with big sisters Haley and Alexa, of Bath, NH proudly introduce their son and brother Evan Robert Hitman, born November 1, 2012. Delivering Physician was Dr. Fay Homan.

Thomas Harris & Erin Coutu, of Woodsville, NH proudly introduce their son Brantley Michael Harris, born November 3, 2012. Delivering Physician was Dr. Jessie Reynolds.

CJ & Kelsey Sanville along with big brother Ethen, of Newbury, VT proudly introduce their son Brantley Michael Harris, born November 3, 2012. Delivering Physician was Dr. Jessie Reynolds.

December 11, 2012 Volume 4 Number 5

Not all Times are Trendy but there will always be Trendy Times



SHOCK, AWE, AND POSSESSION Return To The Sugar Hill Inn Sugar Hill, NH

Special Guests: NEPI-Anthony Ardolino, Nancy Fortin, Phyllis Ardolino, Michelle Lafontaine, Keegan, Lewkis, and Faith MacBean; along with Val Fortin, Chris Loveday, and Gregg Dumont

(Please note: Due to space constraints, this article had to be cut down. The original was three pages long. So much more happened. For the full version, go onto scared-sheetlessncn.blogspot.com)

We arrive at around 7:30 at the Inn, ready to relive the night from two years ago, ready to help those spirits in need, and let their voices be heard. We were accompanied by Chris Loveday; host of Shadows of the Night, and Gregg Dumont; owner of KillerReviews.com and Wegga Productions. Very nice fellows, with an equal interest to the paranormal. This was actually Gregg's first investigation, hopefully he learned a thing or two from the NEPI gang.

Splitting into teams; with Nancy, Michelle, and myself on one team. We went into the famous Bette Davis room, which is where the actress would stay when she was in the area. We asked if there was any spirits there, and it said yes. We tried to pinpoint of who it could be and I suggested, ask if it is Bette Davis. Nancy didn't believe that it could be her, because even though she was noted of being a big patron of the Inn, she did pass away in France. I egged Nancy on to ask though and we got a yes, it is Bette Davis. We asked her questions, such as was she in the movie, What Ever Happened to Baby Jane? A 1962 thriller. We got a yes. Nancy then asked if she was in an episode of Bonanza and it said yes. And for Gunsmoke, we got a no. However, upon further research, it shows Bette as starring in an episode of Gunsmoke and not Bonanza. After some time com-

municating with Bette, we told her thank you and if she wanted to say goodbye by stroking our hair or something along those lines, she could. Michelle said, she felt at peace and it was as if she felt like someone was hugging her; I felt a warm spot on my back. Could it be the spirit of Bette Davis?

We then proceeded to do what we were all anxiously waiting for - Glass Swirling. For those who don't know, Glass Swirling works similar to an Ouija Board, however, you don't have letters and you use a glass, rather than a Planchett. The participants put their fingers on the bottom of the glass and tell the spirits, that they are allowed to use our energy freely, as long as they mean us no harm. It took awhile, but the glass started to really move. We asked if there was an afterlife and again, like in April of 2010, it made an 8, which means eternal life. This is the fourth time this has happened to us in an investigation; two of which that were not at the Inn. Could this be evidence that the afterlife really exists?

Getting out the Ghost Box, while doing a Pendulum session, it wouldn't take long before an event would happen that we've only seen on TV. The Pendulums were swinging at full force, spinning in synch from Anthony's to Nancy's, we then got the

name Ralph on the Ghost Box before fear struck in all of us. Michelle has well known habit of hiccupping during Pendulum sessions, it has become sort of the norm, but this wasn't ordinary. She started hiccupping faster and faster; she said, she didn't feel like herself. Suddenly she turned around and started doing a mix of hyperventilating, crying, and growling. Anthony recognized it right away for what it was...Michelle was being possessed by a spirit. Some people will say, Bull, but we would say not, you'd have to be there. She grabbed a hold of Val's jacket and Val said her stare was blank, she had saliva coming out, and she gasping for air. Anthony told her to tell whoever was trying to get in, to get out. I take no shame in saying that I got out of my seat, mostly because I was sitting right next to her, and I didn't want to be in the line of fire. We called in Phyllis, who's had experience in the field of Reiki. She did her thing to Michelle and Michelle turned around and said, she was fine. Simple as that. But this incident would scare most of the group into just abandoning the investigation. Which is understandable, but this is what we do, and we should know that consequences are expected for our actions.

Until next time, this has been Scared Sheetless. Happy haunting, everybody.

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Weight Control

December 11, 2012 Volume 4 Number 5

Yes, I know I am aware it is the holidays and yes, I love my treats, yet, I know many herbal secrets that I am always open to sharing. Weight control is a strategy of prevention lifestyle – an attitude of keeping weight down. People today are more motivated for health reasons to control their weight. Even though Americans are always looking for the “miracle magic bullet” for slimness and body tone, everyone is slowly realizing that a good nutritional diet has to be front and center for permanent results. Weight control is a component of a sound nutritious eating plan along with nutritional supplementation. Foods alone are not enough to “fill you up,” as the value of our soil is still on the decline.

THE SIX MOST COMMON WEIGHT CONTROL PROBLEMS

There are almost as many weight loss problems as there are people who have them. Once you make the decision to be a thin person, analyze what your weight loss block really is. Identify your most prominent weight control problem, espe-

cially if there seems to be more than one. Best results are achieved by working on the worst problem first. As improvement is realized in the primary area, secondary problems are often overcome in the process. If lingering problems still exist, they may be addressed with additional supplementation after the first program is well underway and producing noticeable results.

After identifying, your personal difficulty, choose the weight loss herbs within that area that most appeal to you. Since natural products work with the body to rebalance gland and hormone functions, productive activity may be subtle and long range for more permanent results. Go slow, stick to it, improve your diet and your daily habits if necessary. Herbal therapy has shown success in treating each of the major weight loss problems.

Here are the six most common weight control problems. Does your weight loss difficulty fit in here?

1) **Lazy Metabolism & Thyroid Imbalance:** A poorly functioning thyroid invariably results

in sluggish metabolism. Most people with under-active thyroids (hypothyroidism), have a weight problem. Factors that decrease thyroid activity and the rate at which the body burns calories, include certain nutrient deficiencies, thyroid exhaustion because of over-stimulation by caffeine, sugar and other stimulants, and substances that inhibit thyroid function, like alcohol.

2) **Cellulite Deposits & Liver Malfunction:** Cellulite is a combination of fat, water and wastes. When circulation and elimination become impaired, connective tissue weakens, and un-metabolized fats and wastes become trapped just beneath the skin instead of just being eliminated by the body. Cellulite forms in areas of sluggish circulation, building up where normal cell exchange slows down.

3) **Overeating & Eating Too Much Fat:** Overeating on empty calories, like junk food, is the downfall of most dieters. Overeaters usually diet by eating one large meal a day and then try to eat nothing the rest of the time. Gnawing hunger for long periods makes the dieter irritable and miserable. This type of so-called diet taxes the willpower to the max and makes the dieter want a food binge.

4) **Poor Circulation & Low Body Energy:** For some dieters, initial weight loss is quite rapid, but then a plateau is reached and further weight loss becomes difficult, because restricted food intake slows down metabolism, helps convert stored fat to energy, and energizes circu-

lation to help a dieter get over this plateau.

5) **Poor Elimination-Detox The Colon, Bowel, Kidney & Bladder:** Today, people make rich foods like red meats, rich cheeses, cream, butters and sweets, once reserved for festive occasions, a part of every meal. These foods are poor nutrition providers and difficult to eliminate. The environmental pollutants, pesticides, and chemical by-products in these foods also obstruct body processes. Clogged elimination systems especially impede the weight loss process.

6) **Sugar Craving & Body Sugar Imbalance:** Sugar provides a temporary “insulin rush”, but is then followed by food cravings caused by low blood sugar levels. After a sugar binge, raised insulin levels mean more calories are transformed into fat. A low glycemic diet is a good answer for sugar cravings. It means fewer calories are turned into fat and more are burned for energy.

Thermogenic Calorie Burning Herbs include: Kola Nut, White Willow Bark, Kelp, Sea Vegeta-

bles, Nettles, Parsley Root & Leaf, Sarsaparilla Root, Garcinia Fruit

Appetite Suppressant Herbs include: Chickweed, Barley Grass, Spirulina, Fenugreek Seed, Oats, Oatstraw, Kelp, Sea Vegetables, Chlorella, Fennel Seed, Alfalfa, Flax Seed

Herbal Energizers include: Kola Nut, Bee Pollen, Gotu Kola, Sarsaparilla Root, Siberian Ginseng Root, Hawthorn Berry, Leaf & Flower, Barley Grass, Suma Root, Guarana Seed.

Blood Sugar Stabilizing Herbs include: Licorice Root, Panax Ginseng, Barley Grass, Spirulina, Lecithin, Gotu Kola, Burdock Root, Sarsaparilla Root, Gymnema, Wild Yam Root.

Circulation Stimulating Herbs include: Hawthorn Berry, Leaf & Flower, Safflower, Gotu Kola, Ginkgo Biloba, Turmeric, Kelp, Ginger Root, Capsicum, Siberian Ginseng Root.

Body Cleansing Herbs include: Rhubarb Root, Irish Moss, Cascara Sagrada, Psyllium Husk, Butternut Bark, Apple Pectin, Barberry, Aloe Vera, Black Walnut

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is private health consultations, teaching herbal apprenticeships and intensive workshops, Reiki I, II & III into mastership. In her Shoppe located in Lisbon are over 200 medicinal bulk herbs, teas, capsules and bath & body products all made on premise. 603-838-5599 thymetoheal01@yahoo.com

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The Gift Of Volunteering

The Above the Notch Humane Society's mission is to provide protection and care for unwanted, abused and stray dogs as well as educate the public in proper animal care and welfare, but we cannot do it alone. We need the help of volunteers; people like you who are willing to volunteer their time and energy to help innocent dogs in need.

A volunteer is one who acts and undertakes a task or service of their own free will, without monetary or financial compensation. Volunteers are extremely important to our cause. There are many things that need to be accomplished and we need your help. It is with this in mind that we are reaching out for your assistance.

During this Holiday Season of giving and thanks, have you asked yourself, "what can I do that can and will make a difference? The answer: volunteer for a wonderful cause! It will give you the ability to do new and different things as well as get new and meaningful life experiences. It will also allow you to take pride in the accomplishment that comes from making a difference.

Volunteers are not only needed to help care for the dogs in our shelter, but for many different aspects of our mission. In order to raise funds and continue into the future, we will need to sponsor and participate in fundraisers which may include: an open mike night /karaoke, craft sales, bake

sales and car washes to name just a few. Our two signature events are "Mutts Rock at The Rocks", which is held in October and Fido's Feast, which is in the planning stages for March 2013. These events take a great deal of time and planning and would not be successful without the assistance of volunteers. Deciding on the actual fundraising events, as well as coordinating all of the details it takes to organize and set them up, takes a tremendous amount of time and effort, but with your help the process will be much less arduous and far more fun.

We hold monthly volunteer meetings that allow us to expand our capabilities by brainstorming different ideas for future fundraising events. The time you volunteer is very important to us, but your feedback and your ideas are as important as the time you are willing to give. We are offering you a chance to become part of something critically important in our community and to know that you are making a difference, one day at a time. As a volunteer, you become part of the whole.

If you are interested in assisting us by becoming a volunteer for our wonderful, caring organization, please contact us at (603)444-6241 or visit our website at: www.atnhs.org to submit your application online.

The Above the Notch Humane Society wishes you

and yours a Happy Holiday Season.

Written by Bobbe McIntyre for The Above the Notch Humane Society

Here is a great big thank you to the volunteers who came to Mutts Rock at the Rocks Estate. A good time was had by all and your participation was very much appreciated.

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These photos were taken on November 28 and show each of the 3rd grade classes. The 3rd graders are given dictionaries every year by the North Haverhill Girls Club and the Pemigewasset Valley Pomona Grange #18 with the Girls Club funding the project. This is with cooperation from the Project Dictionaries NH. The ladies that presented are Ida Hutchins, Jeannie Horne, & Sheila Asselin.



By Ronda Marsh

White Chocolate Dipped Pretzel Wreaths

Make no mistake about it my friends, although it may be hard to believe, we are undeniably well into the holiday season and ready or not, Christmas is just a heartbeat away. And like all of you, I invariably have plans to make and do way more than I have any reasonable hope of accomplishing and end up having to pare down my expectations accordingly. Experience has taught me that although I love to give my friends a few homemade treats as gifts, these few weeks between Thanksgiving and Christmas are not the time to attempt to make complex recipes with many ingredients. Stick with the familiar, and prioritize your time so that you don't end up so exhausted and cranky that the holidays become a burden instead of a pleasure.

I've been making these simple little wreaths for a few years now, and I find children and adults alike can't help but smile when they see them. Quick and easy to cre-

- 1 bag traditional salted pretzel twists
- 1 bag white chocolate chips
- 1 bag red licorice rope

Lay out a long sheet of parchment paper or waxed paper. Using a plate or cake pan as a template, trace 6-8" circles, well spaced, on the paper, then flip the paper over (so you're not building your wreath on the pencil marks). Set out little bowls of your chosen decorations for quick access. Place the chocolate chips in a microwave safe bowl, and microwave them on half-power in 30 second increments, then stirring, until the chips are melted and smooth being careful not to over-heat them, or they will clump and become unusable. Submerge 3 or 4 pretzels at a time in the melted chocolate, then remove them (a small fork works well) and place them on the circle template so they are just touching,

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ate, you can let your imagination dictate how you decorate them. Once they've dried, just slip them into individual glassine bags and tie it up with a ribbon to complete the look. Perfect as a stocking stuffer, you could also bring them as office gifts. Whatever your gifting idea, these wreaths are so pretty and tasty, the lucky recipient will have no doubt they were made with love!

- Mini chocolate chips, mini M&M's, chopped nuts, etc. for decorations.

until the circle is completed. Dip and place a second layer of pretzels, offsetting them from the first layer so they overlap. Working quickly before the chocolate dries, sprinkle your chosen decorations on the wreath and finish with a licorice bow. Allow wreaths to sit for at least an hour before packaging or moving.

Happy Holidays From
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The December 25th issue of Trendy Times will show off our front door full of Christmas Cards. Your card can be part of the display! The cost will be \$25 - In Full Color! Call or email us for details.

This issue will be dated December 25, 2012. However, it will be on newsstand on Friday, December 21, 2012. Absolute deadline for Greetings will be Wednesday, December 19 at 5 PM. You may choose from Happy Holidays, Merry Christmas, Religious or Santa themed greetings. For details or to order your Greetings contact Gary at 603-747-2887 or email: gary@trendytimes.com

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