

# TRENDY TIMES

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FEBRUARY 5, 2013 VOLUME 4 NUMBER 9

## The Mighty Bean-Star Of The Groton Growers February Market

By Marianne L. Kelly

"I don't know beans about that," "He's a bean counter," or one of my favorites, "It's not worth a hill of beans." We've all heard these expressions and many of us have spoken them.

The truth of the matter is the small humble bean packs a mighty powerhouse of nutrition from helping lose and maintain healthy weight, to preventing heart disease, managing diabetes, lowering cholesterol and more.

The February theme for the Groton Growers Farmers Market is, "Beans...where have you been all my life?"

Everyone is invited to come to the market on February 16 to see live bean cooking demonstrations, taste fine, hearty bean fare and take home recipes to try at home. Your questions will be answered, and information shared on how you can easily, deliciously and economically add beans to enhance a healthy diet.

The results of us becoming much more health conscious have catapulted beans into the spotlight. Some bean facts:

Protein-The food industry has exaggerated the amount of protein we need in our diets, and too much can lead to osteoporosis and kidney disease. Our bodies need protein and the best vehicle is by adding plant protein such as that found in beans, to our soups, salads and other meals. A little goes a

long way and our bodies' protein needs are met.

Fiber and Weight Loss-For decades our diets have revolved around counting calories in various ways, causing confusion and disappointment in our weight loss efforts. Beans are a natural, powerful source of fiber. They make you feel full, causing you to eat less, and along with a healthy exercise regime lose weight.

Beans and Sugar- Diabetes is epidemic in America. Don't believe this? Watch some of the television commercials that hawk diabetes supplies. Scientists praise beans, lentils and legumes for their low glycemic index ratings. Replacing carbs that quickly release sugar into your system after eating, with beans that are denser and take longer to process appears to help regulate blood sugar. An added benefit to adding beans to your diet is they may help lower cholesterol.

Economy - The current economic climate is spurring all of us to save wherever we can without skimping on nutrition. According to a recent ar-

ticle a 1lb. bag of blacks beans (about 6 cups cooked) costs about \$1.50, while a 29 oz. can costs about 1.49. Replace meat once or twice a week with a bean dish and you not only get a power packed meal, but a healthier, less expensive one as well.

These are but of few of the myriad benefits of adding beans to your diet. They come in many varieties and, as many delicious recipes as people who prepare them. Many people complain that beans cause gas, however, soaking them in cold water for a few hours or overnight before cooking, reduces the gassiness associated with this powerfully nutritious food.

Beat the winter doldrums, experience some delicious bean dishes and take home recipes as well by joining us for fun and taste sampling at the Groton Growers Farmers Market, Groton Community Building Rte. 302, Saturday, February 16 from 9-1.

What you take away will be worth more than a hill of beans. See you at the market!



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# Valentine's Day Candy Sale

With thoughts of Valentine's Day around the corner, Friends In Council - GFWC, of Lisbon, New Hampshire invites you again this year to purchase their homemade chocolates. The chocolates will be on sale for \$8.00 a box and can be purchased at Du Ez In and Out and Woodsville Guaranty Savings Bank in Lisbon.

All monies raised are used to support local com-

munity clubs, schools, and services.

The sale will begin on Thursday, February 7th from noon to 6:00 p.m.; Friday, February 8th from noon to 6:00 p.m.; and, Saturday, February 9th from 9:00 a.m. to noon. Orders can also be made by telephone by contacting Dori Hamilton at 838-5149. Your support is greatly appreciated.

February 5, 2013 Volume 4 Number 9

February 5, 2013

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# Cats

By Elinor P. Mawson

We have had four Siamese cats in our lifetime. The first was Matthew who turned out to be a girl, and was hit by a car when she was about 6 months old.

The second was "Kits" who we bought at a pet store, and chose her above the others because she was on TOP of the others. Kits was a nice little cat, and as she grew up, we thought it would be fun to have a litter of kittens at our house.

There was one problem. Where would we find a boy cat?

Then I heard of a lady in the next town who had a boy Siamese that she would loan out from time to time.

I gave her a call.

"I will have to ask him,"

she said. He isn't here right now. Not long after, the phone rang. "Elinor," she said. "He just walked in the door and would love to visit with you".

So I went and got Amos, a huge Sealpoint, who was very docile and willing to get into my van with no trouble at all. When we got to my house, "docile" was a thing of the past. He jumped out of my arms as soon as he saw Kits, and they fell in love immediately. They were insatiable! I decided to put them in the cellar where they could proceed with their business in private.

Three days went by. Every so often we would hear a flowerpot fall to the floor, or a loud screech from

one of them.

At the end of the three days, I heard a faint scratching at the cellar door, and went to open it. There was a VERY docile Amos. He crawled through the door and lay exhausted on the carpet.

I knew he was ready to go home. I picked him up and put him in the van and off we went.

When I opened the door, he took off like a shot - happy to be home once more, I'm sure.

Weeks later, my little son woke me up one morning. "Mom, there's something in my sleeping bag. I'm all wet, and there is noise in there."

There, at the bottom of his sleeping bag, lay Kits with a litter of 4. They were beautiful! We didn't have too much trouble getting rid of the kittens, everyone wanted them, and the price was right.

We washed out the sleeping bag, and our son used it for many more years. And when we found Kits had gone to the great cathouse in the sky, there was just enough of the sleeping bag left to wrap her in.

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# Vermont Winemakers To Host Second Annual Wine And Chocolate Weekend February 9th And 10th

Montpelier, Vermont — Vermont winemakers are hosting a statewide Wine and Chocolate Weekend on February 9 and 10, 2013 to celebrate Valentine's Day. Fourteen wineries around Vermont have paired at least one of their wines with a local chocolate confection or other Vermont dessert product. Many have partnered with Vermont chocolate makers to put a local twist on the classic combination.

The full range of Vermont wines will be on display during the Wine and Chocolate weekend, including black currant cassis, honey mead, ice cider and grape wines made from varieties like Marquette, La Crescent, and Louise.

Some of the sweets are homemade, some made by chocolate makers specifically for the wine pairing, and some are quite surprising. Spicy chocolate popcorn will be fea-

tured with one of Huntington River Vineyard's red wines. This year, visitors will find many different approaches to pairing wine with treats, from sweet to spicy. Champlain Orchards is serving their own apple pie with their ice cider, an apple-upon-apple dessert special.

"To help spice up Valentine's Day, we're teaming up with Lily B's Cupcakes," Nichole Wolfgang of Artesano Mead said. "Our Chili Cinnamon Mead will be paired with Lily B's Mexican Chocolate cupcakes."

The participating wineries will be open from noon to 5 p.m. during the Wine and Chocolate weekend. Wine and chocolate tastings are free. Visitors can also purchase a bottle of the featured wine with the accompanying chocolates for Valentine's Day gifts.

Local Wineries participat-

ing in the Wine and Chocolate Weekend include:

Artesano Mead, Groton. Artesano's Chili Cinnamon Mead will be paired with Lily B's Mexican Chocolate cupcakes. Poet's Mead and Bourbon cupcakes, chocolate-dipped honey graham hearts, bee's wax candle hearts, and locally made Valentines will also be featured. (802) 584-9000; www.artesanomead.com.

Caledonia Spirits and Winery, Hardwick. Surprise pairings by the makers of gin, vodka, elderberry cordial, and honey wines. (802) 472-8000; www.caledoniaspirits.com.

Fresh Tracks Farm, Berlin. Digger's Dance Red Wine Brownies, and Freerider Red Truffles (from the Cocoa Bean) for with each of those respective red wines. On the 9th, 6-9pm, Sushi Night by

Himitsu Sushi—candlelit dinner and music to boot! (802) 223-1151; www.freshtracksfarm.com.

North Branch Vineyards, Montpelier. Pairings: 2011 Marquette with various chocolate goodies from Cocoa Bean in Montpelier; Cuvee di Alberti (Late Harvest Frontenac Gris) with chocolate-covered strawberries. 802-229-6169; www.northbranchvineyards.com

For more details and other locations for the Wine and Chocolate Weekend, please visit the <http://VermontGrapeAndWineCouncil.com>. The VERMONT GRAPE AND WINE COUNCIL is a consortium of over 25 wineries, vineyards and farms in Vermont that are producing interesting and delicious wines, ciders and other fermented products indigenous to the Northern state.

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February 5, 2013 Volume 4 Number 9

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# Pink Martini To Play

## St. Johnsbury Concert February 17th

Even the wildly diverse, euphoric crowds emerging from Pink Martini performances around the world would be hard pressed to define the genre-busting band's ecstatically fun music. Their mix of styles ranges from Latin jazz, Brazilian samba and Afro-Cuban rumba to Japanese film noir and sultry '30s cabaret songs, creating an exhilarating sound that drapes a global perspective

on romance. The 14-piece band performs on an array of orchestral instruments including violins, trumpets, trombone, cello, harp, congas – and features Thomas Lauderdale at the piano and China Forbes singing.

Kingdom County Productions will present Pink Martini in its exclusive northern New England concert, 7pm, Sunday, February 17, Fuller Hall, St. Johnsbury Academy.

Tickets and information are available at [www.KingdomCounty.org](http://www.KingdomCounty.org) or at the Catamount Arts Regional Box Office (802-748-2600).

Pink Martini is a "little orchestra" from Portland, Oregon, formed in 1994 by pianist Lauderdale, who was joined a year later by Forbes. The band draws inspiration from music from all over the world – crossing genres of classical, jazz and classic pop. Featuring a dozen or more regular musicians, Pink Martini performs its multilingual repertoire on concert stages and with symphony orchestras throughout Europe, Asia, Greece, Turkey, the Middle East, Northern Africa, Australia and New Zealand, South America and North America.

The band made its European debut at the Cannes Film Festival in 1997 and its orchestral debut with the Oregon Symphony in 1998. Since then, the band has played with more than 25 orchestras around the world, including multiple engagements with the Los Angeles Philharmonic at the Hollywood Bowl, the Boston Pops, the National Symphony at the Kennedy Center, the San Francisco Symphony and the BBC Concert Orchestra in London's Royal Albert Hall.

Other appearances include three sold-out concerts

at Carnegie Hall and the Governor's Ball at the 80th Annual Academy Awards in 2008. The opening of the 2008 Sydney Festival in Australia, and the grand opening of the Los Angeles Philharmonic's new Frank Gehry-designed Walt Disney Concert Hall, with return sold-out engagements for New Year's events from 2004 through 2007. All five Pink Martini albums have gone gold in France, Canada, Greece and Turkey, and have sold well over 2 million copies worldwide.

"All of us in Pink Martini have studied different languages as well as different styles of music from different parts of the world," says bandleader Lauderdale. "So inevitably, our repertoire is wildly diverse. At one moment, you feel like you're in the middle of a samba parade in Rio de Janeiro, and in the next moment, you're in a French music hall of the 1930s or a palazzo in Napoli. It's a bit like an urban musical travelogue. We're very much an American band (with a hint of Mad Men), but we spend a lot of time abroad and therefore have the incredible diplomatic opportunity to represent a broader, more inclusive America - the America which remains the most heterogeneously populated country in the world composed of people of every

country, every language, every religion."

The band has collaborated and performed with numerous artists, such as Jimmy Scott, Carol Channing, Rufus Wainwright, Martha Wainwright, Michael Feinstein, filmmaker Gus Van Sant, and the original cast of Sesame Street. Pink Martini has appeared on "Late Night with Conan O'Brien," "The Late Show with David Letterman," "The Tonight Show with Jay Leno," and NPR's "Toast of the Nation." They have been featured in films including "In the Cut," "Shanghai Kiss," and "Mr. and Mrs. Smith." Also TV programs including "The West Wing" and "The Sopranos."

"The London Times" calls Pink Martini "Swiftly intoxicating...elegantly chilled." The "London Telegraph" calls the band, "Impeccably suave... combining class and kitsch, swooning nostalgia, and delirious romance."

The February 17th Pink Martini concert is being presented and produced by Kingdom County Productions working in association with Catamount Arts, local business and media sponsors, The National Endowment for the Arts and the Vermont Arts Council. For more information, contact KCP series producer Jay Craven ([jcraven@marlboro.edu](mailto:jcraven@marlboro.edu)).



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# Auditions For First Play Of OCT's 2013 Season

Bradford, VT: Old Church Theater is holding open auditions for May's mystery-comedy "Catch Me If You Can!" on February 9th at 11am at the Methodist Church on North Main Street. Directed by Diane Chamberlain, 2 women and 5 men are needed. This is not the story made famous by Tom Hanks and Leonardo

DiCaprio's movie, but a Broadway whodunit by Jack Weinstock and Willie Gilbert, the writers of the play "How To Succeed In Business Without Really Trying".

The action takes place in a mountain lodge in the Adirondacks and features a missing wife, a bumbling detective, a few dead bodies and a surprise ending with

many twists and turns along the way. For more information call the director at 802-222-4888.

Old Church Theater is entering its 28th year of continuous community theater. This season is dedicated to the theater's founders, Mary Alice Klammer and Dominique Bulfair, deceased in 2009 and 2013 respectively.

## WMCC- MacCleery CDL Scholarship

White Mountains Community College, (WMCC), is seeking applicants for the Russell MacCleery Memorial Scholarship for their Commercial Driver Training Program. This scholarship was made possible by New Hampshire Motor Transport Association which will provide \$4,500.00 toward tuition for one student to attend WMCC's CDL-A program in Littleton. This generous scholarship is provided by members of New Hampshire Motor Transport Association in honor of Russell MacCleery.

Russell MacCleery helped pass legislation that created the interstate highway system and traveled the country promoting the passage of this legislation. After his retirement in 1978, MacCleery worked tirelessly to promote the New Hampshire Motor Transport Association.

The recipient of this scholarship will be selected by committee through an application form and a short essay explaining the student's goals. This is an excellent opportunity for an individual with the desire

for a career in commercial driving.

The next WMCC CDL-A program will begin March 4. The scholarship application deadline is February 15th at 4:30 p.m. More information and the application can be obtained at WMCC's Littleton Academic Center, 646 Union Street, Littleton, New Hampshire. Contact Melanie Robbins, Littleton Program Coordinator, or Paul Mundell, Commercial Driver Training Coordinator, at (603) 444-1326.

## WHS NHS Sends \$350 To Sandy Hook

Due to the recent tragedy at Sandy Hook Elementary School in Newton, Connecticut on December 14th, 2012, Woodsville High School's National Honor Society took initiative immediately by calling an emergency meeting to brainstorm ideas on how we could help the victims or

family of the victims of the shooting. The group of 11 students with the help from advisors Mrs. Mulliken and Mrs. Cobb organized jars to be placed around the school and in multiple locations in local businesses around the Woodsville area. For a short time around Christmas,

these jars managed to acquire \$350 from the kind locals of Woodsville and the surrounding area. No amount of money can replace the lives of these innocent children but we hope this donation will provide some sort of help to them.

## Parish Players Is Bringing A Presentation On Silent Cinema And Workshop

On Saturday, March 2, mime, clown and Circus Smirkus founder Rob Mermin will be leading a silent acting workshop at the Eclipse Grange in Thetford. As a young man, Mermin studied with Marcel Marceau--they remained friends until Marceau's death--and he is a longtime teacher of the language of physical expression, both in the context of classical pantomime and in that of the modern stage.

The workshop will take place from 9 a.m. until noon. Building from the analysis of movement in the mime techniques of Marceau and Etienne Decroux (Marceau's own teacher), participants will work on expression, reaction, projection, and other aspects of body language motivated by character and situation. There will also be time for improv and — with a nod to the Big Top origins

of many silent screen actors — some fun circus tricks. The workshop can accommodate anywhere from eight to 25 actors, ages 17 and up. The workshop fee is \$25.

To make reservations, call 802-785-4344 and leave a message clearly explaining the event you wish to attend (there's a lot going on at the Grange Theatre this season). For more information, contact Dean Whitlock at 802-785-2012 or boatman@deanwhitlock.com.

Also put on your calendars: The night before, March 1, Rob will do a 90-minute presentation and commentary on silent film, "Silents Are Golden: A celebration of silent cinema," showcasing the art and technique of silent film, with clips from 100 classic silent films. That will be at 7 p.m., also at the Eclipse Grange. More on that in a few weeks.

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The First Annual Don Jock Fireman's Muster Committee Is Hosting A  
**DANCE**  
Saturday, February 9, 2013  
8 pm - Midnight  
American Legion Post 20, Woodsville, NH  
Tickets: \$10 per person or \$15 per couple  
Music from DJ Triple J  
  
Tickets can be purchased at All Access Real Estate Associates, at the door or by contacting Kaylee Heathe 603-991-8567  
All proceeds go to the First Annual Dan Jock Fireman's Muster. The event is being hosted by the members of Woodsville Fire Department's Fire King Hose Company

Our 28th season!

 Needed: 5 men, 2 women  
Auditions open to all!

**AUDITIONS**  
February 9, 11am  
Methodist Church, Main St, Bradford  
**"Catch Me If You Can!"**  
by Jack Weinstock and Willie Gilbert  
This is not the Leonardo DiCaprio movie, but a terrific mystery-comedy by the writers of "How to Succeed in Business Without Really Trying".  
(Performances May 2,3,4 and 10,11,12)  
Directed by Diane Chamberlain  
www.oldchurchtheater.org  
For more info or to request alternate audition time call 802-222-4888

Not all Times are Trendy but there will always be Trendy Times February 5, 2013 Volume 4 Number 9



# 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!

## SATURDAYS

**FREE BLOOD PRESSURE CLINIC**  
10:00 AM – 12:00 Noon  
Littleton Fire Station

## SUNDAYS

**SOFTBALL CLINIC**  
1:00 PM – 3:00 PM Elementary aged girls  
3:00 PM – 5:00 PM High School girls  
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 INTERVAL AEROBICS CLASS**  
Winter Session Through April 6th  
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**  
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, FEBRUARY 5

**NH STATE VETERANS COUNCIL REPRESENTATIVE**  
8:30 AM – 12:00 Noon  
Woodsville American Legion Post #20

**10TH ANNIVERSARY ANNUAL MEETING/PRESSURE'S ON**  
7:00 PM - Friends of Lincoln Library  
Jean's Playhouse, 10 Papermill drive, Lincoln

**CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING**  
7:00 PM  
Morrill Municipal Building, North Haverhill

## WEDNESDAY, FEBRUARY 6

**3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING**  
8:00 AM  
Woodsville Guaranty Savings Bank, Woodsville

## THURSDAY, FEBRUARY 7

**VALENTINES DAY CANDY SALE**  
12:00 Noon – 6:00 PM  
Du-Ez In & Out and WGSB, Lisbon  
*See article on page 2*

**4TH OF JULY COMMITTEE MEETING**  
7:00 PM (NOTE CHANGE OF DATE)  
Woodsville Emergency Services Building

**TRUDY ANN PARKER PRESENTATION**  
7:00 PM  
Baldwin Memorial Library, Wells River  
*See article on page 7*

## FRIDAY, FEBRUARY 8

**VALENTINES DAY CANDY SALE**  
12:00 Noon – 6:00 PM  
Du-Ez In & Out and WGSB, Lisbon  
*See article on page 2*

## SATURDAY & SUNDAY, FEBRUARY 9 & 10

**WINE & CHOCOLATE WEEKEND**  
*See article on page 3*

## SATURDAY, FEBRUARY 9

**INDOOR BOOK SALE**  
9:00 AM – 3:00 PM  
Patten Library, North Haverhill

**VALENTINES DAY CANDY SALE**  
9:00 AM – 12:00 Noon  
Du-Ez In & Out and WGSB, Lisbon  
*See article on page 2*

## DRAGON DAY S.A.M.

10:30 AM  
Groton Free Public Library  
*See article on page 7*

## CATCH ME IF YOU CAN AUDITIONS

11:00 AM  
Methodist Church, Main Street, Bradford  
*See article and ad on page 5*

## GREEN MT. UNITED WAY'S "BOWLERS UNITE"

1:00 PM – 3:00 PM 802-229-9532  
Twin City Lanes, Barre, VT

## DANCE - DJ TRIPLE J

8:00 PM – Midnight  
American Legion Post #20, Woodsville  
*See ad on page 5*

## SUNDAY, FEBRUARY 10

**BREAKFAST BY AMERICAN LEGION RIDERS**  
9:00 AM – 12 Noon  
Ross-Wood Post #20, Woodsville

## INDOOR BOOK SALE

9:00 AM – 3:00 PM  
Patten Library, North Haverhill

## AUCTIONEERING IN NH & VT

2:00 PM  
Court Street Arts at Alumni Hall, Haverhill

## WRAP ANNUAL MEETING

5:00 PM  
Happy Hour Restaurant, Wells River  
*See ad on page 7*

## MONDAY, FEBRUARY 11

**ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING**  
6:00 PM  
American Legion Home, Woodsville

## HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

## TUESDAY, FEBRUARY 12

**VALENTINES DAY STORYTIME & CRAFT**  
10:00 AM  
Tenney Memorial Library, Newbury

## NIFTY NEEDLES MEETING

7:00 PM – 9:00 PM  
Groton Free Public Library  
*See article on page 7*

## WEDNESDAY, FEBRUARY 13

**MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION**  
6:00 PM  
American Legion Home, Woodsville

## THURSDAY, FEBRUARY 14

**BATH BOOK CLUB DISCUSSION**  
6:00 PM  
Bath Library  
*See article on page 7*

## SATURDAY, FEBRUARY 16

**GROTON GROWERS WINTER MARKET**  
9:00 AM – 1:00 PM  
Groton Community Building  
*See article on page 1 and ad on page 4*

## "IN TIME PAST" BY LARRY COFFIN

2:00 PM  
Tenney Memorial Library, Newbury

## HAM & BEAN SUPPER

5:00 PM – 7:00 PM  
Haverhill Congregational Church

## SUNDAY, FEBRUARY 17

**ANIMAL TRACKING: FAMILY PROGRAM**  
1:00 PM  
Groton Free Public Library  
*See article on page 7*

## PINK MARTINI IN CONCERT

7:00 PM  
Fuller Hall, St. Johnsbury Academy  
*See article on page 4*

## MONDAY, FEBRUARY 18

**BETWEEN THE COVERS BOOK CLUB**  
6:30 PM  
Groton Free Public Library  
*See article on page 7*

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**Deadline for submissions is Thursday, January 31st for our February 5th issue.**



# “Aunt Sarah” Author To Groton Free Public Library

Trudy Ann Parker of Lunenburg, VT and author of Aunt Sarah: Woman of the Dawnland, will speak at the Baldwin Memorial Library in Wells River on Thursday, February 7 at 7:00 pm. Aunt Sarah (Sarah Somers) was a St. Francis Abenaki woman who lived to be 108 in the Upper Connecticut River Valley. Well-known as a healer, she was also a skilled bas-

ket-maker; Parker remembers that Aunt Sarah's hands always smelled like sweetgrass. All are invited to hear stories of this legendary woman and to learn more of the Western Abenaki of VT and NH. The library is located at 33 Main Street North. More information about the program is available at 802-757-2693 or wells\_river@vals.state.vt.us.

## Next Bath Book Club Discussion Scheduled

The Bath Library Book Club will be discussing “Desert Queen” by Janet Wallach on Thursday, February 14th at 6 pm at the Bath Library. Desert Queen is the story of Gertrude Bell. (1868-1926) Ms. Bell explored, mapped and excavated the world of the Arabs. Recruited by British intelligence during WWI, she played a crucial role in obtaining the loyalty of the Arab leaders. After the war she played a major role in creating the modern Middle East and was, at that time, considered the most powerful woman in the British Empire. Books may be picked up at the Bath Library; hours are Tuesdays

and Thursdays 9:00am to noon and 1:00pm to 6:00pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information please contact the library at 603-747-3372 or email bathlibrary@together.net.

Saturday, Feb. 9, 10:30am – Dragon Day! S.A.M. (Stories And More) takes place on the second 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.

Tuesday, Feb. 12, 19, 26, 5:30-6:30pm – Beginner Spanish. This free class is perfect for adults or teens who would like an introduction to Spanish or to reinforce their beginning skills. Our teacher, Ana Petersen, is an Argentina native with a flair for effective Spanish teaching using conversational practice. Drop-ins welcome! Meets every Tuesday evening.

Tuesday, Feb. 12, 7:00-9:00pm -- Nifty Needles. Groton's “Nifty Needles” Group will begin meeting the 2nd Tuesday of every month from 7-9pm. Evening is geared towards quilting, but knitters, rug hookers, and needle artists are welcome to

come and join us for inspiration, techniques, and camaraderie! Facilitated by local master quilter, Mary Schilke.

Sunday, Feb. 17, 1:00pm – Animal Tracking: Family Program. Local tracker, Anne Gallagher, leads an informative excursion by foot! Learn more about basic animal tracking and enjoy an afternoon in the fresh air. RSVP for location and additional info to grotonlibraryvt@gmail.com or 802.584.3358.

Monday, Feb. 18, 6:30pm -- YA: Between the Covers. NEW Book Club for

teen and adult readers! This group meets the 3rd Monday of every month. The book for February, “A Northern Light” by Jennifer Donnelly, is available at the library for lending.

Monday, Feb. 25, 7:00pm – Book Discussion Group. This group meets the 4th Monday of every month. The book for February, “Cutting for Stone” by Abraham Verghese, is available at the library for lending.

Every Wednesday, 1:00-3:00pm – Crafts & Conversation. Join us with your ideas and projects-in-process – or – just join us!



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**WELLS RIVER ACTION PROGRAM ANNUAL MEETING**

**Dutch Treat Dinner – Happy Hour – 5 pm**  
**Sunday, February 10, 2013**  
 The general public is welcome to attend. Dues are \$5 for the year and can be paid at this meeting if you wish to join.

Annual Business and guest speakers are on the agenda.

**GUEST SPEAKER:**  
 Chip Conquest, State Representative  
 Topsham, Groton & Newbury

**GUEST SPEAKER:**  
 Monique E. Priestley  
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# Relay For Life Of North Country To Kick Off 2013 Season

Are you ready to Relay? Relay For Life of North Country will kick off the new Relay year with a celebration and information event on Wednesday, February 6 at 6:00pm. The event takes place at St. Rose of Lima Catholic Church, 77 Clay Street, Littleton. This year's theme is 'Seasons of Hope.' The celebratory kick-off event is an opportunity to connect with fellow Relayers, learn about Relay For Life, and find inspiration to help create a world with more birthdays!

The event is honored to host two speakers this year. American Cancer Society NH State Vice President of Health Initiatives, Peter Ames, who will speak about what we can do as Relayers to help prevent cancer. Team Captain Naomi Reinhard of team All in the Family will talk about being a caregiver and the importance of Relay. Reinhard, a lifelong Littleton resident, relays to honor her brother Jay Girouard, a veteran who passed away from lung cancer in February 2008 at the young age of 39.

"Watching him fight everyday with the positive attitude he had was such an inspiration to me," Reinhard explains. She is consistently a top fundraiser for the North Country Relay. Last year she was a pacesetter, recognized as the top individual fundraiser out of more than 400 participants.

How does she do it? "Fundraising is never easy and being a Team Captain can be challenging and time consuming. But just being at Relay, feeling all the energy from the Survivors, Caregivers and other team mem-



bers – it's truly amazing and totally worth it!" Last year, Relay For Life of North Country raised \$142,000 to help the American Cancer Society fight cancer. With your help this year we're aiming to have one of the most successful Relays in New England, attracting more survivors than ever before.

Refreshments will be served at the event and in case of inclement weather, the event will be rescheduled to February 13.

This year's Relay will take place on Saturday, June 22 - Sunday, June 23 at Remich Park, Littleton. For more information about the Relay For Life of North Country, to find out how to volunteer, or for info about the Relay Kick-off, please contact Kathy Metz at 603-356-3719 or Kathy.metz@cancer.org. More information can also be found at [www.relayforlife.org/north-country/nh](http://www.relayforlife.org/north-country/nh).

The American Cancer Society combines an unyielding passion with nearly a century of experience to

save lives and end suffering from cancer. As a global grassroots force of more than three million volunteers, the Society fights for every birthday threatened by every cancer in the community. We save lives by helping people stay well by preventing cancer or detecting it early; by helping people get well by being there for them during and after a cancer diagnosis; by finding cures through investment in groundbreaking discovery; and by fighting back by rallying lawmakers to pass laws to defeat cancer and by rallying communities worldwide to join the fight. As the nation's largest non-governmental investor in cancer research, contributing about \$3.8 billion, we turn what we know about cancer into what we do. As a result, more than 13.7 million people in America who have had cancer and countless more who have avoided it will be celebrating birthdays this year. To learn more about the American Cancer Society or to get help, call anytime, day or night, at 1-800-227-2345 or visit [cancer.org](http://cancer.org).



Littleton Regional Hospital Association recently held their 106th annual meeting. Everett Aldrich, of Bethlehem, center, became the first man to serve as the President of the LRH Auxiliary. He is with North Country Senator Jeff Woodburn, left, and LRH Chief Executive Officer Warren West.

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# Fabulous February Bridal Show

(St. Johnsbury) - Brides, listen up: this is your chance to look for something old, something blue, something borrowed, and something new.

On February 17, the Comfort Inn and Suites in St. Johnsbury, Vermont will be the site of the Fabulous February Bridal Show. The show will feature 18 local vendors for one-stop wedding shopping, including dresses and tuxedos for the entire wedding party from Exquisite Bridal and Formalwear of St. Johnsbury, tailoring and seamstress services from sister company The Sewing Studio, catering from Bailiwicks, live music, a candy table, and other creative and affordable options for local brides.

Organiser Carolyn Cross says she hopes the show will "heighten awareness" of nearby bridal services. She wants brides to know that there are many local options for their weddings, such as photographers, florists, and caterers. Too often, she explains, brides feel they need to drive long distances for quality bridal services, and Cross wants to show off St. Johnsbury's bridal industry and spread the word.

The event will include a trunk show from Venus Bridal, featuring exclusive designer dresses for brides to try on and purchase. There will also be a cake cutting and tasting from Tarah

Fontaine Cakes and a bridal bouquet toss by All About Flowers. Live music will include selections from Celtic harp, bagpipes, a flute, and an acoustic guitar for brides to choose from.

Guests will receive nametags with the title VIB - Very Important Bride.

Cross says she is "very excited" for the show and adds that it will be "a great opportunity" for both brides and local businesses. If this show goes well, she hopes to make it an annual event and to expand the show to include more vendors.

If brides preregister for the Fabulous February Bridal Show by February 8, they will receive two tickets free of charge. If they wait longer, tickets cost \$6. All proceeds will go towards the Relay for Life. To receive free tickets, brides should call Carolyn Cross at (802) 748-1599 to save two places.



Very Important Brides, make your way to the Comfort Inn and Suites in St. Johnsbury, Vermont on February 17 for the Fabulous February Bridal Show. The show will take place from 11:30 to 1:30. St. Johnsbury's local businesses look forward to seeing you there!



Councilor Ray Burton is being interviewed by Shirley Mower Fenoff of North Haverhill a 2013 NH Leadership Class Member who will become one of over 600 Graduates in this NH program which has been going since 1992. The purpose of the year long experience for participants is to gain experience in government, arts, culture of NH, criminal justice, business and non profits, education and environment and the White Mts Rural region. Councilor Burton is often interviewed or "showded" by NH Leadership Class members. Ms. Fenoff works full time at Mascoma Savings Bank, has a part time business Violet Forrest, is an avid gardner, bee-keeper, baker, knitter and reader.

"This program has benefitted everyone who has experienced the wide variety of classes and field trips throughout NH" Burton stated.

*North Country*  
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Cohase Lion's Club • Baldwin Library / Masons • Groton Town Clerk Food Shelf • The Old Goshen Church • Newbury Woman's Club  
Central Vermont Adult Basic Education • CHED - Childrens Hospital at Dartmouth • Connecticut Valley Fair, Inc. • Cracker Barrel Bazaar  
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Rivendell Trails Association • Ryegate Presbyterian Church Women's • South Ryegate Presbyterian Women • Tenney Memorial Library  
Open Fields School • Willing Hands • Bethany Congregational Church • Blue Mountain Union School • Bradford Summertime Theater  
Woodsville High School (Golf Fundraiser) • Dean Memorial Airport • Woodsville-Wells River Rotary Club • Green Mountain United Way  
Visiting Nurse & Hospice of VT/NH • Wells River Congregational Church • Wells River Fire Department • Kingdom Country Productions  
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Bradford Elementary • Bradford Youth Football • Connecticut River Antique Collectors Klub • COVER Home Repair • Cottage Hospital  
Woodsville High School / Newspapers in Education • Wounded Warrior Project • Barbara's Red Stocking • Blue Mountain Class 2014  
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Make-A-Wish Foundation • Miles and Miles of Music • North Country Chorus • North Haverhill Fire Department • Rivendell Academy  
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# “DEAR MARCI”

## Medicare Advice Column

Dear Marci,

I heard there are some changes to Medicare coverage that took effect in 2013. Will there be changes to Medicare coverage of prescription drugs in 2013?

Dayle

Dear Dayle,

As of January 1, 2013, benzodiazepines and barbiturates, medications that used to be excluded from Medicare coverage, are now covered under Medicare prescription drug plans. Benzodiazepines are covered as a treatment for all medically necessary conditions. However, barbiturates are only covered in 2013 to treat epilepsy, certain cancers and chronic mental health conditions. Check to make sure the barbiturate or benzodi-

azepine you take is covered on your drug plan's formulary (list of covered drugs).

Remember, you can get Medicare prescription drug coverage through a Medicare Advantage plan (Medicare private health plan that provides health and drug coverage) or a stand-alone Part D plan that works with Original Medicare. If you're unsure of whether your medication is covered by your plan, contact your plan directly. There may be different rules and costs for your medication in 2013, depending on the type of drug you take and how your plan covers your medication. Make sure you're fully aware of how you can access your medications by contacting your plan.

Keep in mind that if your Medicare Advantage or Part

D plan does not cover your drug, your plan should provide you with a 30-day transition fill at some time during the first 90 days of the year (until March 31st). A transition fill (also known as a transition refill) is a one-time, 30-day supply of a Medicare-covered drug that Medicare prescription drug plans must cover when you have a new drug plan in 2013 or when the plan that you had in 2012 changes its coverage for 2013.

If your plan does not cover your drug, you should also ask your doctor for help in sending a formal exception request to your plan to cover the drug. You can also talk to your doctor about switching to a drug that is covered by your plan.

-Marci

# Another Day

By Sheila Asselin

Baby crying. Stagger sleepily from bed to her crib. Change and dry her. Stagger to kitchen to fix her bottle. Milk carton left on counter. Someone, not her, had a midnight snack. Baby starts cooing softly in pure contentment. She is worth all the hassle.

Husband stirs and goes to bathroom. She fixes coffee and contemplates the day. Sounds of shower and his belting. He calls it singing, she is not so sure.

Makes him nice breakfast, cheese omelet, bacon and toast. He emerges from shower towel wrapped around his waist and starts to dress. She figures she had better hit the bathroom while she can. Toilet seat left up. Again. Wipes hairs from basin where he trimmed his mustache. Quick shower. One look in the mirror tells her she looks like the wreck of the Hesperus. Applies a little makeup so she can start to look human.

Puts baby in her high chair. Handful of Cheerios in tray. Puts boxes of Captain Crunch and Coco Puffs on table for the boys. God forbid that they should eat cereal not loaded with sugar, but for her daughter there is still hope.

Here come the boys grabbing at boxes and spilling milk. Orange juice for all. Some for baby's sippy cup.

Husband now dressed and out the door. Tells boys to make their own beds. Need to learn she stresses. She is not going to visit their college dorms to do housekeeping.

Boys now dressed sort of. One has his shorts on backwards and one is wearing his brothers much too large tee shirt but she does not care if they do dress creatively.

Boys go outside to play. Rained last night. Lots of mud and a mud fight soon ensues. She washes breakfast dishes, makes grocery list, throws in one load of laundry, answers call from telemarketer. Yes she would love an all expense trip to the Bahamas, who wouldn't; does this guy with the thick Indian accent think she is crazy?

Meanwhile baby is happily tossing Cheerios across the room. From the looks of things she can be a major league pitcher in a few years. Removes baby to playpen and throws in toys which baby immediately begins to toss back out. Gotta love her dedication

to throwing things.

Boys come in covered in mud and tracking liberal amounts over kitchen floor. Fill tub, strip boys. All three in tub for a good scrub. "Mom don't scrub so hard."

"If you did not get so dirty I would not have to try so hard to get you clean." Boys dress in clean clothes and into the kitchen for a grilled cheese and tomato soup lunch. Do not let boys know that tomatoes are vegetables. Boys abhor vegetables. Say they are evil.

Put one load in dryer start another with boys mud soaked clothes. Put baby down for her nap. Neighbor's boy comes over so she passes out graham crackers to all. Want boys to come to their yard to play. Good they can be another mother's problem for a couple of hours. Hates herself for this horrible thought but only for a moment.

Silence at last. Clips coupons from paper. Read news. She likes to keep up on the news before it is a week old only if time permits.

Beef stew and apple pie for dinner. Three layer Jell-O for the boys. Who says she is not creative?

Baby awake. One sniff tells her she is worse then wet. Bath and complete change of clothes plus change of crib sheet. Folds and put up first load, second load in dryer, contemplates third load re: daughter. Sets boys clothes aside for them to put in their drawers. They have to learn sometime although they are just as likely to leave them piled on beds and take from a pile as needed.

Husband home at last and time for supper. He tells her he had a rough day. Boys eye carrots in stew suspiciously. Did mom sneak in a vegetable?

Husband remarks that his mother always made her apple pies from scratch. She briefly considers murder. Fortunately all knives are in the kitchen.

Kids all in bed at last. Two glasses of wine and the ten o'clock news. Off to bed. Husband frisky, wife exhausted. Soon he is snoring softly. Not even the sound of the neighbors dog who barks all hours for no apparent reason can keep her awake. Just another day. And so it goes.



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# Be Aware Of The Risks Of Not Investing

You've no doubt heard about the risks associated with investing. This investment carries this type of risk, while that investment carries another one. And it is certainly true that all investments do involve some form of risk. But what about not investing? Isn't there some risk associated with that, too?

In fact, by staying on the investment sidelines, or at least by avoiding long-term, growth-oriented investments, you may incur several risks. Here are some to consider:

- You might not keep up with inflation. If you put all your money under the proverbial "mattress" or, more realistically, keep it all in "cash" instruments and very short-term investments, you might think you are "playing it safe." After all, you might reason, your principal is protected — so even if you don't really make any money, you're not losing it either. But that's not strictly true, because if your money is in investment vehicles that don't even keep up with inflation, you can lose ground. In fact, even at a relatively mild 3% annual inflation rate, your purchasing power will decline by about half in just 25 years.

- You might outlive your money. For a 65-year-old couple, there's a 50% chance that one spouse will live past age 90, according to the Society of Actuaries. This statistic suggests that you may need your investments to help provide enough income to

sustain you for two, or even three, decades in retirement.

- You might not be able to maintain your financial independence. Even if you don't totally run out of money, you could end up scrimping by — or, even worse, you could become somewhat dependent on your grown children for financial assistance. For most people, this prospect is unacceptable. Consequently, you'll want to make appropriate financial decisions to help maintain your financial independence.

- You might not be able to retire on your terms. You would probably like to decide when you retire and how you'll retire — that is, what sort of lifestyle you'll pursue during retirement. But both these choices may be taken

out of your hands if you haven't invested enough to retire on your own terms.

- You might not be able to leave the type of legacy you desire. Like most people, you would probably like to be able to leave something behind to your family and to those charitable organizations you support. You can help create this type of legacy through the appropriate legal vehicles — i.e., a will, a living trust and so on — but you'll still need to fund these mechanisms somehow. That means you'll need to draw on all your financial assets, including your investments.

Work with your financial advisor to determine the mixture of growth and income investments you need during your working years and as you move toward retirement to help you meet your retirement goals. However you do it, get into the habit of investing, and never lose it — because the risks of not investing are just too great.

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

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# Letter To The Editor

## My Dad, Buffalo Wings, and the NRA

Back in the 40's my dad was a proud member of the NRA. He was a devout 'sportsman' who participated in Turkeyshoots several times a year. On occasion he would even bring back a turkey. Part of his membership included the glossy NRA catalogue which I enjoyed perusing. Various L.C. Smiths and Belgian blue steel shotguns were true marvels of the gun making craft. He had several works of beauty that he kept locked up in the mirrored wardrobe pulling them out from time to time to show prospective customers who responded to his newspaper ads to either trade or sell. These guns were so well made that they lasted a lifetime...hence the problem for the gun industry. In the past 50 years the NRA has gone from being a sportsman's organization to a deadly mouthpiece for gun manufacturers. Since guns do last a lifetime, the manufacturers have to keep inventing ways to sell their products or they would go out of business. Remember the Maytag washing machine?! You only needed one. Today, the NRA has become so powerful that they own most of the Republicans and even a few of the Democrats. In an effort to stay alive (no pun intended) gun manufacturers had to continually revise their products to what you see today on the streets - assault weapons of all kinds. While doing so they have convinced half the population into believing that it's all about the 2nd amendment, the constitution, freedom,

and 'protection' when all the while it's always been about the money. Don't think for a minute that the NRA doesn't get its cut from every gun sold in this country!

I was at the local supermarket this morning and couldn't help but notice that the family pack of chicken wings were selling for almost \$12.00. These are the same wings that meat markets use to practically give away. Then along came the 'marketing'. They changed the name to Buffalo wings and tied them in with football viewing. The rest is history.

One has to admit that it was a great advertising ploy but the NRA has sold us the ULTIMATE bill of goods. They have convinced half the population into believing that their products 'protect' us when in reality since the assassination of J.F. Kennedy way over a million of us have been killed with their products! Now that friends, is salesmanship.

So it's never been about the right to bear arms and maintaining a 'state militia' aka Negro slave patrols. It's always been about the money. In the final analysis it will come down to whether you believe the NRA's distorted view of the second amendment and a hunters right to kill four legged creatures or children's rights to attend school without being riddled with assault weapons. Here's hoping that most reasonable gun owners will see through the nefarious evolution over the years of the NRA.

George Maloof  
Plymouth, NH

George,

Gun rights are certainly a very important and currently debated part of the American landscape. For historical purposes here is the text of the 2nd Ammendment: "A well regulated militia being necessary to the security of a free state, the right of the people to keep and bear arms shall not be infringed." (taken from Wikipedia). In recent years the Supreme Court has upheld this amendment twice. As is true with so many laws, there is room for interpretation. That is one of the reasons that America works.

It is my position that a background check and some sort of training or education should be required for any person to purchase a firearm of any type from any other person or business. For those who want to own a firearm it does not seem a lot to ask. It's like getting a license to operate a car. Some education is necessary.

For those who argue that criminals will still get firearms, I agree. We will never stop people from breaking the law. But laws are passed and enforced to keep the peace or to regulate the use of the things we own (ie speed limits, etc.).

I own a rifle and feel I have the right. But there must always be some regulation. So, let the debate continue.

Gary Scruton, Editor

# Letter To The Editor

Apparently someone has put out poison down on the meadow "to poison the coyotes." A neighbor warned another not to walk his dogs down there because of the poison bait. How thoughtless can one be??!! There aren't any chickens down on the meadow that I know of; the creek that passes my house is an ancient path to the river and it's used by a multitude of creatures. We have enjoyed them all, including the coyotes who serenade us in the middle of the night. The bait will maybe poison the coyotes . . . and the foxes, raccoons, skunks, fishers, domestic dogs, cats - any creature that eats the bait or the poisoned creatures. And what about the vultures who eat the carrion? What about the pair of eagles that's been around this winter? Eagles eat carrion.

My call to the local NH Fish&Game officer has gone unreturned. Trying to poison one species has far-reaching consequences. We need coyotes - they are our only top predator and they help keep rabies amongst the wildlife under control. Actually, they eat mice and moles and other things that damage crops.

I hope the short-sighted person who put out the poison will collect the bait and the animals it has destroyed before it devastates our local wildlife.

Susan Brown  
North Haverhill, NH

Susan,

I sincerely hope that your call to Fish & Game is soon answered. After all that is one of the duties of any employee, to answer to those he or she serves. And officers of NH Fish & Game serve the people of NH. As taxpayers we also pay their salaries.

Regarding the use of poison and the effect it can have on the eco system, you have a valid point. It is the reason so many poisons have been banned in the past. Let's hope that at least this poison is well controlled and is an approved method for controlling what the user considers "pests".

Gary Scruton, Editor

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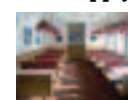
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# 14 Mental Alertness/Depression/Senility

February 5, 2013 Volume 4 Number 9

Depression is a whole-body illness, one that affects the body, nervous system, moods, thoughts and behavior. It affects the way you eat and sleep, the way you feel about yourself, and the way you react to and think about the people and things around you. Symptoms can last for weeks, months or years. The causes of depression are not fully understood, but they are probably many and varied. Depression may be triggered by tension, stress, a traumatic life event, a over-stimulated immune system, chemical imbalances in the brain, thyroid disorders, nutritional deficiencies, poor diet, the consumption of sugar, mononucleosis, lack of exercise, endometriosis, any serious physical disorder, or even allergies. One of the most common causes of depression is food allergies. Hypoglycemia (low blood sugar) is another common cause of depression. Heredity is a significant factor in this disorder. In up to 50 percent of people suffering from recurrent episodes of depression, one or both of the parents also experienced depression. Heredity is DNA and also "learned behavior."

The herbs in this formula are to help younger, healthy individuals improve the efficiency of their mental faculties, to prevent the onset of senile brain damage, to arrest any degeneration in progress, or delay its onset as long as possible, to help healthy tissue compensate for deficiencies, and secondarily, to curb irritability, hypersensitivity... easing depression naturally. This formula increases healthy arterial and venous circulation, and improves the

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**SCULLCAP HERB:** (Scutellaria Lateriflora), An aromatic powerful nervine, with wide ranging sedative, anti-spasmodic and calming use. Scullcap affects mental abilities by removing the nervous tension that often interferes with learning, recall, logical thinking and memory formation. In this regard, it very much resembles a muscle relaxant; as a specific for every nervous system problem, including D.T.'s, insomnia, hysteria, convulsions, tremor and palsy, muscle tics and twitching, neuralgia, Parkinson's disease, vertigo and many others; for nervous tension and emotional upset; an excellent herb for a formula to break alcohol and drug addiction; as an anti-spasmodic for menstrual pain and cramping; as part of a formula for epilepsy, petit mal and seizures; as part of a high blood pressure combination;

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*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 and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com*

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# SCARY PEOPLE: THE EXPRESSIONLESS Fact or Fiction?

Did You Know: When the Scared Sheetless website first started in 2009, it would only get about five views a week? Now in 2012 it gets over 100 viewers a DAY. Countries who mostly view the site include: the United States, Australia, England, Germany, and Russia.

Out of all places I could have found this or heard of it, it had to be the iFunny app on my Ipad. Needless to say, Scared Sheetless is a well-known tribute to the deranged, scary, and downright frightening, so naturally it sparked my interest.

First, let me tell you the story before we go into details of if its true or not:

The story takes place in June of 1972, at Cedars-Sinai hospital in Los Angeles, California. A woman in a white gown shows up; the only problem is that she was soaked in blood. That isn't the part that scares the faculty members though, because accidents happen and I'm sure the staff in the emergency room have seen far worse. Her looks made people scream and run in terror. She looked like she wasn't even human and looked more like a mannequin, but her skin had the fluidity of a human.

The second reason of why she scared people was because she had a kitten clenched between her teeth; with blood squirting out of it onto her gown. She finally took it out and threw it aside. Sounds like something from a

horror movie, but strange occurrences like these do happen; although mind you, they shouldn't, but some people are just not right.

They cleaned the blood off of her, but even the nurses couldn't look at her for more than a few seconds, before holding back the gasps of terrorizing screams that hid themselves deep in their throats. She just looked so eerily calm and emotionless for someone in her state of mind. They found it necessary to restrain her for her own safety and perhaps the staff members as well, until the proper authorities could take a look at her, but she didn't even protest. They thought it would be wise to sedate her too, perhaps to take the edge off of her, but the moment when the nurse tried to sedate her, she fought with brute force that couldn't possibly be held within a frame such as hers. Even with two nurses trying to hold her down, she rose up, but still had the emotionless look on her face.

The doctor finally showed up and she smiled. Her smile was said to be so creepy that a female doctor let her go and screamed in shock. Her shock was because the woman didn't have teeth, but razor sharp 'spikes' in her mouth. How she could close her mouth without causing oral harm was beyond their understanding. After seeing this, the doctor stared at her in horror before asking, "What

in the hell are you?" Instead of being polite and answering his impending question, she latched onto his throat and ripped a hole in it. He collapsed to the floor, choking on his own blood before becoming motionless.

She got up from the table and leaned in close to him before the last thing he ever heard was her say, "I...am... God." He then saw her greet the security guards by 'feasting' on them one by one before she disappeared. The surviving female doctor then named her 'The Emotionless.'

Pretty creepy, you say? Sorry that you probably won't be able to sleep tonight either. But you're probably pleading to know, Mr. Scared Sheetless is it fact or fiction? There are no such reports of a 911 call or known newspaper articles on this woman. However, there is a photo of the supposed "Expressionless" woman. Go onto my website to see it because it sure is quite the sight to see. Allegedly the person who took the photograph was the one who told this story, but the man can't be found, which raises even more suspicion that this story is fabricated. So rest easy, as far as everyone who has researched this story is concerned is that it is just a legend that spread like a wildfire on the internet (see Slender Man.)

Check out my website for more scares: scaredsheetlessncn.blogspot.com and thanks for reading!

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By Ronda Marsh

## Tres Leches Cake

Here is a cake that makes a wonderful dessert for holidays or special occasions, but I'm sorry...I cannot wait until a holiday or special occasion to share it with you; it's just too darn delicious.

Until a few years ago, I had never even heard of Tres Leches Cake, which is a Latin American specialty (which, when you live in New Hampshire, might as well be on another planet)! The name is a literal translation of "3 milks", and consists of a very light, airy cake layer which is then soaked in a combination of sweetened condensed milk and half & half (2 milks), then frosted with whipped cream (milk number 3!). You might assume that to soak a cake in milk would result in a mushy mess, but you would be wrong; the cake itself is a type of sponge cake, with lots of little air pockets which just absorbs all that liquid and turns into something quite magical and sublime. There are many different variations on this theme, but when I saw pictures of the one my foodie friend, Cathy created, I knew I had to try it... soon! Cathy is a successful food blogger ([www.thedutchbakersdaughter.com](http://www.thedutchbakersdaughter.com)) and award-winning baker who lives in Minnesota. She has even been in the top 100 finalists of the Pillsbury Bakeoff, so needless to say, when she says a recipe is good, I trust her judgment implicitly.

### Cake Layer:

- 1/4 cup vegetable oil
- 3/4 cup granulated sugar
- 2 Eggs
- 1 teaspoon vanilla
- 1 cup flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup milk + 1 teaspoon vinegar (or, buttermilk, if you have it)

Preheat oven to 350°F. Grease and flour an 8 or 9" cake pan (using an 8" rather than a 9" pan will make it easier to split in half). In a large mixing bowl, whisk together the oil, sugar, eggs, and vanilla. In another bowl, whisk together the flour, baking powder, baking soda, and salt. Fold the flour mixture into the egg mixture. Slowly add the milk to which the vinegar was added (or buttermilk), mixing until well blended. Pour the batter into the prepared pan and bake for 35 to 40 minutes, or until the top springs back when lightly touched. Remove from oven and cool for at least ten minutes before removing from pan. Carefully cut the cake in half, horizontally. Place each half, sliced side up on a rack to cool completely. While the cake is cooling, whisk together the sweetened condensed milk and the half/half. Place each cake half, cut side up, on a plate. Slowly pour the liquid over each half of the cake. It will absorb it like a sponge! Cover and chill for several hours, or overnight.

When ready to assemble the cake, whip the cream until stiff, adding the powdered sugar and vanilla. Carefully place one of the cake halves on a serving plate, cut side up. Spread whipped cream over the top of the cake layer, and then top with the second cake half. Frost the top and the sides of the cake with the remaining whipped cream. Garnish with raspberries or sugared cranberries, if desired.

### Sugared Cranberries:

Bring 1 cup of water and 1 cup of sugar to a simmer (make sure the sugar is dissolved, but don't boil...simmer). Place 1 cup of fresh cranberries in a bowl. Pour the hot sugar/water over the cranberries. Cover and chill for several hours or overnight. When the cranberries are chilled, drain the liquid (save it, if you use simple syrup in your drinks), and roll the cranberries in fine sugar. Let them dry on a cookie sheet for at least one hour. Cake makes 8 to 10 servings.



Initially, I was very pleased that this cake turned out to be so attractive, but then I took the first bite, and at that point I thought for sure I'd died and gone straight to heaven, because I know I could hear bells ringing and angels singing! All I can compare it to is taking a bite out of a delicious cloud! Then, I got one of the sugared cranberries, which was a little crunchy with a sweet shell before the tart pop of the berry itself... and that just finished me off...I was totally sold on this cake!

I have just been proofreading this article and discovered that I have utilized way too many exclamation points throughout to be grammatically correct. I considered doing some revising to change that, and then realized I can't...this cake is worth every single exclamation point there is! Enjoy!!!!

### Soaking Liquid:

- 1/2 of a (14 oz) can of sweetened condensed milk
- 1 cup half and half
- 1/4 teaspoon vanilla

### Frosting:

- 2 cups heavy whipping cream
- 2 tablespoons powdered sugar
- 1/2 teaspoon vanilla
- Raspberries or Sugared Cranberries (recipe below) for garnish

After accepting her award as Cohase Citizen of the Year, at the Annual Cohase Chamber of Commerce meeting at Lake Morey Inn in Fairlee, Edith Celley promised to be there for the grand reopening of Pearson Hall on its 200th birthday in 2016.



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