

TRENDY TIMES

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FEBRUARY 19, 2013 VOLUME 4 NUMBER 10

Create It Fun, Create It Healthy - Grafton County 4-H Food Show

By Kathleen Jablonski, Field Specialist, 4-H Healthy Living

On Saturday, February 2, 2013, Haverhill Cooperative Middle School hosted the annual 4-H Food Show. This year's theme: "Create it Fun, Create it Healthy", showed the culinary skills of the 5-18 year old 4-H Cloverbuds and members who participated.

Aside from being judged on the recipe of their choice, youth were asked a series of questions about their knowledge of nutrition, safe food handling and food preparation. They had to properly arrange a table setting and serve their food to the judge. A menu of what they would serve with their exhibited item was placed for the judge to read and evaluate. Face to face judging allowed the youth to share comments with the assigned judge on how well they performed their tasks, as well as what was needed to improve for another year. In order to complete their project, they had to meet six or more hours with their foods project leader, complete their registration for their entry and complete a project page.

Senior cook-off contestants prepared a complete meal based on a themed menu of their choice. Senior cook-off chefs had to create at least seven dishes. They set a table for two, including a centerpiece, and researched the nutritive value of their recipes along with the history. From the Hunt Mountain 4-H Club in Monroe, Amanda Geil copped first place. Judge Chris May commented that Geil's first course soup was of "culinary quality". Geil's prize included a cake and baking decorating gift basket from Wal-Mart of Littleton. Melenie Peters of Littleton Raccoons 4-H and Monica Zuk of Hunt Mountain 4-H earned second and third place rosettes for their efforts. They received cookbooks courtesy of King Arthur Flour.

Zach Moore of Friendly Fences 4-H won first prize in the place mat and napkin competition. His prize included a sewing gift pack courtesy of Wal-Mart of Little-



Left to right: Emily May, Jane Sargent and Isabella Davis. Not shown, third place winner Scott Hatch. These young people were winners at the Annual Grafton County 4-H Food Show held Saturday, February 2 at Haverhill Cooperative Middle School. They are members of the North Haverhill 4-H Clubs, Bob-O-Links and Little Oxbow.


ton. His sister, Grace Moore, won the second place rosette.

Kiarra Reagan of the Bob-O-Links Club in North Haverhill was the winner of the program art design contest. She received a basket of art supplies donated by Kathy Jablonski, Field Specialist, UNHCE.

When the youth were waiting to be judged, they attended either the workshop on "Crazy Critters" made from fruits and vegetables which

was led by Sonia Zuk, 4-H leader or the "Think your Drink and Get Active" workshop led by Catherine Goss, 4-H alumni.

Faith Putnum corralled the Cloverbuds for the day, walking them through a variety of age appropriate activities. They toured the 4-H members food exhibits, did some coloring pages, attended the critters workshop and worked on drawings of healthy snacks for Denny the Dragon to eat.

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Eat Here! Cultivating Community Food Connections

St J ALFA (Area Local Food Alliance) will be presenting its 4th annual local food forum titled Eat Here! Cultivating Community Food Connections beginning at 5pm on Tuesday, March 12, 2013, at the St. Johnsbury House. This forum brings together community members to discuss issues related to local food production, consumption, distribution, and how we fit into the overall picture of the VT Farm-to-Plate and the NEK Regional Food System initiatives. This event has attracted 60-80 people in previous years to participate in lively conversation and action! We'll be serving local foods snacks, followed by

presentations and opportunities for the community to offer ideas and find out how to become involved in different activities over the coming year. Plan to join us for this delicious and energetic event. For more information contact info@stjalfa.org or call the St. J. Food Co-op 802-748-9498.

Also mark your calendars for the 3rd annual Empty Bowls Dinner to be held Saturday, April 27th. Volunteers needed.

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Skymasters And Deck Jumpers – Taking Care Of Business Everyday

By Robert Roudebush

Sounds like this piece is about military action—maybe U.S. Naval Seals, masters of sky attacks, sea warfare, and certainly taking care of business onboard the decks of fighting ships of war.

Ain't so this time, though there are certainly aspects of battles fought and wars continuing. We are talking about skymaster birds and deck jumper squirrels here, airborne and groundborn critters competing with each other for food and life and taking me for all the birdseed and peanuts I can muster up during the cold winter months. It may or may not be your cup of warm spiced winter wine – but I have to admit they are an intriguing show for a pittance in ticket price.

The last time I stocked up on peanuts at the store, one fellow at the counter close to me said, "Feeding squirrels huh?" I said yes, and he said, "I let the squirrels feed me." When I looked at him, I could see he was not joking.

I said to him, how do you fix them, and he said, "Simplest thing in the world, just fry 'em up in a pan with butter, salt and pepper, a little lemon juice, or make them part of a stew with the usual ingredients. Tastes just fine, kinda like chicken".

I'm also a fellow who has eaten squirrel from time to time in my past, so I knew this fellow was right. At this time in my life, when I carry a few pounds more than I used to, and don't need to hunt to live, I consider feeding them instead of them feeding me just a change of fortune as happens in nature. This fellow in the peanut-stocking-up-store told me before he left, "You know, I don't take the easy way and shoot those squirrels at the bird feeder. I hunt for my food", and he grinned the good-natured grin of an honest face.

Back to the warfare on my own back deck, me watching everything through a double pane window. The

most frequent and colorful large skymasters are the Blue-Jays, distinctively colored against the snow and golden birch trees and the evergreen richness surrounding our cabin in Mountain Lakes. They can be up to 12 inches long from the peak of their sharp-crowned heads to the ends of their tails and they're not shy about announcing their arrivals with strident calls of hostility. No one messes with them. I see the New Hampshire state bird feeding at my house too, the Purple Finch. The most frequent visitors are the ubiquitous handsome little Black-Capped Chickadees. Much more striking-looking than the equally plentiful common song or house sparrows, the Chickadees, with their well-defined black and white color-pattern, are about the same size as the sparrows, 3 – 5 inches long, and therefore no match for the jays, both blue and gray versions.

No one messes with the

jays, but that dose not mean the assertive jays scare everybody off - they don't. They don't scare the squirrels for one thing, either the small reds or the big fat grays. Each member of the masters and the jumpers charges the other regularly, and then gets back to eating. It's mostly bluff.

And, from time to time, Hairy and Downy woodpeckers visit our deck railing feast, touches of red on their black and white feathers - I've never seen one fail to land when the jays are already in residence or leave when the jays make their raucous arrivals. About the same size as Jays, the woodpeckers wield piercing strong beaks backed by muscular necks, capable of punching through wood – the jays know that. Now and then a Pileated Woodpecker lands too, unmistakable because of a sizable red brush atop his head and up to 17 inches long. Their appearance alone is enough to scare some backbone into a politician.

Once, I was delighted to identify a bird in winter at our food deck that I've only seen in summer, diving right into our pond, disappearing below the surface of the water, and splashing back up quickly with a frog or tadpole and powering back into the air – the Belted Kingfisher. This predator was not cruising for birdseed or peanuts. He can grow up to 14 inches long but his lengthy killer beak tells the story of who's in charge when he's around.

I've noticed over the years Morning Doves quietly fluttering down for some food. Not scared at all. Al-

most always descend in pairs – they have a manner I can only describe as gentle. Jays are defined by their charging rushes and aggressive behavior. While the Doves don't act the same, I've also never seen a Jay charge a Dove. Part of their calmness is their sound – they really do "coo". Both large birds often occupy in peace the same space of food-laden deck railing, within two or three feet of each other. I have seen the Doves shoulder each other out of the way from time to time, gently.

The biggest visiting birds include the Common Raven – a nasty carnivore/scavenger of a bad-ass bird up to 27 inches long – that's more than two feet standing upright on the deck. The most pleasing big birds on our land continue to be the Barred Owl family, quiet, competent, powerful and regal, easily 21 inches tall, who do a great deal of sharp-eyed observation from nearby tree limbs of all the critters feeding.

Which takes us to the deck-jumpers – squirrels and small striped chipmunks, all of them in direct competition with the jays for peanuts, not just bird-food. While the furry rodents grab one peanut and nibble comically for a while, the gluttonous jays actually shove one peanut down their throats, then grab another in their beaks before flying away. And the owls watch them all. Barred Owls, who are daytime hunters, do not typically take small birds in flight, only on takeoff and landing. What happens on our land stays on our land. Nature taking care of business everyday.

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Old Church Theater Heads To Alumni Hall For First Winter Play

Paid House Manager, Search Re-opened

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Not all Times are Trendy but there will always be Trendy Times
February 19, 2013 Volume 4 Number 10

BRADFORD, VT: Old Church Theater is presenting the comedy "Death by Golf" by Greg Kreutz the next two weekends at a brand new location: Alumni Hall in Haverhill NH. Right off Route 10, shows are Friday and Saturday at 7.30pm and 4pm on Sundays, February 22, 23, 24 and March 1, 2, and 3. Directed by Peter Richards, the cast includes Barbara Swantak, Chuck Fray, Meghan Bullard, Eric Downing and Walter Hersatz.

The action takes place in Florida where Grandpa has been looking forward to his golf game, only to find his plans have to change when an escaped convict, an anxious bride, her husband and an attorney all show up at his house. The action is hilarious, fast-moving and perfect for a mid-winter distraction.

"Death by Golf" is the community theater group's first winter play, presented in partnership with Court Street Arts at Alumni Hall in Haverhill, NH. Tickets will be available at the door, with refreshments by Alumni Hall's new Bailiff's Cafe. Information is available at www.oldchurchtheater.org, or by writinginfo@oldchurchtheater.org.



Old Church Theater performs the comedy "Death By Golf" at Alumni Hall in Haverhill NH the next two weekends. Clockwise from top: Kara Gray, Peter Richards (director), Meghan Bullard, Barbara Swantak, Chuck Fray and Eric Downing. Not shown, Walter Hersatz. The play will be presented Friday and Saturday at 7:30pm and Sundays at 4pm. Tickets at the door.

Old Church Theater of Bradford seeks House Manager for 2013 season of plays, May-September, five productions total. Two weekends on, 3 weekends off working Friday and Saturday evenings and Sunday afternoons, about 4 hours each plus some weekday work at home via phone/internet. Duties include recruiting and training volunteer ushers, responding to reservation requests, greeting patrons and responding to their requests and questions, maintaining friendly atmosphere at all times, managing intermission refreshments, accounting for box office receipts. Must be personable, dependable, professional and honest. Good wages, based on experience. Please send letter of interest via email to treasurer@oldchurchtheater.org. Visit website for schedule of plays www.oldchurchtheater.org.

ORIGINAL PLAYS SOUGHT

See your play on stage! Maybe direct it too? Ten minute (plus or minus!) original plays needed from NH and VT writers, for "Caught in the Acts" in late September. Submit your play via email to caught@oldchurchtheater.org. There's no fee to submit it, and we don't pay you either... after all, this is a non-profit community theater! But why not get your start on our stage?! DEADLINE March 1st

SEASON TICKETS, BIG SAVINGS!

Still available until April 1st, you can get a ticket to all 5 shows (normally \$10.00 each) for \$40.00! (after 4/1/13 the price is \$45.00)

Your advance purchase gives us money ahead of the season to pay rent, royalties, scripts, fuel oil, etc.

Please consider this money-saving offer! Send your check to PO Box 304, Bradford, VT 05033, using the form from our website, or email info@oldchurchtheater.org with your request and we'll send you the form (a little-known fact about season tickets: buy one and use multiple punches at one play to bring a friend or two! Wow!)

We'll also be selling season tickets at the up-coming play in Haverhill, NH "Death By Golf" which opens Feb 22nd and runs for two weekends! Friday and Saturdays at 7.30pm and Sundays at 4pm, at Court Street Arts' Alumni Hall.

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Old Loves

By Sheila Asselin

Valentine's Day has come and gone. Tons of chocolate has been consumed. Fields of roses have been stripped clean to provide red bouquets. Reams of paper have been scrawled with romantic sentiments, AKA mash notes as we used to call them as kids. This is a great time to recall old loves. I mean really old loves.

My first love was Roland Carales. Roland's parents were from Cuba. He and I were the fastest readers in the fourth grade at St. Joan of Arc school. Before we started to read Mother Geoffrion would caution us "Now take a deep breath and slow down."

We rode the school bus in the winter. I only had homemade mittens so Roland would let me wear his fur lined leather gloves until we came to his bus stop which was before mine. Sometimes my little brother would sit down by me and I had to tell him to get lost. Geez! Don't brothers understand anything? Fur lined leather gloves! What luxury! He would say "Watch me when I get off the bus." As he stepped off he would turn and wink at me. What a cutie! What's not to love? He was all of nine years old.

Then there was Joe Hurley. We were classmates at the American School in Bremerhaven, Germany. Joe's love was more the strong silent type but he wrote great notes. Passing notes in class was a favorite form of entertainment in those ancient times before I-pods, cell phones, laptops, and blackberries. He would write critiques of our female teachers and rate them as to how he judged they would look in that new invention "The Bikini".

One day in art class we were making linolium print blocks. My hand slipped and I cut an impressive gash in my left thumb. Joe grabbed my

hand, held it above my head, and dragged me down four flights of stairs to the nurse's station in the basement. We left a trail of blood droplets the whole way. The nurse bandaged my hand and gave me a harsh lecture on the dangers of sharp instruments. I still have the scar on my thumb.

Now to John Haynes. John's father was a surgeon in the Navy. (I started to say naval surgeon but that has whole other connotations.) His ship was blown up in WWII. He clung to a life raft with badly burned hands until he was rescued several hours later. Fortunately his hands healed and he was able to resume surgery.

John loved to dance. That is the good news. The bad news, John only knew one step, back and forth on alternate feet; All the girls dreaded his asking them to dance. Back and forth, back and forth, never varying the step. Three minutes could be an eternity. John hung on until the last note was played. He had apparently inherited his father's tenacity. He did have one redeeming feature. He always knew the latest jokes and would make you laugh so hard you almost forgot the back and forth ordeal. I grew very fond of John...off the dance floor.

Where are they now? Roland's propensity for fast talk and Latin charm probably went on to a distinguished career as a diplomat. Did I mention he was bi-lingual? More so than Marco Rubio.

Joe went on to become an EMT. He rescued hundreds of people who were bleeding profusely, especially those young women who looked as if they could fill out a bikini nicely.

John? He is up in Heaven now where every afternoon from 1 to 3 he gives dancing lessons to the angels!



Letter Of Recommendation

In leaner times during my adult life, I've found myself behind on paying a few bills. Pick one. They've all been ignored at one time or other.

And during those thin days of earning, not paying my bills, fully that is, was a survival technique.

I knew I was walking a thin line. And I knew that with each letter I received — and ignored — from a company demanding full payment on a product already delivered, I was getting one step closer to being exiled, banished from all sorts of self-comfort.

And I was terrified. How could I not be? And how could I blame, say, the electric company for threatening to shut off my power? I was a mooch for using their static and not paying for it. I deserved to have my knuckles smashed.

I allowed the threats to get out of hand, at times, and they eventually blossomed into a bevy of threatening letters and phone calls.

Until finally, years back, I came home from work to a dark and cold house. Hit the switches. Nothing.

Then, like Florida Evans cried when her dear love James died, I shouted, "Damn! Damn! Damn!"

Which is why I suggest to all illegal immigrants living in this great nation to save yourself the anxiety, the threat of deportation and just sign the damn waiver. Head to the DMV, pay what we pay for a drivers license, learn the pledge of allegiance, find a good accountant and enjoy the wine and freedom.

What is it? Some 11 million illegal immigrants are living in the U.S.?

That's a lot of cheese being left on the table, tax

wise. And whatever the government is suggesting in their new immigration reform proposal, I think I support it.

Somewhere, I believe, within the yin and yang of the political jive, there is love and kindness embedded in there.

They seem to be saying: Ok, here is the deal, amigos. We don't care anymore that you have worked and lived here without paying your taxes. It can be six months or abuela's 50th year spent living illegally in Encino or Everett.

We don't care. Just sign her up!

But the illegal immigrants first reaction to the initial threat is likely the same as my own when the first letter of warning came from the electric company. The letter was a polite: Hey, we know things are hard during the winter. Pay us the minimum and we'll keep pumping you the heat. Night now. Don't forget to send the minimum.

Then I blew them off.

And maybe the illegal says when he receives his first warning of possible deportation: "Ah, man. I love you, your country, your women, your beaches and breads, but I have to get up at 4 a.m. and mow all those lawns you high rollers won't. I have no time for paperwork. How about you send me another letter in the spring and we'll make something happen then?"

So, a few months pass and an immigration officer shows up in the kitchen of some nasty grease spot on the east end of Manchester. Maybe he walks right towards the short order cook flipping fajitas, reintroduces himself, hands him the second "reminder letter" and goes on his way to the next stop.

No cuffs, no clink. Just a slightly more stern reminder that "time is running out."

This might go on for a year or two. But no more, no how.

The cook may dab some sweat from his brow as he opens the letter and feels the first pang of anxiousness erupt inside him. "Estos gatos son seriosos."

Indeed they are.

But what happens then? Likely the same as what happened in my home. The illegal rolls the dice, ignore all warnings and goes on living illegally, or, in my case, not paying his electric bill.

So, after numerous requests for their citizenship to be fulfilled, who is to blame when a deportation officer arrives at the cooks house or the landscapers house or the illegal artists house, and explains that they've been warned, reminded, threatened to become a citizen or pay the price.

Which is: Goodbye, good luck. Off you go, back to your homeland. Don't blame us, blame yourselves. Now wipe your daughter's tears, hug your son, hand over the stack of cash you've hid in your air conditioner to your wife and say so long.

You ignored the new laws of this great land. You had more than enough opportunities to become an American. You blew it. Sorry.

So, in the end, all I'm trying to say is: Your contributions to this great nation don't go unrecognized. Just sign the waiver, pay your taxes.

Or, well, you'll end up getting left in the dark.

Rob Azevedo can be reached at onemanmanch@gmail.com.



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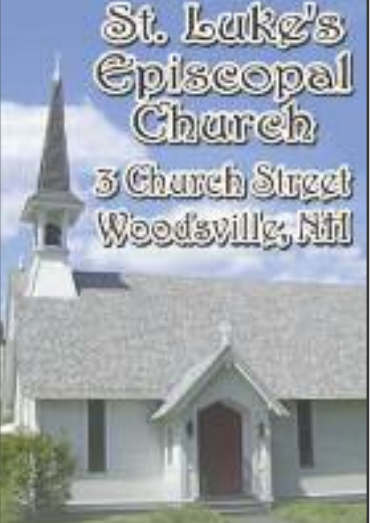
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From The Desk Of NH State Senator



Dear Constituents,

Session is in full swing now, with all the committees meeting and hearing bills on a regular basis. In Public & Municipal Affairs this past week, we listened to testimony on five bills, three relative to conservation commission members, capital reserve plans, and political contributions (SB102, SB111, and SB120 respectively) and two of which I was a prime sponsor: SB172 and SB88. SB88 is a particular interest to families who've lost loved ones in defense of our country.

SB88 calls for the adoption of the national Honor & Remember Flag as the official symbol of the state of New Hampshire to recognize and honor fallen members of the armed forces. I was honored to be asked to sponsor this legislation and learned more about the Honor and Remember Flag during a formal presentation to two families this past fall in Tilton.

What we learned during the hearing last Wednesday was that in more than 200 years of our nation's history there has never been an offi-

cially recognized symbol that reminds us daily of the sacrifices made by members of our military who lost their lives in service to our country.

The Honor and Remember Flag's origin began with a father mourning the loss of his son who was killed by a sniper's bullet while on patrol in Fallujah, Iraq in December 2005. Much to his surprise, there was no public symbol that specifically acknowledged the men and women of our U.S. Armed Forces who never made it home alive. It became his mission to assure that this ultimate sacrifice would be honored and remembered with a national symbol—that symbol, the Honor and Remember Flag.

The Committee members heard compelling and heartfelt testimony from family members, received letters in support, and listened quietly as a young woman read off the names of 66 New Hampshire veterans who lost their lives in defense of the freedoms we enjoy today.

A letter from a mother in Plymouth read "As a society, we have a responsibility to always remember those who

chose to fight for their country, who chose to leave their family and fight for the freedoms our country believes in. We have a responsibility to honor and remember. To tell the stories that are part of our history and to teach our children about the heroes that help to keep them living in a free country."

From a veteran, "There is no better way to show our thanks and respect for their efforts than to display a flag that was created with only that one thing in mind... honor and remember the one who has given it all in the course of providing freedom to the rest of us."

There are 14 states that have adopted the Honor and Remember Flag, eight states have endorsed it, and 28 states are in the process of recognizing this flag. Honor and Remember is nationally endorsed by the American Gold Star Mother, Inc., Gold Star Wives of America, Inc., Vietnam Veterans of America, Blue Star Mothers, Association of the United States Navy, Air Force Association, NCO Association, and Bugles Across America, just to name a few.

The Honor and Remember flag's design is simple and distinctive and symbolizes an important part of the overall meaning of the flag's message. It is intended to be flown below the flag of the United States of America. It has a red and white field with a blue and gold star, a flame,

and a folded flag.

This flag will serve as a symbol of national gratitude for the hundreds of thousands of American men and women who made the ultimate sacrifice to preserve the freedoms we enjoy. As importantly, this flag also helps to promote healing for the thousands of families that deserve recognition for the sacrifice of a lost loved one.

With the passage of this bill, the Honor and Remember Flag would be displayed at the NH State Veterans Cemetery in Boscawen daily and above the state house in Concord immediately below the state flag when there is a New Hampshire casualty and on the following days: Gold Star Mother's Day, Memorial Day, the 4th of July, National POW/MIA Recognition Day, and Veterans Day.

I am pleased to say that the bill received unanimous bi-partisan support in the Public & Municipal Affairs Committee and the bill now goes to the Senate floor for a full vote of the body. I encourage you to learn more about this flag by visiting www.HonorandRemember.org.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with—please call (271.2609 [o] or 279.1459 [h] or email me at jeanie@jeanieforrester.com. If you would like to subscribe to my e-newsletter, go to www.jeanieforrester.com and sign up.

Your Senator from District 2
Jeanie Forrester
February 16, 2012

Vermont Tourism Commissioner Guest Speaker At February Chamber Legislative Breakfast

Megan Smith, Vermont's Commissioner of Tourism & Marketing, will serve as the guest speaker at the Northeast Kingdom Chamber legislative breakfast to be held Monday, Feb. 25, at the St. Johnsbury House, 1207 Main St, St. Johnsbury. Smith, who has served as tourism commissioner since 2011, will address the tourism funding formula before the state legislature and her agency's accomplishments in attracting visitors to the state.

Smith, prior to being selected commissioner, started her career at Hyatt Hotels and also worked at Au Bon Pain. In 1995, she and her husband purchased The Vermont Inn in Mendon, which they operated until 2006. She has been the president of the Killington Chamber, a small business advisor for the Vermont Small Business Development Center and an instructor at the Resort Management Program at Green Mountain College Killington

Campus and Community College of Vermont. She also developed the Vermont Marble Trail, served in the state legislature and established the Vermont Tourism Caucus before working for Governor Shumlin's administration.

The monthly programs provide area business people and residents an overview of the legislative session and concerns affecting the region, with legislators each giving a brief update of their committees. The public is invited to attend and encouraged to ask questions. The Northeast Kingdom Chamber organizes the monthly forums and will provide a brief legislative report.

The breakfasts are held the last Monday of each month, from 8 to 9 a.m. Please mark your calendars for the 2013 dates of March 25, April 29 and May 20 (tentative). Governor Peter Shumlin will be the featured guest speaker at the March forum.



The legislative breakfast series is sponsored by the Northeast Kingdom Chamber, with sponsorship assistance from Community National Bank, Fairbanks Scales, Lyndon State College, Maple Grove Farms of Vermont, Northeastern Vermont Regional Hospital, Passumpsic Savings Bank, Union Bank and Weidmann. There is a small fee to attend the breakfast.

For more details, contact the NEK Chamber at 2000 Memorial Drive-Ste. 11, St. Johnsbury, VT 05819; call 802-748-3678; or e-mail at director@nekchamber.com.

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For more information attend the

Open House
Caledonia County State Airport

2107 Pudding Hill Rd
Lyndonville, Vermont
(802) 626-3353

Saturday, Feb. 23rd
10:00 a.m. to 4:00 p.m.

This 14-week course provides students with the necessary aeronautical knowledge used for private pilot certification.

Topics covered include: FAA regulations; weather; radio communications; navigation; aircraft components; aerodynamics; and flight safety.

Cost for the course is \$300, includes a textbook, reference material and an introductory flight.

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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

THRU THURSDAY, APRIL 11, 2013
FREE INCOME TAX PREPARATION - CVCA
4:00 PM – 7:00 PM
Bradford Public Library

PLYMOUTH AREA CHESS CLUB

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

TUESDAY, FEBRUARY 19

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

WEDNESDAY, FEBRUARY 20

V-DAY LYNDON STATE COLLEGE 2013
7:00 PM
Alexander Twilight Theater, Lyndonville
See article on page 12

THURSDAY, FEBRUARY 21

VFW POST #5245 MONTHLY MEETING
7:00 PM
VFW Hall, North Haverhill

FRIDAY, FEBRUARY 22

AMERICAN RED CROSS BLOOD DRIVE
12:00 Noon – 6:00 PM
Morrill Municipal Building, North Haverhill

DEATH BY GOLF

7:30 PM
Old Church Theater, Bradford
See article and ad on page 3

SATURDAY, FEBRUARY 23

FREE INCOME TAX PREPARATION - CVCA
10:00 AM – 1:00 PM
Bradford Public Library

“OTHER RELICTS” ART SHOW

1:00 PM – 4:00 PM
Tenney Memorial Library, Newbury
See article on page 7

CALEDONIA COUNTY STATE AIRPORT OPEN HOUSE

10:00 AM – 4:00 PM
2170 Pudding Hill Road, Lyndonville
See ad on page 5

DEATH BY GOLF

7:30 PM
Old Church Theater, Bradford
See article and ad on page 3

SUNDAY, FEBRUARY 24

DEATH BY GOLF
4:00 PM
Old Church Theater, Bradford
See article and ad on page 3

MONDAY, FEBRUARY 25 -

FRIDAY, MARCH 1
BOYS & GIRLS CLUB OF THE NORTH COUNTRY WINTER CAMP
7:30 AM – 6:00 PM
2572 Route 302, Lisbon

MONDAY, FEBRUARY 25

NEK LEGISLATIVE BREAKFAST
8:00 AM – 9:00 AM
St. Johnsbury House
See article on page 5

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

BOOK DISCUSSION GROUP

7:00 PM
Groton Free Public Library

BOOK DISCUSSION – THE ROARING 20'S

7:00 PM
Haverhill Corner Library
See article on page 7

FRIDAY, MARCH 1

DEATH BY GOLF
7:30 PM
Old Church Theater, Bradford
See article and ad on page 3

SATURDAY, MARCH 2

SILENT CINEMA & MIME WORKSHOP
9:00 AM – 12:00 Noon
Eclipse Grange, Thetford

WINTERFEST 2013

12:00 Noon – 4:00 PM
Mountain Lakes Lodge
See ad on page 16

DEATH BY GOLF

7:30 PM
Old Church Theater, Bradford
See article and ad on page 3

SUNDAY, MARCH 3

ANTIQUES MARKET
9:00 AM – 3:00 PM
Lake Morey Inn & Resort, Fairlee
See ad on page 9

DEATH BY GOLF

4:00 PM
Old Church Theater, Bradford
See article and ad on page 3

MONDAY, MARCH 4

GOOD OLE BOYS & GIRLS MEETING
12 Noon - Wayne Fortier/250th
Happy Hour Restaurant, Wells River

TUESDAY, MARCH 5

VERMONT TOWN MEETING DAY
Check Your Town For Location

DINNER OUT - BOYS & GIRLS CLUB OF THE NORTH COUNTRY

All Day
Topic Of The Town, Littleton

NH STATE VETERANS COUNCIL REPRESENTATIVE

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

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, MARCH 6

3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING
8:00 AM
Wells River Savings Bank, Wells River

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building

THURSDAY, MARCH 7

CELTIC CELEBRATION
6:00 PM
St Lukes Parish Hall, Woodsville
See ad on page 3

IT'S NOT ABOUT THE HIKE

7:00 PM
Father Bilodeau Center, Lincoln
See article on page 7

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 Thursday, February 28th for our March 5th issue.

Upcoming Programs At The Groton Free Public Library

Tuesday, Feb. 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.

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.

Saturday, March 9, 10:30-11:30am – SAM (Stories and More). SAM takes place on the second Saturday of every month. Preschool-ers and elementary school-ers are invited to enjoy read-aloud stories along with a craft and a

snack.

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

All of our programs are free and open to the public. For more information about any of our services, find us on Facebook (Groton Free Public Library) or contact Anne:grotonlibraryvt@gmail.com, 802.584.3358.

Haverhill Corner Library Announces Sinclair Lewis Discussion

HAVERHILL, NH - The Haverhill Corner Library will host a discussion of Babbitt by Sinclair Lewis on Monday, February 25, the library has announced. This is the second in the library's discussion series "The Roaring Twenties."

The discussion will be held at the library at 7:00 PM and will be free and open to the public. Copies of the book are available to borrow from the library in advance.

Babbitt was published to critical and popular acclaim in 1922, selling over 140,000 copies in its first year. The novel is a satire of middle-class American boosterism and conformity, and the very

name "Babbitt" became a byword for materialistic complacency and reflexive conventionality. It was one of the key works that made Sinclair Lewis the first American writer to be awarded the Nobel Prize for Literature.

The novel focuses on George F. Babbitt, a real estate broker in the fictional city of Zenith, a fast-growing Midwestern industrial metropolis. Professionally successful, he is a businessman who has unquestioningly embraced the received political, social, and religious values of his class and caste. For many readers at the time and since, Babbitt has served as

an archetype of middle-class conformity, though Lewis felt that Babbitt himself was "the most grievous victim of his own militant dullness."

As a satiric portrait of America's rapid economic growth and industrialization in the 1920s, Babbitt offers an important understanding of this vibrant period in American history.

The "Roaring Twenties" series will continue on Monday, March 25 with a discussion of The Great Gatsby by F. Scott Fitzgerald.

For more information, visit the library's web site at hliba.blogspot.com or call 603-989-5578.

Friends Of Lincoln Library Presentation "It's Not About The Hike"

Free and open to the public on Thursday, March 7, 2013 at 7pm at the Father Bilodeau Center on Pollard Road in Lincoln, NH.

We all have our own mountains to climb. Your mountain may be a 4,000-footer in the White Mountains. But it could also be going to college, getting a job, bringing up children, caring for aging parents or dealing with an illness. Maybe your mountain is reorganizing a business, tackling a difficult project, losing weight or starting an exercise program. It's your own personal mountain and it is hard.

It's Not About the Hike is a presentation that will bring you into your heart, lift your spirits, and inspire you to climb that next mountain in your life. It is not a presentation of "look at these two women...see what they did." It is a presentation of "look inside you...you can do it too." You will want to go back and hear it again and again, bringing friends and family to share the experience.

This hour-long program highlights the journey of two



50 plus year old non-hikers who one day decided to climb the 67 mountains in New England over 4,000 feet. Nancy Sporborg and Pat Piper are two ordinary women who went on an extraordinary journey over the mountain summits and into their hearts. This is the story of what they found inside themselves as they hiked over 1,600 miles to the tops of over 244 mountains through all four seasons.

This presentation is for everyone -- hikers and non-hikers, people who are sedentary or active, outdoor enthusiasts and indoor homebodies, 10 year olds and 90 year olds and everyone in between. The presentation is NOT about the hike; it is an in-

spirational and motivational program about pushing ourselves outside of our comfort zones, overcoming our fears, finding our passions and living our lives to the fullest.

This talk is a multi-media presentation including movies, music and photographs. It is both humorous and touching, as the speakers share about their personal lives in a way that makes the message and learning universal.

The book, It's Not About the Hike, will be offered for sale after the presentation. The book contains 360 pages, over 245 color pictures, and 60 inspirational hike reports for \$35. If you enjoy the presentation, you will love the book!

"Other Relics" Art Show

Saturday, February 23 ~ 1:00-4:00 PM

This Art Show will be a collection of paintings of barns, sheds, and "Other Relics" of this region. Katherine Johnson has been working on this series for more than a decade, many of the buildings are now

gone. There will appropriately enough, also be cattle paintings in the mix.

Library hours: Tuesday 10-5pm, Thursday 2-8pm and Saturday 9-4pm

Tenney Memorial Library, Route 5, Newbury VT Phone: 802-866-5366



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First Pour At Woodstock Brewery Bottling Follows Construction Complete At Woodstock Inn, Station & Brewery

WOODSTOCK, NH - A little more than a year after breaking ground, construction is finished and the 150-seat function room and 30-barrel brewery are open for business at a Main Street landmark. "Everything is complete," said Scott Rice, owner of the Woodstock Inn, Station & Brewery in North Woodstock. "We are now able to brew and bottle all our beers right here, for the first time since we started brewing over 16 years ago." At a gathering of friends and patrons on Jan. 31, Rice and his wife, Peggy, celebrated the new facility with a ceremonial first pour of the brewery's signature brown ale, Pig's Ear. Rice said he was inspired to add a function

room to the restaurant to satisfy the demand over the years by people who wanted a place large enough to celebrate weddings, reunions and meetings. "We already have 15 or 16 weddings booked up," he said. "That's a surprise. We didn't think we would get that many in the first year." It will be a busy summer for Rice. He expects to roll out a couple of new beers. The 4,000-Footer IPA is inspired by the 48 peaks in the White Mountains over 4,000 feet and a summer brew, he said, "that will be good for being by the water, boating or fishing in the Pemi." Also by the summer, the Woodstock Inn Brewery will be producing its beers in 22-oz. bottles and



further in the future, the brews will be available in cans.

The Woodstock Inn and Station marked its 30th anniversary in December and as it embarked on its fourth decade, Rice developed the \$3 million project. With the expansion of the brewery, all operations will take place in North Woodstock, rather than going offsite to have the beers bottled in Maine.

Rice said he expects to hire 15 more employees to handle the new function room and the brewery operations. "We had one of our best summers last year and this winter is shaping up to be our biggest winter ever," Rice said.

The Woodstock Inn features 33 rooms in five Main Street locations. The Woodstock Station seats 225 people and the upscale Clement Room Grill seats 60.

The Woodstock Brewery crafts more than a dozen year-round and seasonal beers. Its Pig's Ear Brown Ale and Pemi Pale Ale have received national awards for their taste and quality.

For more information on the Woodstock Inn and Brewery, visit www.WoodstockInnNH.com.

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WGSB's Graham Elected To ICBA Federal Delegate Board



ham said. "It gives me a chance to work for community banks across the country that practice trusted, common-sense lending. It also gives me the opportunity to share my experience with local consumers and small businesses, and to advocate for the needs of community banks in order to continue to serve our customers best."

In addition to helping shape and advocate ICBA's national policy positions and programs, Graham's duties include being a liaison between independent community bankers in New Hampshire and ICBA staff

Washington, D.C. (February 15, 2013)—The Independent Community Bankers of America (ICBA) announced that local community banker James E. Graham, President & CEO of the \$396 million-asset Woodsville Guaranty Savings Bank, Woodsville, New Hampshire was elected to the ICBA Federal Delegate Board, effective March 16, 2013. ICBA is the nation's voice for community banks.

"I am honored to be elected to this position," Gra-

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and leadership in Washington, D.C. He will also work to recruit new members to ICBA.

ICBA is the only national trade association dedicated exclusively to promoting the interests of locally operated community banks and savings institutions. With trusted

financial expertise and high-quality customer service as their hallmarks, community banks offer the best financial services option for millions of consumers, small businesses, farms and ranches.

"James E. Graham is a dedicated community banker who is respected by his in-

dustry peers," said ICBA Chairman Jeff Gerhart, president and chairman of Bank of Newman Grove in Newman Grove, Neb. "We are delighted he will be generously offering his time and valuable professional talents to the service of the community banking industry."

9 AM-3 PM Fairlee, VT

Lake Morey Inn & Resort

SUNDAY March 3rd

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<p>2011 Chevy K1500 #23034C LT, Xcab, 4x4, All Star, 6.3, Z71 \$26,480 \$417⁸² A MONTH 72 months @ 3.99%</p>	<p>2008 Chevy K1500 #12067A LT, Xcab, 4x4, 5.3, Z71 \$20,996 \$340⁹⁶ A MONTH 72 months @ 4.99%</p>	<p>2009 Chevy Avalanche #23047A LTZ, Climate Seats, DVD, Roof \$33,556 \$527⁵⁹ A MONTH 72 months @ 3.99%</p>
<p>2013 Chevy K1500 #23030 LT Sport, Xcab, 4x4, 5.3, Tow \$80 Month Lease \$299⁹⁹ A MONTH</p>		<p>2013 Chevy Equinox #23058 LS, Awd, 2.4, 29 mpg \$80 Month Lease \$229²⁴ A MONTH</p>

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

February 19, 2013 Volume 4 Number 10

Finding Solutions for Your Financial Needs

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Follow “Tax-smart” Investment Moves

Now that tax season is here, and the debate over tax rates has been resolved (at least for now), you can focus on your tax return, which is due on April 15. As you work on your return, you may see some areas in which you’d like to make some changes for 2013 and beyond — and one of these areas may be your investments. Specifically, can you find ways to become a more “tax-smart” investor?

You may be able to benefit from taking the following steps:

- “Max out” on your IRA. Depending on your income level, you may be able to deduct some or all of your contributions to a traditional IRA. And your earnings can grow on a tax-deferred basis.* (Roth IRA contributions are not deductible, but your earnings and eventual distributions will be tax-free, provided you meet certain condi-

tions.) You can contribute to your IRA for 2012 right up until the tax-filing deadline on April 15. And for 2013, the annual IRA contribution limit has increased, from \$5,000 to \$5,500 (or \$6,500, if you’re 50 or older).

- Boost your 401(k) contributions. You generally contribute pre-tax dollars to your 401(k), so the more you put in, the lower your taxable income. (Depending on your employer, you may even be able to make Roth contributions to your 401(k) plan.) So, every time your salary goes up, you may want to consider increasing your 401(k) contributions. For 2013, you can put in up to \$17,500 to your 401(k) or other employer-sponsored plan, such as a 457(b) or 403(b). If you’re 50 or older, you can add another \$5,500 on top of the contribution limit.

- Consider tax-advantaged investments. If you can afford to put money away even after you’ve reached the limits on your IRA and your 401(k), you might want to consider other tax-advantaged investments. For example, you may be able to benefit from investing in municipal bonds, which provide interest payments that are free of federal taxes, and, in some cases, free of state and local taxes, too. (Some municipal bonds may be subject to the alternative minimum tax.) Another investment possibility is a fixed annuity, which offers tax-deferred earnings growth. Your financial and tax advisors can help you determine which, if any, tax-favored investments may be suitable for your individual needs.

- Avoid frequent buying and selling. Many people constantly buy and sell investments, hoping to boost their returns. Such frequent trading is usually ineffective, however — and it can also be “taxing.” If you sell an investment that you’ve held for one year or less, you may have to pay the short-term capital gains rate, which is the same as your ordinary income tax rate. But when you sell an investment that you’ve held for more than one year, you’ll be assessed the more favorable long-term capital gains rate, which will be 15% or 20%, depending on your income level. So, as you can see, you have a real incentive to be a “buy-and-hold” investor.

Generally speaking, taxes, by themselves, shouldn’t drive your investment decisions. Instead, you should focus on an investment’s suitability for your risk tolerance and long-term goals. Work with your financial advisor and tax professional to see how you may be able to make progress toward your objectives and still keep control of your investment-related taxes.

* Taxes are due upon withdrawal and withdrawals prior to age 59 ½ may be subject to a 10% IRS penalty.

Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

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Cottage Hospital STORK REPORT



Cottage Hospital is pleased to announce the following births for Winter 2012 - 2013

Amy Thomas & Jeff Locher of Lebanon, NH proudly introduce their son Beckett Thomas Locher, born January 31 2013. Delivering physicians were Dr. Aaron Solnit, and Dr. Fay Homan.

Chrystal Gibson & Kyle White of Newbury, VT proudly introduce their son Brayden William White, born January 28, 2013. Delivering physician was Dr. Aaron Solnit.

Jessica C.M. Welch of Woodsville, NH proudly introduces her son Brayden Liam Welch, born January 23, 2013. Delivering physician was Dr. Sarah Young-Xu.

Elizabeth & Stephen Hall along with big brother Arthur Hall, of Pike, NH proudly introduce their son and little brother Hudson Douglas Bernard Hall, born January 5, 2013. Delivering Physician was Dr. Sarah Young- Xu.

Krista Guyette & Sidney Clark along with big sister Shaylen Labrecque, of North Haverhill, NH proudly introduce their son and little brother Phoenix Lulu Clark, born January 4, 2013. Delivering Physician was Dr. Jessie Reynolds.

Marcella Graziano of Woodsville, NH, proudly introduces her son Matthew James-Ray Paquin, born December 27, 2012. Delivering physician was Dr. Gretchen Andrews.

Meaghan Elyse Gregory & Walter Garrett of Benton, NH proudly introduce their daughter Destiny Nicole Garrett, born December 19, 2012. Delivering physician was Dr. Sarah Young-Xu.

Priscilla Marie Beaulieu & Jason Tegu Allen of North Haverhill, NH proudly introduce their son Kai Tegu Allen, born December 14, 2012. Delivering physician was Dr. Fay Homan.

Amanda Lloyd & Jeremy White of Woodsville, NH proudly introduce their daughter Chloe Leanne White, born December 13, 2012. Delivering physician was Dr. Aaron Solnit.

Lindsey Fellows & Jesse Smith along with big sisters Alivia & Mckenna of Corinth, NH proudly introduce their daughter and little sister, Paige Lexi Smith, born December 4, 2012. Delivering physician was Dr. Melanie Lawrence.

Amanda Gillen & Elie Roy of Orford, NH proudly introduce their son Thomas Elie Roy, born December 2, 2012. Delivering physician was Dr. Jessie Reynolds.

Amanda Russell & Douglas White Jr. along with big sister Isabella of East Ryegate, VT proudly introduce their son and little brother Evan Allen White, born November 28, 2012. Delivering physician was Dr. S. Genereaux.

Going Away To School

By Elinor P. Mawson

As a freshman in high school, I struggled with Latin and Algebra. I don't know if it was because I was only 13 years old, or because my father insisted I take them. My mother was frantic, since I was an A student getting C's and D's.

Fortunately, our town paid tuition to any high school, and there was a boarding school less than 15 miles away. The only problem was the fact that I would be a boarding student.

My mother and I went to check out the school and the dorm. The school was a huge Victorian brick building. The dorm was about 100 feet away with dining hall and kitchen on the first floor and student rooms on the second. We were informed that some of the women teachers lived in the dorm with the girls, and guarded those girls within an inch of their lives.

I signed up for some less challenging classes, made arrangements to work in the kitchen and dining room, and went home in wonderful anticipation.

It never occurred to me at the time that essentially, I was leaving home for good. All I could think of was the opportunity to be away from a very controlling parent, and a chance to start over.

I wasn't disappointed. I loved my classes and got on the honor roll. I liked my roommate and the other girls in the dorm. I didn't mind having to study 2 hours every evening, or having a chaperone whenever we went anywhere. We had to sign out and sign in if we went to the store or the post office, and could only be gone a half hour.

Church attendance was required. We got grades for our behavior, room appearance, cooperation, study habits and personal appearance.

I even enjoyed working in the dining room, waiting on table, and then helping with the dishes. I have to admit that I learned a lot of table manners in the process, since a teacher sat at every table and watched us all like hawks.

We had to go home one

weekend a month and I wasn't a bit happy about that. I began to notice that my siblings were getting along just fine without me, and the family dynamics were changing. I remember my parents took in an exchange student and a newspaper article described the family as the parents with three children--just as if I wasn't there.

At the time, it didn't bother me a bit.

My three years away at school were some of the happiest in my life. I was happy with my classes, and although I wasn't in the "top ten" I redeemed myself with my parents. I became independent (even with the chaperones) and got to know myself.

I really didn't want to graduate.

But I got a real bonus in those 3 years. At the age of 15 I met another student who became my boyfriend and then my husband five years later.

This year we will celebrate our 55th anniversary.

Deadline for the
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BEDROOM SET: Queen size headboard with nightstand/armoire on each side, mirror behind headboard w/lights. Roughly 7+ feet across. Plus 5 drawer dresser. Picture available. 802-505-1527. \$150. 02.19

OLD FASHION COUNTRY KITCHEN CABINET: Wainscoting with old fashioned latches. Picture available. 802-505-1527. \$500. 02.19

STURDY LARGE CORNER DESK: With a large hutch on one side with shelves and a smaller one on the other side that sit on top of the desk. The desk itself has two doors on each side, one of the openings as a file cabinet. Another matching file cabinet goes with it. 802-505-1527. \$75. 02.19

JELLY CABINET: Antique White Jelly Cabinet. Picture available. 802-505-1527. \$200. 02.19

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OLD FASHION COUNTRY KITCHEN CABINET: Wainscoting with old fashioned latches. Picture available. 802-505-1527. \$500. 02.19

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OLD CHURCH THEATER OF BRADFORD SEEKS HOUSE MANAGER for 2013 season of plays, May-September, five productions total. Two weekends on, 3 weekends off working Friday and Saturday evenings and Sunday afternoons, about 4 hours each plus some weekday work at home via phone/internet. Duties include recruiting and training volunteer ushers, responding to reservation requests, greeting patrons and responding to their requests and questions, maintaining friendly atmosphere at all times, managing intermission refreshments, accounting for box office receipts. Must be personable, dependable, professional and honest. Good wages, based on experience. Please send letter of interest via email to treasurer@oldchurchtheater.org. Visit website for schedule of plays www.oldchurchtheater.org. 02.19

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V-Day Lyndon State College 2013 Presents a Benefit Production of THE VAGINA MONOLOGUES

Join Us As We Raise Funds And Awareness To End Violence Against Women And Girls.

Lyndon State College On February 20th 2013, at 7:00pm, V Day Lyndon State College will present a one-night only benefit reading of Eve Ensler's award winning play The Vagina Monologues at the Alexander Twilight Theater.

Last year over 5,800 V-Day benefits were held around the world raising funds and awareness towards ending violence against women. These highly successful events raised over \$5 million through performance of Eve Ensler's award-winning play, The Vagina Monologues, readings from V-Day's A Memory, A Monologue, A Rant and A Prayer and Any One Of Us: Words From Prison and screenings of V-Day's documentary Until The Violence Stops. Lyndon State College has joined this global movement as part of the V Day 2013 Lyndon Campaign.

Lyndon State College will present a benefit production of The Vagina Monologues at the Alexander Twilight Theater

at Lyndon State College on February 20th 2013 at 7:00pm on behalf of the V Day 2013 Campaign.

What are The Vagina Monologues? Hailed by The New York Times as "funny" and "poignant" and by the Daily News as "intelligent" and "courageous," The Vagina Monologues, which was first performed off-Broadway by Ms. Ensler, dives into the mystery, humor, pain, power, wisdom, outrage and excitement buried in women's experiences. Ms. Ensler has performed the play to great acclaim throughout the world - from Zagreb to Santa Barbara, from London to Seattle, from Jerusalem to Oklahoma City. Villard Books/Random House first published The Vagina Monologues, which includes a foreword by Gloria Steinem, in February 1998. A special edition was released in February 2008 in honor of V-Day's ten year anniversary.

The Vagina Monologues will be performed at the Alexander Twilight Theater at Lyndon State College. Tickets are by donation.

Wilton Vs UMass: Green Mountain Care Tax ¹³ A Big Gamble For Vermont

By Wendy Wilton

The Shumlin administration recently disclosed the \$1.6 billion tax impact of its proposed single payer health care system, Green Mountain Care. The report, produced by the University of Massachusetts Medical School, projects that \$1.6 billion will be needed by 2017 to complement Medicare, Medicaid, current Vermont state taxes and federal revenues to support the system's \$6 billion total estimated cost. UMass was paid \$300,000 for their report.

In 2011 and 2012, I projected costs of Green Mountain Care to be \$1.8 billion; darned close to UMass' estimate. But, unlike the UMass projection, I included a 5% reserve for losses as well as costs for in-migration and increased utilization which account for the difference.

Both estimates are big numbers – so what do they mean for Vermonters?

The UMass report suggests options for raising \$1.6 billion in taxes but does not recommend or study a funding plan. Realistically, only a couple of taxes will raise revenues of this magnitude: the payroll tax, income tax or some combination of the two. Other taxes, such as sales tax, could not generate the needed revenue even if increased to extreme levels.

Payroll and Income Taxes

To raise \$1.8 billion with a payroll tax, the average Vermonter's gross wages would be taxed at about 15%. This tax does not exist today and the portions to be paid by the employer and employee need

to be sorted out. Today, employers spend about 11% of payroll on health care while employees contribute a share of the premiums and out-of-pocket costs. Single payer advocates argue that Green Mountain Care taxes will replace premiums. UMass suggests taxes would be progressive - that middle and high income earners will pay a higher rate. The average working Vermont family makes over \$60,000 in wages and likely will pay more into the system through cost sharing and out of pocket costs.

If we use the personal income tax rates must increase almost four fold to raise the \$1.8 billion, assuming such rates don't drive people from Vermont. A combination of payroll tax and personal income tax is most likely, but Vermont's labor market is stagnant due to demographic trends so payroll and income-based revenue will decline over time.

Provider Reimbursements

To slow the growth of health care costs The Green Mountain Care Board recently capped hospital revenues at 4.0%. The UMass report goes further, capping provider reimbursements at 105% of Medicare levels for all services; though providers currently receive about 129% of Medicare reimbursements inclusive of private insurance and Medicaid. UMass's recommendation means an 18.6% reduction in provider revenue. Reductions will impact access, services and job opportunities in Vermont's

health care field. And if Congress reduces Medicare reimbursement levels, all provider revenues will drop.

Out of Pocket Costs

The UMass report projects out-of-pocket health care costs for Vermonters at \$846 million in 2013. The report does not show such costs for 2017, when single payer is implemented. The report indicates that out-of-pocket costs will decrease for lower income participants in 2017, which means they will likely increase for other participants.

Federal Revenues: Medicaid

The total Vermont state budget is about \$5 billion. Forty percent of our revenues come from federal sources. Medicaid, a cornerstone of Green Mountain Care funding, accounts for most of the federal dollars. The UMass report assumes that federal support will increase dramatically with the Affordable Care Act (ACA, or ObamaCare).

But recently the feds have denied Vermont's request for additional premium support for our healthcare reforms. Officials have stated the reduction is indicative of a "capacity" issue as the cost of the ACA has increased since the law's passage.

A Risk to State Solvency

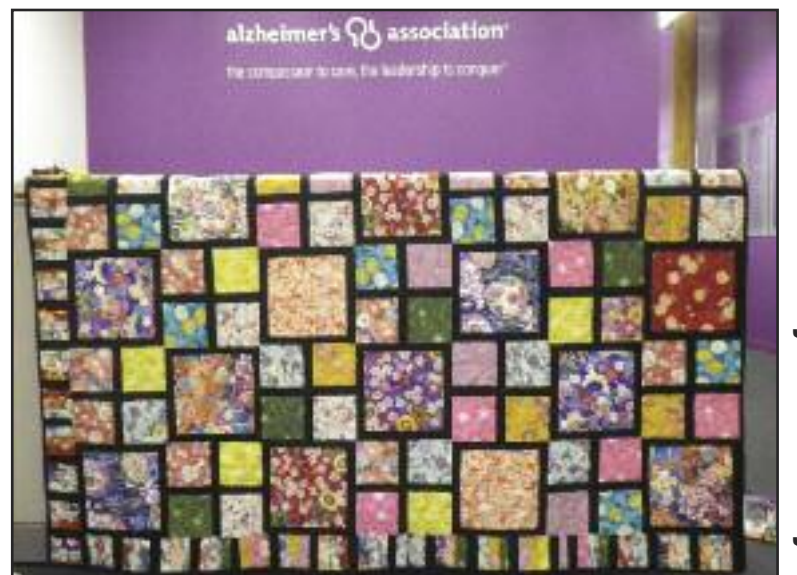
The administration's single payer plan has significant and serious financial risks, likely outweighing benefits. Converting to a government health care system, funded by taxes, will double the size of

state government in 2017. At this magnitude, errors or wishful thinking regarding projected costs or revenues could quickly wipe out Vermont's fund balance. Further, hospitals and providers also face enormous financial risk.

Isn't there a less risky way to provide health care for the 4% of Vermonters who are currently uninsured and don't qualify for Medicaid? After all,

2017 is just four years away. Wendy Wilton has served as Treasurer of the City of Rutland since 2007, and was a candidate for state Treasurer in 2012. Wilton is the recipient of the 2012 Vermont Municipal Clerks and Treasurers Treasurer of the Year Award for her advocacy on issues relating to Vermont municipal government.

Alzheimer's Quilt Drawing



A Littleton, NH family is taking a stand against Alzheimer's. For the fourth year Judy Granger and her daughters Gabrielle Granger-Clark and Leigh Ann Haggett have combined their crafting talents to create a quilt to benefit the Alzheimer's Association MA/NH Chapter.

Having lived with Alzheimer's in their immediate and extended family they are using their talents to bring awareness and funds to the fight against the disease. All money raised through the sale of quilt tickets goes directly to the Alzheimer's Association

Alzheimer's is the sixth leading cause of death and those numbers are increasing. There are 22 thousand people in NH with Alzheimer's and about 70% of people with the disease are cared for at home.

The Alzheimer's Association eases the challenges for family caregivers with a 24 hour Helpline and 140 support

groups in MA and NH. The Alzheimer's Association is the largest private nonprofit funding resource for Alzheimer's research.

This year's vibrant pattern is Asian Windows. The quilting, as in the past, is by Louise Jordan Northwind Quilting in Whitefield NH.

Tickets are \$10 for one or \$25 for three.

On line at:

www.alz.kintera.org/boston2013/quilt2013

Or by check made out to: Alzheimer's Association MA/NH

Mail to: Gabrielle Granger-Clark, 35 East Street Littleton NH 03561

Drawing will be March 13. Alzheimer's Association regional offices are located in Bedford and Lebanon.

For information: alz.org/MANH

24 Hour Helpline: 1-800-272-3900

OBITUARY – KEVIN JOSEPH PARADISE



East Ryegate, VT – Kevin Joseph Paradise, 47, died on Tuesday, February 5, 2013 at the Dartmouth Hitchcock Medical Center in Lebanon, NH.

He was born in Pawtucket, RI, August 14, 1965, the son of Earl Joseph "Chuck" & Doris Blanche (Thurber) Paradise.

Kevin graduated from high school in Hollywood, Florida in 1983. He married Aprille S. Tougas on December 28, 1988. He worked as a boom

truck operator setting signs for Acme Painting Company and also for Mulcahey's Well and Pump both of Rhode Island. Kevin and Aprille moved to Vermont in 1995 from Rhode Island. He worked for Cabot Creamery in Cabot, VT as a machine operator for many years. Kevin loved spending time with his family. He enjoyed four wheeling, tinkering with vehicles, and watching NASCAR. He also loved his therapy cat "Tei Tei".

He was predeceased by his parents, Earl J. "Chuck" and Doris B. (Thurber) Paradise; and two brothers, Alan Paradise and Kenneth Paradise.

Survivors include his wife of 24 years, Aprille S. Paradise of East Ryegate, VT; two daughters, Danielle Toshiko-

Paradise Enger and husband Skyler of Vilsek, Germany and Chantelle Doris Paradise of Lackland Air Force Base in San Antonio, TX; a brother, Earl "Joe" Paradise and wife Ann of Bass Harbor, ME; several nieces, nephews, cousins, and two great nieces.

At Kevin's request there will be no public services.

In lieu of flowers, memorial contributions may be made to Little Rivers Healthcare, 65 Main Street, Wells River, VT 05081 or Dartmouth Hitchcock Medical Center, c/o Palliative Care, One Medical Center Drive, Lebanon, NH 03756.

Ricker Funeral Home, Woodsville, NH is in charge of arrangements.

For more information or to offer an online condolence please go to www.rickerfh.com

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Hepatitis

Definition: Inflammation of the liver. There are many substances which can cause hepatic inflammation. Infections by the Hepatitis B and C viruses are on the rise and are a concern for many because of the number of people who will go on to have chronic active hepatitis and later may develop liver cancer. There is not a great deal which can be done by the allopathic medical community for hepatitis, the use of prednisone for severe inflammation and a new treatment

with alpha interferon is about it. The alpha interferon has not shown to be that successful and long term use of prednisone is very toxic to the body. Thankfully, there is a whole lot herbalists can do to assist the body in its healing process.

The major symptoms of hepatitis are fatigue, jaundice, liver discomfort, anorexia and loose stools. In some the symptoms are very mild and in others, very pronounced. If the immune system is healthy, most cases of

hepatitis resolve on their own. If the body is weak – the body may not have the resources to mobilize an effective defense.

Most importantly, in active or chronic hepatitis, is Milk Thistle Seeds (*Silybum marianum*). These delicious (and non-toxic) seeds protect the liver for damage caused by viruses, alcohol, nitrates and other drugs. Milk thistle gently stimulates protein synthesis so that new liver cells can be made. A very effective anti-inflammatory, *Silybum* reduces the production of leukotrienes and free-radicals (inflammatory products which further injure the liver). It is highly recommended that adding Milk Thistle to anyone's diet is ideal, especially those who are exposed to a great deal of toxins. One Tablespoon daily is the recommended adult dose; or 4 capsules; or 1 ½ teaspoon of extract.

In Europe, Licorice root, because of its mild diuretic property, is used to treat urinary and kidney problems. Licorice root decreases the accumulation of triglyceride in the liver, increases glyco-gen levels, prevents the development of cirrhosis and prevents the occurrence of experimentally induced lesions in the liver. In Japan, a popular preparation composed of glycyrrhizin (an active constituent of Licorice Root) has been extensively used to treat hepatitis with a great deal of success. While nobody is certain how it works, a recent study found that licorice root induces the production of interferon, a substance produced by the body that is successfully used to treat hepatic B. **AVOID: IF HIGH BLOOD PRESSURE AND ON PRESCRIPTION MEDICATION.** Nutrients: calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

jaundice, and cirrhosis; as part of a bowel cleansing and toning formula; as part of a combination to reduce high blood pressure and its resultant water retention; aids weight loss; reduces cholesterol, speeds liver metabolic action.

DEVIL'S CLAW TUBER, ROOT: An anti-inflammatory and blood cleansing herb with prostaglandin promoting activity, specifically to relieve inflammatory liver and gall bladder problems. Nutrients: Calcium, iron, magnesium, phosphorus, potassium, selenium, zinc.

SARSAPARILLA ROOT: Used as a specific for itching, scaling skin conditions; such as eczema, psoriasis and herpes; as part of a treatment for rheumatoid arthritis; as a liver healant for chronic hepatitis. Nutrients: iron, magnesium, manganese, phosphorus, potassium, selenium, zinc.

ORANGE PEEL (Citrus aurantium): A digestive stimulant with plenty of vitamin C and bioflavonoids. Helpful for food stagnation, abdominal pains with distension, indigestion and gas.

FOR A TEA:

- 1 oz Licorice Root (*Glycyrrhiza glabra*)
- 1 oz Dandelion Root (*Taraxacum officinale*)
- ½ oz Devil's Claw Root (*Harpagophytum procumbens*)
- ½ oz Sarsaparilla Root (*Smilax sp.*)
- ½ oz Orange Peel

Mix the herbs and place in a jar. To prepare: place 1 tsp. herb in 12 oz water and simmer covered, for 10 minutes. Strain. Drink ½ cup morning and evening 30 minutes before or 60 minutes after eating.

LICORICE ROOT: As a treatment for hepatitis is thought to have originated in China.

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

February 19, 2013 Volume 4 Number 10 Not all Times are Trendy but there will always be Trendy Times

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D.I.Y. GHOST HUNTING HAZARDOUS ENVIRONMENT The Dangers Of Ghost Hunting

Did You Know: Scared Sheetless is a chick magnet? Yes, that's right. More females like Scared Sheetless on Facebook than males. Scared Sheetless on Facebook just celebrated its 100th like; with margins of female – 56.9% and male – 43.1%.

Ghost hunting is a dangerous business. It's among the vast importance of things to learn before you decide to venture into this interesting, yet dangerous, world. There have been injuries and even death while doing an investigation. Unfortunately the accidents could be linked to the vast amount of amateurs or teens who think this is easy. It's not. You constantly have to be on the lookout for dangers ahead. You got to remember, most of the time we do investigations in complete darkness. When you do investigations in a house, you need to mostly look out for furniture or that nice antique vase that someone could easily knock over. Stuff like that, but with abandoned houses it's a completely different ball game.

When we went to the Cthouse in Bethlehem, there was just danger all around: broken glass everywhere; broken pieces of lumber that could leave a nice souvenir in the form of a splinter or gash; there's only half a staircase leading to the basement before a drop. We hated that we couldn't get down there, but the people we brought with us, "The Derps", were ever so determined to get down there, so they made this makeshift step that was made out of a table.

Still though, I wouldn't have condoned them to do it, but I'm not their father and I'm not that much older than them, so it wasn't like I could say anything. But danger is around every single corner, whether it's a nice house or an abandoned factory, home, and nursery, etc. You need to take precaution.

Case in point, according to a story on the Paranormal Research Society's website (which is down right now), a woman named Sarah Harris tragically died after she received a lung infection from an investigation she recently did. It wasn't asbestos or chemicals, but bat droppings. The theory going around is that when they were walking, it stirred the droppings into the air and bat droppings are known to be lethal, as in the unfortunate case of Mrs. Harris.

There's also another factor – obsessive behavior. This came to my attention from an Examiner.com article, "Dangers of the paranormal: a cautionary tale for ghost hunters," written by Patricia Marin. In the article, Patricia talks about the true story of a new investigator, who was at a haunted location and caught several EVPs; this is exciting for any investigator, because you have something. I know I hold my EVPs I've caught near and dear to me, but this lady has gone to drastic measures. She became obsessed and started catching more EVPs at her house, but soon she was hearing the disembodied voices with her own ears. Could it be that she wanted to hear them so bad

that she craved it, that it made her think she was hearing voices and thinking it was the dead? Who knows for sure, maybe because the brain works in strange matters?

The voices would start insulting her though, calling her bad names, but she wasn't threatened by it, she was actually intrigued by it. The voices must of gotten to her in immense ways, because she stopped going out less and less, she stopped being in contact with friends and family, and eventually she would stop communicating all together. Sadly there is no ending to this story, because she is still doing this.

I've been doing this for years and NEPI hasn't had any mistakes what so ever. That doesn't mean it's not imminent, because if it can happen, it will happen. We've been lucky but we all know luck can change. We're not invincible in any way and we're living creatures no matter what and we can be hurt. Please, I'm begging you, if you ever want to do this: don't go by yourself, always have a cell phone (hopefully with service), flashlights (with spare batteries, of course), and a first aid kit. The most important point I want to make across to aspiring ghost hunters is to join an already established group; not one full of amateurs, not one full of teenagers. I know, it looks easy on TV, but it's totally different when you're there. Be safe or be sorry.

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By Ronda Marsh

Stormy Day Sandies

Have you ever had those Pecan Sandy cookies you can buy in any grocery store? Well, these are a variation of those, except that they taste better, cost less, and have only 6 common ingredients. You can also change the basic recipe up in many ways to suit your cravings, but I'll get back to that in a minute.

In reality, this is your basic good 'ole shortbread recipe – the same cookies frugal Scotsmen have been making since medieval times. The term "Shortbread" refers to the fact that there is a high ratio of fat to flour, making a somewhat sturdy, slightly crumbly or "short" dough. True Shortbread begins with butter, sugar and flour, and since I have a sister who lives in Georgia who always keeps me well stocked with pecans, I usually opt for them as a mix-in, but you could certainly use whatever nut or combination of nuts and dried fruits you have on hand; just be sure they are finely chopped. Or, eliminate the nuts altogether; that's okay, too. As a side note here, I actually never chop nuts, which can be tedious and messy. Instead, I put them in a baggie then beat the living day-lights out of them with a rolling pin. It's a lot neater, and is a healthy outlet for any sup-



pressed aggression issues you may have!

Although forming the dough into a roll and slicing off rounds is how I do it, you can also form the dough into a disc, refrigerate it, then roll it out and use cookie cutters, or make a round and cut it into wedges, or "petticoat tails" as the Scots call them. This dough is about as versatile as can be, and even likes being dipped in melted chocolate after baking. Let your imagination be your guide!

I most recently made these cookies during the last big snowstorm, and realized they are the perfect treat to make if you're snow-bound...no fancy ingredients and the finished cookies are just oh-so-perfect with a cup of

tea, coffee, or hot chocolate, while snuggled under a blanket watching the snowdrifts mound up. Sometimes, being snow-bound is a good thing...Enjoy!

- | | |
|---|--------------------------------|
| 1-1/2 sticks butter, room temperature (I usually set mine out the night before) | 1 teaspoon vanilla |
| 1/2 cup granulated sugar | 3/4 cup all purpose flour |
| | 1/4 teaspoon salt |
| | 3/4 cup pecans, finely chopped |

In bowl of mixer, beat the butter and sugar on low speed until just combined. Add the vanilla and salt and beat again. Add flour all at once and continue to beat until everything is combined and a stiff dough has formed. Toss in the nuts and give a final mix to incorporate. Turn the dough out onto a sheet of plastic wrap, waxed paper, or parchment, and form into a tight log, using the paper to help form it, and wrapping it all up like a sausage. Refrigerate dough for at least 1/2 hour before proceeding with recipe; at this point, you can keep the dough in the fridge for up to 24 hours before using. When ready to bake cookies, preheat oven to 350°F. Open up the roll of chilled dough and slice with a sharp knife into 1/2" thick rounds (you'll get about 20 or so). Place rounds on a greased or parchment covered baking sheet and bake for 20-25 minutes, until bottom edges are lightly browned. Remove from oven and wait for 10 minutes or so before transferring cookies to a rack to complete cooling. Store in a sealed container.

February 19, 2013 Volume 4 Number 10

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

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