

TRENDY TIMES

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MARCH 4, 2014 VOLUME 5 NUMBER 11

Haverhill Corner Alive And Well

Session Americana Delivers A Show Like No Other



Session Americana will bring their freewheeling modern day hootenanny to Court Street Arts at Alumni Hall on March 8th at 7:30pm. Bailiff's Cafe opens at 6:30pm. For more information visit, courtstreetarts.org.

Session Americana is an absolute must-see, must-hear. Says David Greenberger of NPR: "I'd give them 100 miles. That is to say, if they're playing anywhere within 100 miles of your home, you drive there and are grandly rewarded for your effort." This acclaimed collective will be performing on March 8 at 7:30pm at Court Street Arts at Alumni Hall.

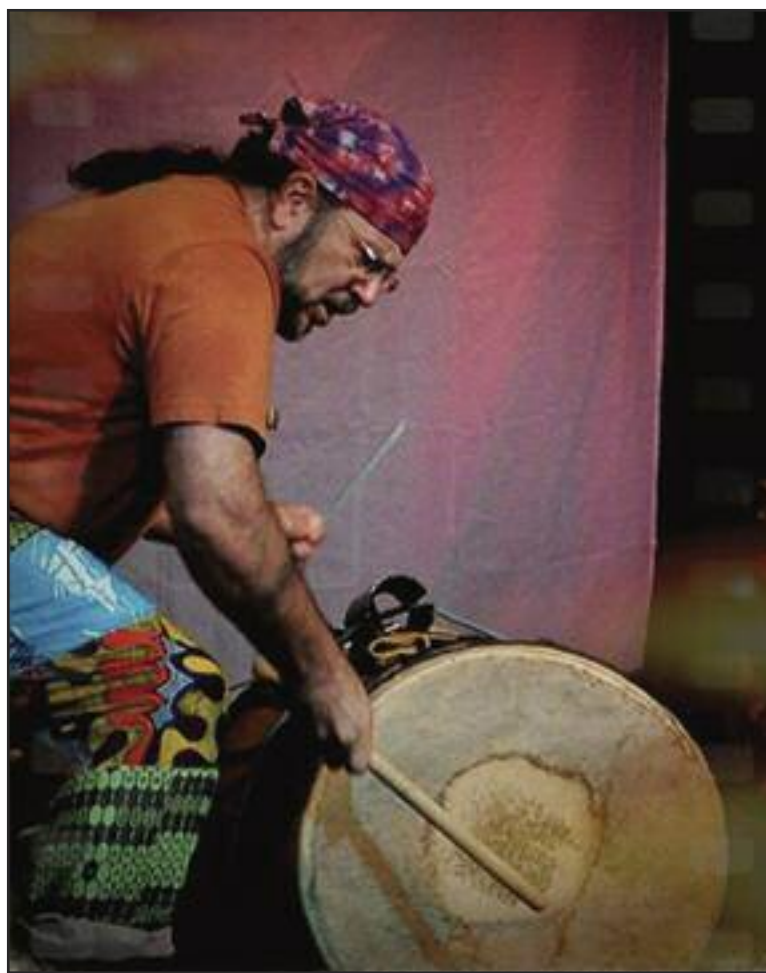
On stage audiences will find a collapsible bar table wired with microphones, a vintage suitcase recast as a kick drum, an old Estey field organ, a pre-war parlor guitar, a mandocello and all of its smaller siblings, a harmonica and an assortment of other instruments that get

passed around in this freewheeling modern hootenanny. The anything-could-happen feel of a Session show depends on craft that's not accidental or easily won; they bring a kind of ease and genuineness to this timeless music, sometimes presenting the latest batch of original songs, sometimes reaching back into depths of the American "song bag".

This performance marks the start of the spring music series at Court Street Arts sponsored by Bliss Tavern Music, the studio of the legendary Betty Johnson Gray. The series continues with celtic sensation The Paul McKenna Band on March 22nd, The Logger on April 4 & 5, Chris Smither on April 19, Bucky Pizzarelli, Frank Vignola & Vinny Ranioloare on May 3rd and Steve Forbert on May 17.

Bailiff's Cafe featuring homemade fare from the Newbury Village Store will open for dinner and drinks. Tickets are \$20. For more information visit courtstreetarts.org or call (603) 989-5500.

The Spark School Series Brings Cheers At Court Street Arts



The sounds of West Africa and the hilarious hijinks of Slapstick Science came to the Court Street Arts at Alumni Hall stage as part of the new Spark School series.

As the music of the West African ensemble Landaya filled Court Street Arts at Alumni Hall, area students took to the aisles dancing. This was the first performance in the Spark series created for area schools.

Dave Kobrenski, who formed Landaya with the intention of preserving the musical and cultural traditions of indigenous peoples took students on a journey into African music with stories of his travels in Guinea set against the lively rhythms from the region.

Kobrenski along with his bandmates, highlighted traditional instruments including the djembe and durum drums, flute, and kamalen'goni. The beats moved students to their feet for freestyle dancing and cele-

bration. The series continued with the hijinks of Slapstick Science on February 4th. Comedian and scientist Ted Lawrence brought his character Dr. Quark to the stage to demonstrate Newton's Laws of Motion. Students and teachers took part in egg tossing, launching a wagon across the stage, and for the finale, Dr. Quark used a 'jet-pack' that sent him flying across the stage on roller blades.

Along with the laughs students learned important scientific concepts including

inertia, force, units of measurement, action and reaction that helped them to explore and understand scientific method.

This new series benefited over six-hundred students and plans to continue the program are underway. Court Street Arts Board member, Carey Page says of the series, "It's a great addition to our overall programming and mission to bring engaging arts to all people in our community."

Court Street Arts will begin a new season of music in March with artists from around the globe including Session Americana, Paul McKenna Band, Chris Smither, Steve Forbert and Bucky Pizzarelli. For more information on upcoming events, visit www.courtstreetarts.org.

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TRENDY Dining Guide

Brown's Market Bistro

By Gary Scruton

Like so many of the small villages in this area of the North Country the village of Groton, Vermont can sometimes be overlooked. To be honest there are not a great deal of happenings in greater downtown Groton. But those who do make Groton home give good reason for travelers to stop, or for locals to not leave town, or for those in other villages or bigger towns to make the trip to Groton.

One of those spots is Brown's Market Bistro. Owner Chuck Gallagher and staff do not have a huge dining hall, nor do they want one. They do not have a staff of dozens, nor do they need one. What they have is a group of dedicated workers with some unique talents, and the desire to give any who visit a night to remember. One new member of that staff is Ashlei Putnam, a Groton native who recently returned to her hometown and has taken over as the chef at Brown's. Ashlei has already stirred up some interest and will apparently be the subject of an upcoming photography class student, doing "A day in the life of a chef." (We also hope to do a more in depth article about Ashlei in a future

Trendy Times)

The food at Brown's is certainly worth that note to home, whether it be written, tweeted, or Facebooked. But there is so much more than just the food to write about. Every Thursday evening the microphone comes out and there is live entertainment for those who are dining, or for those who simply want to come in and enjoy music. That music theme continued on the fourth Sunday of each month when a young group of musicians come in to play. Both of these were inspired by the Second Sunday Sessions with Fifth Business. A note from Fifth Business member Heather Alger follows:

Sessions will be conducted through the popular round-robin format, where anyone who wants to sing a song or play a tune will be given the Opportuna as we work our way around the room. Bring an instrument, bring your voice, and bring a friend. Enjoy great food and music at the Second Sunday Sessions!

Fifth Business - Kate, and Steve Davie, Heather Alger, Nick Anzalone, and Stuart Corso place a strong emphasis on rousing vocals.

Their songs and tunes range from traditional a cappella singing to more complex arrangements with instrumentation by guitar, fiddle, and button accordion. They draw from musical roots set in English, and Celtic tradition, as well as some of Steve's more contemporary compositions. Comedy, whimsy and fun paired with a heartfelt connection to the history, temperament and soulful roots.

All are welcome, musicians, singers, and listeners
Heather Alger
Whitehill Farm
Ryegate, VT
802-274-8040

So if you are in the mood for some live music, or the change to join in with other musicians, or you simply want a great meal with some wonderful atmosphere, don't skip over the small spot with so much to offer. Brown's Market Bistro, on Main Street in Groton, VT. It's not that hard to find. And come the week of St. Patrick's Day, they will be featuring some great Irish corned beef and cabbage as well as other Irish treats (sorry, no green beer!).



Educate your tastebuds, read the *Trendy Dining Guide* every issue!

In Vino Veritas – Bottle Twenty

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

QUESTION - We've covered wine a lot now in TRENDY TIMES. Just about wrapped it up?

ANSWER – Barely even scratched the surface. Think of a grain or two of white sand in your hand and then pretend you're a seagull soaring over the width and depth of sand at Hampton Beach seashore in the wintertime with no people there. The sand in your hand is how much we've covered, and the sand on the beach is what is left.

Q - Exaggerating.

A – Maybe a touch to make my point, but not by much.

Q - If that's the comparison, how can anyone ever learn it all?

A – They can't. That's why they invented books, and now the internet and computer memory, so folks could record what they knew so other folks could build on that knowledge.

Q – How many columns can you or any writer come up with about wine?

A – How long can any writer live, or write?

Q - Talk about wine service a little bit, what's supposed to happen when serving wine at home, or getting it served in a restaurant.

A – Sure. Serving wine – or more specifically, drinking wine

– is not very complicated and can briefly be summarized. Chill white wines and roses (white zinfandels), serve reds at cool room temperature- and use large stemmed glasses that are slightly curved in at the top (concentrates the nose flavor) and fill them only halfway, so you can swirl the wine. The swirling of the wine actually works to open up and release the flavor in the wine, and it looks cool too, lets you see the wine in motion in the light. This gets you started.

Q - Why so much conversation and snobbery about the proper way to drink wines?

A - The short answer is sometimes there are good reasons for the procedures we use to move wine out of a bottle into a glass for drinking, and sometimes it is ostentatious and meaningless. Americans are relative teenagers in the centuries-old routines involved in wine service, and too many of us feel showing off is the right way to “properly serve” vino. That kind of unnecessary complication turns off a lot of people and discourages them from approaching wine. Not good. It is always useful, however, to describe the various steps in serving a wine. We'll keep it simple and don't be afraid about some attention to detail – The degree of special effort to be made will depend on the wine and the occasion. A ham sandwich doesn't require special presentation, nor is an elaborately prepared dish shown to best advantage on paper plates.

Q - The wine waiter or wine steward brings the bottle to the host of the dinner first because...?

A – Couple reasons, one practical, one historic. I'm sure you know one. The guy who pays the piper calls the tune. The person who orders the wine has a right to see what is brought to the table, to make sure it is what was ordered – right type, correct name, vintage, price. When the bottle is opened, the host is rightfully poured a small taste so that he or she may satisfy himself that the wine is fine, and overwhelmingly these days, it is. But there is more to that tradition than meets the eye.

Q - Hardly wait to hear this.

A – Goes back to Roman Empire days, and all those self-indulgent banquets the rich folks had. Conspirators had discovered long ago that poisoning the wine was a fine way to kill their enemies. Invite them to dinner and watch them die gagging at the tables or writhing on the floor. Dinner and a show. So those attending the big feeds learned the hard way to insist that the host take the first drink and they watched him very closely indeed.

Q - I'll keep that in mind at big dinners. What's this about 'letting a red wine breathe'? What's that even mean?

A – Most full-bodied reds benefit from allowing air to come into contact with the wine. If you can



remember, “crack”, (open), a bottle about half-an-hour before you intend to pour. The “breathing” develops the wine's bouquet and softens the tannic harshness of a younger wine. It's called “aeration”. It is reasonable to assume, many experts feel now, that if exposure to the air is beneficial to a red wine, a more effective way of letting a wine breathe would be either to pour it into a carafe or to pour it into large glasses some fifteen minutes before starting to drink it. By now, we are into discussing the procedure of “de-canting” the wine one way or another. “De-canting” simply involves the procedure of transferring the wine from its original container to another container. It also allows you to serve a wine brilliant and unclouded to the very end, free of the naturally occurring but distracting sediment that red wines may develop over a period of years. See how much you're learning? De-canting is not complicated or

affected, but almost always useful and very simple to do. Keep in mind, if you ever get your hands on a really old fine red, exposure to air actually diminishes the quality of a wine. I've tasted extremely old Bordeaux – full-bodied reds from France - that were opened, were immediately incredible, and within 10 minutes of pulling the cork, had begun to turn to vinegar from exposure to the air. Wines really old are fragile and will fade in the decanter.

Q - Is that it?

A – For now, yes – space limits. Tune in to “Bottle Twenty One” for more wine service fun facts. Be sure and read those back-labals.

(Editor's Note – Roudebush worked for years as a wine specialist in restaurants and submits occasional pieces about the wonderful world of wine - and how to serve it)



SESSION AMERICANA

Saturday, March 8th at 7:30pm

"If they're playing anywhere within 100 miles of your home, you drive there and are grandly rewarded for your effort." - David Greenberger, NPR

THE PAUL MCKENNA BAND, Sat., March 22nd at 7:30pm

THE LOGGER, Fri., April 4th & Sat., April 5th at 7:30pm

CHRIS SMITHER, Sat., April 19th at 7:30pm

SWING XING: PIZZARELI, VIGNOLA & RANIOLO, May 3rd at 7:30pm

STEVE FORBERT, Sat., May 17th at 7:30pm



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Each Wednesday, legislators vote on numerous bills that range from education to agriculture and finance. HB 1509, relative to nonprofit charitable enterprises and the business enterprise tax, is an example of a bill that will generate considerable debate. I present two perspectives:

The majority of the Ways and Means committee believes that a change in tax policy to include nonprofit charitable enterprises in the business enterprise tax (BET) would adversely affect the growth and stability of our state. NH has a long history of tax exemption for nonprofits to sustain their ability to mobilize resources and volunteers to meet community needs. The type of organizations that would be adversely affected under any amendment proposed include: elder services, good-will groups and youth organizations. These organizations provide services that our state would have to provide directly if they were to fail. The tax proposed would put many nonprofit budgets under great stress and lead to smaller financial commitments to their communities. This bill also lowers the BET, and may result in lost revenue to the state.

The Minority believes this subject deserves further study. 501(c)(3) organizations are the only not-for-profit entities exempt from the business enterprise tax. 501(c)(3) enti-

ties account for approximately 15% of our Gross State Product, and that share is growing – in no small part because many of these large tax-exempt organizations are buying out independent entities which formerly paid the BET, but which no longer do so because they have been swept under the tax-exempt umbrella of the acquiring entity. As a result, the base of the BET has shrunk, and many highly paid professionals who previously paid this tax no longer do. More than one-third of the 30 largest non-governmental employers in the state are nonprofits. The minority believes that amending language can be drafted to continue the exemption for churches and other religious organizations, all small and local private foundations, “Ma and Pa” charities, and nonprofits which receive most revenue from contributions, gifts, donations and grants rather than from fees charged for services or products provided. The BET rate could be lowered to 0.68% to reflect the expanded base. Currently, 23 non-profit hospitals paid 23 CEOs more in total compensation in 2009 than they would have paid the state if the BET had been assessed on the total hospital system salaries paid to all employees.

Both perspectives have merit, and further study will provide resolution.

The View From House Seat 87

By Representative Chip Conquest

I wonder if there is anyone who hasn't, at some point, seen a vehicle drifting out of its lane, running a stop sign, narrowly missing a pedestrian, or in some other way creating a real danger to others, only to find that the driver, rather than concentrating fully on operating the tens of thousands of pounds of vehicle that is ostensibly in their control, is, instead obliviously chatting away on a cell phone.

There are plenty of other ways to be distracted while driving of course, and you may have seen many of them; I have: putting on makeup (I'm not kidding), picking up something that has fallen to the floor, looking at the kids in the rearview, spilling coffee, etc. There are endless ways to be momentarily disengaged from the responsibility of driving safely, and we're probably all guilty of it at some point. But the ubiquity of the cell phone, the advances in technology that allow it to be used for so many functions in addition to talking, and the fact that some people now see their vehicle as a mobile office (or a mobile water cooler), has made them the primary cause of distracted, and therefore dangerous driving. And I haven't even

mentioned the lunacy of texting, or scrolling through a contacts list, or trying to look for that perfect song on your phone while driving.

I'm all for allowing people, in the name of freedom and liberty, to make dumb decisions if they choose to. But not if it threatens the safety of my family or yours. I've heard from many of you, and our committee heard it from law enforcement agencies – something needs to be done.

To that end, the Judiciary and Transportation committees passed out a bill limiting the use of portable electronic devices while operating a moving vehicle to hands free use. While studies at a number of research institutions have confirmed that simply talking to someone not present in the vehicle is distracting to a degree, the act of doing that while holding the phone is, for some reason, significantly more so, and therefore the bill bans only the handheld use of a phone or other portable electronic device.

The legislation makes allowances for emergency calls and for communication among law enforcement and emergency service providers in the performance of their official duties. During pas-

sage, the bill was amended to allow for manual activation of the hands-free function if the device is in a cradle or otherwise securely mounted in a vehicle; and for use by an operator of a farm truck or tractor, solely to receive communication relating to the dispatch of the truck or tractor to a work location.

The bill passed the House 130 – 11 and now heads to the Senate. Historically, that has been the end of the road for such a bill, but recently there have been some quiet, but public statements by some who have opposed these bills in the past, that their thinking has changed. The Governor, however, is not among the newly enlightened. I'm not putting money on it, but my guess, given the strong vote in the House and the murmurings from the Senate, is that this bill becomes law without the Governor lifting his pen.

As always, please be in touch if you have questions or comments.

conquest@sover.net
(802) 757-3803

Chip Conquest is a Vermont State Representative for the towns of Newbury, Groton and Topsham

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

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TO FOXWOODS

GRAND PRIZE GIVEAWAY FEATURES:
Saturday & Sunday, March 22-23, 2014
Weekend "Spring" - Away to Foxwoods! (\$298 Value)
Round-trip transportation from the departure location closest to the winner's home.
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To enter: Use the coupon below, or email to gary@trendytimes.com your contact information plus three things in Trendy Times that you like/dislike, or suggestions for other items to be written about. Winners determined by random draw on Wednesday, March 12. Limit one entry per person, please.

Name _____ Phone Number _____
Address _____ Town _____ State _____ Zip Code _____
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From The Desk Of NH State Senator

Jeanie
FORRESTER

Dear Constituents,

Just recently I received an email from a constituent asking me to oppose Senate Bill 367, which calls for raising the gas tax in New Hampshire. He gave some compelling reasons for his argument (including the concern that as the I-93 expansion gets the bulk of funding, our rural roads and bridges are suffering). On the other end of the spectrum, there have been pleas from the Commissioner of the NH Department of Transportation (NHDOT) to not only raise the gas tax, but to also support the passage of gambling--both to be used as revenue sources to fund NHDOT.

I think everyone agrees that good roads and bridges are critical to our safety, quality of life, and overall economy. And not unlike many other states across the country, New Hampshire faces some real challenges in determining how to fund our transportation system in a fair and cost effective way. With limited resources, we need to manage the maintenance and repair of existing infrastructure and determine what projects are a priority.

As background, New Hampshire has two road systems, each funded differently. Our turnpike system has about 89 miles of highway and 164 bridges and various toll plazas. The Turnpike Fund provides revenue for this system through tolls and is in good financial shape. (There have been two toll increases in recent years.)

The other road system includes about 4,300 miles of state roads and 2,129 state bridges. The sources of revenue to pay for this system are road tolls (aka the gas tax), motor vehicle related

fees and surcharges (e.g. registration fees), and federal funds. The Highway Fund is the sole source of revenue for funding the maintenance of the state's highway infrastructure, as well as the construction projects contained in the state's Ten Year Transportation Improvement Plan.

In addition, under state statute, towns and cities collectively receive 12 percent of the preceding year's total road toll and motor vehicle fee collections. Finally, there is a diversion of highway funds to other agencies including the Department of Safety, the Judicial Branch, the Department of Justice, and the Highway Safety Agency. (In the 2016/17 NHDOT budget projections, the diversion amounts to \$83 million and \$85 million respectively [Projected Highway Fund revenue for 2016/17 is \$231.9 million and \$231.3 million respectively]).

For the period 2006 through 2015, total spending by the NHDOT increased by over \$120 million. Fueled by a historic spike in road construction projects funded by the American Recovery and Reinvestment Act (ARRA), unprecedented bonding for capital projects, and increased operational expenses, the NHDOT total spending climbed nearly 20% over the last decade. Salaries and benefits are budgeted to increase approximately 12% over the next two years alone, costing \$26 million. Employee benefits are among the fastest rising pieces of the NHDOT budget. While personnel expenses have actually fallen slightly from their peak during ARRA, benefits continue to rise.

According to NHDOT current projections, the Highway

Fund will be cumulatively negative \$50.8 million by the end of fiscal year 2016 and by \$103.1 million by the end of fiscal year 2017, just in the operational portion of their budget. The department also estimates the cost of certain capital projects (completion of I-93, paving, state bridge program, etc.) could add approximately \$100 million per year.

While Senate Bill 367 (the 4 cent increase in the gas tax) attempts to solve the NHDOT funding problem, it unfortunately falls short of the mark. SB367 is estimated to raise \$32 million annually, which will not even cover the operational shortfall that NHDOT projects, let alone fund any additional capital projects. Based on NHDOT projections, in order to cover the anticipated operational costs and fund \$100 million in additional capital related projects per year, it would take an approximate \$0.20 increase in the gas tax

beginning in fiscal year 2016 for the Highway Fund to end the fiscal year 2016-2017.

Further, transportation experts agree that the traditional per gallon gas tax is not a long-term sustainable funding source. For nearly a century, gas taxes helped build America's transportation system. But today, gas tax revenues are declining. Americans are reducing their gas consumption by driving less and when we do drive, we are using fuel-efficient and alternative-fuel vehicles more frequently.

The need for infrastructure improvements far outpace the funding available and raising taxes amid the specter of a still struggling economy is burdensome. Rather than pass a tax that does little to address the projected shortfalls, we need a thoughtful and comprehensive solution.

To that end, I have co-sponsored legislation (SB416)

with Sens. Bradley, Morse, and Odell to prohibit certain allocations of highway funds and to establish a committee to study methods of maintaining highway fund integrity. Once this committee is established, it should look at setting priorities (a fix-it-first before starting new projects approach), Best Management Practices (e.g., vendor contracts, latest technology, etc.), and private-public partnerships, as well as possible revenue sources.

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 or email (271.4980 [o] or jeanie@jeanieforrester.com). If you would like to subscribe to my e-newsletter, visit www.jeanieforrester.com and sign up.

Your Senator from District 2
Jeanie Forrester

5
Not all Times are Trendy but there will always be Trendy Times
March 4, 2014
Volume 5 Number 11

Help Keep Our Local Sludge Spreading Ordinance

Vote **NO** on Article 2

March 11th ♦ 8AM - 7PM ♦ by Ballot at the Morrill Municipal Bldg.

PROTECT OUR HEALTH AND SAFETY

- ▶ Sewage sludge or biosolids are a by-product of sewage wastewater treatment plants.
- ▶ Biosolids contain pollutants including disease causing bacteria and viruses, chemicals and metals that can have a direct effect on human, animal and soil health in addition to water quality.
- ▶ While long term effects are unknown, documented health concerns include respiratory problems, chronic disease, food poisoning and infections.

RETAIN OUR LOCAL CONTROL OVER THE LAND SPREADING OF SLUDGE

- ▶ This petition article proposes to rescind our local ordinance and only adopt the state rules that do NOT sufficiently protect public health, wildlife, soils, surface waters, and groundwater as it claims.
- ▶ With local foods becoming more important to our economy we can't risk a potential threat to our soil or the environment. Surface and ground water, air, and plant/animal health as well as food quality need to be adequately protected.
- ▶ The regulations specified in our present ordinance are specific to Class B with good reason. If state rules were adequate, local ordinances would not be needed. Sixty NH towns have local ordinances like ours in place to prevent potential catastrophes.

ENDORSE THE PLANNING BOARD'S DECISION TO NOT SUPPORT THIS ARTICLE

- ▶ If changes to our present protective ordinance are needed it seems prudent for the Planning Board to appoint a committee to examine the issues of concern.

Vote **NO** on Article 2

To retain local control over our local sludge and our local spreading practices.

If you have questions about this information call Shirley Grilli or Susie Tann

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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

BINGO

6:00 PM
Blue Mt. Grange Hall, Ryegate Corner

SUNDAYS

CRIBBAGE
1:00 PM
American Legion Post #83, Lincoln

MONDAY/THURSDAY

ADULT INTERVAL AEROBIC CLASS
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

T.O.P.S. (TAKE OFF POUNDS SENSIBLY)

Weigh in – 5:00 PM – 5:45 PM
Meeting – 6:00 PM
Horse Meadow Senior Center, North Haverhill

WEIGHT WATCHERS MEETING

5:30 PM
Orange East Senior Center, Bradford

AA MEETING (OPEN BIG BOOK)

7:00 PM – 8:00 PM
St. Luke's Parish Hall
121 Central Street, Woodsville

WEDNESDAYS

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

THURSDAYS

CRIBBAGE GAMES
1:00 PM
Horse Meadow Senior Center, No. Haverhill

FRIDAYS

AA MEETING (OPEN DISCUSSION)
8:00 PM – 9:00 PM
Methodist Church, Maple Street, Woodsville

TUESDAY, MARCH 4

VT TOWN MEETING DAY
Check With Your Local Town Clerk For Times
A Ballot Box And Meeting Hall Near You

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 5

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING
7:00 PM
Woodsville Emergency Services Building

SATURDAY, MARCH 8

MORE THAN YOU CAN EAT BREAKFAST
8:00 AM – 10:00 AM
Lakeview Grange, West Barnet

ANNUAL ALL YOU CAN EAT ST. PATTY'S DAY DINNER

5:00 PM – 7:30 PM Public Welcome
American Legion Post #83, Lincoln

SESSION AMERICANA

7:30 PM
Court Street Arts, Alumni Hall, Haverhill
See article on page 1 and ad on page 3

SUNDAY, MARCH 9

REV. KATE MAVER'S FIRST SERVICE
10:00 AM
Wells River Congregational Church
See ad on page 7

MONDAY, MARCH 10

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, MARCH 11

NH TOWN MEETING DAY
Check With Your Local Town Clerk For Times
A Ballot Box And Meeting Hall Near You

WEDNESDAY, MARCH 12

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

THURSDAY, MARCH 13

COMMUNITY DINNER
5:00 PM – 6:30 PM
St. Luke's Parish Hall, Woodsville

RULES OF CIVILITY BOOK DISCUSSION

6:00 PM
Bath Public Library

BEEKEEPERS' MEETING / PESTICIDES

7:00 PM – 9:00 PM
Grafton County Office Building, No. Haverhill

FRIDAY, MARCH 14

AMERICAN LEGION RIDERS MONTHLY MEETING
6:00 PM
American Legion Home, Woodsville

SATURDAY, MARCH 15

GROTON GROWERS FARMERS MARKET
10:00 AM – 2:00 PM
Groton Community Building
See ad on page 7

MONDAY, MARCH 17

FOWL FRIENDS MONTHLY MEETING
6:00 PM
Baldwin Library, Wells River
See article on page 9

TUESDAY, MARCH 18

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

EMERGENCY FOOD SHELF

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

4TH ANNUAL FREE COMMUNITY FEAST AND FOOD FORUM EVENT

5:00 PM – 7:30 PM
St. Johnsbury House
See article on page 8

THURSDAY, MARCH 20

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

SATURDAY, MARCH 22

WEST NEWBURY BACK ROOM PENNY SALE
1:00 PM – 3:00 PM
Orange East Senior Center, Bradford

MONDAY, MARCH 24

HAVERHILL SELECTBOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, APRIL 1

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, APRIL 2

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING
7:00 PM
Woodsville Emergency Services Building

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, March 13th for our March 18th issue.

You're Invited To Groton Free Public Library

Fri, March 7 from 3-6pm: Crafts 4 Kids! All materials provided for "Mardi Gras Masks." Choose from a scratch-art mask or a shiny collage-style mask. Free -- drop in anytime.

Wed, March 12 from 6-7pm: Yoga for All Levels. Free to all participants! Co-sponsored by the Groton Library and the Groton Recreation Committee. Join us at the Groton Community Building for this special series of 8 classes. Bring your own mat if you one, or sign up to borrow a mat: 802.584.3358/grotonlibraryvt@gmail.com. "Yogee" kids ages 8 and up welcome to attend with an adult. Open to residents of all towns. Wednesdays 6-7pm, March

12 through April 30.

Fri, March 14 from 3-6pm: Crafts 4 Kids! All materials provided for "Shamrocks & Leprechauns." Get into the "green" spirit with these book-marks & tissue paper crafts. Free -- drop in anytime.

Mon, March 17 at 6:30pm: Between the Covers: YA Book Discussion. This month's featured read: 2013-2014 Green Mountain Book Award nominee Beauty Queens by Libba Bray. New folks welcome! Copies available at the library.

Fri, March 21 from 3-6pm: Crafts 4 Kids! All materials provided for "Kolorful Kites." Decorate your high-flyer using a wet chalk technique. Free - drop in anytime.

Mon, March 24 at 7pm:

Book Discussion. This month's featured read: The Grass Harp by Julia Truman Capote. New folks welcome! Copies available at the library.

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

All of our programs are free and open to the public. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358. Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm.

Visit us on Facebook: www.facebook.com/GrotonFreePublicLibrary and at our website: www.grotonlibraryvt.org

Orange East Senior Center

All events held at the Senior Center are open to the public unless otherwise advertised.

AARP Tax assistance will begin on February 17 please call for an appointment and remember to do it early as they fill up quickly. This is for low to moderate income, no age limits, AARP membership not needed. Preparers have passed IRS exams and are authorized to e-file returns.

Orange East Senior Center has narrowed down to only the trip to Cape Code and the Islands. We need to know if you want to go on this trip by April 1st to make sure there are enough people signed up so we are able to go on the trip. For more information, please call Vicky at 802-222-4782. Everybody is welcome to come.

For the March for Meals promotion, we will be having an auction here at the center in April. We are looking for new and used items. If you have anything you would like to donate please give us a call. Thank you in advance for your generosity

When Oxbow High School closes due to bad weather OESC also closes. School closings are announced in the morning on WCAX-TV Channel 3. All other times, be sure to listen for an announcement on radio WYKR 101.3 on your dial.

The East Corinth Cribbage Club will be at O.E.S.C on Wednesdays, for the 2013-2014 season at 7:00 p.m. Cost is \$2.00 per night. A raffle drawing will be held on the last Wednesday of every month. Any level welcomes -- please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

Weight Watchers is now

meeting at the Orange East Senior Center on Tuesdays -- the meeting starts at 5:30 p.m.

The Senior Center has a foot care clinic on the second Wednesday of the month. The next clinic is February 12. If you would like an appointment, please call.

There is now a computer class at the Orange East Senior Center. Class is being held on Wednesdays from 10 a.m. to 12 p.m. All levels of knowledge are welcome.

Tai Chi Easy classes are Thursday at 1:30 p.m.

The Orange East Senior Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

The Orange East Senior Center now has a Wii game system for the seniors to

come and try. There are golf, tennis, baseball and bowling games. Please come join us for some fun!!!!!! We have started the bowling league but we still would like more people to join us in our fun!!!

If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. It is a strength building class.

There is balance class being held on Tuesdays at 9:40 a.m. This is to help with not slipping and falling.

Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tues. at 10 a.m. Come On Down!

Bath Public Library

7

The Bath Public Library is hosting free one-on-one informal question and answer sessions and enrollment opportunities with a local certified Marketplace Navigator/ Assistor from the North Country Health Consortium every Thursday morning

from 10 - 12.

This opportunity is by appointment only. If you would like to schedule an appointment or need more information, please contact the Bath Public Library at (603) 747-3372 on Tuesdays and Thursdays 9-5.

Visit Our New On line Store WhiteMountainTrader.net

The Wells River Congregational Church and The Newbury Congregational Church

Combined services at the Wells River Church at 10:00 a.m. on Sunday March 9 with Rev. Kate Maver's first service

We would like to give a big **THANK YOU** to Rev. Dave Pruitt for his wonderful interim ministry which ended with the Sunday, March 2 service.

We would also like to offer a big **WELCOME** to Rev. Kate Maver to her new home and ministry in our two churches.

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As a member of the ARTS Gallery you are involved in exhibiting and selling your work. For detailed responsibilities and to print a "jury application form" for membership, see our "membership information" web page at <http://www.lisbonartsgallery.com/membership>. For those without internet access, stop by the gallery at 28 Main Street, Lisbon or call 838-2300, Thursday, Friday or Saturday, 10 AM to 4 PM. All artists are required to have their work juried prior to being accepted as members. Artistic products include, Original Paintings, Drawings, Prints, Greeting and Note Cards, Photography, Fiber Arts, Wood, Stained Glass, Candles, Pottery, Jewelry, and handmade gifts.

The ARTS Gallery is an artisan cooperative under the nonprofit umbrella of the Ammonoosuc Regional Arts Council (ARAC). ARAC's mission is to bring cultural and arts events to the schools and community. The ARTS Gallery provides a venue for artists to exhibit and sell their work. Our purpose is to aid in marketing and sales for area artists.



GROTON GROWERS FARMERS MARKET

RTE 302-GROTON COMMUNITY BUILDING

Saturday, March 15, 2014

10:00 am - 2:00 pm

Join us to celebrate Maple Sugar Season, St. Patrick's Day, and the Ides of March

Local Vendors - Buy Local and talk to the Farmer, Baker, Maker

Seasonal Vegetables • VT Maple Syrup & Honey

Local Meats • VT Cheese & Eggs • Breads, Pies, Pastries & Candy

Local Artisans featuring: Wood crafts, soaps, fabric crafts, & more

Jams, Jellies, Pickles, Relishes • Knife & Scissor Sharpening

Purchase bulk nuts and raisins • Order your seed potatoes

Pick up your spring planting seeds

The "You Can Take It Table" - used items that you can help yourself to (donations are greatly appreciated)

Featured Events

Maple Raffle... ½ Gallon of Maple Syrup & a loaf of Maple Raisin Cinnamon Bread
Tickets \$1 at the market

Cottage Hospital Staff... from 11-1...

Free BP readings, healthy tips and info

Seed swap ... Bring your un-needed seeds to swap for the ones you need

And remember ...

We accept Debit and EBT!

See You At The Market!

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

March 4, 2014 Volume 5 Number 11

8 **Notes From Above Ground**

Articles appearing here are original writings by a group known as the Vintage Voyagers. They meet weekly at Horse Meadow Senior Center at 10:30am on Wednesdays. Anyone interested is welcome to come & enjoy the company.



Vintage Voyagers

The Seed Catalog - A Brief Treatise

By *Mike Dennehy*

First comes Groundhog Day. Then, as the days get longer, seed and nursery catalogues begin to appear and can be found hanging out with Sears catalogs in rural kitchens and bathrooms. After a long, hard, New England winter, these missives serve to combat cabin fever and sooth the in-nards.

However, filling out a seed catalog order, in the depths of winter, by anyone suffering from fever or other forms of late winter irregularities, is likely asking for trouble. It is probably best to make a trial list first, and then revise it when the brain has thawed out and is functioning normally again.

Several good reasons to procrastinate, for a time, and plan ahead are:

1. Be sure to wait and see what the tax man is going to require in terms of blood money on 4.15. You may not be solvent thereafter.
2. Remember, too big a garden in June could conflict with trout fishing.
3. Be sure to order flower seeds. Something for mother to plant while you are fishing. (mitigation seed).
4. In addition, order seed the grandchildren would enjoy. ie: corn to hoe, radishes to weed.
5. Also, remember to plant crops which can be grown without bending and groveling in the solus.

As the great humorist, Louis Grizzard, admonished "Do not bend over in the garden Grandma. THEM TATERS HAS GOT EYES!"

St. Johnsbury Local Food Alliance Plans Free Community Feast And Community Food Event

St. J. ALFA (St. Johnsbury Area Local Food Alliance) plans date for the fourth annual free community feast and food forum event. This year's date to save is Tuesday, March 18 from 5-7:30 pm. The location is the St. Johnsbury House on Main St. in St. Johnsbury. This year's event will focus on one of our community assets: the community farm on Old Center Rd.

The Community Farm is a 3-acre parcel of land nestled in between the Passumpsic River and the railroad tracks. The Farm is a unique Vermont project in that it is run by the local community to feed the local com-

munity. St. J. ALFA manages this project in which ALL of the food goes to project volunteers, local food shelves and community meal sites. The project relies on volunteers to do all types of garden work in addition to delivering food, volunteer organizing, small construction, education and outreach.

The free annual forum welcomes all community members to learn about this project and to hear the story of the volunteers and land that helps to feed our community. While attending you will be treated to a free feast of locally prepared foods and be invited to engage in the discussions that will move

this project into another successful year.

Please save the date and plan to join St. J. ALFA and community residents for this event on Tuesday, March 18. The event is free and open to the entire community. For further information contact Melissa Bridges 802-748-9498 or contact info@st-alfa.org, visit us on facebook <http://www.facebook.com/stjALFA> or <http://www.facebook.com/stj-communityfarm>. If you are unable to attend, donations for St J ALFA's community farm project can be mailed in C/o The St. J. Food Co-op, 490 Portland St., St Johnsbury, VT 05819.

Great Learning Opportunities For Grafton County Students

Grafton County Conservation District (GCCD) is pleased to continue offering stewardship materials to County fifth-grade students. Each year, the National Association of Conservation Districts (NACD) develops stewardship materials based on a conservation theme. The theme for 2014 is DIG DEEPER: Mysteries in the soil. GCCD is offering the Level 3 (grade 4-5) stewardship booklet to Grafton County fifth-grade students for use in the classroom, home school or 4-H group, along with the Educator Guide for teachers and leaders. The student booklet and educator guide contain activities to encourage students to think about our natural environment, and how our daily activities affect the world around us.

"Soil is an amazing substance. A complex mix of minerals, air, and water, soil also teems with countless micro-organisms, and the decaying remains of once-living things. Soil is made of life and soil makes life. Soil has been called "the skin of the earth" because it is the thin outermost layer of the Earth's crust. Like our own skin, we can't live without soil." Source: Soil Science Society of America

If your school group or 4-H group would like to receive stewardship materials, please notify the conservation district by March 10, 2014. You may reach us at (603) 353-4652, 103 or by email: pamela.gilbert@nh.nacdnet.net. We will order the materials developed by NACD to encourage good stewardship of the soil, water, wildlife and all natural resources. In order to have adequate materials we will need to know the number of teachers or group leaders, the number of students for each school or 4-H group, and your correct mailing address. We will forward the materials to you for use as soon as we receive them so that you may use them in

your classroom or school group

Grafton County Conservation District is seeking applicants for the Jim Page Conservation Scholarship. This is an exciting opportunity for students who wants to attend a summer conservation camp! The scholarship will be awarded to a resident of Grafton County attending a camp based in conservation, natural resources or environmental education. The District will award a Jim Page Conservation Scholarship of \$300.00 to a deserving student of Grafton County towards a 4-H Camp or conservation camp experience. The application is easy to complete – just write a paragraph about why you want to attend camp! Recipients should be prepared to speak to the Grafton County Conservation District or a peer group (4-H, school) about their camp experience. Contact Pam Gilbert at Grafton County Conservation District, 603 353-4652, ext. 103, for application and information. Applications must be received at Grafton County Conservation District by May 1, 2014.

March 4, 2014 Volume 5 Number 11 Not all Times are Trendy but there will always be Trendy Times

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The Trendy Thing To Do –
Set Your Clocks Ahead 1 Hour
(and don't forget to check your batteries in your smoke detectors)

Sunday, March at 2:00 AM

A Walk In The Woods - February 2014

By David Falkenham, UNH Cooperative Extension Grafton County Forester

The Valentine's Day weekend was punctuated by a magnificent full moon so my wife and I celebrated the holiday by making valiant attempts to witness sunrise and the following sunset from the summit of Blueberry Mountain. The most recent stream of steady storm activity made the sun viewing a little less than spectacular but it is hard to beat snow shoeing deep in the woods by the light of a full moon; how romantic!

The mountain top was wind swept and stormy and our sunset hike tracks were filled with drifted snow by the time we were back again for the sunrise march only a few hours later. Needless to say the back to back hikes in three feet of snow was not really what the dogs had on their schedules and I have to say we got some dirty looks from them. Even the magnificent Walker has been rather subdued by all this snow and both dogs are ready for a little hibernation.

The feet of snow that we have received may not be

great for some human endeavors, but believe it or not this deep snow is critical for natural processes in the woods. The snow acts as an insulator and actually softens the winter cold for our wildlife. All of the wildlife in northern New Hampshire is adapted for very harsh winter, and coping with and sometimes depending on the deep snow is part of that evolutionary adaptation.

The area between the snow and the bare ground is known as the subnivean space. This area is actually quite warm compared to the outside world, and this is where many small mammals spend the winter. Without a layer of deep snow, these animals would be exposed to predation and brutal cold.

For small birds such as chickadees, the snow acts as an insulator and wind block which allows them to feed constantly throughout the day. Snowshoe hare turn white in the winter and depend on deep snow to help them escape from predators

such as bobcats and coyotes. Ruffed grouse dive into deep snow and form snow caves that keep them warm and alive even in the harshest conditions. Without the snow these animals must depend on other forms of cover, such as dense evergreens for protection.

Deer are on the northern edge of their range in the northern U.S. and Southern Canada. I wouldn't say that deer love snow, but they are very well adapted to it with a thick coat of hollow hair that traps air and keeps them very well insulated. Moose on the other hand are at the southern end of their range here in New Hampshire. They are extremely well adapted to very harsh conditions and any extended abnormally warm winter temperatures can actually cause them undue stress. It is believed by moose biologists that the diseases and parasites that cause winter mortality in moose are actually reduced during a hard winter. Moose in New Hampshire are a great example of

an animal that needs deep snow and cold temperatures to enhance their long term survival.

And of course the cold and snow provide incredible sunrises and sunsets. On the evening of Feb 16 the storms cleared and my wife and I got our hard-earned

sunset viewing from Lake Constance in Piermont. As we hiked the rim of the pond, the sun blazed through the pines like a crimson ball of fire. The sky, tree line and snow provided the perfect frame of blue/ white/green and all colors in between.

Hunter Education Course

A Hunter Education Certificate is required for anyone age 16 and older who plans to purchase a hunting license in the state of New Hampshire. You must be at least 12 years old to attend a hunter education course. Class will be held at the Ammonoosuc Valley Fish and Game Club in Bath, NH on the following dates: April 10, 2014 from 5:30 p.m. - 8:00 p.m., April 12, 2014 from

8:00 a.m. - 5:00 p.m., and April 13, 2014 from 8:00 a.m. - 4:00 p.m. (all three classes must be attended to become certified).

Registration opens February 28th and is on-line only at the NH Fish and Game web site: http://www.wildlife.state.nh.us/Hunting/hunter_ed.htm. For More Information contact David Falkenham at 728-8958 or dave.falkenham@unh.edu.

Poultry Group Meeting And Information

Have you heard of "Fowl Friends"? The growing *local* poultry group that meets the THIRD MONDAY of EVERY month at the Wells River, Vermont, Baldwin Library, 33 Main St, at 6 pm. If not, you are missing a great opportunity to connect and interact with many fellow local poultry lovers, keepers and breeders.

You can learn something too. Every month there is a program/speaker/presentation along with great refreshments. Some highlights to date have been presentations on building hoop houses over garden beds as winter housing, making and feeding fermented feed and most recently a demonstration by a trained Chef, who loves fresh eggs with richly colored yolks. Chef Vin did a full demonstration on how to make Mayonnaise and Hollandaise Sauce using our own fresh eggs. Delicious!

Future topics will include, successful fencing for your poultry, a local Veterinarian discussing poultry issues and the Barnet School's Eggstrordinary Chicken program. Too many great topics to list. Mark your calendar for



the THIRD Monday of every month and come to the Baldwin Library in Wells River, VT at 6PM. (33 Main Street, you can't miss it!) Next

Meeting is MARCH 17th. If you need more info, contact Janis at dogcop4@aol.com or 802-376-6044

Congratulations go out to
Billie Lamarre
For winning our March 1, 2014 drawing for a \$50.00 Gift Certificate at
Trendy Threads
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WELCOME BROOKLYN

Paige and Julie VanNorden are happy to announce the birth of their baby sister Brooklyn Marie. Brooklyn was born on December 18, 2013 at 1:52am. She weighed 8 lb 13 oz and was 20.5 inches long. Her parents are Kevin and Nicole VanNorden of Woodsville. Paternal Grandmother Joanne VanNorden and uncle Michael. Maternal grandparents Michael and Cecile Currier of Lancaster. Maternal aunt and uncle Robert and Angela Brown of Gilman, VT.



Piermont Student Intern To Sen. Woodburn

Adam Hill, left, of Piermont, a senior at the University of New Hampshire, has been selected to serve as an intern to North Country Senator Jeff Woodburn, left. Both are with Gov. Maggie Hassan. Adam works three days a week in Woodburn's State House office serving the needs of people of Senate District 1. Recently, Hill helped organize a North Country tour for Sen. Woodburn and Employment Security Commissioner George Copadis that included visits to several businesses, a school and the federal prison in Berlin. Those interested in becoming an intern should contact Sen. Woodburn at jeff@jeffwoodburn.com.

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Tenny Memorial Library

Tenny Memorial Library is a postcard-perfect Romanesque building on a pretty corner of Newbury. Paul Sachs owns and runs North Country Organics in Bradford and is the treasurer of Tenny's Board of Trustees. He's also a self-confessed computer geek.

For many of Tenny's previous 118 years every book had a card in the fine oak catalog. As more libraries moved to digital catalogs, the cards were abandoned but nothing took their place. By spring of 2013 there was no way to locate a book except to find it on the shelf. Books were wandering, patrons were perplexed, and Luisa Lindsley, the library director, was frustrated. Chaos was at hand.

And Paul Sachs went to work. The first job was to upgrade the computers. Second was to choose a software system. Vermont libraries use several and Paul chose one developed in New Zealand called Koha, a Maori term for gift. He enrolled the library in the Vermont Organization of Koha Automated Libraries (VOKAL), and inspired a long-term volunteer, Peg Hastings of Newbury, to get training through VOKAL with him and Luisa.

The next task was to clear the shelves of material no longer appealing or of interest, called weeding in library parlance. The big guns were enlisted from the VT Department of Libraries; Grace Green, Children's Librarian and Michael Roche, NE Regional Consultant, got the collection into fighting form, lean and clean.

Then the work commenced. Each book, CD, and DVD had to be individually catalogued. Some had already existing records in VOKAL and just needed local information added. But others required creating a new catalog entry. It all had to conform to exacting rules. Every item needed a barcode and new spine label. It could take years.

With Paul's guidance and training, Newbury volunteers rushed to the rescue. Notable among them were Joshua Lemay, a recent Oxbow graduate, who started with some of our young adult books, 207 of them. Kathy Damon turned out 111. Caroline Nininger racked up 850 and did much of the book processing. Paul put in 636. But the queen of cataloging, Peg Hastings, whose car can be seen at 6 AM most mornings in the library parking lot, has completed 6,545 to date and isn't done yet.

In 8 months Paul and his



The Tenny Library Trustees honored volunteers who worked on the automation project with a candlelight dinner at the library on a snowy Valentine's Day eve. L. to R.: Luisa Lindsley, Library Director; Peg Hastings, volunteer; Caroline Nininger, volunteer, and Paul Sachs, project coordinator and Trustee, all of Newbury.

crew reached critical mass to "go live" with VOKAL. On January 13, 2014, "the statistical darkness ended and the lights went on" at Tenny, in Paul's words. Tenny was catapulted into the 21st century.

What does that mean? From anywhere, with digital access, you can find a book, subject or author at Tenny—or any of the other 50+ libraries in VOKAL at tml.kohavt.org. It's a shared network. Patrons can manage their own accounts from home, renew books, keep a record of what they read and place holds on what they want to read. They can suggest new titles. Items going out or coming in take seconds to process. And the reports! Paul is turning them out by the dozen to better understand what patrons use, want, and value.

Two thirds of Vermont's 183 public libraries, both large and small, are now automated and interconnected. Michael Roche says, "Automation simplifies and expands the community's access to library materials both locally and statewide. It saves valuable time and money as it provides the

staff with the tools to better manage their collection, respond to patron usage, and make smarter purchasing decisions. An automated library system helps ensure that the collection meets national uniform cataloging standards. It demonstrates to the community that their library is keeping pace with 21st century library operating standards.

"Kudos to Tenny Library, to its staff, and to its volunteers for undertaking this—and completing a daunting task in record time."

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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason, of course you will need to be really out there for us to turn you down. However, we do reserve the right to make slight changes to submissions for readability purposes. Thank you for your understanding.



A FREE PUBLICATION

TRENDY TIMES

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Dr. John Albert Bagonzi, Jr., 83 of Woodsville, New Hampshire passed away on February 13. Born in 1930 to John Bagonzi and Ida (Maccini) Bagonzi, John attended Woodsville High School, where he teamed with life-long friend, former Red Sox pitcher Bob Smith, as a notorious pitching duo. While at WHS, he was a 20-game winner and multi-sport All-State athlete. John attended the University of New Hampshire, where he earned a B.S. degree in Biology and was a standout dual sport baseball and basketball athlete, with many of his records still standing today. While at UNH, John was regarded as the top collegiate pitching prospect in New England and scouted by all major league teams. John signed a bonus contract with the Red Sox in 1953 and was assigned to their San Francisco AAA affiliate. Next came a military service interruption, where as a commissioned officer in the U.S. Army, John served as company commander, military trial counsel and athletic and recreation officer. While in the military, he pitched for 2 years in the

strong Fort Jackson Regimental baseball league. It was during this time that John met and married his cherished, life-long companion, the former Dreamer Jewel Deese of Columbia, South Carolina. After his service, John returned to professional baseball, with the Corning Red Sox and Chicago Cubs organizations, where an arm injury ended his professional career. By this time, he had completed his master's degree at Indiana University and begun to pursue his Ph.D.

At this point, John returned to Woodsville where he would make his greatest impact, beginning a teaching and coaching career at Woodsville High School. While at his Alma Mater, John served as Athletic Director, PE director, Biology teacher, Baseball, Basketball, Soccer and Cross-country Coach. John also served as Woodsville's Youth Recreation Program Director for 25 years. As an educator, Dr. Bagonzi achieved Teacher-of-the-Year honors as well as being recognized as an outstanding academician. In athletics, his true passion, John became one of the most successful New Hampshire coaches ever. Between 1959 and 1977, he oversaw 13 combined championship teams and seven runners-up. There was even a cross-country title in 1972. John led the baseball program to 261 victories, seven New Hampshire Interscholastic

Athletic Association state titles and a 35-game winning streak. He also was a successful boys' basketball coach, as he led the program to 361 victories, five state championships and a 62-game winning streak. John's basketball teams finished second in the state tournament three times and had 20 consecutive seasons with winning records. On five occasions, Bagonzi led teams in those two sports to state championships during the same school year.

During this time, John also completed his Ph.D. at Indiana University. He was at WHS for 33 years, retiring in 1991 – then began a 4-year stint as Head Coach of the Plymouth State University baseball team and taught in their Graduate School. John and Dreamer were also proprietors of the Italian-American Bagonzi's Restaurant, a popular Woodsville, NH eatery started by his mother, for 27 years from which both retired.

After "retirement", John continued to mentor athletes throughout the Northeast via his Championship Pitching Clinics, as a nationally-recognized pitching clinician/instructor, through his books, *The Act of Pitching* and *The Inner Sanctum*, numerous articles in prominent baseball journals, and his popular website <http://pitchingprofessor.com/>. Coach Bagonzi was a sought-after nationwide motivational speaker and pitching instructor and was selected as one of the

Top 50 sports figures in NH for the Past Century by the Boston Globe. With recognition and accolades too numerous to list, he was most proud of his induction into the New Hampshire Interscholastic Athletic Hall of Fame, the University of New Hampshire Athletic Hall of Fame, the New Hampshire Coaches Hall of Fame, the New England Basketball Hall of Fame, the Union Leader Coaches Hall of Fame, and the National Federation of State High School Associations' National High School Hall of Fame. He was touched and humbled by Woodville's renaming of its Community Building in his honor and took great joy in tracking his pitching protégés' college and professional careers as well as the life-long visits of his students who transitioned to friends and colleagues. John's most recent project involved completing the "Golden Age" Museum, a collection of his

personal and Woodsville athletic memorabilia.

John is survived by his wife Dreamer of Woodsville and their 3 children, John III (wife Elizabeth) of Falmouth, ME, Teresa Godoy (husband Franco) of Newport News, VA, and Robert (wife Jolie) of Bluffton, SC, as well as 4 grandchildren, Allison, Jack, Jonathan and Gabrielle which he cherished dearly.

Calling hours were held Wednesday, February 19th from 4 to 7 pm at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A Mass of Christian Burial was celebrated on Thursday, February 20th at 11 am at Saint Joseph's Catholic Church, 15 Pine Street, Woodsville, NH. Burial will be in the spring at St. Joseph's Cemetery, Bath, NH. Memorials may be made to Woodsville High School, 9 High Street, Woodsville, NH 03785. Condolences may be viewed and left at www.rickerfh.com.

OBITUARY

WILLIS ANDREW APPLEBEE



North Haverhill, NH – Willis Andrew Applebee, 96, died Monday, February 24, 2014, at the Grafton County Nursing Home.

He was born in Haverhill, NH, January 4, 1918, a son of George W. and Gertrude (Clement) Applebee. Following graduation from Haverhill Academy, Willis served with the U. S. Navy during World War II. He married Esther E. Watson on April 25, 1938.

Willis worked for First National for 19 years, Lincoln Paper Mill, H.P. Cummings Construction for 19 years, and retired from Dartmouth Hitchcock Medical

Center. He was the last surviving charter member of Haverhill VFW Post # 5245 and Ross-Wood American Legion Post # 20 in Woodsville. Willis loved working in the woods, gardening, fishing, hanging out with family and friends, and watching wrestling and a good baseball game. He also enjoyed playing cribbage, poker, board games, horseshoes, and in his younger years dancing.

He was predeceased by his wife of 49 years, Esther E. Applebee on November 20, 1987; a daughter, Esther V. Tyler on December 14, 2001; three sisters, Emily G. Cross, Katherine P. Pickard, and Eleanor Priolo; and two brothers, George E. Applebee and Arthur Gay.

Survivors include one son, Willie G. Applebee and wife Joanne K. of North Haverhill; a daughter, Linda E. Carle and husband

Charles of North Haverhill; nine grandchildren; ten great grandchildren; and several nieces, nephews, and cousins.

There will be no calling hours.

A funeral service was held on Thursday, February 27, at 2 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

Burial will be on Wednesday, May 14, at 10 AM, at the Center Haverhill Cemetery.

In lieu of flowers, memorial contributions may be made to the Haverhill VFW Post # 5245, c/o Dale Pierson, 3 Beech Street, Woodsville, NH 03785.

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

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

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

March 4, 2014

Volume 5 Number 11

Letter To The Editor

An Open letter to our Town and School Moderators,

When you open this year's Town and School Meetings in your communities across the states, please consider honoring the men and women who have served and are serving our country in uniform by asking them to stand and be recognized for their sacrifices in defense of our nation in times of war, conflicts, and peace.

Ask them to come forward or remain standing to lead the town meeting in the Pledge of Allegiance to our flag.

Give special thanks and recognition to our aging population of WWII veterans, and to the Korean and Vietnam era war vets, many of whom were never thanked when returning home.

Last year a number of towns formally recognized their veterans and service men and women. We urge more towns to do the same in 2014. A thank you for their service will make their day. We can't thank them enough.

With sincere thanks,
John O'Brien, Orford

John,

I think your suggestion is a great idea. We all need to remember our veterans every day, not just on Veterans Day or Memorial Day.

As I have mentioned before, I signed up for the US Navy right out of high school. Though my career in the military was shortened due to a physical issue, I still count myself as one of those who stepped up and answered the call to serve my country.

In so many cases that service did not stop with discharge from whatever branch. Those veterans are still doing special things for their community today. Or, in way to many cases, they are in need of services from the community, due to injuries, both physical and mental, from their time in service.

So yes, thank a veteran, whenever the opportunity arises.

Gary Scruton, Editor

Letter To The Editor

Support this.

Elections are never over;

Let's make it so there is only a certain amount of time and money spent on ALL elections.

FREEZE SPENDING AMOUNT; Billions are spent. Why not on roads instead.

Shorten campaigning time. It seems that this country is in Campaign mode all the time. 24/7..365 days a year.. Don't you think its time to fix it.

The American people are sick of it...seems to me it's a time for a Campaign change; Campaign and funding change.

Enough!

Nancy Leclerc
No. Woodstock, NH

Nancy,

I could not agree more with these statements. It is almost a fact that as soon as a politician is elected they must start running for re-election. That means they do not have the time to work on what they are elected to do.

Along with shortening the time, and putting a limit on the money spent, I believe we should also enact term limits. Being a politician should not be a life long job. Our president is limited to two terms, Why not the same (or at least some limit) for US Senators and Representatives?

And using that money for our highways? Another excellent idea. It will just take some thought and work to make it all happen. We can start by electing candidates who agree.

Gary Scruton, Editor

March 4, 2014 Volume 5 Number 11

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Letter To The Editor

Does NH Really Want Medicaid Expansion?

As with most of Obamacare, not all parts of the bill have been made public before the passing of the bill.

Under Medicaid expansion those that own property (home, car, etc.), the federal government can put a lean on property after the person dies to pay back the federal (not state) government what it paid out under the Medicaid expansion.

Why is this not in the media? Is this something we want? What happens if one spouse dies? Can the other be kicked out of the home to sell it to pay for the benefit?

Why do we not know the ramifications before a bill passes.... Especially when part of Obamacare?

Linda Riley
Meredith NH

Linda,

You raise just a couple of the questions that I have heard about the Health Care Reform. It is certain that not everyone agrees on any aspect of this far reaching, and very complex piece of legislation.

The members of the NH legislature are working on what this state should be with Medicaid expansion. I truly hope that they look closely at all the ramifications of accepting and not accepting these funds. We elect these reps and senators with the desire for them to do their job and to represent the voters. Therefore, let you reps know how you feel. You can not expect them to vote the way everyone wants them to, they simply can not. But the more input they have, the better informed, and hopefully the better decision they can make.

Gary Scruton, Editor

Letter To The Editor

Make A Political Contribution

Next month voters of District One will be asked to vote for a candidate to replace Ray Burton who was respected on both sides of the aisle. Since they don't make Republicans the way they used to I would suggest voters mark their ballot for the Democratic candidate, Michael Cryans, if for no other reason than to show respect for the prior holder of this office and to the office itself. It's the difference of sending flowers that will wilt after a day or two or making a contribution to the deceased's favorite preoccupation which was indeed New Hampshire's North Country.

George Maloof, Plymouth, NH

George,

As we have done since the beginning of Trendy Times, we will not take a stance on which candidate voters should support in any election.

Instead we simply encourage all voters to become educated about whatever question is on the upcoming ballot and then to vote using your own best judgement.

Gary Scruton, Editor

Letter To The Editor

I appreciated Robert Roudebush's remarks on my piece about the Chateaubriand, as I realize there was much left unsaid in it.

This incident took place a lot of years ago; and I realize that only the highlights were described. Many restaurant meals later, we are a lot more "savvy" about protocol, and do not assume as much as before! Yes! We would now ask about timelines, etc. when ordering something

out of the ordinary. Yes! Our friends' meals should have been served at the same time; however we were told that ours would be forthcoming--they just didn't say when. I am sure our server was embarrassed whenever she came near our table.

And finally--YES! We left a tip--probably a good one--because we always do. It isn't the fault of the server as to the quality, or timeliness of the food.

Elinor Mawson

Elinor,

Your original article, as well as Robert's response have certainly got people talking. And perhaps has also gotten people thinking about how best to act when in such a situation. Life is a great teacher. But when you can learn from the experience of others, then it can take some of the pain out of the learning process.

Please keep up the great words, thoughts, and experiences.

Gary Scruton, Editor

Letter To The Editor

We are Supporting Mike Cryans. Here is Why You Should Too on March 11th

By Joan Day, Steve Burton, Mary Grimes

With the passing of our brother Ray Burton in November, District One and the State of NH lost its most vocal and well-respected advocate. We believe that Mike Cryans would be an excellent Executive Councilor for District One. He will, like Ray, make sure Concord remembers to "look north" and address the needs and concerns of his constituents.

When our Mother was a resident at Grafton County Nursing Home for six years, we saw from personal experience his concerns for the residents while attending many of their family functions, spending time talking and listening to them.

Mike served side by side with Ray for 16 years as a County Commissioner and understands Ray's philosophy when it came to working on behalf of the North Country residents. During these 16 years,

Mike and Ray worked together to move Grafton County forward, never letting partisan differences stand in the way of helping those who were in need.

Ray served the people of District One for 35 years. He will be remembered for his unwavering commitment to the needs of his constituents. There is little doubt that Ray left big shoes for the next Executive Councilor to fill. Mike knows no one can fill Ray's shoes; however, he will do the best he can for District I and the State of NH. His professional background gives him the experience he needs to be effective in Concord.

For our brother, public service was never about partisan politics. That is why we are endorsing Mike who will share those values we always admired in Ray - service above politics.

Joan, Steve & Mary,

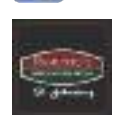
I am sure you have heard this before, but another thank you for the service to the community and to the state that your brother Ray accomplished during his time as an elected official in New Hampshire and Grafton County.

Regarding this particular election, I hope that all voters will become informed, make a decision, and then go to the polls to let their voices be heard.

Gary Scruton, Editor

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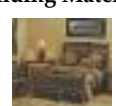
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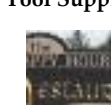
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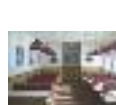
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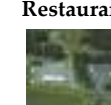
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4-H Public Speaking Event

By Kathy Jablonski, Field Specialist,
UNH Cooperative Extension

Public Speaking. For most folks, it's a teeth chattering, knees clacking, stomach churning experience they avoid like a plague. Not for the 24 youth who entered the Grafton County 4-H Public Speaking contest on February 1, 2014. Held at the Haverhill Cooperative Middle School, North Haverhill, New Hampshire, it was a memorable day for these young people and their 4-H leader coaches.

The 4-H members and Cloverbuds, ranging in age from 5 to 18, performed their speeches and recitations with poise, enthusiasm and, for most, an expertise beyond their years. Coached by 4-H leaders, they wrote their speeches on a topic of their choice, or if they were under 11 years of age, chose a piece to memorize and recite.

All were scored on a standard score sheet used statewide for 4-H Public Speaking.

This year's event was judged by David Berman, Karen Downing, Denis Ward and Dr. Annette Holba.

Cloverbuds, ages 5 to 7, entering the event were: Ava Hamlett, Chase Smith, Dory Roy, Elizabeth Lopes, Mary Lopes, Sam Flynn and Aiden Hamlett. Their presentations were not scored, but all received comments and a participation ribbon.

Juniors entering included Delaney Smith, Jessica Gall, Madeleine Roy, Leah Krull, Cora Flynn, Kaycee Reagan, Kaylynn Reagan, Justin Gall, and Maachah Krull. They range in age from 8 to 11.

The 12 and 13 year olds, intermediates, can qualify for the State Activities Day event held at the University of New Hampshire in Durham in May. Competing this year were: Cameron Meunier, Lilah Flynn,

Wyatt Basch, and Calvin Roy.

Age 14 and over 4-H'ers, who also may compete at State Activities Day if they are one of the top two scoring individuals at the county event, included Grace Flynn, Madeline Flynn, Robert Butler and Catherine Flynn.

All participants received a Danish ribbon based on their scores.

Earning rosettes for their top scores in their division were the following individuals. All blue rosette winners received a gift certificate to Littleton's Village Bookstore, courtesy of the Grafton County 4-H Leaders' Association. In the junior division, Madeleine Roy of the Bob-O-Links 4-H Club earned the blue rosette, with club mates Kaycee Reagan and Kaylynn Reagan tied for second place and Justin Gall of the Littleton Raccoons placing third.

Second place in the intermediate division was earned by Little OxBow's Calvin Roy, with first time public speaker Cameron Meunier of the Littleton Raccoons taking the blue rosette.

The top three rosettes in the senior division were earned by the Flynn sisters: Madeline the blue, Catherine the red and Grace the white. All are members of the Bob-O-Links 4-H Club.

Madeline Flynn and Catherine Flynn will be representing Grafton County at State Activities Day, with Grace Flynn, Cameron Meunier, and Calvin Roy being alternate delegates.

For more information about 4-H and other University of New Hampshire Cooperative Extension programs, visit the website at www.extension.unh.edu or contact the Grafton County office at 603-787-6944.

Don't Miss These Great Workshops!

Is grassland and shrubland habitat really just for the birds? Grafton County Conservation District (GCCD), Natural Resources Conservation Service (NRCS) and University of New Hampshire Cooperative Extension (UNH CE) of Grafton County are excited to offer an indoor workshop Grassland/Shrubland Habitats and Associated Birds on Thursday, March 6th from 1:00-4:00pm. The workshop will take place at the UNH Cooperative Extension Conference Room, Grafton County Complex, Route 10, North Haverhill.

In New England, grassland birds like Bobolinks and Meadowlarks use hayfields, pastures and wet meadows during the breeding season. However populations of these birds and others have been significantly declining in the last 30 years due to habitat lost and poor management practices. Proper management of Grasslands, Shrublands and young forests can have positive benefits for the birds and other wildlife that inhabit our lands.

Plymouth State University graduate student Jamie Sydoriak has been working with Upper Valley landowners to help them learn more about these birds, and their

habitat needs. UNH CE Wildlife Specialist, Matt Tarr will discuss creating and maintaining grassland and shrubland habitat, the threats facing these types of habitat, and the wildlife that depend on them to survive. Wildlife biologist John Lanier of the Wildlife Management Institute and David Falkenham of UNH CE Forest Resources will discuss the importance of managing shrublands and young forests that often border grasslands and which techniques often work best. Learn about conservation activities that can accommodate both human and wildlife needs. NRCS offers technical and cost-share assistance to eligible landowners for several conservation practices that improve wildlife habitat. A NRCS conservation planner will discuss this program. This workshop is free and open to the public. Call Pam at (603) 353-4652, ext. 103 to register.

On Friday, April 25th starting at 5:30 GCCD will be holding a Planting and Pruning Workshop at Windy Ridge Orchard. Our host, Dick Fabrizio, will demonstrate planting and pruning methods for apple trees, and share his knowledge and expertise on apple tree care. Dave

Falkenham, UNH CE Forest Resources Educator, will demonstrate planting techniques and discuss site considerations. Dick and Dave are ready to answer your questions. This informal, but informational workshop is outdoors, free and open to the public. Call Pam at 353-4652, ext. 103 to register.

Each year GCCD offers a variety of flowers and shrubs attractive to landowners and wildlife for the Conservation Plant Sale. Groundcovers and shrubs can be used for soil stabilization and borders. Many shrubs provide food and cover for wildlife, attractive foliage, flowers and fruits. Some of the plants we are offering include butterfly bush, red osier dogwood, elderberry, American hazelnut, red leaf rose, Sargent crabapple and Stream-Co willow. The District also sells balsam and Fraser fir, American arborvitae, honeylocust, sugar maple black cherry and black walnut trees. A variety of apples, strawberries, blueberries and raspberries are also for sale. The 2014 Conservation Plant Sale information will be available at the Grassland/Shrubland Habitats and Associated Birds workshop, or call the office to receive the information by mail.

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Chronic Disease Self-Management Leader Training Offered

Do you have personal experience with a chronic health condition or a desire to help others in your community learn new skills to better manage their health? If so, consider becoming a leader of the "Better Choices, Better Health" Chronic Disease Self-Management Program in your community.

A free, four-day leader training will be offered in Concord on March 13, 14, 17, and 18th to prepare community members interested in co-leading these workshops. No professional background is required, and individuals coping with a chronic illness themselves are encouraged to apply.

"Better Choices, Better Health" is an evidence-based program that was developed and tested by Stanford University, and has been proven effective in helping people with chronic, long-term health conditions manage their symptoms and take control of their health.

Group leaders will bring the skills they learn back to their communities to facilitate workshops designed to help individuals expand their self-confidence, improve their health, decrease fatigue and be more active.

The leader training is

part of a state-wide initiative to make chronic disease self-management programs available to adults across New Hampshire, and is made possible by a generous grant from Anthem Blue Cross and the Blue Shield Foundation.

Blue Cross/Blue Shield awarded funds to the Southern New Hampshire AHEC and Lamprey Health Care. These organizations have formed a partnership with the North Country Health Consortium to ensure that residents in the Northern portion of the state have access to this program. The funding provides an opportunity to strengthen this partnership, and train additional leaders from the North Country.

"In addition to the Leader Training, these new funds allow us to increase our capacity to offer workshops by providing support to leaders and creating a lending library for program workbooks," said Nancy Frank, Executive Director of the North Country Health Consortium.

While not required, those interested in attending the upcoming leader training are encouraged to do so with a partner, as the workshops are co-facilitated by two presenters (one or both of

whom are non-health professionals living with a chronic disease themselves).

To register for this training or to find out more about "Better Choices, Better Health" workshops in your area, contact Becky McEneany at the North Country Health Consortium at bmce-nany@nchcnh.org or 603-259-3700. To learn more about the program on line, visit www.snhahcec.org and go to the "Better Choices, Better Health" page.

The North Country Health Consortium is a unique rural health network providing a broad range of programs and services designed to improve the health and well-being of area residents. Consortium members include community hospitals, health centers, faith-based groups, home health agencies, community mental health centers, emergency medical service professionals, social service providers and other groups working together to serve the community.

For more information about the North Country Health Consortium, contact Nancy Frank at 603-259-3700 or visit the organization's website at www.nchcnh.org.

Cottage Hospital's¹⁷ CEO Is One To Know



Cottage Hospital CEO Maria Ryan

Becker's Hospital Review is proud to announce the release of its list, "50 Rural Hospital CEOs to Know," which recognizes some of the most accomplished leaders of small and rural hospitals.

I am happy to inform you that Maria Ryan has been included in the 2014, inaugural edition of this list.

The selected CEOs,

presidents and administrators have received awards highlighting their commitment to leading rural facilities, are members or leaders in prominent local, state or national organizations and head up high-quality organizations. For this list, a hospital is designated as "rural" if it is located outside of a major metropolitan area or healthcare hub.

Dear Marci

Dear Marci,

I have a Medicare Advantage plan, but I heard that I can buy a health insurance plan with better coverage in the Marketplace. Should I drop my Medicare Advantage plan and buy a health insurance plan in the Marketplace?

Luiz

Dear Luiz,

No. If you have Medicare, you should not buy health insurance plans through the Health Insurance Marketplace. This is true, whether you get your Medicare benefits through Original Medicare, the traditional Medicare program directly administered by the federal government, or through a Medicare Advantage plan, which is Medicare coverage offered through a private insurance company.

Health Insurance Marketplaces, also known as Health Insurance Exchanges, were created under the Affordable Care Act (sometimes called "Obamacare") as a way for people who are uninsured or underinsured to compare and purchase health insurance plans. Keep in mind that Marketplaces may have different

names, depending on which state you live in. For example, the California Marketplace is called Covered California, while the New York Marketplace is called the New York State of Health.

Again, the important thing to know is that people who have Medicare should generally not drop their Medicare coverage and sign up for a Marketplace plan. If you have Medicare, your Medicare benefits will not change as a result of the Marketplaces. In addition, insurance agents and brokers are not allowed to sell you Marketplace health insurance plans if they know you have Medicare.

Another thing to keep in mind is that the Marketplace is not a way for you to get Medicare coverage. You cannot buy Medicare coverage, such as Original Medicare or Medicare Advantage plans, in the Marketplace. Medigap plans, also known as supplemental insurance plans that helps pay Original Medicare costs, will not be sold through the Marketplace. Similarly, Medicare prescription drug plans, also known as Medicare Part D plans, will not be sold

through the Marketplace.

Lastly, keep in mind that there are some consequences that may occur if you drop your Medicare coverage and somehow mistakenly sign up for a health insurance plan in the Marketplace. If you drop your Medicare coverage, you will most likely have to pay a premium penalty if you enroll in Medicare again in the future. In addition, you will likely have to wait until a specific enrollment period to sign up for Medicare and may therefore, experience gaps in health coverage.

Remember, it's best to speak to a Social Security Administration agent anytime you decide to drop your Medicare coverage. You can contact Social Security by calling 800-772-1213 or by going to your local Social Security office. Be sure to record the time and date of your conversation, the name of the Social Security agent you speak to and the outcome of your conversation.

For information about your Medicare benefits, contact 800-MEDICARE or go online and visit www.medicare.gov. -Marci

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March 4, 2014

Volume 5 Number 11

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Smart Financial Moves For Women

On March 8, we observe International Women's Day, a celebration of women's economic, political and social achievements. Yet women everywhere still face challenges — and here in the United States, one of their biggest challenges may be to gain the resources they need to enjoy a comfortable retirement. So, if you're a woman, what steps should you take to make progress toward this goal?

Your first move should be to recognize some of the potential barriers to attaining your financial freedom. First of all, a "wage gap" between women and men still exists: The median earnings of full-time female workers are 77% of the median earnings of full-time male workers, according to the U.S. Bureau of Labor Statistics. Also, women drop out of the workforce for an average of 12 years to care for young children or aging parents, according to the Older Women's League, a research and advocacy group — and this time away from the workforce results in women receiving lower pensions or accumulating much less money in their employer-sponsored retirement plans.

To give yourself the opportunity to enjoy a comfortable retirement lifestyle, consider these suggestions:

Boost your retirement plan contributions. Each year, put in as much as you can afford to your traditional or Roth IRA. A traditional

IRA grows on a tax-deferred basis, while a Roth IRA can grow tax free provided you meet certain conditions. Also, take advantage of your employer-sponsored, tax-deferred retirement plan, such as a 401(k), 403(b) or 457(b). At the very least, contribute as much to earn your employer's matching contribution, if one is offered. And every year, if your salary increases, try to boost your contributions to your retirement plan.

Consider growth investments. Some evidence suggests that women may be more conservative investors than men — in other words, women may tend to take fewer risks and pursue "safer" investments. But to help build the resources you will need for a comfortable retirement, consider growth-oriented vehicles in your IRA, 401(k) and other investment accounts.

Talk to your spouse about Social Security. If your spouse starts collecting Social Security at 62 (the earliest age of eligibility), the monthly benefits will be reduced, perhaps by as much as 25%. This reduction could affect you if you ever be-

come a widow, because once you reach your own "full" retirement age (which will likely be 66 or 67), you may qualify for survivor benefits of 100% of what your deceased spouse had been receiving — and if that amount was reduced, that's what you'll get. Talk to your spouse about this issue well before it's time to receive Social Security. (You may also want to talk to a financial advisor for help in coordinating survivor benefits with your own Social Security retirement benefits.)

Evaluate your need for life insurance benefits. Once their children are grown, some couples drop their life insurance. Yet, the death benefit from a life insurance policy can go a long way toward helping ensure your financial security. Again, talk to your spouse about whether to maintain life insurance, and for how much. International Women's Day is a great occasion for commemorating women's accomplishments. And by making the right moves, you can eventually celebrate your own achievement of attaining the financial security you deserve.

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The Blue Bag

By Elinor P. Mawson

When we became world travelers we observed a special protocol in order to be safe. This involved (among other things) being aware of our money and travel documents at all times, and always checking our surroundings. We weren't paranoid, just prudent, and it soon became second nature to take the utmost care. We carried our passports and extra money in a neck bag, under our clothing.

I carried most everything else in a blue canvas bag with pockets inside and out. It had been a promotion from a needlework company, and the pockets were labeled "needles", "yarn", "scissors"—you get the picture. In the pockets, however, I carried my Kleenex, a guide book, small purchases, and sometimes lunch.

On this particular day, we had gone to one of my favorite stores, Liberty of London, to buy special material for a quilt I had planned to make when I got home. Of course, being me, I got car-

ried away and bought a lot more than I had planned. When the clerk handed me the famous Liberty purple bag, I placed it carefully in my blue bag, put the handles over my shoulder, and we went on our way.

Nearby, on the street, I saw a crowd gathered, and, being me, I had to know what was going on. It happened that there was someone selling knock-off perfumes --good names, big sizes--and I had to have some for 5 pounds each. Imagine Chanel No. 5 for about \$7.50 a bottle!

We left the crowd and went on to Harrod's where, in the food halls, we each purchased a fruit tart--a gorgeous pastry which cost more than the perfume.

And then, as was our habit, we walked down across the Thames to watch the people, the boats, the pigeons (they liked fruit tarts, too) and eat our pastries. WE were there about an hour.

When we got up to leave, I noticed something that took my breath away. My blue bag

had been slashed from top to bottom! As I examined it, I noticed that it had been cut by a stiletto.

There was a hole where the knife had been pushed in, and then cut all the way down. My first reaction was to check for my fabric; it was still there.

We learned a lot that day. Stay out of crowds. Hold your bag in front of you. Move just right or you could be cut. Check your wallet often.

I will never know how/when/where it happened, for the rest of the trip, I found some safety pins and fastened up the large slit in my bag--and traveled on. When we went through each security checkpoints at Heathrow airport, I showed the guards who were quite impressed both at the handiwork of the pickpocket and the fact that nothing was taken.

When I got home, I used my sewing machine to zig-zag up my torn bag, and I have traveled with it ever since.

Liver Disorders / Anemia

Close to two dozen major functions are performed by the liver on a continuous basis. In order to perform all of these functions, the liver processes an incredible amount of blood, about three pints every minute. When the liver is diseased many of these functions do not operate correctly. Toxins are no longer filtered out efficiently and may build up in the body, as will the by-products of protein metabolism such as Ammonia. Sugar levels fall. Infection is common, and the kidneys may fail. Severe, uncontrollable bleeding is also common, with coma and death likely. But checked in time, a diseased or failed liver stands a good chance of healing.

It is difficult to overestimate the importance of maintaining a healthy supply of blood. The blood performs many vital functions which sometimes become overtaxed during acute and chronic cellular disease. Likewise, many ailments and diseases are the result of impurities and toxins in the blood. The blood is therefore a target for effective medicinal intervention. The herbs listed below are an incredible blend that could properly be "termed" as alterative" meaning that it gradually changes the properties of the blood from unhealthy to healthy. What happens is toxins and wastes are filtered out, microbial poisons are killed, vital salts are adjusted and balanced, nutrients are supplied and plasma substances are strengthened and enhanced. These herbs are highly beneficial in the treatment of imbalances such of skin sores easy bruising, diseased gums, exhaustion, anemia, cancers, venereal disease, and other related conditions.

DANDELION ROOT: (Taraxacum Officinale), A source of natural Potassium and an excellent liver cleansing and strengthening agent, with soothing healing properties for the digestive system and bowel inflammation. A specific for liver cleansing and healing, including serious liver conditions such as hepatitis, 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.

YELLOW DOCK ROOT: (Rumex Crispus), A rich source of herbal iron, particularly effective for liver, gall-

bladder, spleen and skin disorders. A specific in treating anemia, and in blood building formulas in general; a specific in liver, gallbladder, spleen and other iron deficiency disorders; as an effective lymphatic cleanser and mild blood purifier; as a mild astringent in a combination for hemorrhoids and other internal bleeding problems; as part of a formula for eczema and psoriasis; as a treatment for jaundice due to congestion; as part of a combination to dissolve cancerous growths and tumors; as part of a strengthening formula in the elimination of intestinal parasites; as part of a mild purgative for constipation; to help promote production of bile; as part of a blood building iron and vitamin C compound. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

SARSAPARILLA ROOT: "Mexican" (Smilax Aristolochaefolia), A natural steroid and progesterone precursor with wide-ranging properties, from improving sports performance and scaling skin conditions, to tonifying the female system and relieving arthritic pain and stiffness. A definitive natural steroid for testosterone production in the body, particularly useful for body building as a source of muscle building hormone; as part of a body balancing and blood purifying combination; as a specific for itching, scaling skin conditions; such as eczema, psoriasis and herpes; as a specific in a female or male hormone and gland balancing compound; as part of a treatment for rheumatoid arthritis; as a liver healant for chronic hepatitis. Nutrients: iron, magnesium, manganese, phosphorus, potassium selenium, zinc.

LICORICE ROOT: (Glycyrrhiza Glabra), A wide-ranging, anti-inflammatory, anti-fungal, anti-spasmodic, and anti-bacterial herb, particularly useful as a blood cleanser, nervine, endocrine and hormone support. Other important functions include effectiveness as a blood sugar regulant, healant for gastro-intestinal conditions such as ulcers, and capable adrenal nourishment. It also acts as natural cortisone.

A specific in a blood cleansing and detoxification tonic; as a specific in a formula to regulate both hypoglycemia and diabetes; speed healing of mucous membranes in a

formula for gastric and duodenal ulcers; as a primary stimulant to the adrenal glands; as an anti-fungal in treating Candida Albicans yeasts; as part of an anti-bacterial formula against staph and strep; and for acute bronchitis and serious congestion. Nutrients: calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

CAYENNE PEPPER: (Capsicum Annum), A highly aromatic, carotene-rich digestive and heart tonic with anti-bacterial qualities, used as a central system catalyst and circulatory stimulant in many formulations. A specific in heart muscle regulation, to strengthen all parts of the circulatory system and to normalize blood pressure; as a specific in digestive formulas to control gas, flatulence and upset stomach; as a warming agent for arthritic, lower back and rheumatic pain; as a specific in breaking up mucous congestion in colds, flu, bronchitis, respiratory and cleansing formulas; to treat shock, and to prevent the onset of shock (as in a heart attack). Nutrients: Amino Acids, calcium, essential fatty acids, folate, iron, magnesium, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B5, B6, C & E.

KELP, LEAF & STEM: (Ascophyllum Nodosum), A sea vegetable rich in iodine, chromium and other mineral; with anti-biotic, cleansing and thyroid stimulating activity. Used as part of a weight loss, pre-natal, gland/blood sugar balancing and iodine therapy formulas; as part of an organ cleansing tonic, and for growth of growth of hair and nails.

BURDOCK ROOT: (Arctium Lappa), A strong liver purifying and hormone balancing herb, with particular value for skin, arthritic, and glandular problems. Primary Uses: as a specific in all blood cleansing and detoxification combinations; as an important anti-inflammatory and anti-infective for serious female conditions such as endometriosis inflammation and excess fluid retention; as a specific for antihistamine activity in cases of itching, or eruptive skin problems such as acne & eczema. Secondary: as an alkalizing herb for over-acid conditions such as arthritis, herpes, kidney and bowel inflammation; as a compress to reduce bruising,

boils, & canker sores; as part of a purifying formula for viral warts & venereal disease.

ECHINACEA PURPUREA, ROOT & WHOLE ROOT: (Echinacea Purpurea), An anti-microbial infection fighter and blood purifier against staph and strep viruses; an

effective anti-biotic lotion to help heal septic cuts, wounds and sores; a bowel and colon detoxifier, and as part of a vermifuge combination for internal parasites. Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Selenium, Zinc. vitamins B1, B2, B3 & C.

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, Bath & Body products and capsule Compounds, all made on premise. 603-838-5599 thymetoheal01@yahoo.com



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By Ronda Marsh

Ronda's Chicken Dinner In A Packet

How many people are you feeding tonight? Two? Four? Maybe just yourself? Well, here's a meal that is very versatile, simple, and has practically no clean-up after...all things that make it a winner in my book! Additionally, it is low in calories and gluten free, too. My directions are for each individual serving; just repeat as necessary.



The French have been cooking meat and seafood "en papillote" for many years. All that means is making packets of parchment with your protein of choice, topping with herbs and veggies, sealing it all up and baking until everything is perfectly cooked and infused with the flavorsome, moist

steam that is generated by heating in a sealed environment. Using a double layer of aluminum foil in lieu of the parchment produces the same result, but it is definitely easier to work with, and is much less prone to leakage.

This recipe is just my basic starting point; you can

change it up any number of ways. Try adding asparagus spears or green beans or carrots, maybe a few Kalamata or green olives...whatever tickles your culinary fancy. Cooking chicken in this manner ensures a tender outcome, which can be difficult to do with boneless breasts, and the delicious au

jus that accumulates in the bottom of the packet sure tastes yummy when mopped up with a slice of baguette!

- 1 boneless skinless chicken breast
- 5-7 grape tomatoes, halved (or 2 slices of a regular tomato)
- 1 potato, cut into chunks
- 2 or 3 wedges of onion
- 2 teaspoons (or more) butter
- Salt, pepper, garlic powder

Preheat oven to 425°F. For

each packet, lay down two pieces of aluminum foil, one on top of the other, shiny side up. Lightly spray with cooking spray, or brush with oil or butter. Place the chicken breast down on the foil; season to taste with salt, pepper, and garlic powder. Mound the tomatoes on the chicken; top with potatoes then onions. Sprinkle with more salt and pepper, then dot with the butter. Bring sides of foil up and fold to enclose. Fold up ends to seal. Place packet on a cookie sheet and bake for 45-50 minutes. Remove from oven, and let sit for 5 minutes before cutting open to serve.

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

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