

TRENDY TIMES

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MARCH 18, 2014 VOLUME 5 NUMBER 12

A Hundred Years In The Making

By Deb Maes, Regional Field Specialist UNH Cooperative Extension

What you now know as UNH Cooperative Extension actually got its start during Abraham Lincoln's presidency. With the passage of the Morrill Land Grant Act in 1862 Congress gave each of the states a plot of land to build an agricultural college—hence the term land grant college. You might be surprised to learn that NH's land was not at the present location in Durham, but instead was in Hanover. That land was sold and the money was used to start a college in Durham. Then in 1887 the Hatch Act established the Experiment Stations that focused on research in agriculture and engineering. The goal was to make sure the research was shared not only with the few students that could afford to attend college but in a practical way with the general population.

Fast forward to 1914 and another congressional law, the Smith Lever Act created the Cooperative Extension Service, dedicated to extending knowledge to any person who might benefit from the information. As time went along, there was the establishment of the 4-H program designed to engage the children of farmers in the science of agriculture. Then the Home Demonstration program started for the farmers' wives.

In 1915 the State Legislature adopted the principle of cooperative financing of the Extension Service with federal, state and county funds which is why we now have 'cooperative' in our name.

Much has changed since the early part of the 20th Century. Extension staff at the county and state level still work to help producers in farming, forestry and fish get the most from the land or sea using research being conducted on the UNH campus and at other locations across the state and country. Don't

be surprised today to see our local specialists pull out their IPAD or smart phone to take a picture of a plant or insect and send it directly to our UNH based staff for a quick diagnosis.

Our local 4-H clubs still complete a yearly cycle of activities. But in addition to the traditional club activities, the focus of our youth development program is also on after-school programming and Healthy Lifestyles. For example, the after-school program at the Haverhill Cooperative Middle School was started in the late 1990's with a Youth at Risk grant from USDA. Another innovative way to reach non-traditional audiences is the Food, Fun and Fitness curriculum that Kathy Jablonski uses to train teens who will in turn teach younger students.

4-H youth also study shooting sports and computers; they focus on science, technology, engineering and mathematics (STEM) projects, participate in local community service projects and explore how to help others make healthier lifestyle choices. A non-traditional approach to 4-H was initiated this year by Donna Lee who set up three-week special interest (SPIN) classes that focused on map reading and GPS skills and learning the basics of sign language.

Forester Dave Falkenham focuses on forestry issues from both the economic and the environmental side. He recently met with a widowed landowner who owned 100 acres of land. The land owner had never put the land into Current Use. Dave spent a couple of hours discussing just what the long term goal of the property was. He explained the options for a current use designation and what paperwork was necessary. Using some quick calculations this landowner should see a reduction in taxes of

\$3600 a year. Thanks to this effort she will be able to keep her land pass it on to her son.

A local farmer called because his corn crop had symptoms he couldn't identify. There was the potential for a crop failure. Heather Bryant went out and took a look at the corn then sent photos to colleagues to confirm her diagnosis. The farmer corrected the problem but he still needed to know if his crops would recover or if he needed to replant. So they returned a couple days later to see if the crop was improved. It was a little better but not much so they taught the farmer how to pull up and slice open a sample of plants to look at the damage and the growing point to see if that plant was salvageable. In this situation the farmer chose not to replant, and while his crop did yield less than if the problem had never occurred, his losses were lower than they would have been if he'd replanted.

Mike Lunak makes use of the non-growing season to offer programs to our dairy producers. Due to the increased price of grains over the last few years the focus of some of the forage programs has changed to give producers more tools to maximize productivity of high quality forages on the farm. As of result of these workshops, five dairy producers will participate in a forage crop growing research trial. Another producer is switching from regular corn to a short day corn hybrid and will also plant up to 100 acres of triticale to offset his feed costs.

Lisa Ford works with schools to supplement their health education program. She encourages elementary school children to eat fruits and vegetables and gives them recipes to bring home. One dad commented that "his son would never try squash



muffins." Lisa replied that he had already eaten two in the classroom.

A focus of my work has been with communities. One town found itself with only one person left on their police department. I was hired to work with a committee of citizens to take a careful look at all the options available in regards to staffing levels, location and support for the police department and make some recommendations back to the Board. Within six months they had hired a new chief, Sargent and patrolman. The focus has become Positive Community Policing and the attitude of the townspeople about their police department has improved immensely. My work involved providing technical assistance and meeting facilitation as well as being a neutral observer.

Dozens of towns and cities have worked with our UNH Cooperative Extension staff to hold community wide meetings that provide a way for townspeople to meet and discuss the future of their towns in a non-adversarial way. After their Community Profile, one town decided that they wanted to protect and use their natural resources to

preserve the rural character of the town. An Environmental and Resources Committee was established and they developed an educational outreach effort that provided workshops right on the town lands they wanted to protect. They have also joined forces with other local organizations and agencies to form a Natural Resource Network. This demonstrates a great example of what can happen when residents are given an opportunity to engage around key issues.

This year Cooperative Extension is celebrating its first 100 years--our Centennial. Our mission continues to be to provide you with the researched-based education and information that enhances your ability to make informed decisions that strengthen youth, families and communities, sustains our natural resources and improves our economy. Help us celebrate as we start our second hundred years.

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TRENDY Dining Guide

The Other Side Of The Menu

By Robert Roudebush

Question - How do restaurants choose the food they decide to put on the menu?

Answer – The first factor is to figure what kind of food will put the butts in chairs – diners who will pay to eat that food, and the first answer had better be “damn good”. Consistently good, whatever style, whatever price-range. In my life, I've had some very expensive meals that were lousy values because the quality did not match the price asked. I've also had some very cheap meals that were among the best values because the quality was more than there for the price asked. By the same reasoning, I've had inexpensive meals where the quality was so bad, those cheap meals were no value at all, despite their low cost. And that means I've had pricy meals that were among the best values because they were worth every dollar, every cent they cost, they were that well-prepared. Price point is no guarantor of either poor or great quality.

Q - So the food has to be good. Is that all?

A – No way. Rule number two on food choice – it has to be priced right. If those two elements don't co-exist, good

food and good price, your eatery is out of business quick. Priced right means the right charge for portion size and ingredients, preparation and presentation. The right price means high enough that you make a profit selling it, and also low enough to keep people returning. The right price is what the local market will bear, and the local market means you and me. What folks are the restaurant wanting to bring in? What's the standard customer income level? Where is the eatery located? What choices of food and drink – alcoholic or otherwise - will be asked for? How many dollars will a customer be comfortable paying per visit? Are they expecting great formal service or will more casual do? How many visits a month, or a week? The answers all have to do with location, location and also location. Hanover – an enclave of high income people from the education and medical fields – supports a different set of restaurants than Haverhill's demographic. Both Hanover's and Haverhill's restaurant scenes will differ from Littleton.

Q - What's more important, food or service?

A - There's an old restaurant saying that people will con-

tinue go to a restaurant with only so-so food as long as they are served well and made comfortable. They will go to that restaurant more often than they will go to one with spectacular food and only so-so service. I think the old saying is true, but that approach will only take you so far and no farther. Best to get the mix of good food AND good service working together.

THE HAPPY HOUR in Wells River, Vermont, is one of my choices for a workable mix of good food and dependable service – it's a good value and has been for many years. The place is welcoming, comfortable, the offerings well prepared, well-sized, well-priced, with just enough variety on the menu to please a diner but not to confuse him. Add an experienced friendly staff, some of them of many years standing. Some people might not call THE HAPPY HOUR a great restaurant, but it is surely a damn good one with no pretensions and with a high satisfaction level. I can always count on good value for my money there. And just for that reason, other people WOULD call THE HAPPY HOUR a great restaurant.

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

Some Thoughts On Tipping

By Elinor P. Mawson

One of my first jobs as a young adult took place at a Howard Johnson's when I was in college. The place was owned by a couple whose ways could be called "exact-ing", and they ruled with an iron hand. Back then, a lot of meals were less than a dollar, which made the tips less than that!

My next job was in a high-end restaurant where I was hired because of my experience at Howard Johnson's. The couple that owned this place wanted to make sure that we provided excellent

service, so we only had two or three tables. The tips were better and I was able to pay for my junior year at college with what I earned.

Because of these jobs, I have always been aware of good service and rewarded the server with an appropriate tip.

Of course, back then, 10% was considered adequate; now 15% or 20% is the norm.

A good server will keep the water glasses and coffee cups filled. He/she knows the menu and can describe ingre-

dients and cooking methods, as well as take the used dishes/glasses, etc. away when needed. And finally, the server can keep a quiet presence and be available right up until presenting the check in a timely way.

This kind of a server deserves 20% in my book!

We have been out to eat with a variety of people, and we notice that those who have the most money will leave the smallest tip! More than once, we have supplemented their stinginess with an extra tip

Not long ago, we attended



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a brunch at a very posh place with 20 or 22 relatives. We were seated at a long table, and served by one waiter. He did a fabulous job attending to all of us.

When we all got our food, one of our family members got quite addled about his dish. "Take this back to the kitchen!" he exclaimed (quite loudly), causing all of us to look his way. It was embarrassing!

When we all had finished and received our bills, this same relative announced, "I'm not leaving a tip; the food was no good!"

One by one, we approached the waiter with money. "You don't have to do this!" he said.

"Oh yes we do," we replied. He is an embarrass-

ment to everyone and it isn't fair to you."

Needless to say, we hope to never share a table with this relative again.

Sometimes you will run across a server who has other things on his/her mind and doesn't do the best job. Keeping in mind that it isn't the fault of the food or the kitchen, puts things in perspective. This server doesn't deserve a 20% tip, nor, to my mind, even 15%. But he/she doesn't deserve to be "stuffed". And, if you want, you might talk to the manager or headwaiter or host/hostess about the poor service. But do it quietly and with no animosity! And maybe--just maybe, that person's attitude and service will improve with future customers.

The Winners (And The Results) Are Finalized

By Gary Scruton, Publisher

Do you feel lucky? Well, two of our readers certainly were lucky recently. They were the winners in a random drawing for our Spring Away Trip contest. The contest ran in Trendy Times for the past few issues looking for readers to give us their thoughts on how we are doing. Along with that we asked for name, address and phone number so that we could contact the winners.

We were quite pleased with the entries that were sent in. As a point of interest it can be reported that there were two items that more than half of the entries mentioned as items they like.

One of those most liked articles was Trendy Kitchen.

The article normally runs on the back page and is ably written by Ronda Marsh. Ronda not only writes the column, but she takes the pictures, makes the food, and is happy to share the fruits (or vegetables, or meats) of her labors with readers, family and friends. Let me here publically thank Ronda for all her efforts in this endeavor.

The second item that was well liked and appreciated is our full page Calendar of Events. This list of ongoing and special events in the area is run free of charge for any and all non-profit organizations that care to submit information. Some of the listings are monthly meetings. There are a few

weekly events such as Bingo, cribbage, etc. And there are always listings that refer to an article or a display ad in that particular issue of Trendy Times. The article or ad will give even more details.

There were, of course, several other likes from various people. Several of our other writers got big likes for contributions. Some liked the way our ads were created (thanks to Jeanne Emmons, our graphic designer) and there were even a few who simply said they liked everything! (Well, that's hard to believe that there is no room for improvement).

In the end, we appreciated all the comments and the suggestions will be taken



to heart as we continue to strive to make Trendy Times a publication that has something for everyone and is a must have for readers in our circulation area.

But the real reason for this column is to announce our winners! The Grand Prize is a two day, one night round trip to Foxwoods Casino in Connecticut. The trip includes two seats on a comfortable bus, a room for two at the Mystic Hilton, and a few other perks. The winner was Janet Smith of Concord, Vermont. Congrat-

ulations to Janet.

Second prize was a one day trip to Foxwoods that will take place in early May. The winner of that trip was Linda Leonard of Ryegate, VT. So congratulations to Linda.


For those who did not win, our thanks for your entries.

Also a very large thank you to Merl Grabowski of Bus2Win for furnishing the prizes. If you have an interest in taking a trip like this, contact Merl as there will be future trips planned.



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Acclaimed Scottish Band Comes To Haverhill

The Paul McKenna Band, proclaimed by the The New York Times as "The best folk band to have come out of Scotland in the last twenty years", will be taking the stage at Court Street Arts at Alumni Hall in Haverhill on March 22nd at 7:30pm.

Since being awarded the title of "Best Up and Coming Artist of 2009" at the Scots Trad Music Awards, The Paul McKenna Band have gone from strength to

strength touring extensively throughout the USA, Canada and Europe.

Combining their love for folk and traditional music, as well as original songs and tunes; The Paul McKenna Band from Scotland has been captivating audiences with live performances.

Concert highlights over the last few years include performances at The Cambridge Folk Festival in England, Tonder Festival in

Denmark, Milwaukee Irish Festival, and the Edmonton Folk Festival in Canada.

With a contemporary approach to songs, although not straying too far from their roots, their arrangements are both fresh and innovative. This exciting sound is created through outstanding vocals, driving guitar and bouzouki, intense fiddle playing, a warm pairing of flute and whistles and dynamic bodhrán and percussion.

This performance marks the second show of the spring music series at Court Street Arts and sponsored by Bliss Tavern Music, the studio of the legendary Betty Johnson Gray. The series continues with The Logger on April 4 & 5 (sponsored by Farmway), Chris Smither on April 19, Swing Xing: 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 be open for dinner and drinks. Tickets are \$20. For more information visit courtstreetarts.org or call (603) 989-5500.

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Disney's Frozen

PG – On DVD March 18th

So I have to say, Disney I applaud you. Since the release of Snow White and the Seven Dwarves in 1937 this company of dreams has been giving us the quintessential damsel distress, the handsome Prince and the happily after. That has been the way it was from Snow until even first African American princess (also a nice change Disney). But now they have taken everything that every Disney fan has lived by and thrown it out the window.

Frozen is a tale, adapted from Hans Christian Anderson's Snow Queen, that gives us two sisters. Anna is the younger more seemingly quirky while Elsa as the older and ever so slightly more restrained sister. The story goes quickly with an accident where Elsa uses her wintry powers for fun but soon freezes Anna's brain essentially. Their parents bring the girls to trolls, saving Anna's life but erasing her memories of Elsa's magic. As they grow up, during a song, Anna deals with no longer being close to her sister with no reason to why and Elsa deals with not knowing how to handle her magic and thinking it is a

curse. In more Disney tradition the king and queen set out for a voyage across the sea and parish the journey. This is where Disney opens a whole new world (pardon the pun). We see for the first time a princess who is sarcastic, quirky and rabidly awkward. Anna gives every adolescent girl who is trying to find her way in society the hope she needs. Whereas Elsa is the picture of a child who had to grow up far too quickly, missing all the fun of being a kid because of her guilt over injuring her younger sister.

Redefining the code that Disney has followed for generations Frozen takes a turn in the stereotype of the handsome Prince who saves the day and what true love really means. If you've been waiting for the day when the damsels no longer depend on a savior and not all the good guys are genuine then this is the work of brilliance you need to see. With such lines as "you can't marry a man you just met" and "some people are worth melting for. Just maybe not right this second" this animated feature is perfect for children and adults alike.

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

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The View

FROM HOUSE SEAT 87

By Representative Chip Conquest



The House Education Committee is developing a proposal to address what they've identified as a critical problem in our State's education system. Here is one way they have described that problem.

"Vermont is facing a crisis of confidence in our education delivery and funding systems. Our ability to provide equitable access to 21st century, world-class learning opportunities for Vermont's children has been stifled by leadership instability, non-existent or inconsistent assessment tools, lack of structural coherence across governing units, and barriers in addressing state and federal requirements. According to the Agency of Education, there are a dozen types of schools in Vermont—of varying sizes—all of which have their own approach to delivering education and reporting outcomes. The complexity of the current system makes it difficult to focus on improvements in student learning, favors redundancy, and weakens our ability to identify and remedy inefficiencies in fiscal management."

The problems they've outlined are the result, in their estimation, of our present education governance structure. What we have now (with some exceptions) is a structure in which a number of individual districts, each with its own board, are in turn, part of a larger Supervisory Union (SU). The SU has a board of its own made up of representatives from the member districts. The union hires a Superintendent to act as CEO for the SU and for each of the member boards. The committee believes that

the multiple governing units of the present structure contribute to the high rate of turnover among superintendents and make it difficult to provide a coherent approach to education across the SU, leading to a limitation in educational opportunities for many students.

To address this issue, the committee is proposing to move all schools into Supervisory Districts (SD) by 2019. A Supervisory District solves the structural problems by eliminating the local school boards, leaving the single SD board for the Superintendent to work with. The most recent draft of the bill (which can be found on the committee webpage under Governance Structure for Education) requires that each SD have a minimum of 1250 students, a single district-wide budget and collective bargaining agreement, and eligibility to enroll students in a career technical education center.

This indeed would be a major shift in the way the education system in Vermont is structured. It would move all of the substantive decision making authority that local school boards now have into the central office. This is a big deal, and something we ought to think about carefully before we proceed.

I have to admit to great hesitancy about this proposal. I fear that, among other things, by removing the direct connection to decision making that a democratically elected local board provides, we risk reducing the connection between schools and their communities and the sense parents now have of having some say about how their children are educated in

school.

I have no doubt about the committee's good intentions and continuing hard work in developing this proposal. I know they start with the belief that almost all of us share, that our education system can and should be improved. But I'm afraid that this, or for that matter any, proposal that makes the kind of sea change to our present education system that I think this does, is getting the cart before the horse.

If we want to think about transformative change in education – and I think we do – we need to start with a process, not a product. For that sort of change to have any chance of being successful, we need to hold a public conversation before the decisions are made. No one wants to implement someone else's vision.

Of course we won't agree on everything, but if we can have a dialog among all the stakeholders first, and we care about what we hear, we will discover shared values, which in turn, will allow us to identify shared goals. This sort of grass-roots engagement is the only way, in my view, that we can identify and achieve the sort of transformative changes I think we want and need in our educational system.

So to start the conversation, here are two of my goals: To create a pre-K to 12 education system that nurtures an enthusiasm for learning. To educate students in a way that fosters engaged citizenship and a desire to contribute to the social and economic prosperity of Vermont. What are yours? As always, please contact me 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



Currently, NH has adopted and follows the Federal minimum wage of \$7.25 per hour. HB 1403, which passed the House on March 12, will establish a NH minimum wage, and as supporters hypothesize, create a moderate, gradual and sustainable wage increase. If the Senate also approves HB1403, and if the Governor signs it into law, NH's minimum wage will increase from the current Federal level of \$7.25 to \$8.25 per hour. In 2016, it will become \$9.00 per hour and in 2017 and thereafter, it will be indexed according to the Consumer Pricing Index (CPI). The majority believes that nearly 76,000 workers would see a direct or indirect increase in their wages. The number of workers comes from US Census Bureau data.

As a member of the minority, I view this wage increase from another perspective. When government increases the minimum wage, it not only forces businesses to pay a higher starting wage, but it also causes adjustments to wages of other employees as a necessary action to maintain a wage differential between untrained, entry level workers in a probationary period, from trained post-probationary employees. This process incurs a cost greater than just the increases associated with rais-

ing the hourly minimum wage for entry-level workforce employees.

Increasing the minimum wage as proposed by HB 1403 also has the unintended outcome of creating "teenage unemployment." According to the Federal Bureau of Labor, 55% of those receiving minimum wage are between the ages of 16 and 24. Of this number, 31% are in the 16-19 year old age bracket. With a required minimum of \$9.00 per hour, employers will certainly look for more experienced workers to fill entry level positions, and it is probable that unemployment among young adults will climb higher than the already unacceptable level that is 5 times higher than older age brackets. Further, by September 2016, the minimum wage will also be driven by the CPI, and adjusted annually without regard to the fact that the index can increase in a bad economy. I am of the position that we should allow employers to run their business without government intrusion, enable small business to afford the hiring of entry and part time employees as needed, and support a pro-economic growth environment that will attract business to our state, while creating jobs. With that, competitive and life sustaining wages will also increase.

St. Luke's Episcopal Church
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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 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

FRIDAY, MARCH 21

FIDDLER ON TGHE ROOF, JR.
7:00 PM / By donation
Riverside School, 30 Lily Pond Rd, Lyndonville

JEANS PLAYHOUSE

7:00 PM
Lincoln
See article on page 9

LUCKY PLUSH DANCE THEATER

7:30 PM
Twilight Theater, Lyndon State College
See article on page 8

SATURDAY, MARCH 22

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

ITALIAN SUPPER / EAT IN OR TAKE OUT

5:30 PM – 7:00 PM
Woodsville United Methodist Church

ROAST BEEF DINNER W/HOMEMADE FIXIN'S

5:30 PM – 7:00 PM
United Congregational Church of Orford

FIDDLER ON TGHE ROOF, JR.

7:00 PM / By donation
Riverside School, 30 Lily Pond Rd, Lyndonville

JEANS PLAYHOUSE

7:00 PM
Lincoln
See article on page 9

CASINO NIGHT

7:00 PM – 12:00 Midnight
Lyndon State College, ASAC Room 100
See ad on page 4

THE PAUL MCKENNA BAND

7:30 PM
Court Street Arts, Alumni Hall, Haverhill
See article and ad on page 4

SUNDAY, MARCH 23

TEXAS HOLD EM' POKER TOURNAMENT
1:00 PM
VFW Post #10038 Lyndonville

JEANS PLAYHOUSE

2:00 PM
Lincoln
See article on page 9

MONDAY, MARCH 24

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

"THE GRASS HARP" BOOK DISCUSSION

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

SATURDAY, MARCH 29

WOODSVILLE ANTIQUE SHOW
10:00 AM – 3:00 PM
Woodsville High School

ST. PATRICK'S DAY CONCERT

7:00 PM
United Congregational Church of Orford

ADAM BOYCE "OLD TIME RULES WILL PREVAIL"

7:00 PM
Bath Village School
See article on page 7

SUNDAY, MARCH 30

CHICKEN & BISCUIT DINNER
12 Noon – 1:00 PM
Haverhill Congregational Church

TEXAS HOLD EM' POKER TOURNAMENT

1:00 PM
American Legion Post #30 Lyndon

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

FRIDAY AND SATURDAY APRIL 4 & 5

THE LOGGER
7:30 PM
Court Street Arts, Alumni Hall, Haverhill
See ad on page 4

SUNDAY, APRIL 6

TEXAS HOLD EM' POKER TOURNAMENT
1:00 PM
Elks Club, St. Johnsbury

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 27th for our April 1st issue.

You're Invited To Groton Free Public 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 Truman Capote. New folks welcome! Copies available at the library.

Wed, March 26 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, 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 19 through May 7.

Fri, March 28 from 3-6pm: Crafts 4 Kids! All materials provided for "Play-Doh Play." You know what to do - smooch, mold, create! Check out our new colors, tools, and dough toys. Free -- drop in anytime.

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

Bath Library Book Club

The Bath Library Book Club will be discussing "The Ginger Tree" by Oswald Wynd on Thursday, April 10th at 6 pm at the Bath Public Library. In 1903, a young Scotswoman named Mary Mackenzie sets sail for China to marry her betrothed, a military attaché in Peking. But soon after her arrival, Mary falls into an adulterous affair with a young Japanese nobleman, scandalizing the British community. Casting her out of the European community, her compatriots tear her away from her small daughter. A woman aban-

doned and alone, Mary learns to survive over forty tumultuous years in Asia, including two world wars and the cataclysmic Tokyo earthquake of 1923. Books may be picked up at the Bath Library; hours are Tuesdays and Thursdays 9:00am to noon and 1:00pm to 6:00pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information, please contact the library at 603 747-3372 or email bathlibrary@together.net.

Haverhill Corner Library Discussion

HAVERHILL, NH — The Haverhill Corner Library will host a discussion of *Serve It Forth* by M. F. K. Fisher, the library has announced. The program will be held Monday, March 17 at 7:00 PM and will be free and open to the public.

Readers will find *Serve It Forth* collected in Fisher's omnibus volume *The Art of Eating*. The program is the second in the library's discussion series featuring American food writing, led by writer and editor Linda Landrigan.

Mary Frances Kennedy Fisher (1908 - 1992) is regarded as one of America's premier food writers, the author of some 27 books of which the first, in 1937, was *Serve It Forth*. It was hailed by the *New York Times* as "eru-

dite and witty and experienced and young . . . stamped on every page with a highly individualized personality."

Raised in California, Fisher left college to marry and move to Dijon, France, at the time considered one of the culinary centers of the world. For the next several decades, she divided her life between California, France, and Switzerland, writing and publishing steadily, but slow to win wide recognition. As late as 1982, the *New York Times* Book Review lamented, "In a properly run culture, Mary Frances Kennedy Fisher would be recognized as one of the great writers this country has produced in this century." She died in 1992 in California at the age of 83, having long

suffered from Parkinson's disease and arthritis.

"It seems to me," Fisher wrote, "that our three basic needs, for food and security and love, are so mixed and mingled and entwined that we cannot straightly think of one without the others. So it happens that when I write of hunger, I am really writing about love and the hunger for it, and warmth and the love of it and the hunger for it."

The library's series on food writing will conclude on Monday, April 21 with a discussion of *Third Helpings* by Calvin Trillin (collected in *The Tummy Trilogy*).

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

Bath Public Library Announces Grant Award

BATH – The Bath Public Library has received a grant from the New Hampshire Humanities Council to present Adam Boyce of West Windsor VT, "Old Time Rules Will Prevail: The Fiddle Contest in New Hampshire and New England" on Saturday, March 29th at 7:00 pm at the Bath Village School.

Fiddle contests evolved from being endurance events to playing a set number of tunes judged by certain specific criteria. Whether large or small, fiddle contests tried to show who was the "best", as well as preserve old-time fiddling and raise money for local organiza-

tions. In recent years, the fiddle contest has declined significantly in New Hampshire and New England due to cultural changes and financial viability.

The greatest legacies of the fiddle contest are the recordings made during live competition, a sampling of which is played during the presentation, which the audience gets to judge their favorites. There is also some live fiddling by the presenter.

This program is free and open to the public.

For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrary@together.net.

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 info, 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 12. The preview starts at 9 a.m and the auction starts at 11:00 a.m. 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 April 9th. 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!

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SEARS KENMORE SEWING MACHINE, never used, 6 years old. \$300. 4-H'ers take note. Call 603-272-9350 after 4 pm 03.18

HAND MADE CROCHETED BLANKETS \$100. each. Fit up to a queen size bed, multi-colored. Hand made knitted slippers \$5.00 each. Great gifts. Contact Penny 802-757-2894 03.18

30-30 WINCHESTER CARBINE, great condition \$425. 5 HP Campbell Hausfeld air compressor. Never used. \$195. Dave 802-272-4922 03.18

ANTIQUE JELLY CABINET, top portion. Stained. No back w/4 shelves. 5 ft wide by 4 ft high. Picture available. 603-348-7172. \$100. 02.18

VARIOUS ITEMS: Diving knife \$50, Sword nightstick (nightstick w/sword inside, can screw together for mini spear) \$100. Please call for more information 603-991-0485. 02.18

LEGO STAR WARS DEATH STAR: Completely assembled \$200. 603-9910485. 02.18

OLD FASHION COUNTRY KITCHEN CABINET: Wainscoting with old fashioned latches. Picture available. 603-348-7172. \$400. 02.18

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FOR RENT

LISBON, NH - Lisbon Inn: For Seniors (age 62 or older) and People Living with Disabilities. One bedroom apartments. Centrally located in downtown Lisbon and includes all utilities. Great community room. On-site laundry facility. Smoke free. Contact AHEAD Property Management at 800-974-1377. Applicants must income qualify. Equal Housing Opportunity. ISA www.homesahead.org 04.01

WELLS RIVER COMMERCIAL SPACE: Store front office space available. Large front room with private office. Rent includes heat and electric. Call 802-775-1100 Ext. #7. 04.15

FOR RENT

WOODSVILLE, NH - Woodsville Maple Walnut: 2 and 3 bedroom apartments. FREE Heat and hot water. On-site Laundry. Ample parking. Smoke free. Contact AHEAD Property Management at 800-974-1377. Applicants must income qualify. Equal Housing Opportunity. ISA www.homesahead.org 04.01

WOODSVILLE, NH - 2nd floor, 2 bedroom, living room, kitchen & bath. Off street parking. \$750 per month includes heat. No pets and no smoking. For application call 603-747-3942. 04.01

WOODSVILLE, NH - Woodsville Opera Block: For Seniors (age 62 or older) and People Living with Disabilities. One bedroom apartments. Rent is 30% of income and includes all utilities. Centrally located in downtown Woodsville and includes all utilities. On-site laundry facility. Great community room. Smoke free. Contact AHEAD Property Management at 800-974-1377. Applicants must income qualify. Equal Housing Opportunity. ISA www.homesahead.org 04.01

WELLS RIVER HOUSING: Includes heat, trash & snow removal.
 51 Main St.- 2 BD \$720
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 Walking distance to banks, stores and laundry mat. Income restrictions apply. For an application call Shelly at 775-1100 Ext. #6 or e-mail shelly@epmanagement.com. E.H.O. 04.01

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Not all Times are Trendy as Trendy but there will always be Trendy Times March 18, 2014 Volume 5 Number 12

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 Let everyone know what you think & why.

Old Church Theater's 2014 Season!

Great Shows From May Through September!

Visit www.oldchurchtheater.org for general info, season tickets**, audition times and locations.

"Everybody Loves Opal" comedy

By John Patrick

May 2,3,4 & 9,10,11

Directed by Scott Johnson

Opal is a middle-aged recluse, lives in a tumbledown mansion at the edge of the municipal dump. She likes to collect things—anything that can be toted home in her little red wagon! She's also an optimist, for no matter how mean her lot—or sinister her "friends"—Opal responds with unfailing kindness and an abiding faith in the goodness of human nature. Into her rather strange world come three crooks, broke and on the lam from the authorities, and

her place is the perfect hide-out! The trio takes out insurance on her and then concoct an elaborate scheme to kill her to collect the insurance money, but their plan backfires in every way possible and through it all, Opal radiates kindness, affection and even gratitude. This show is a real audience pleaser with laugh-out-loud fun for the whole family!

"Cookin' With Gus" comedy

By Jim Brochu

June 6,7,8 & 13,14,15

Directed by Barbara Swantak
Gussie is a famous food columnist and cookbook author. Her agent comes to tell her she's been offered her own daily network television show. She wants to do it, but her husband Walter is dead set against it and Gussie dis-

covers she has stage fright and can't open her mouth in front of a camera. Everybody tries to help her get over it . . . Walter through hypnotism, Bernie her agent by threats; and even wacky Gypsy Carmen from next door casts spells. Finally, at the taping of the show, everything breaks lose in a stew of hijinks and hilarity. Sure to be a great evening of roll-in-the-aisle laughs!

"Morning's at Seven" comedy

By Paul Osborne

July 11,12,13 & 18,19,20

Directed by Sheila Kaplow

The play is a quirky tale of small town life in the 1930's -- it is full of comedy and truths that are as alive today as they were when the play was written... The action takes place in the backyard of two adjoin-

ing houses occupied by sixty-year old sisters Cora and Ida (and their husbands Thor and Carl). Another sister lives with one of the couples and a fourth sister and her husband live nearby. Suddenly, their calm life is interrupted by the long-overdue announcement by Homer, Ida and Carl's forty year old son, that he is bringing his long-time fiancée to meet the family. This event releases a cascade of changes in the family dynamics, revelations and humorous complications.

"Little Women" the famous novel by Louisa M. Alcott

Adapted for the stage by Peter Clapham

August 15,16,17 & 22,23,24

Directed by Gloria heidenreich

Louisa M. Alcott's famous novel is so well known and loved that little more needs to be said. But this stage version of the story faithfully follows the book, interweaving the lives of the sisters Meg, Jo, Beth, and Amy, and Laurie, and the boy next door, as they grow up during civil war times.

All the overtones of gaiety and the undertones of sadness are here, bringing the story completely to life and a real treat to see live on stage!

"Caught in the Act(s)" short plays

September 19,20,21 & 26,27,28

Various Directors

Look forward to a series of short plays to end the season!

**Save 20% purchasing season tickets before April 1st (\$40.00)! That's a whole show for free!

After that it's \$45 anytime through the year, still a great buy!

Old Church Theater is a community organization open to participation by all, and is fully non-profit under state and federal law: Donations are gratefully accepted

Letter To The Editor

Liberals ALWAYS Win

I have a new hero of the month. His name is Jerry Springer, the former democratic mayor of Cincinnati and now talk show host of the infamous Jerry Springer show which I don't watch and neither does he. It would be interesting to know the composition of his audience. Oh the irony of it all if we found out that the majority of his audience was mostly conservative? I'll let the fringe do that research.

Here's a couple of quotes from this Democratic Progressive: "the general trend is, overwhelmingly, liberals ALWAYS win. Every major issue you can think of that Americans are now proud of started out with conservatives fighting it and liberals winning". And again: "I'm not saying we don't elect Conservatives a lot, but it doesn't much matter because ultimately those Conservatives have to become more liberal to survive".

Let me apologize for the capital letters above. I want to make sure that the viewers of Fox News, who are mostly elderly, can see the point of Springer's message. Well, in the words of another fringe contributor to this forum: "You have to die some-

time"! I believe he was referring to the Medicaid Expansion bill that is probably going to pass the NH House soon.

Coming back from voting this afternoon I reflected on why I mostly vote for liberal candidates, well ok, I always vote for liberal candidates. Sometimes the plain truth hits you right square between the eyes and it's hard to deny Springer's comments. Youth will not be denied. The next generation will not be denied—especially if it has great needs. It doesn't appear that Washington is in a position to rectify the social ills that plague us but as soon as they become a potent minority they will go to Washington and do it themselves. That's the way society works. We move forward. Humanity moves forward. In spite of Libertarian attempts to establish a Plutocracy, Democracy will prevail in these here United States.

Conservatives can put up as many road blocks as they want but in the end Liberals will ALWAYS win. I have never been a believer in absolute truth but in this case I'll make an exception.

George Maloof
Plymouth, NH

George,

There's an old saying about never saying never. Same kind of thing about Always. Virtually nothing is absolute (except death and taxes). That being said, I must therefore disagree that Liberals Always win.

If that were true then there would be no Conservatives at all. In fact if only Liberals won, then eventually they would be known as the Conservatives as more and more liberal politicians won election and moved the norm further left. Now some may argue that this has already happened. Like the movements of a glacier, it takes place at such a slow rate than it is hard to see up close. It takes time and space in order to see that movement.

My other point would be to say that having at least two parties is one of the strengths of this country. We have existed with this system for more than two centuries. Again, some would argue that the current system is broken. And to an extent I would agree. But, it certainly beats only having one party to vote for.

So, whether you call yourself a Liberal, a Conservative, or like me, a middle of the roader, I again urge all to be informed about those who want your vote. Understand their general philosophy and make a decision based on the individual, not just the party, or the tag someone puts on them.

Gary Scruton, Editor

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Give Us A Call!

The Other Side Of The River

By Elinor P. Mawson

Thirty years ago when we bought our camp, there were so many trees and so much high brush that we had no idea where we were. When the realtor asked if we wanted to see the river we replied, "No, we know it's down there somewhere." In the distance we could hear Route 302.

On our next trip to camp, we slipped and slid down the hill, and were utterly amazed that we owned 600 feet of riverbank--and couldn't believe our fabulous luck.

Our son got out his chainsaw on a subsequent trip and voila! we could see the river from our deck. And there was Route 302 through the trees on the opposite side.

We love our location. We love living on a dirt road, even though it is bumpy from end to end, and just

awful in mud season. We love being only minutes from town in either direction. But in the last 17 months, it has been really tough living on the other side of the river.

Why? do you ask. What is so different?

Well, I'll tell you! It is because of the construction on the Bath covered bridge.

Phrases like "Robin Hood's barn" and "the long way around" come to mind. We have to think about all our errands and decide on the direction we'll be heading. The time element has to be considered.

It seems quite ridiculous to go West in order to go East. Just think of the extra miles on our vehicles, to say nothing of the wear and tear.

To add to our angst, our post office is only open at odd hours, so if we need a special service or buy

stamps, we have to take those odd hours into consideration.

And if there is a flood, which happens two or three times a year, we are really in for it. Our road usually is OK, but the road into town gets closed off, and everyone on this side of the river has to go to Lisbon--the back way--and that is REALLY the long way around.

I have to say, though, that our road crew does a good job of clearing the roads and keeping the detours as short lived as possible.

Despite all of the nuisance and extra time and the rattles in our car, however, we choose to live where we do. We can see the river, hear Route 302, and enjoy life.

I wouldn't want to be anywhere else.

Dear Marci...

Dear Marci,

I went to the pharmacy and was told that the drug my doctor prescribed me was not covered by my Medicare Part D plan. The pharmacist said that I could try to file an appeal. What is an appeal?

Marius

Dear Marius,

This is a great question. An appeal is a formal request you can make to your Medicare coverage if you disagree with a coverage decision on a health care service or drug you need. In this case, you can start to file an appeal if your Medicare prescription drug plan, also known as a Part D plan, will not cover a medication you need. Remember, you can get Medicare coverage in two different ways. You can either get Medicare Part D through a stand-alone Part D plan that works with Original Medicare or through a Medicare Advantage Prescription Drug Plan, also known as a Medicare private health plan that provides you with prescription drug coverage.

Note that your pharmacist should also give you a notice called, Medicare Prescription Drug Coverage

and Your Rights. This is a notice that explains the process of contacting your Part D plan to request coverage of the drug you need. Keep in mind that this is simply an educational notice that provides you with very general information on the first steps of the appeal process. This is important to know, since you generally need to receive a written, formal denial notice from your Part D plan in order to begin the appeal process. The Medicare Prescription Drug Coverage and Your Rights notice is not a formal denial from your Part D plan. However, you should still read it for your own understanding.

If your pharmacist told you that your Medicare Part D plan will not cover the drug you need, you should contact your Part D plan directly. It's helpful to do this to find out why your Part D plan is not covering the drug you need. If the denial is due to an administrative error, it should be resolved when you call your plan. Remember to write down the date and time in which you call, the name of the Part D plan agent you speak to, and the outcome of your call.

If the issue is not due to an administrative error, get

in touch with your doctor. Your doctor may be able to prescribe you a different drug that is covered by your Part D plan, so that you do not have to file an appeal. If your doctor cannot prescribe a different drug that is covered by your Part D plan, you should ask your doctor to help you file an exception request, also known as a coverage determination. An exception request is a formal request you make to your Part D plan, asking your plan to cover the drug you need. Filing an exception request with your Part D plan is the step you take before you can file an appeal. While plans generally provide decisions on exception requests within 72 hours, you and your doctor can request that your plan make a quicker (expedited) decision to your exception request in 24 hours if your health would be harmed by waiting the standard 72 hours for a plan decision.

If your exception request is denied by your Part D plan, your plan should then send you a written, formal denial notice that includes instructions on how you can file your appeal.

-Marci

Financial "Spring Cleaning" Can Brighten Your Investment Picture

The days are getting longer and warmer — a sure indication of the arrival of spring. Another sign of the season may be the urge you get to do some spring cleaning. But you might not have realized that some of the same spring-cleaning techniques that can be used on your home can also apply to your investments and your overall financial strategy. Here are a few ideas to consider:

Get rid of "clutter." As you do your spring cleaning, you may well find some clutter — a bunch of items you no longer need. As an investor, you might look at your portfolio and also find "clutter" in the form of investments that are no longer appropriate for your objectives. For example, perhaps some of them are virtual duplicates of other investments you own, thereby diminishing your potential for diversification. Or maybe some investments are now too risky for your needs. In any case, you may be better off rebalancing your portfolio.

Get organized. As you clean your home, you might find ways to organize your belongings and furniture more efficiently. And you may also be able to organize your investments more effectively. One possibility: Consider consolidating your investment accounts with one provider. If you have an IRA here, another one there and some other investments scattered about, you may be paying more in fees and commissions than is necessary. By consolidating these investments, you might save money and paperwork — and more importantly, you may find it easier, with all your investments under one "roof," to follow a single, unified investment strategy.

Seal "cracks." Over time, the grout between your kitchen or bathroom tiles can crack, so you'll need to re-grout to protect your flooring. And you may find that, in looking at your overall financial strategy, your "protection" component — primarily in the form of insurance — might have developed some

"cracks" or "chips." Specifically, has your life insurance kept up with changes in your family situation? Events such as marriage, remarriage or the arrival of a new child can all trigger the need to review your life insurance. And you'll also want to make sure you have adequate disability insurance. Consult with a financial professional for information on appropriate protection vehicles.

Do some "dusting." As part of your spring cleaning, you may need to dust furniture, shelves and other surfaces in your home. And if you've been investing for a long time, you may need to metaphorically "dust off" your financial strategy to "freshen it up" to reflect changes in your life. To cite one possibility, as you get close to retirement, you may need to shift some — but certainly not all — of your growth-oriented investments into income-producing ones. But you may also need to review and revise your financial strategy at other points in your life, such as when you begin saving for your children's college education. Just as spring cleaning can bring more light into your home, sprucing up your investment picture can help you brighten your financial outlook. And these improvements can help you in all the seasons of your life.

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14 Copper Cannon's 42nd Annual Auction A Huge Success

BETHLEHEM, N.H. – Copper Cannon Camp's annual auction is always a fun night for attendees from all over New England, but the impact from the event goes far beyond one night.

Thanks to hard work and generosity of everyone involved, more than 100 New Hampshire youth will have the opportunity to attend summer camp at no cost with the funds raised.

The 42nd annual auction took place March 1 at the Littleton Elks Lodge, and Copper Cannon's executive director Peter Christnacht said the results surpassed all expectations.

"The outpouring of generosity from people, many whom have never been to Copper Cannon Camp, was unbelievable," he said. "Their impact will make a huge difference in the lives of New Hampshire's low-income youth."

A team of more than 50 volunteers, including a number of campers and staff, worked hard for months leading up to the event, which culminated in a packed house donating and bidding on hundreds of items.

"Not only was the auction a wonderful fundraising



Executive Director Peter Christnacht (left), Elaine Gabriel and Board Vice President Nancy Goebel pose in one of the item rooms.

event for Copper Cannon Camp, but it allowed a number of volunteer campers and their families to give back for what camp has given them," Christnacht said. "Some of these families drove from the southern part of the state or farther to participate Saturday night."

A silent auction spanning multiple rooms lasted from the time the doors opened until after dinner. Following that, a live auction of 25 big-ticket items followed, featuring pieces such as a Dominican Republic vaca-

tion, Cannon Mountain season passes, a washer and dryer and a big screen TV.

As always, one of the most magical moments of the night was when Christnacht offered auction-goers a chance to bid on the most important and rewarding live auction item of them all. Attendees were given the opportunity to sponsor a camper for a day or more. The donors held hold up their bidder numbers with one hand and the number of days they wished to sponsor on their fingers on the other hand. Several bid-



Volunteers help set up the home and hardware section before the crowds arrive.

ders sponsored more days than they could hold up on one hand. The sponsor-a-camper opportunity lasted no more than a couple of minutes, but quickly raised more than \$10,000.

Copper Cannon Camp remains the only completely free summer camp in the state, and has served more than 21,000 New Hampshire youth since its inception in 1963. The camp celebrated

its 50th anniversary last year and is kicking off the next 50 years with a new, state-of-the-art dining hall which is expected to be completed by mid-May, just in time for the next set of campers and seasonal staff to enjoy it.

For more information on Copper Cannon, including how to donate or volunteer, visit www.coppercannon.org, email info@coppercannon.org or call (603) 823-8107.

What's On My Plate? Eating On A Budget

Submitted by Mariah Smith, Senior at Plymouth State University
Major: Health Education
Minor: Professional Communications
Option: Health Promotion

As a senior at Plymouth State University this past

winter, I had the opportunity to work with Lisa Ford through the University of New Hampshire Cooperative Extension Nutrition Connections Program, furthering my education on nutrition. As a college student you are forced to grow up very quickly. For the first time in your life you are

sharing a bedroom with strangers, eating meals at specific times when the dining hall is open, and waiting in lines to take showers in the community bathrooms. Your time revolves around other people and this can be very difficult for most students to comprehend. When juniors or seniors are given the opportunity to live off campus in an apartment, they are faced with paying monthly bills. The stress of keeping up with rent and staying on track with school, students tend to choose less healthy options when they do their weekly grocery shopping. This busy lifestyle will navigate people to buy the packaged and quick meals, since they are easiest. What some students do not know is that there are plenty of ways to eat on a budget, they just need to be taught how to.

When doing research, I found a convenient tool that any person whom is eating on a budget can use. "www.ChooseMyPlate.gov" has come up with the 3 P's which offers insight on how to buy nutritious foods and save at the grocery store. The first P is "Plan". Plan

your meals and snacks for the upcoming week according to your specific schedule. Research online quick and easy recipes, and find meals that include similar ingredients so you can reuse the foods you buy throughout the week. While researching make yourself a grocery list, so when you go to the store you will not be tempted to browse other unnecessary items.

The second P stands for "Purchase." When you first arrive at the store, pick up a flyer and check to see what's on sale for the week. Look to see if any of the food on your list is on sale, and head to those aisles first. When comparing brand and store brand items, the store brand is usually cheaper and tastes the same. Check unit prices to be sure. Another quick tip is to never go shopping when you're hungry! You will most likely purchase unnecessary food just because it looks good in the moment. Choosing vegetables and fruits that are in season will lower the cost of what you pay at the end. Since it is currently winter, foods that are in season are winter squashes,

sweet potatoes, Brussels sprouts, kale, oranges, grapefruits, tangerines, kiwi and pears. For a complete list of what foods are in season go to www.fruitsandveggiessmorematters.org

The third P stands for "Prepare". Preparation is key when living a busy and active life. Prepare a schedule and choose a day that works best for you to pre-cook the food you will be eating in advance for the week. For example, on Sundays after you do your weekly grocery shopping, leave a few hours open to make the food and put them in containers for you to easily grab on the go during the week. The no cook meals such as salads are perfect when you're trying to eat healthy and get your daily vegetable intake. Last but not least, be creative with the food you buy. There are thousands of easy recipes on line that can guide you to using the same food, but in different ways.

For more information on eating on a budget go to: <http://www.choosemyplate.gov/downloads/PlanPurchasePrepare.pdf>

Spring is here
Spring has sprung
The bird is on the wing
My my how absurd
I thought the wing
Was on the bird.



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Uterine Fibroid Tumors

What to do when issues hit home? A question that often gets posed even when we believe that we have "all the answers." Too often the case, "not enough questions = not enough answers." So where to begin the quest thereof??? Uterine fibroids are benign growths that can form on the interior muscular wall as well as the exterior of the uterus. These tumors can be microscopic to several pounds in size.

It is estimated that 20 to 30 percent of all women develop fibroid tumors. For reasons not yet understood, they tend to form during a woman's late thirties and early forties, and shrink after menopause. This would seem to suggest that estrogen is involved in the process. However, while all women produce estrogen, only some develop fibroid tumors. The presence of fibroid tumors does seem to be genetically-linked (they are known to run in families). Most women who have fibroid tumors never even know it, unless they are discovered during the course of a routine pelvic examination. In roughly half of all cases, fibroid tumors cause no symptoms at all. In other cases, however, these growths can cause abnormally heavy and frequent menstrual periods. Other possible signs and symptoms include anemia, bleeding between periods, fatigue and weakness as a result of blood loss.

Depending upon their precise location, fibroids can cause pain in the legs, back, and/or pelvis. And exert pressure upon the bowels or the bladder, or even block the urethra and create a kidney obstruction. Fibroid tumors are almost never malignant, so treatment is not usually required as long as they remain relatively small and do not produce unpleasant symptoms.

Herbal suggestions to balance potassium levels, liver function and act as anti-oxidants:

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, eruptive fevers 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 alkalinizing 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. Nutrients: Amino Acids, calcium, chromium, copper, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

DANDELION LEAF: (Taraxacum Officinale), An effective diuretic, high in Potassium and vitamins A & D. Primary Uses: as a specific in a formula to relieve water retention, especially if due to high blood pressure; as part of a liver and gallbladder tonic when there is congestion and jaundice. Secondary Uses: as part of a formula to overcome anemia and "tired blood". Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

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MORINDA: (Morinda Citrifolia), Morinda has been used for centuries to support the entire body and treat a wide range of symptoms including poor digestion, high blood pressure, respiratory problems and immune deficiency. Morinda stimulates male sexual function, helping to treat impotence and increase fertility, and also to treat menstrual problems. This herb increases energy, stamina and endurance. Rich in vitamin C, Morinda provides natural antioxidants that support the kidneys, increasing the flow of urine to flush toxins from the body. It works to correct problems with the structure of proteins and cells. Morinda is specific for aiding in depression, menstrual problems, rheumatoid arthritis through alkalizing the digestive system.

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treating childhood eczema; as an external wash for boils, sores and acne; as part of an herbal vitamin and mineral combination. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B3, C & E.

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

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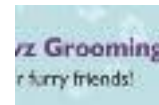
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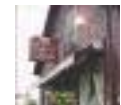
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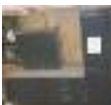
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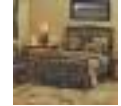
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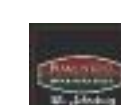
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TRENDY KITCHEN

By Ronda Marsh

Crepes Quebec

Are you curious as to what "Crepes Quebec" are? Let me start by explaining what they are NOT. They are not the fancy, pale, almost translucent and paper-thin French Crepes Suzette, lovingly folded into triangles and draped with a flambéed orange sauce, created by a master pastry chef in a restaurant in Montreal or Paris. Those are very nice, of course, but these ain't that. These are more of a country or peasant version, still thin and delicate, but allowed to brown a bit, and meant to be consumed as a main meal, with plenty of REAL maple syrup and perhaps with a side of sausage or ham.

Word on the street is that our unusually cold and snowy winter shows great potential to produce a bountiful sugaring season, with some sugar makers already gearing up for their first run. Keeping that in mind, now is the perfect time to break out

the syrup and try some crepes.

I have literally been making these all my life, as has my mother, her mother before her, and her mother before her. My maternal ancestors were of hearty Scottish/Canadian stock, who lived and raised families in the remoteness of northern Quebec. Crepes were a staple meal, served often, especially during the Lenten season, which coincided with spring, when both maple syrup and eggs were plentiful. Today, in the age of readily available groceries, I make them all year long, just because I adore them. Unlike my ancestors, I have a non-stick skillet, which makes the process much easier than the heavy cast iron fry pans of yesteryear. I also have come up with an actual recipe, instead of having to depend on the appearance of the batter to determine if you need a little more flour or a bit more milk.

ber that the first one you cook will always be the worst one...the pan will become more seasoned as you go and you will develop a rhythm. When you're ready to eat, you can stack and butter several crepes before bathing them in syrup, or, you can roll them up then cut them into "rags". Serve them for breakfast, brunch, or dinner. Crepes Quebec is a simple, sturdy meal, as satisfying and delicious today as it was 100 years ago!



- 4 eggs
- ¼ teaspoon salt
- 2 cups flour
- 2¼ milk
- ¼ cup (½ stick) melted butter or margarine, plus more for swabbing the skillet.

Whisk eggs & salt. Add flour and milk alternately until smooth and incorporated. Add butter and whisk till smooth again. Allow to sit for at least 25 minutes before using, to allow the gluten to develop a bit. At this point, the batter can be refrigerated for up to 24 hours before using. When ready to cook, whisk the batter to reincorporate the ingredients. Preheat a 10" nonstick skillet over

medium-high heat and brush lightly with melted butter. Using a 1/4 cup measure, pour batter into the pan, while holding the pan and tipping it to cover the bottom. Replace pan on the heat and allow crepe to cook for a minute or so, before lifting the edge of the crepe to check the underneath for doneness. When a few golden spots appear on the bottom, flip the crepe and cook the other side. Remove crepe to a plate and cover to keep warm. Repeat with remaining batter, brushing pan with butter between each crepe. Serve crepes with plenty of syrup and butter, along with sides of bacon, ham, or sausage. This makes enough crepes for 4 adults.

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