

# TRENDY TIMES

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## Welcome Home Vietnam Veterans

*By Maj. Gen. William Reddel III  
Adjutant General, New Hampshire National Guard*

March 18, 2014 at 12:22pm

A year ago New Hampshire welcomed home its Vietnam veterans.

Held to coincide with the national commemoration of the 50th anniversary of the war, the March 30 ceremony inside a Concord national guard hangar drew more than 2,000 people. Some traveled from other New England states to hear Gov. Maggie Hassan, the state's congressional delegation and numerous generals officially recognize a generation of service members treated badly by the nation that sent them to fight.

On Saturday, April 5, the governor and New Hampshire's elected officials will host another ceremony for Vietnam veterans beginning at 2 p.m. at White Mountain Regional High School in Whitefield. With 46,000 Vietnam-era veterans in New Hampshire there were many who could not attend the first one. The state's intent is to make the event an annual gathering, each time in a dif-

ferent location and each time to say, "Thank you for your service. Welcome Home."

I understand that there is no excuse for nearly a half century of apathy -- that no amount of polished speech and glad-handing will completely erase such an embarrassing period in our national history. For some Vietnam veterans Memorial Day, Veterans Day, or their military branch's birthday are sufficient enough reminders of their service. I am also aware of the lingering doubt of what constitutes a Vietnam veteran. Does it also include those men and women who were drafted and served stateside or in a country other than Vietnam? I believe so. Is their service and sacrifice any less meaningful because they were sent to Germany, Italy or Alaska?

Certainly not. Underscoring this national reconciliation is the fact that these very same veterans swore that the next generation of soldiers, sailors, airmen, Marines and Coast guardsmen returning from war would receive the gratitude they deserved. Spend some time with the Pease Greeters and you will understand just how serious they have been about delivering on that promise. Since 2005, nearly 200,000 U.S. troops have passed through a gauntlet of praise and admiration at the International Tradeport whether they are flying home or overseas. They do not distinguish by operation,

country served in or branch of service.

The rest of us can learn by their example.

Join us on April 5.

Let these ceremonies -- one is being planned for June for New Hampshire's Korean War veterans -- serve as rally points to reinvigorate our collective conscience. To remind us of those who sacrificed more than was ever asked of them. And to appreciate them and, hopefully, be inspired by them.



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# TRENDY Dining Guide

## Ramunto's Of St. Johnsbury

By Gary Scruton

There are several pizza places in our circulation area. Some are family owned and operated, stand alone establishments that exist because of their neighborhood reputation. Then there are those franchise restaurants with plenty of national exposure. But there is also a third type. One that is locally owned and operated, but is part of a franchise system, even if it is a small system. This pizzeria is called Ramunto's Brick Oven Pizza, located at 1216 Railroad Street in St. Johnsbury, just south of Twin State Ford. They are in the brick building with the big brick smokestack.

There are actually four Ramunto's in Vermont and another four in New Hampshire. But each one is independently owned and operated with direction and support from the "home office". This column, however, looks only at the Ramunto's in St. Johnsbury.

One of the keys to the Ramunto way of making pizza, calzones, pasta meals, or actually anything they serve is fresh ingredients, and fresh made. When you order an item is when they start to make that dish. No premade and then heated up here. The pizza dough is hand tossed and then baked, like it has been for hundreds of years around the world, on a stone surface. It all adds up

to a superior taste and quality you can count on.

Of course, like with any process, mistakes happen. And I must pass along that on our most recent visit to Ramunto's just such a mistake happened. My wife and I both ordered calzones. Mine was the meat lovers, and hers was the veggie lovers style. Ramunto's also offers two sizes of calzones, small and large. (I can tell you now that I will probably never order a large one. The small one was cut into three pieces and one of those pieces went home with me.) But, back to the mistake made during our visit. We grabbed some drinks from the cooler, put in our order and went in to sit and wait for the meal to be brought out. As always they smelled great and tasted fine. But then we noticed that the bottom of both calzones was a bit overdone. (Well, okay, burnt. Not to a crisp, but black. Mine not as badly as my wife's). And when we finished she went out to the front counter to let the staff know that the food served did have some issues. She had, in fact, not eaten the bottom crust and therefore had the evidence of the mistake. The staff immediately jumped into action. They went right to the ovens to check temperatures and timers to be sure no other or-

ders had the same issue. And they also quickly offered to refund us the cost of the calzones. We did accept a refund of one calzone, but as my wife told them, "We still ate them!"

My point is that no process is 100% perfect. Just like us humans, no one is fool proof. But I give the staff at Ramunto's very high marks for taking care of the mistake, making sure it was corrected, and making sure the customers were happy before they left. Thank you.

It should also be mentioned that even though we did not take advantage of their daily special, it certainly did interest me. You can go to Ramunto's for lunch and get two "large" slices of cheese pizza and a fountain drink for just \$4.99. Put some pepperoni on that pizza for just \$1.00 more. And if the opportunity allows, you can add a glass of wine or beer from their extensive list. They even offer a Beer Sampler. (I did not ask on this stop as a busy day was still ahead, but again interest was raised!).

We do not get to St. Johnsbury on a regular basis, but for those who do, and who like great quality pizza, calzones, pasta, or I would guess anything else on their menu, put Ramunto's on your list of spots to stop.

## Blueberry Pruning And Apple Grafting Demonstration

Have you been thinking you need to prune your blueberries, but aren't sure where to start? Have you always wanted to learn how to graft your apple trees? If so, then UNH Cooperative Extension's Blueberry Pruning and Apple Grafting Demonstration is intended for you.

Please join us on Saturday, April 19, 2014 from 10:00am to 1:00pm at Windy Ridge Orchard, 1775 Benton Road, Route 116, in North Haverhill, NH for this demonstration led by Bill Lord, UNH Cooperative Extension Fruit Specialist, Emeritus. Bill will answer your questions and demonstrate apple grafting and blueberry pruning techniques.

To register, contact the UNHCE office at ce.grafton@unh.edu or (603) 787-6944. There is a suggested donation of \$5 for this outdoor event. Please come dressed and prepared for the weather.

For any special arrangements including physical access, or other accommodation requests, please contact Heather Bryant, Field Specialist, at 603-787-6944. Ten working days are needed to facilitate special needs requests.

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# In Vino Veritas – Bottle Twenty One

## “In Wine There Is Truth – And Beauty”

By Robert Roudebush

**QUESTION - Last time, BOTTLE TWENTY, we talked about simple wine service, and we only got as far as the wine being poured into the glass. Big deal. Can we go on from there?**

**ANSWER –** Sure, but don't put that first part down quite yet – this counts. For example, if YOU are pouring, how many people are you pouring for? Or if the wine is being poured for you in a restaurant, how many at the table? Do you know how many glasses you can get from a standard 750 ML bottle? Your waiter better know if he or she wants to not short anybody say at a table of 4 to 6 people, just pouring from one bottle amongst them all. And YOU better know what your waiter should know.

**Q - I don't know how many glasses in a bottle.**

A – A couple of tricks are available here. Obviously, you can arrange to have more than one bottle ready to pour if you are working a group larger than four or five people. And you can always go to a larger bottle if it is available – a 1.5 Liter bottle for example is exactly the quantity of two 750s. But you still need to know how many glasses you can count on from each bottle. You can typically get between four and five glasses of wine from one standard bottle, and that means 8 to ten glasses from the 1.5 Liter. Of course, you can stretch any of those numbers by pouring less into each glass. The goal is to achieve an even pour no matter how many you are pouring for. How full you fill each glass depends obviously on the size of the glass. Three ounces in a smaller glass appears way different from the same three ounces in a bigger globed glass. As a professional, I used to practice at home with water in the various size bottles, and with different wine-glass configurations to become used to equal pours. You can get two rounds of pours from the same 750 ML bottle for four people, for example, if you accurately gage the amount of your pours.

Another useful trick, no matter what size bottle you have, is to UNDERPOUR all around first time, and then if you have some wine left, do a discreet quick re-pour all around, still keeping the level of wine equal in each glass. That beats the hell out of giv-

ing three people a healthy pour and then just a dribble or two for the fourth person. If you are a waiter, better hope and pray that fourth person's not paying the bill and determining your tip. An informed dining host will understand that more wine may be needed, even prior to the first pour, and may say to the server, “Let's go ahead and open two bottles immediately”. Waiters love such well-informed people.

**Q - Got the picture. Thanks. Now, once the wine is in the glass, besides drinking it, what else is there?**

A – Depends on what you WANT to do before the wine hits your tongue. One rule for wine enjoyment, (more typical at wine tastings than just sit-down dinners in a restaurant setting) is to follow the four “S's”. The four “S's” are cool unless you are pairing a wine tasting with a dinner, and in that case, no need to stall your guests from their enjoyment at dinner, or delay the waiter.

**Q - Four 'S's' huh? Let me guess. Suck it, slurp it, spit it and spray it?**

A – Those could make for a fun party, depending on your mood - in fact I've been to several of those, but that was long ago and far away in another city by another river. We

can do better. Try - see it, swirl it, sniff it and then sip it.

**Q - See it I got. It's in the glass, look at it.**

A – Do yourself a favor and REALLY look at it. Hold your glass by the stem, tip the glass slightly and watch the different levels of color reveal themselves in the wine from the most shallow level of wine at the top edge and the deepest level of wine near the bottom of the glass. Color is called hue. A good red might reveal something like yellow to light brown hue at the shallowest part, and deepen to dark burgundy near the bottom. That's one reason for white tablecloths and white napkins, a perfect background as you look through a clear glass to judge the hue of the wine. Then, hold up that clear glass to the light, or to a candle, and judge the other part of appearance – clarity. The wine, red or white, should be brilliant and unclouded, alive and clear.

**Q – OK – is this when you swirl it?**

A – Exactly. Using the stem again, move the glass around in gentle small motions so the wine inside moves in a circle – this may take some little practice and you may spill a bit, but before long you'll get good at it and you'll likely be swirling your morning milk.



**Q - And if I recall right, the swirling aerates the wine, helps release the flavor elements, kind of like a mini-decanting? That, plus you can create the legs or tears on the inside of the glass, an indication of the alcohol strength of the wine?**

A – Well done. If this was a class, you'd be an “A” student. Next “S” is you sniff it, really put your nose down into the glass – perfectly acceptable socially – breath in deep and slow and try not to get your nose actually into the wine. That nose dipping can be a fun party trick, but there's a

price to pay. Finally the last “S”, sip it and keep the sip in your mouth, move the wine around inside your mouth. Some folks call this “chewing” the wine, and the purpose is to expose as many of your taste-buds to as much of the wine as possible. Then, swallow and let the aftertaste reveal itself. A good taste of wine invites another, and that is called a “good finish”. Which is a good finish to this column.

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

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## The View FROM HOUSE SEAT 87

By Representative Chip Conquest



On Town Meeting day each year that I've been in the legislature I've gone to the three meetings in our district to give a brief report. This year, as opposed to giving my usual overview of a number of issues, I chose to talk about just one subject, education. The takeaway message I was trying to get across is that I believe Vermonters have proven themselves deeply supportive of education over the years -- in all kinds of ways, including paying for it. I said that I found that kind of support profoundly hopeful for the future of our state. I also said I have a sense that we've reached a time when that support is at risk.

Here's why. Although the way we collect and distribute funding for education in this state is looked upon as perhaps the most equitable and fair system in the country, it is a tradeoff between fairness and simplicity. Look, if you go to town meeting and vote to increase your local school budget, your taxes will go up a bit to pay for that increase. Vermonters understand that and think it's fair. But under our current system, it's entirely possible to vote on a school budget that is level, year over year, and still have double digit tax increases. This seemingly bizarre outcome is the product of a formula that "works," in that the results are indeed equitable, but is, for most voters, incomprehensible.

If an interested taxpayer making a reasonable effort can't draw a line between his or her school budget vote

and the resulting tax bill, then I think the system is fatally flawed, and I think we, the legislature, ought to say so, publicly. Acts 60 and 68 answered the equity requirements of the Brigham decision and created a fairly progressive system. But as the formula has grown in complexity and as economic times have changed a disconnect has occurred between school budgets and tax rates. I think Vermonters will thank us if we acknowledge that and commit to creating a funding system that places comprehensibility near the top of the priority list. If we don't, I think that people's inability to understand the workings of the funding system will lead to a distrust that threatens to erode their support for the education system as a whole.

While it's critical that we get the financing system right, I think people often conflate their criticism of how we pay for education with how much we pay for it. Tax rate jumps are often the focus of discontent and the reference used to talk about the "cost" of education, but at the end of the day it's dollars out of pocket that people really care about. Comparatively we pay a lot -- 1st or second highest in the nation per pupil. And we get a lot, no doubt -- 7th best in the world by some criterion. But I think if you polled Vermonters and asked, do you believe young people in this state are getting a world class education with the money we're spending? many would say no. And that disconnect between what people are paying

and what they're getting -- whether perception or reality -- threatens, in my view, the kind of broad support for education that we've enjoyed for so long. Another way to say it is not that Vermonters are beginning to question the value of education, but that they're beginning to question whether they're getting all the value they're paying for.

Part of my response to this situation is to propose that the legislature find a way to hear from every Vermonter who's willing to talk to us about what they want from their education system. I'm certain that if we facilitate this articulation of values regarding education, we'll find broad consensus around many of them.

At the same time, we can identify and publicly acknowledge the ways in which our constituents are telling us that the system is in need of improvement. One of those ways will certainly be the need for more cost effectiveness. As a first step to addressing that we can look at what we're doing now, identify those things that are not directly contributing to what people have told us they want, and look there first for savings.

But saving money alone is not enough, especially if it means just cutting. The legislature needs to take Vermonters' expression of educational values and create proposals for improvement that people recognize as reflecting their own thinking. If we can do that, we create the possibility of renewed support for our education system and for the changes we need to make to improve it.

As always, if you have questions or comments about issues before the legislature don't hesitate to contact me. conquest@sover.net (802) 757-3803

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

## New HAMPSHIRE HOUSE UPDATE

By Rick Ladd - Haverhill

What is the purpose of the New Hampshire "Rainy Day Fund?" Recently, the NH House of Representatives discussed this question while debating HB1411. The bill proposes to use a portion of this year's fund balance to increase funding to Health and Human Services. As a refresher, a rainy day fund is similar to the family's emergency savings set aside for unexpected needs. To many the past recession resulted in drastic reductions and in some cases, depletion of family savings. The state's "rainy day" or emergency account is similar to family savings accounts. NH relies on reserves and unobligated general fund balances to help smooth out the impact from the ups and downs of the business cycle on the overall state budget. Due to the past recession and previous state fiscal policy of balancing budgets with borrowed money, NH's rainy day account is modest. The state economy is recovering slowly, and although a \$15 million fund balance surplus is expected this fiscal year, revenues are not growing fast enough to fully offset past budget cuts or the state's accumulated debt. As I have stated on previous occasions, school building aid debt alone is slightly less than one half billion dollars.

HB1411, a bill relative to

restoring money's to the Department of Health and Human Services proposes that \$7M of the expected \$15M surplus be directed to that department. I believe that this is bad fiscal policy. First, it reopens the 2014-2015 budget, which is contrary to long-standing House practice to not reopen an already approved budget. When developing this budget, legislators compromised and allocated state appropriations in accordance with fiscally prudent policy. That door should not be opened at this time.

Further, the state must learn to live within its means and once again, rebuild our emergency "rainy day" fund. As of this budget year, NH's rainy day fund balance is \$9M. In comparison, our neighboring state fund balances are: RI = \$150M, ME = \$42M, VT = \$58M, and MA = \$1.4B. According to the NH State Treasurer, the fund should be a minimum of 5% or \$70M. We are significantly short, and this can and will impact the state's ability to handle a "real emergency" and possibly impact credit rating.

I am sure that every department, including transportation has serious budget needs and constraints, but NH must learn to operate within our means. As always, I look forward to your input.

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# From The Desk Of NH State Senator

*Jeanie*  
**FORRESTER**

Dear Constituents,

Last Thursday was “cross over” in the Senate, which means all Senate bills must be voted on and sent over to the House of Representatives. Likewise, in the House—all House bills must cross over to the Senate. There were nearly 60 bills that we needed to vote on—from as easy as a bill on child restraint practices, to as thought-provoking as the gas tax.

It was an interesting and surprising day for me. Since my first term in office, I have been working to improve the Site Evaluation Committee (the committee that approves energy projects in New Hampshire). SB245, which would be voted on that day, was my second attempt to pass legislation to address deficiencies in the SEC process.

The final bill provides needed improvements to RSA 162-H which governs the Site Evaluation Committee. SB245 includes four important aspects:

1. Requires the SEC to make a finding that each new energy facility proposed is in the public interest as a condition of approval;
2. Requires two publicly appointed members to serve on the SEC and reduces the size of the SEC from 15 to 7 state agency heads;
3. Makes the SEC process more user friendly to the public by restructuring the public information and public hearing schedule to allow more time

for the public to acquire information about the project and to prepare and submit comments;

4. Provides staff and financial resources for the SEC to do its work.

Even though this bill was the result of a tremendous collaborative effort among many stakeholders and we had reached consensus on the language, I was skeptical of its success and I was expecting a floor fight (i.e., vigorous debate!). Imagine my surprise when there was very little discussion on the bill and it sailed through the Senate on a voice vote.

One bill that we spent a startling amount of time on was SB329, which called for the elimination of a 25-year prohibition on advertising alcoholic beverages on billboards. This bill came out of the Commerce Committee and passed on the Senate floor a couple weeks ago. As the Chair of Senate Finance, I have the ability to ask that any bill that I think will have financial implications to the state come to my committee for review. I did have concerns that if this bill became law there would be costs to the state, and so I asked that the bill be sent to the Finance Committee.

The economic costs of overconsumption of alcohol alone is \$1.15 billion a year in New Hampshire. As a member of the Governor’s Commission on Alcohol and Drug

Abuse Prevention, Intervention, and Treatment, I’ve learned about the significant problems New Hampshire has relative to alcohol abuse. A National Institute of Medicine Report showed that a substantial portion of alcohol advertising reaches an underage audience and that exposure to alcohol advertising affects the age at which youth begin to drink. Locations of billboards in NH, largely in our urban centers and in neighborhoods with high rates of poverty, will exacerbate an already challenging climate for young people. (New Hampshire ranked second in the nation in past month alcohol use among 12-20 year olds.)

Today, we are spending taxpayer dollars to develop and communicate consistent, statewide messaging about the prevention of, treatment for, and recovery from alcohol and drug misuse and abuse. Long ago statutory limitations on alcohol advertising were put in place to promote public safety and public health and support our efforts to message consistently.

As a state, much work has been done to try to prevent underage drinking. Why would we undo a long-standing law banning alcohol advertising—just to accommodate an out-of-state global media company who wants to sell more alcohol?

SB329 passed out of the Finance Committee with a recommendation of Inexpedient to Legislate to be voted on by the full Senate. I expected common sense would prevail and the Senate would support the Committee recommendation (which would kill the bill). But the lobbyists for the company who wants to advertise alcohol worked hard in the halls of the State House. The Senate voted 4 times on this

bill, each ending in a tie. The Senate broke for lunch and when we returned, the lobbyists’ efforts prevailed, one Senator flipped her vote, and this ill-conceived piece of legislation passed the Senate 13 to 11 on a bi-partisan vote.

A couple weeks ago, I joined Governor Hassan, parents, young people, and advocates in the Executive Chamber to take the “pledge” to be a Champion to campaign to develop and communicate consistent statewide messaging on this issue. I can only hope that if this bill

passes the House, that the Governor will keep to her pledge and veto this bill when it comes to her desk.

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 or [jeanie@jeanieforrester.com](mailto:jeanie@jeanieforrester.com)). If you would like to subscribe to my e-newsletter, visit [www.jeanieforrester.com](http://www.jeanieforrester.com) and sign up.

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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, 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, APRIL 4

**OFFICE HOURS W/SEN. JEFF WOODBURN**  
11:00 – 12 Noon  
Lincoln Town Hall

## FRIDAY AND SATURDAY APRIL 4 & 5

### THE LOGGER

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

## SATURDAY, APRIL 5

### WELCOME HOME VIETNAM VETERANS

2:00 PM  
White Mountain Regional High School  
Whitefield  
*See article on page 1*

### FROST HEAVES ONE-MAN SHOW

7:30 PM  
Jean's Playhouse, Lincoln  
*See article on page 9*

## SUNDAY, APRIL 6

### PENNY SALE & SILENT AUCTION

9:00 AM – 3:00 PM  
Piermont Village School

### TEXAS HOLD EM' POKER TOURNAMENT

1:00 PM  
Elks Club, St. Johnsbury

### RIVENDELL TRAILS ASSOCIATION AUCTION DINNER AND MEETING

4:00 PM  
Hulbert Outdoor Center  
Lake Morey Road, Fairlee  
*See article on page 14*

## MONDAY, APRIL 7

### GOOD OLE BOYS & GIRLS LUNCH

12:00 Noon / Dick Guy  
Happy Hour Restaurant, Wells River

### HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

## WEDNESDAY, APRIL 9

### MONTHLY MEETING -

### ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM  
American Legion Home, Woodsville

## THURSDAY, APRIL 10

### COMMUNITY DINNER

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

### "THE GINGER TREE" BOOK DISCUSSION

6:00 PM  
Bath Public Library

### CONNECTICUT RIVER VALLEY BEEKEEPERS ASSOC.

7-9 PM / Amy Papineau  
Grafton County Extension Office, N. Haverhill

## FRIDAY, APRIL 11

### AMERICAN LEGION RIDERS MONTHLY MEETING

6:00 PM  
American Legion Home, Woodsville

## SATURDAY & SUNDAY APRIL 12 & 13

### COOKIN' WITH GUS AUDITIONS

2:00 PM  
Old Church Theater, Bradford  
*See ad on page 7*

## SATURDAY, APRIL 12

### PANCAKE BREAKFAST

8:00 AM – 10:00 AM  
Lakeview Grange, West Barnet

### ANTIQUe APPRAISAL

10 am - 1 pm  
Bath Village School

### FROST HEAVES FULL LENGTH SHOW

7:30 PM  
Jean's Playhouse, Lincoln  
*See article on page 9*

## SUNDAY, APRIL 13

### TEXAS HOLD EM' POKER TOURNAMENT

1:00 PM  
American Legion Post #58, St. Johnsbury

## MONDAY, APRIL 14

### ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM  
American Legion Home, Woodsville

## TUESDAY, APRIL 15

### 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

## THURSDAY, APRIL 17

### MEDICARE BOOT CAMP

9:00 AM – 11:00 AM  
NVRH, St. Johnsbury  
*See article on page 17*

### VFW POST #5245 MONTHLY MEETING

7:00 PM  
VFW Hall, North Haverhill

## SATURDAY, APRIL 19

### MODEL RAILROAD SHOW

10:00 AM – 3:00 PM  
Haverhill Cooperative Middle School

### TEXAS HOLD EM' POKER TOURNAMENT

1:00 PM  
American Legion Post #30 Lyndon

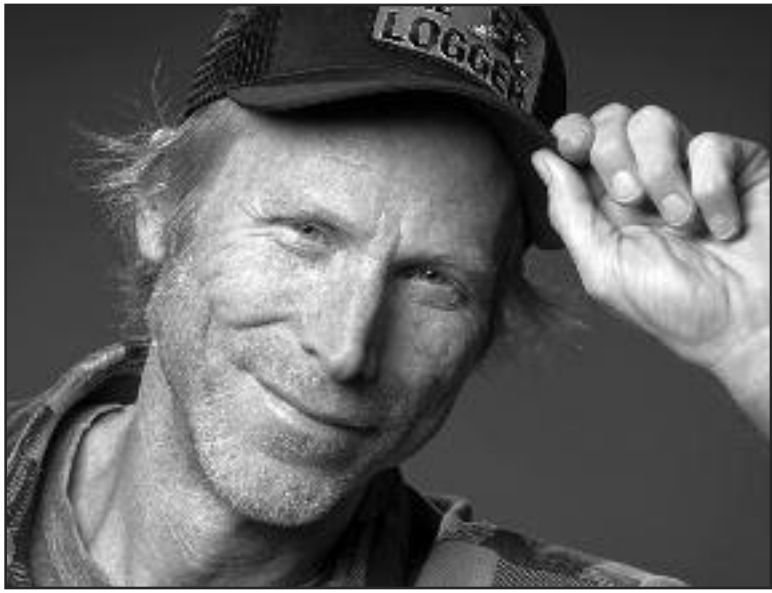
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**Deadline for submissions is Thursday, April 10th for our April 15th issue.**

# The Logger To Deliver A Night Of Laughs & Music



Rusty DeWees will bring the laughs with his one-man comedy show *The Logger* on Fri. & Sat. April 4th and 5th. Showtime is 7:30pm and doors/cafe open at 6:30pm. Master fiddler Patrick Ross will be making a special guest appearance. Visit [courtstreetarts.org](http://courtstreetarts.org) for tickets.

For those looking to get rid of the winter doldrums, look no further than Rusty DeWees's eclectic and innovative act, *THE LOGGER*, the one-man comedy show that is best described as "Blue Collar Comedy" meets "Prairie Home Companion". The laughs start on Friday, April 4th with an encore show on Saturday, April 5th. Both shows start at 7:30pm and doors/cafe open at 6:30pm. Joining *The Logger* on stage will be master fiddler Patrick Ross, who grew up playing Outlaw Country and Vermont folk. He has shared stages with the likes of Willie Nelson, Johnny Cash and the Dalai Lama.

Rusty DeWees does it all and keeps his fans and audiences laughing, as he puts it, "till their backs get better." Rusty grew up in Stowe, Vermont where he was actively involved in theatre throughout high school and college. As a young adult, he performed with the award winning Vermont Repertory Theatre, before moving to

New York City where he trained at the George Loris Actors Theatre School and the Lee Strasberg Institute. This professional training was followed by scores of notable roles off-Broadway, and in television, film, and national commercials. Missing his home state, Rusty moved back to Vermont where he continued his acting career and developed the *Logger* character.

This performance is sponsored by Farm-Way in Bradford, VT winner of the 2013 Vermont Retailer of the Year. Other shows at Court Street Arts this season include Chris Smither on April 19, *Swing Xing: Bucky Pizzarelli, Frank Vignola & Vinny Raniolo* 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 and to order tickets, visit [courtstreetarts.org](http://courtstreetarts.org) or call (603) 989-5500.

# You're Invited To Groton Free Public Library 7

**Yoga for All Levels.** Every Wed. from 6-7pm. 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. Wed. 6-7pm, March 19 to May 7.

Mon, April 21 at 6:30pm: Between the Covers: YA Book

**Discussion.** This month's featured read: 2005-2006 Green Mountain Book Award nominee *The Curious Incident of the Dog in the Night-Time* by Mark Haddon. New folks welcome! Copies available at the library. Written for both adult and teen readers.

Mon, April 28 at 7pm: Book Discussion. This month's featured read: *In a Sunburned Country* by Bill Bryson. 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](mailto:grotonlibraryvt@gmail.com), 802.584.3358.

Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm.

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**2014 Woodsville High School Varsity Baseball**  
Schedule Subject To Change

Mon 04/14	4:00pm	Away	@ Littleton High School
Wed 04/16	4:00pm	Away	@ Gorham High School
Tue 04/22	4:30pm	Away	@ Blue Mt.
Fri 04/25	4:00pm	Home	vs Rivendell Academy
Wed 04/30	4:00pm	Away	@ Lisbon Regional High School
Fri 05/02	4:30pm	Away	@ Lin-Wood High School
Mon 05/05	4:30pm	Home	vs Lisbon Regional High School
Sat 05/10	1:00pm	Home	vs Blue Mt.
Mon 05/12	4:00pm	Away	@ Profile School
Wed 05/14	4:30pm	Home	vs Gorham High School
Fri 05/16	4:30pm	Away	@ Moultonborough
Mon 05/19	4:30pm	Home	vs Littleton High School
Wed 05/21	4:30pm	Home	vs Lin-Wood High School
Fri 05/23	4:30pm	Home	vs Profile School
Wed 05/28	4:30pm	Away	@ Rivendell Academy
Fri 05/30	4:30pm	Home	vs Moultonborough




**2014 Woodsville High School Varsity Softball**  
Schedule Subject To Change

Mon 04/14	4:00pm	Away	@ Littleton High School
Wed 04/16	4:00pm	Away	@ Gorham High School
Tue 04/22	4:30pm	Away	@ Blue Mt.
Fri 04/25	4:00pm	Home	vs Rivendell Academy
Wed 04/30	4:00pm	Away	@ Lisbon Regional High School
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Fri 05/23	4:30pm	Home	vs Profile School
Wed 05/28	4:30pm	Away	@ Rivendell Academy
Fri 05/30	4:30pm	Home	vs Moultonborough

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# Frost Heaves Gives Winter The Heave-ho!

Frost Heaves, the comedy show that's 50% sappier than the average maple tree, presents a one-man show on April 5th and a full-length show with the whole band on April 12th, both performances at 7:30 p.m. at Jean's Playhouse.

"We've cranked up the hilarity for this show," says Fred Marple, unofficial spokesman for Frost Heaves. "We figure folks might be a tad cranky what with the long winter, so we aren't taking any chances."

Among the nonsense on tap this time: Perfectly Good Reused Greeting Cards (when you don't really care enough to send the very best), Yankee Rent-a-Car ("We hardly try"), a visit to the town dump, Seniors in Space, Life's Little Mystery Theatre, the news from Frost Heaves, and much more.

The Speed Bumps band comes up April 12th to play classic oldies and provide musical support. "The band has become so popular, they'd probably give up their regular jobs, if they had them," says Fred. As always, the band will create a brand-new, original Song on the Spot based on audience suggestions, always a favorite. "Folks think this is some kind of trick, but it's not," says Fred. "It's pure dumb luck."

Frost Heaves is family-friendly and appropriate for all ages. "We try not to offend anyone, unless of



Fred Marple (back right) and the Frost Heaves Players come to Jean's Playhouse April 5th and 12th.

course they're from away," says Fred. "And we figure they won't get it, anyway."

Tickets are \$16 for the one-man show, Fred Marple, A Real-Life Yankee! on Saturday, April 5th at 7:30 p.m., and \$20 for Frost Heaves and the Speed Bumps Band on Saturday, April 12th at 7:30 p.m. Tickets are available at Jean's Playhouse, 34 Papermill Drive in Lincoln, NH, online at [www.jeansplayhouse.com](http://www.jeansplayhouse.com) or by calling 603-745-2141.

More details at [www.frostheaves.com](http://www.frostheaves.com).



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Sun	8/03	12:00	Pocono
Sun	8/10	12:00	Watkins Glen International
Sun	8/17	12:00	Michigan
Sun	9/14	3:00	Chicagoland
Sun	9/21	1:00	New Hampshire
Sun	9/28	1:00	Dover
Sun	10/05	1:00	Kansas
Sun	10/19	1:00	Talladega
Sun	10/26	12:30	Martinsville
Sun	11/02	2:00	Texas
Sun	11/09	2:00	Phoenix International
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North Country Senator Jeff Woodburn led a group of state political and business leaders on a snow cat trip up the summit of Mount Washington recently. The group of 18 had to turn back after 90 mph winds made passage impossible as they approached the summit. The group included from the left, Sen. Andrew Hosmer (D-Laconia), his wife, Donna Hosmer, Sen. Jeanie Forrester (R-Meredith), Sen. Woodburn and DRED Commissioner Jeff Rose. Also include in the group was Executive Councilor Joe Kenney, Yankee Magazine CEO Jamie Trowbridge.

# One Helluva Life @ NHF

"The bad times make the good times better" is a line from a current, very popular country song. If that line is applied to the weather of the winter of 2014, then the summer should be wonderful! Part of that wonderful summer will be the 70th Annual North Haverhill Fair which takes place July 23rd thru the 27th, at the fairgrounds on Route 10 in North Haverhill. And to further that connection, the man who sings "Helluva Life", Frankie Ballard, will be the Friday night featured artist at the Fair.



The North Haverhill Fair has become known over the past 16 years for bringing in a great number of country artists who have gone on to do great things in the world of country music. Past artists include Blake Shelton, Keith Urban, Luke Bryant and Gloria. Singer, songwriter, instrumentalist Frankie Ballard could very well be that next performer on that list. His album "Sunshine & Whisky" features "Helluva Life" which has reached Billboard's Top 10, and taken a #1 spot on some other charts. The album also has "Tell Me You Get Lonely" and the fun song "Drinky Drink". All of these songs and many more will fill the air on Friday, July 25th at the fairgrounds. And just like past years, there is no extra charge for the concert.

Hamelot, but it also features the Super Hot Dog Team. Add some audience participation and this show is sure to bring enthusiasts from all ages back for multiple show.

The North Haverhill Fair is also well known for its many other shows and attractions that are all included in the one gate price. Daily animal pulling shows at the covered Bishop Arena feature oxen on Wednesday and Thursday, ponies on Friday, and the always popular horses (including a three horse hitch) during the weekend.

If you are looking for more horsepower, then head over to the McDanolds Arena. Again in 2014 there will be Demolition Derbies on Wednesday and Friday nights. The Saturday antique and farm tractor pull pits one neighbor against another

with the tractors they use every day in the field. And the 4x4 truck pull, with doodlebugs and some two wheel drive trucks, will cap off the weekend on Sunday.

If your interest is in manual labor be sure to attend Saturday when the woodsmen's contest takes to the Dellinger ring in front of the 2013 installed grandstands. That same ring will also have plenty of horse power on Sunday during the open horse show, and even more horsepower during the car Show on Wednesday night.

There are plenty of other attractions and events being planned for the 70th annual North Haverhill Fair that correspond to this year's theme "Reflection and Celebration of 70 Years". So mark your calendar for July 23 thru 27, 2014.

*North Country*  
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# URO To Invade NHF

There have been many sounds over the years coming from the Thayer Stage at the North Haverhill Fair. The stage has hosted many local bands and talented singers competing in North Haverhill Idol. There has been Guitar Hero winners and even game show participants. But to celebrate the 70th annual North Haverhill Fair, the stage will, this year, be invaded by URO.

To quote their website "The Ultrasonic Rock Orchestra is a giant 10-vocalist rock band that performs thunderous, fist-in-the-air renditions of classic 70's Brit Rock." Have you ever seen "Strawberry Fields Forever" performed live, and still sound like the album? How about Queen's Bohemian Rhapsody? Or Led Zeppelin's "Stairway to Heaven." To call URO a tribute band would be a mistake. They do so much more than just tribute. They take many of the British invasion 70's groups

and music and reproduce them live, and with plenty of life. URO will be the cap to the 70's tribute day on Saturday, July 26 at the 70th annual North Haverhill Fair. The concert will start at 8:00 PM. Seating will be, as in the past, on a first come, first serve basis, except for a few reserved seats for sponsors and volunteers. Plus there is still no extra charge to be a witness to this performance.

Elsewhere on the fairgrounds on Saturday will be the traditional farm and enhanced tractor pull. The Woodsmen's Contest will once again be in the Dellinger Ring showcasing some great athletes and some high powered chain saws, crosscut saws and even axes. For the younger crowd on Saturday there will be the Kiddie Parade and the Kids Tractor Pull. In both events all participants are winners.

The 2014 fair will also feature Demolition Derbies

on Wednesday and Friday nights. The annual Car Show on Wednesday and the big 4x4 pulling event on Sunday also return to the fair.

Other events and plans are still being worked on for this year's fair and will be announced as they are firmed up. Admission prices for this year will still get you into all of those events and shows. Admission price is \$12 per person after you park for free. Children 12 and younger are also free, though they will receive an entrance ticket. And Seniors will pay just \$5.00 on Thursday for a full day's admission. Bracelet days for the Fiesta Shows thrill rides will still be held on Wednesday, Thursday and Sunday. Prices will be announced later.

For more information, updates or directions to the 70th Annual North Haverhill Fair visit the web site [www.nohaverhillfair.com](http://www.nohaverhillfair.com) or like us on FaceBook.

## Wells River To Celebrate 125 Years

The Wells River Action Program (WRAP) will be sponsoring several events during 2014 to celebrate the incorporation of Wells River as a village within the town of Newbury 125 years ago. The Vermont General Assembly issued a charter to Wells River incorporating it as a village within the Town of Newbury in 1888. The first village meeting took place in 1889 and it was during that first meeting that all but 2 of the voting public voted to approve the charter granted by the State.

The first event to celebrate the chartering of the village occurred March 18th at the conclusion of the Vil-

lage Meeting when birthday cake and coffee was served.

Events for the rest of the year are still in the planning stage by the WRAP 125 Committee but include a Walking History Tour of the Village, similar to the one held last July for the town's 250th, a Special Newbury Historical Society program in Wells River, a community picnic at Berry Field, a photo display and contest, possible entry in the Woodsville - Wells River 4th of July Parade and a farm and garden tour.

More than 500 people lived in Wells River in 1888, when the charter was granted, it was a trading cen-

ter and a rail center, but did not have electricity, the streets were not paved and there was no public water or sewer system, challenges for the new governmental structure to tackle. While those challenges were met a picture Wells River Main Street in 1888, looks much the same today, as it did 125 years ago.

Any one interested in helping out with any of the events should attend the next meeting of WRAP on April 23rd at 3:00pm at the Wells River Baldwin Memorial Library or contact Richard M Roderick at [wrapwr@gmail.com](mailto:wrapwr@gmail.com) or 802 757 2708

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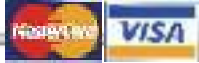
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 **2014 BMU High School Boys Varsity Baseball**  
 Schedule Subject To Change

START	TIME	H/A	OPPONENTS/TITLE
Saturday, Apr 12	4:30 PM	H	Danville
Tuesday, Apr 15	4:30 PM	A	@ Chelsea
Thursday, Apr 17	4:30 PM	A	@ Williamstown
Friday, Apr 18	4:30 PM	A	@ Oxbow
Tuesday, Apr 22	4:30 PM	H	Woodsville
Thursday, Apr 24	4:30 PM	A	@ Rivendell Academy
Saturday, Apr 26	11:00 AM	A	@ Thetford
Tuesday, Apr 29	4:30 PM	H	South Royalton
Thursday, May 1	4:30 PM	H	Craftsbury Academy
Saturday, May 3	4:30 PM	A	@ Danville
Tuesday, May 6	4:30 PM	H	Twinfield
Saturday, May 10	11:00 AM	A	@ Woodsville
Tuesday, May 13	4:30 PM	A	@ Rochester
Saturday, May 17	11:00 AM	H	BFA Fairfax)
Tuesday, May 20	4:30 PM	H	Whitcomb
Wednesday, May 28	4:30 PM	A	@ Concord

 **2014 BMU High School Girls Varsity Softball**  
 Schedule Subject To Change

START	TIME	H/A	OPPONENTS/TITLE
Saturday, Apr 12	4:30 PM	H	Danville
Thursday, Apr 17	4:30 PM	A	@ Williamstown
Saturday, Apr 19	4:30 PM	A	@ Oxbow
Tuesday, Apr 22	4:30 PM	H	Woodsville
Thursday, Apr 24	4:30 PM	A	@ Rivendell Academy
Saturday, Apr 26	11:00 AM	A	@ Thetford
Tuesday, Apr 29	4:30 PM	H	South Royalton
Saturday, May 3	4:30 PM	A	@ Danville
Monday, May 5	4:30 PM	H	Concord
Tuesday, May 6	4:30 PM	H	Twinfield
Saturday, May 10	11:00 AM	A	@ Woodsville
Tuesday, May 13	4:30 PM	A	@ Rochester
Tuesday, May 20	4:30 PM	H	Whitcomb
Wednesday, May 21	4:30 PM	H	Oxbow
Wednesday, May 28	4:30 PM	A	@ Concord

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# A Walk In The Woods – March 2014

By David Falkenham, UNH Cooperative Extension Grafton County Forester

This spring can be summed up with one simple photo: that of a maple sugaring tap gushing a waterfall of frozen sap into an empty bucket. It is the kind of photo that should end up on the cover of Vermont Life magazine or better yet the type of scene that should grace the muse of a Norman Rockwell painting complete with a hearty woodsman dressed warmly in 1930's winter clothing, staring in dis-belief into his empty sap bucket.

Our beloved frozen maples aren't producing sap yet, so let's discuss the other qualities of these magnificent

trees. Sugar maple (*Acer saccharum*) and red maple (*Acer rubrum*) are the two most common species of maple in New Hampshire's forest used for sugaring. Sugar Maple (hard maple, rock maple etc.) is most sought after by sugar makers, however most sugar makers also tap red maple just as frequently. Red maple (white maple, soft maple etc.) commonly produces sugar contents as high as sugar maple and gives us the same great maple flavor.

Both red and sugar maples are beautiful trees that have large lollipop shaped crowns. They make excellent

shade trees and are commonly planted in urban areas. Both trees have long life expectancies making them good choices for backyard plantings and of course the fall foliage of the two maples is legendary.

In regenerating clear-cuts, red and sugar maple are preferred browse species by moose and deer and the early spring shoots are often devoured by bears and other animals. The dense young stands of maple that grow in these clear-cuts make excellent nesting and brooding habitat for many species of birds, including both game birds and migratory song birds.

The seeds of mature trees are essential survival food for birds, squirrels and turkeys. During a heavy seed year, squirrels and blue jays shatter the quiet woods with their constant quarreling over this pre-

cious food source. In pure stands of maple, I commonly see places where deer have pawed the earth in search of food. I am convinced that they also consume the seeds of maples. The really old trees, the monarchs of the forest that are several hundred years old are indeed a sight to behold. These ancient relics provide homes for animals such as squirrels, raccoons and bats that nest in the crotches, cavity holes and under the sloughing bark.

Of course no sugar maker wants to hear me speak of cutting down a precious maple tree, but who can deny the beauty of maple cabinets or flooring? Red maple is just slightly softer than sugar maple; however the look of wood from both trees is nearly identical. Maple wood is light, pure and loaded with charac-

ter to brighten any room in your house. The tight grain of maple is water resistant, making it an excellent choice as flooring, or kitchen cabinets.

The most beautiful maple wood of course is fancy curly maple (commonly called "tiger maple") and birds eye maple. Products made of these incredible versions of maple always demand top dollar and even cutting boards and bowls cost a pretty penny.

So have faith, the sap will run and the woods will soon be filled with the sounds of gobbling turkeys, drumming grouse and squawking blue jays. The woodcock will sing their evening romance on the edges of fields and spring will be marked by the return of the white throated sparrow. All of these creatures and sugar maker will be drawn to the red and sugar maples to enjoy all that these trees have to offer.

## Rivendell Trails Association 2014 Annual Auction, Dinner & Meeting

The Rivendell Trails Association (RTA) has announced its Annual Meeting, Dinner, and Auction, which will take place at 4:00 p.m. on Sunday, April 6, 2014. The event will once again be held at the Hulbert Outdoor Center, located at 2968 Lake Morey Road, Fairlee, Vermont.

The Cross-Rivendell Trail (CRT) is a 36 mile long hiking trail that traverses the four towns of the Rivendell Interstate School District: Orford, New Hampshire, and Vershire, West Fairlee, and Fairlee, Vermont.

"The Annual Meeting and Auction is one of the highlights of the year for the CRT," says RTA Board Chairperson Ted Cooley, of Orford. "This

year, the auction includes items of all sorts, from stays at waterfront vacation cottages to stuffed animals. All items are provided through the generosity of local businesses and individuals who have made the commitment to help support the Trail.

"The CRT offers a wide variety of recreational and learning opportunities for all ages. The trail, and associated lands, serve as a living classroom for students and teachers in math, science, literature, history, and physical education. Funds raised from auction items and memberships will fund tools and signs, volunteer activities, landowner insurance, and trail and event publicity. Funds also help support the part-time Trail Coordinator position, a position that is a shared resource with the Rivendell Interstate School District (RISD)."

On-trail classrooms and learning experiences help RISD students of all ages learn more about the past and present of the area in which they live, environmental stewardship, community relations and service opportunities, and how to be a leader in managing environmental resources.

Ongoing trail-based classes for RISD students include a 2nd grade seed unit and spring sugarhouse hike, 3rd grade river and amphibian units, 4th grade local his-

tory and settlement units, 5th grade winter weather and safety hike, and 6th grade ecosystem/forest ecology studies. Older students at Rivendell Academy use the Trail for physical education, to study wildlife and local ecosystems, to provide support for local conservation and monitoring projects, and to identify wildlife presence on local lands.

The RTA oversees the CRT, maintains insurance coverage for trail operations and landowners, sponsors events, publishes newsletters, supports the part-time Trail Coordinator position, and provides information to the public about the trail. The RTA has over 175 members (including the 60 landowners who have generously given permission for the trail) and a Board of 11, including 7 townspeople, 2 Rivendell teachers, and 2 Rivendell students.

For additional information on the Annual Meeting, Dinner, and Auction or on the CRT, as well as a downloadable membership form and interactive maps of the trail, see the CRT website at <http://www.crossrivendell-trail.org/>. For a list of this year's auction items, see the CRT Facebook page at <https://www.facebook.com/notes/cross-rivendell-trail/auction-items-april-6-2014-4-pm-at-the-hulbert-center/608083275936055>.



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## Letter To The Editor

To the Editor,

An open letter from Major General William Reddel, III, Adjutant General of the NH National Guard is being sent to the major daily media outlets announcing the second Vietnam Veterans Welcome Home Ceremony, on Saturday, April 5th, at 2 P.M. at White Mountain Regional High School in Whitefield. I was honored to be a speaker at last year's Welcome Home Ceremony in Concord. It was an unforgettable experience with more than 2000 in attendance. This second ceremony will again be attended by Governor Maggie Hassan and our Congregational delegation.

It is being held in Whitefield in hopes of bringing together Vietnam and Vietnam era Veterans from the North Country that may not have been able to attend the first one in Concord. Veterans, families, friends, and the general public are invited. The ceremony will officially recognize our Vietnam Veterans and all Veterans from that era for their sacrifices and give them a long overdue Thank You and the Welcome Home they never received some 40 plus years ago.

John O'Brien  
Orford, NH  
Vietnam Vet, 1969-1970

John,

First let me thank you for your service to this great country. Second, let me thank you for bringing this important event to the attention of our readers. And third, let me add my voice to those who are inviting veterans of that era to please attend. Though the welcome home that they deserved did not happen so long ago, there is an old saying "better late than never". So please attend so that those who appreciate your service can say thank you.

Gary Scruton, Editor

## 250th Book Presentation To Students



What do you do when you have cases of books left over after your celebration is over? That was the question the Newbury 250th Committee faced after receiving their share of the highly acclaimed 250th book – Two Towns: One Community published by the Newbury/Haverhill 250th Committee in 2013. In January 2014, at the final meeting of the joint 250th Committee it was decided to give each town half of the books not sold.

After what turned out to be a very short discussion the Newbury 250th Committee thought it would be a good idea to give every Newbury student his or her very own copy of the 250th book. On March 17th and March 20th book presentations were held at the Newbury Elementary School, Oxbow Union School and Blue Mountain Union School where close to 400 Newbury students and Newbury staff members received their own copy of the book.

Richard M Roderick who presented the books at the three locations, wearing a bow tie and tri-corner hat he received during the 1963



Newbury students.



Oxbow Students.

town bicentennial celebration told students "I hoped that some of you will be involved in planning the town's 300th celebration and the books will inspire you to get involved"

The committee would like all home school students and Newbury students who are not enrolled in Newbury Elementary, Oxbow or BMU, plus last year's high school graduating class of 2013 to also receive a book. Newbury Elementary home school students may pick up

a book at the Newbury Elementary School, and all other Newbury students and the Class of 2013 Newbury students may get their book by contacting Richard M Roderick at 802 757 2708 or at maxinpallu@hotmail.com.

For folks who are not students the books are still available to purchase for \$10.00 at the libraries and town offices in Newbury and Haverhill and at Copies and More in Wells River and the Party Store/An affair to Remember in Woodsville.

## Letter To The Editor

To the editor,

I do not think if Senator Shaheen thinks I am stupid or what. She wants Senator Brown to sign a pledge to limit outside money in the race for the Senate.

She is the incumbent and has been collecting money for a long time. He is not even in the race yet so has to start collecting money. She already has a lot of outside money.

Please Senator Shaheen, do not take me for a fool, nor Senator Brown.

Linda Riley  
Meredith NH

Linda,

It is hard to believe that the November election race has already started.

As you note Senator Shaheen probably already has a good sized bank account for the race. It is, unfortunately, a truism in today's political world that as soon as a Senator or US Representative is elected, they start raising money for re-election. This is, in my opinion, another great reason for term limits. It would allow our elected officials to concentrate on the work we elected them to do, rather than worrying about the next election. The price of running a successful election campaign has gotten so far out of line that to the average voter it is no longer reasonable.

While I will not endorse any specific candidate, I will continue to suggest election reform. Both with term limits, and spending restrictions.

Gary Scruton, Editor



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# "Millennials" Must Plan For Short- And Long-Term Goals

If you're one of the "millennials" — the generation that began in the early 1980s — you are still in the early stages of your career. Retirement must seem like a long way off — yet, it's never too soon to start planning for it. At the same time, though, you may also have shorter-term goals. Can you make progress toward your near-term and long-term objectives at the same time?

Yes, you can — but you'll need to match your short- and long-term goals with the appropriate savings and investment vehicles. For example, one of your most important short-term goals may be purchasing a house, so you'll need to accumulate a certain amount of money by a certain time — perhaps in three to five years. Therefore, you won't want to risk your down payment on an investment whose price will fluctuate — and whose value may be down just when you need the money. Consequently, you may want to look for a shorter-term invest-

ment whose objective is preservation of principal. Typically, with these types of vehicles, the shorter the term, the lower the interest rate — but since your goal is basically to have a certain amount of money available at a certain time, you might be less interested in what return you'll get on this particular in-

vestment, as opposed to the return you might hope for from other, longer-term vehicles.

In fact, while you are saving for your down payment on your home, or for other short-term goals, you also need to be thinking long term — that is, you need to save as much as you can for your eventual retirement.

Since you are still in the early stages of your working life, you have an enormous asset going for you: time. By starting to save for retirement now, you have more time to save than you would if you waited another decade or so. Plus, since you have so many years to go until you retire, you can afford to put a reasonable percentage of your investment dollars into growth-oriented instruments, such as stocks or stock-based investments. They may carry more risk, including the risk of losing principal, but they also offer greater reward potential than, say, fixed-income vehi-

cles such as bonds. And holding growth investments for the long term can help you look beyond short-term volatility.

You can start a long-term investment program by investing in your 401(k) or other retirement plan offered by your employer. These plans usually offer a variety of investment options, including several growth-oriented accounts. Plus, any earnings are typically tax-deferred, which means your money could grow faster than if it were placed in an investment on which you paid taxes every year. So try to take full advantage of your employer's plan — at a minimum, contribute enough to earn a match, if one is offered. Then, every time your salary goes up, boost your contributions.

With discipline and perseverance, you can move toward both your distant and imminent goals. And that's the long and the short of it.

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## The Sewing Machine Man

By Elinor P. Mawson

As a gift for graduating from college, my father gave me a new sewing machine. Up to then, I had used my mother's, as well as an old treadle machine on which I had sewn my wedding dress.

For quite a few years, I used this machine, and when it came time to upgrade, I went to the store which specialized in machines of this brand, tried out several, and settled on one which fit my needs and my pocketbook. This one had the capability of a lot of different stitches and even had its own cabinet. I was thrilled.

When it came time to get its last warranty service, a guy came to the house, took it apart, and announced, "Why did you buy this piece of junk?"

I was flabbergasted!! He had just denigrated my pride and joy!

When I asked him why

he thought it was junk, he replied, "You should have bought a better model. We have a lot of nicer machines than this. Why didn't you look at them?"

My answer was that it was the best one I could afford, and it was doing just fine for me, thank you very much.

He continued grumbling while he oiled and cleaned my machine and finally left, saying, "You should have bought a 'Super Sew' (or some such name.)"

A few days later, still angry, I wrote to the president of the company. I told them what had transpired, and thought that they should know what kind of a person represented their company name. After I sent it off, I mostly forgot the whole thing.

After a couple of months had elapsed, two men came

to my door. They told me that they represented the company that made my sewing machine, and had read my letter. I couldn't understand why they hadn't just answered my letter—why did I deserve a personal visit?

"We need to know what you want" one of them said. I reiterated what I had said in the letter, and told them I thought the repair man was a very poor ambassador for their product.

"Are you sure you don't want anything?" they asked. I repeated no, and they left, looking mystified.

The following month, I needed a minor part for my machine and went into the store where I had bought it.

You will never guess who had become the manager.

The next time I traded. I bought a Bernina.

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# “Medicare Boot Camp” In St. Johnsbury

Do you have questions about Medicare – the federal health insurance program for seniors and people with disabilities? Here’s your chance to learn more from an expert without anything to sell.

On Thursday, April 17, 2014 from 9:00 - 11:00 a.m., Pat Paine, Health Insurance Information Specialist with the Area Agency on Aging, will offer a workshop for those new to Medicare – in-

dividuals approaching the age of 65 or who have become disabled on a long term basis. Individuals working in the Health Care Field are also invited to attend. The workshop will be held in Conference Room 127 at NVRH in St Johnsbury.

It’s easy to become overwhelmed by the complexity of Medicare. Pat will offer an informal presentation that addresses the basics of how the Medicare program works.

Topics include avoiding fraud, supplemental insurance, prescription drug coverage and state and federal health insurance programs that work alongside Medicare. There will be plenty of time for questions, too.

Pre-registration for this workshop is required. Reservations can be made by calling Pat at the Area Agency on Agency at 802-748-5182 or via the Senior HelpLine at 800-642-5119.

# ACT Lee Opener Looks For Another New Winner

Waterbury, VT –American Canadian Tour (ACT) teams look at Lee USA Speedway’s annual New Hampshire Governor’s Cup 150 to kickstart their race season on Sunday, April 13, 2014. The optimism is well-founded. ACT Late Models can boast 10 different winners in 11 events held at Lee since 2003.

The list of winners is impressive, with a huge diversity of experience. Starting the list of winners are two Canadian teams, featuring four-time ACT US and Canadian Champion Patrick Laperle from St. Denis, QC and NASCAR Canadian Champion DJ Kennington, St. Thomas, ON in 2003 and 2004, respectively.

Seven-time ACT Champion Jean-Paul Cyr, and three time Thunder Road Champion Cris Michaud, along with the 1995 ACT Pro Stock Champion from Fast One racing, Brad Leighton all went to victory lane at Lee USA Speedway. Pro All Star Series Champion Ben Rowe from Turner, Maine won the NH Governor’s Cup in 2008. Lee regular weekly racer Miles Chipman shocked the ACT regulars in 2010 with a win for long-time car owner David Storey.

Perennial front-runner Joey Polewarczyk, Jr. from Hudson, NH was a first-time winner in 2008. “I remember what a great feeling it was to win that race. I started my ACT career at Lee and to get that win really gave my career a boost. I think Brian (eight (8) time ACT Champion Brian Hoar from Williston, VT) is the only guy who has won the Lee opener twice, and that is definitely my goal this year. If we can start the season like we ended 2013, this could help us get that first ACT Championship this season. I can’t wait for the season to begin,” said Pole.

The defending New Hampshire Governor’s Cup winner, Jimmy Hebert, from Williamstown, VT stunned the veterans and the full house a year ago, with his first ever ACT win in just his second year of competition.

“It was with a lot of help from my team and Dale Shaw that got me that win, but really with the number of cars and quality of race teams we raced with, it was pretty much a shock to me. I only remember coming around with the checkered flag victory lap and seeing my father jumping up and down on the track. That was pretty special. I hope to repeat this year,” said Hebert.

The ACT opening event at Lee USA Speedway in Lee, NH will take place with a full practice on Saturday, April 12 and a 150-lap feature event on Sunday, April 13, 2014. Qualifying will begin at 1:00 on Sunday.

For additional information contact the ACT office at 802.244.6963, media@act-tour.com, or visit www.act-tour.com, or www.leeusa-speedway.com.

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Schedule Subject To Change

Sat.	4/5	STJ	Home	11:00
Wed.	4/9	Danville	Home	4:00
Fri.	4/18	B.M.U.	Home	4:00
Tues.	4/22	Lake Region	Home	4:30
Thurs.	4/24	Twinfield	Home	4:30
Thurs.	5/1	Rivendell	Away	4:30
Sat.	5/3	Randolph	Home	11:00
Tues.	5/6	Thetford	Away	4:30
Thurs.	5/8	Harwood	Away	4:30
Sat.	5/10	Thetford	Home	11:00
Thurs.	5/15	Randolph	Away	4:30
Sat.	5/17	Northfield	Home	10:00
Tues.	5/20	Harwood	Home	4:30
Thurs.	5/22	Montpelier	Away	4:30
Sat.	5/24	U-32	Home	11:00
Tues.	5/27	Lamoille	Away	4:30
Thurs.	5/29	Lyndon	Home	4:30
Sat.	5/31	Rivendell	Home	11:00

## 2014 Oxbow High School Varsity Softball

Schedule Subject To Change

Sat.	4/5	STJ	Home	11:00
Sat.	4/5	Woodsville/STJ	Home	11:00
Thurs.	4/10	PA Trip	Away	
Sat.	4/19	B.M.U.	Home	11:00
Tues.	4/22	Lake Region	Home	4:30
Thurs.	4/24	Twinfield	Home	4:30
Thurs.	5/1	Rivendell	Away	4:30
Sat.	5/3	Randolph	Home	11:00
Tues.	5/6	Thetford	Away	4:30
Thurs.	5/8	Harwood	Away	4:30
Sat.	5/10	Thetford	Home	11:00
Thurs.	5/15	Randolph	Away	4:30
Sat.	5/17	Northfield	Home	10:00
Tues.	5/20	Harwood	Home	4:30
Wed.	5/21	B.M.U.	Away	4:30
Sat.	5/24	U-32	Home	11:00
Tues.	5/27	Lamoille	Away	4:30
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# Herbs For Anemia

Many of Americans suffer from anemia, a reduction in either the number of red blood cells or the amount of hemoglobin in the blood. This results in a decrease in the amount of oxygen that the blood is able to carry. Anemia reduces the amount of oxygen available to the cells of the body. As a result, they have less energy available to perform their normal functions. Important processes, such as muscular activity and cell building and repair, slow down and become less efficient. When the brain lacks oxygen, dizziness may result, and mental faculties are less sharp.

Anemia is not a disease, but rather a symptom of various diseases. Anything that causes a deficiency in the formation or production of red blood cells, or that leads to the too-rapid destruction of red blood cells, can result in anemia. It is sometimes the first detectable sign of arthritis, infection, or certain major illnesses, including cancer. Drug use, hormonal disorders, chronic inflammation, surgery, infections, heavy menstrual bleeding, repeated pregnancies, liver damage, thyroid disorders, rheumatoid arthritis, bone marrow disease, and dietary deficiencies of iron, folic acid and vitamin B6, and B12 can all lead to anemia.

Herbs to relieve symptoms of anemia include:

**ALFALFA:** (Medicago Sativa), Leaf & Seeds. A highly nutritive herb, rich in carotene, vitamin K, chlorophyll, amino acids, octacosonal and a full spectrum of minerals and trace minerals. Primary Uses: for

arthritis, to stimulate the body to remove inorganic mineral deposits from the blood, as a blood clotting agent in counteracting internal bleeding from ulcers, and as an estrogen precursor for menopause. Secondary Uses: for indigestion and its attendant conditions, in reducing blood sugar levels, in lowering cholesterol and in the prevention of tooth decay. Beta-carotene. Nutrients: Calcium, iron, magnesium, phosphorus, potassium, Vitamins A, B1, B2, B3, B5, B6, & C & D.

**BILBERRY LEAF:** (HUCKLEBERRY, Vaccinium Myrtillus), A strong but gentle nutritive and astringent herb rich in flavonoids, carotene, vitamin E, and anthocyanosides to fortify vascular activity and arterial weakness, particularly effective for strengthening the eyes. Primary Uses: in combinations for night blindness/eyesight support and improvement; as an important part of a formula for anemia; as a sugar regulant for diabetes. Secondary Uses: in combinations for vein, artery and vascular support, such as for varicose veins or easy bruising; as a mild diuretic for cystitis; a hematonic for kidney malfunction, and urinary stones; as an aid in the treatment of diarrhea; a nutritive tonic for wasting diseases. Recommended for use during pregnancy. Nutrients: Calcium, Inositol, magnesium, manganese, phosphorus, potassium, selenium, silicon, sulfur, 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.

**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. Primary Uses: 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. Secondary Uses: aids weight loss; reduces cholesterol, speeds liver metabolic actions.

**HAWTHORNE LEAF, BERRY & FLOWER:** (Crataegus Oxyacantha), A tonifying high bioflavonoid herb for the heart and circulatory system, with vaso-dilating and heart muscle strengthening activity; also effective in reducing high blood pressure and arterial plaque. Primary Uses: in all cardiac tonic combinations to regulate and strengthen the heart, and to provide a definite feeling of well-being through blood pressure and cholesterol reduction. Secondary

Uses: strengthens veins and capillary structure; acts as a digestant for better food use. Nutrients: Amino acid, calcium, choline, chromium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

**NETTLES LEAF:** (Urtica Dioica), A widely applicable astringent and alkalizing herb, useful as mineral rich tonic for fatigue, an anti-arthritis, to stop excess bleeding, diarrhea and dysentery, and for inflammatory skin conditions. Especially for a variety of children's problems. Primary Uses: as a specific in bladder

infection formulas, including cystitis, kidney infection, and stopped urine; as a specific in mucous cleansing formulas for asthma relief and lung congestion; to check hemorrhage of the uterus, nose, lungs and rectum; as rich organic mineral nourishment in arthritic and rheumatic pain formulas. Secondary Uses: externally, to clean wounds and ulcers; for childhood eczema and diarrhea; as a tincture for hypothyroid conditions to increase thyroid function. Nutrients: calcium, copper, fatty acids, folate, iron, magnesium, manganese, phosphorus, potassium, selenium, sulfur, zinc. Vitamins B1, B2, B3, B5, C, D & 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 mastery. 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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April 1, 2014 Volume 5 Number 13



By Ronda Marsh

## Birds Nest Breakfast

I am a breakfast lover. As a matter of fact, it is probably my favorite meal of the day; unless you call it "brunch," in which case, I like it even more. I am not, however, a lover of cereal. Just the thought of putting cold milk and something which is to me, reminiscent of horse feed, in my mouth first thing in the morning is utterly repugnant. Yukk. Double yukk! And, while I don't necessarily dislike muffins, donuts, and Danish, I have no desire to eat sweets for my first meal of the day. That brings us to eggs. I absolutely adore eggs, and eat them most every day in one form or another. In my opinion, they are the perfect protein, and can be miraculously transformed into an endless variety of dishes, more so than any other naturally produced food I can think of. Pair them up with crispy little fried potatoes and either bacon, sausage or ham and to me, you have a wee bit of heaven on a fork.



I came up with this all-in-one skillet meal because it is very quick to make, has all the elements of a great breakfast, and you can vary the "birds nest" components at will. I often add red or green peppers, diced ham, bacon, or sausage, mushrooms, and even chopped artichoke hearts. As long as you have potatoes and eggs, you, too can have a Birds Nest breakfast!

- 1 potato, diced
- 1 or 2 eggs (depending on how hungry you are!)
- 1 Tablespoon chopped onion
- 1 Tablespoon Canola or olive oil
- 1 Tablespoon Butter (maybe a little less)
- Salt & pepper, to taste
- Optional add-ins: Diced green or red pepper, ham, bacon, sausage

Heat an 8" non-stick skillet over medium heat. Add the oil and heat until shimmering. Add the diced raw potato, any optional add-ins; salt and pepper. Cover and stir occasionally until tender. Push contents of pan all around to far edges, forming a bare space in center of pan. If pan seems dry, add a tab of butter in center and allow to melt. Gently crack and drop 1 or 2 eggs into center of pan (hopefully keeping yolks unbroken). Salt and pepper eggs and cover pan, checking occasionally, until eggs reach desired doneness. Slide entire breakfast nest onto plate to serve.

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