

# TRENDY TIMES

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NOVEMBER 25, 2014 VOLUME 6 NUMBER 4

## Local Branch Of National Program

By Gary Scruton

I do it "All for the kids". That was the quote from Jennifer O'Dell, one of the local co-chairs of the Marine Corps Reserve's Toys for Tots program. And that could well be the theme of the entire program. It is indeed "All for the Kids." Unlike many fundraisers, or programs that benefit others, the local Toys for Tots program uses every single dollar to purchase toys, games or stocking stuffers for those less fortunate. To be honest, most of the gifts are actually donated by people in the local area. But on occasion a cash donation is made. In that case all of those funds are used to buy even more Christmas items. It can also be said that every item, or dollar, that is donated locally, stays local.

Co-chairing this program with Jennifer is Maryann Bryant. Maryanne is the originator of the local arm of this

nation wide program. She started because her son was a Marine. She recruited Jennifer's help, as well as that of a third unnamed but much appreciated third chair, when the program grew to be almost overwhelming. And Jennifer has now recruited the help of students at Woodsville High School who are part of the Friends of Rachael program.

For those unfamiliar with toys for Tots, it is a strictly volunteer group that places collection boxes out in many local stores. Then shoppers are asked to buy a new gift and place it in the box. (A listing of the box locations can be found at the end of this article). The leaders then go around later to collect the items and bring them to the central location at the Clifford Building in Woodsville. From there they are sorted into various age

groups and finally they are passed on to children aged infant to 17 who otherwise might not see anything under the tree come Christmas. And again, all the items collected locally are handed out to local children. Plus at the end of the program, if there are any items left, they are stored in a secure location until next year when they are brought back to be available for the children in this area.

Of course this group is always looking for generous people to purchase items and put them in one of the Toys for Tots boxes. But they are also just as busy looking for the Tots that will receive these gifts. If you know of such a child, or are the parent or guardian of such a child, please contact them with the necessary information. You can call 802-461-3087 to leave a message for Jennifer, or go to Woodsville



Toys on Facebook. Either way you will get a call or message in return. Once all is good an appointment is made to meet a volunteer at the Clifford Building so that the parent or guardian can choose gifts for their child or children. In each case the parent is allowed to pick 2 toys, 2 stocking stuffers and one stuffed animal per child, plus a game for each family. For this reason the parent/guardian is also asked to bring a bag of some nature in order to carry their gifts home and to keep them from the eyes of the still to be surprised youngsters.

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A very large thanks must go to the following businesses that have allowed this group to place Toys for Tots at their location:

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# TRENDY Dining Guide

## Another Visit To The Happy hour Restaurant

By Gary Scruton

I have the opportunity once again to write about one of the long time favorites restaurants of not only myself, but for many others here in the Upper Valley. For over fifty years the Happy Hour Restaurant has been located on Main Street in Wells River. The exterior of the building is pretty much the same as it has been all those years, though the interior has gone thru a number of renovations and changes during that half century plus.

In its current configuration there are four separate dining areas. Two of those dining area immediately flank the full salad bar. The other two areas each boast a full bar and most often are used for larger groups. Many of those groups meet on a regular basis at the Happy Hour. And many use one of those areas for special occasions like holiday gatherings. Those special and regular events are right in the wheel house for the staff at the Happy Hour. There are several members of the wait staff who, though they have not been around for all fifty years, have been around for more than half of those years. The kitchen help also knows just how to handle such large events with either buffet meals, or full fledged sit down meals.

Most people who visit the Happy Hour do not take part in any of those special events. The Happy Hour is indeed advertised as a family restaurant. That means that from infant to the elderly, there is something on the menu to satisfy your taste buds. From full meals like their famous Prime Rib to pasta dishes to seafood there is a great variety.

There is also a Pub Menu that features burgers and sandwiches. And don't fogey the salad bar which can be your entire meal if you choose.

Concerning my last visit to the Happy Hour, it was kind of an in between visit. I was there with a group of about twelve. And the ages ranged from toddler to 90+. Our waitress (one of the Barbs) was efficient in taking our orders and getting them to us in a timely manner. That included our meals as well as our beverages. The group, as larger groups tend to do, did get a bit boisterous, but had been lo-

cated in an area that allowed for us to still feel comfortable, and not be an interference to others who were dining. Most of us chose to order sandwiches, as this was a lunch time visit. My cheddar burger was nicely cooked and came with a side of onion rings that made the meal just right.

No place can be everything to everybody, but for most people a visit to the Happy Hour will let you go on your way after enjoying a meal. From the food to the pricing they have been able to make it all work.

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



# In Vino Veritas – Bottle Twenty Six

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

By Robert Roudebush

**QUESTION - What in the world can you possibly write about now? After twenty-five columns? Haven't we already covered everything there is to know about wine?**

**ANSWER –** Not hardly.

**Q - What else is there to cover? I know about fermentation, I even know about secondary fermentation, I know about varietals, bottle shapes, how wines are named in different countries, what some of the more prominent wines are, red and white.**

**A –** Barely scratched the surface of that wonderful world. But, you've paid attention, or you just re-read all the previous TRENDY TIMES wine articles and you're trying to impress me.

**Q - No comment. What are we talking about today.**

**A –** A neat dinner I went to recently where some nice wine was served.

**Q - A neat dinner with wine. Big deal.**

**A –** It was a pretty big deal. Got to go inside some of the neatest houses in Haverhill, historical in their own right. It was a multi-course, progressive dinner, and each course was served at a different home so there were a bunch of us walking or driving the short distances between the homes to get our next course. For those of you out there in reading land, concerned about possibly impaired drivers zooming up and down the highway, no such stuff happened. The wine was served and enjoyed quite moderately at the first course only, the appetizer course, at the home of Liz Bayne and Bill Daley on Dartmouth College Highway in Haverhill Corner. This is one of those neat group efforts where everybody chips in and I got to taste some of best Hor d' oeuvres I've sampled. Hmm, Hor d' oeuvres, there's a phrase I don't get to use much.

**Q - Good. Oh yes, I heard about that dinner, a fundraiser wasn't it, for the Haverhill Historical Society? How'd it go?**

**A –** Great, made a few bucks for the group, met some neat

people, had some great food, tasted a little wine, very good stuff that was bought for its value, which means it cost as little as possible and was still in the VERY GOOD category. The second course, the main course was prepared and served at the incredible, warm and welcoming home of Bill and Paula Campbell in the Corner. And we finished up with a stunning dessert course offering with great coffee choices with Joe and Maryellen Kirkpatrick.

**Q – Sorry I missed it.**

**A –** It was my first time. They were all gentle with me.

**Q - So, is this a social column or a wine column?**

**A –** Maybe a little of each this time.

**Q - Let me guess, you had something to do with the wine?**

**A –** My pleasure – want to hear about it?

**Q - This is a wine column. Go for it.**

**A –** Well, we offered about a dozen wines, mostly red, and just a few white. Most folks were happy with the variety and mostly sampled the reds. The first to disappear was an Italian called SANGIOVESE, vintage 2012. They loved that one.

**Q - Sangiovese, that's actually the name of an Italian grape type, right, a varietal?**

**A –** Proud of you, proud OF you. Yes, one of the most famous, from an area in central Italy called Tuscany. This one, maybe the best red offered, only cost \$10.00 right here in

Woodsville at the State Liquor Outlet. Wish I'd brought more of that one to the meal. Great deep red hue and bright clarity and you could taste flowers and fruit in the finish.

At the opposite end of the full-bodied scale was a light red from France we've talked about before, called BEAUJOLAIS VILLAGE – (bow – zhu – LAY vee – LAWZH).

**Q - Wait, don't tell me, light, fresh, young and fruity, no tannin and goes down easy, right, made from the Gamay grape? They call it the 'red wine for people who don't like red wine', right?**

**A –** You're writing this column when I'm too feeble to tap the keys of computer, or get too old lift a glass.

**Q - Fat chance on that last one. You'd just use a straw if you had to to get that wine.**

**A –** You got that right. So, we had one other Italian red, a CHIANTI, which is also that SANGIOVESE varietal. This one is not the type in those wicker basket wrapped bottles, which aren't bad, but the highest status of wine from that country called D O C G. This one came from the same outlet in Woodsville, and usually costs about \$15.00 and I got it for around \$10.00.

**Q - So, you don't have to spend too much money for really good wine.**

**A –** I keep tellin' you and tellin' you.

**Q - What else besides Italian reds?**

**A –** We had another red from France called LA



VIELLE FERME from the Rhone Valley and it was a blend of lots of different grapes. And one of the best-selling wines for a great price, also from France, called MOUTON CADET – (moo-TAWN ca-DAY) I call it MOUNTAIN CADET – famous family name, BARON ROTHSCHILD, but no famous price, maybe \$12.00 This is mainly a Merlot (mare-Low) blend, with some CABERNET SAUVIGNON, it's a medium-bodied wine.

**Q - We're about to run out of space. What else?**

**A –** Had a neat one from Spain called GARNACHA, from the Rioja district in the north part of

that country, and a cool SHIRAZ from Rosemont Estates, Australia, all cost around ten bucks. All the whites were young PINOT GRIGIOS (PEE-no GREE-zhos), and you know those are...

**Q - I know, I know...floral and tropical aromas, crisp and balanced with a clean finish and I bet they all cost \$8.00 to \$10.00.**

**A -** You really are learning.

*(Editor's note – Roudebush worked for years in restaurants as a wine specialist and submits occasional articles on the wonderful world of wine – and even less frequent parties he attends.)*

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

November 25, 2014 Volume 6 Number 4





The New Hampshire legislature is ramping up business in preparation for the 2015 legislative session. During the past week, House Republicans met in Concord to elect a candidate for House Speaker. Following Representative Lori Sanborn's withdrawal as a candidate for Speaker, former speakers, Representative Gene Chandler of Bartlett and Bill O'Brien of Mount Vernon, remained on the ballot. Each representative is a fiscal conservative, each is a skilled tactician, but managerial styles differ.

The caucus began at 1:30pm and concluded several hours later. When all was said and done, the ballot count was 112 for Representative Chandler and 116 for Representative O'Brien. Upon confirming results, Representative Chandler asked the caucus for unanimous support of Bill O'Brien as the House Republican candidate for Speaker. The House Speaker makes rulings on procedure and sets the tone for the legislative session.

On December 3, the full body of the New Hampshire House of Representatives will gather in the capitol to elect the Speaker. Within the NH House, there are 239 Republicans and 161 Democrats and I have offered Representative Bill O'Brien my full support. We need to solve New Hampshire's financial issues and reduce levels of unpro-

ductive spending. He has "pledged to be more inclusive." This has been confirmed to me through personal conversations with Representative O'Brien regarding educational policy in the last several days. I am anxious to move forward with Speaker O'Brien, recognizing that his knowledge and stated position to work with both sides of the aisle will result in a meaningful and productive session for New Hampshire.

In another matter and as a member of the Joint Legislative Committee on Administrative Rules, last week we addressed the issue of adopting rules for the administration and establishment of therapeutic cannabis program (medical marijuana alternative treatment centers). Although medical marijuana is legal in NH, the statute cannot move forward without rules. Due to several issues such as the possible tax-exempt status of treatment centers and subsequent lost revenue to municipalities, the rules were approved on the condition that future legislation will be submitted regarding property tax status of the centers.

In conclusion, I want to wish all a wonderful Thanksgiving, and stay tuned. Following confirmation of a new Speaker on December 3, legislators will receive committee assignments and begin work on the many new legislative requests.

# The Vote For Governor

By Joe Benning,

State Senator & Minority Leader Caledonia-Orange District

One hundred eighty lawmakers are soon going to decide Vermont's path forward when they vote for governor. This is an important vote that should not be taken lightly. Other legislators may feel differently, but this legislator feels a responsibility to explain his intended vote to his constituents.

In one of the lowest attended and closest elections in Vermont history, Peter Shumlin won a statewide plurality of less than half of those voting by one percentage point over Scott Milne. Some claim I should therefore vote for Shumlin because this is in keeping with "tradition." But my senatorial district has 23 towns, 17 of which voted for Milne. Furthermore, my district-wide plurality shows 6,134 votes for Milne to 4,230 for Shumlin. So others claim Milne should get my vote because "tradition" requires me to represent my constituents.

Our Constitution does not require legislators to rubber stamp either "tradition," al-

though either could be deemed a respectable choice. Instead, it demands a ballot, interpreted as being secret, which suggests each of us should vote according to something altogether different. As English political writer Edmund Burke noted: "Your representative owes you, not his industry only, but his judgment; and he betrays instead of serving you if he sacrifices it to your opinion." And John F. Kennedy, in his book "Profiles In Courage," further urged lawmakers to override tradition or perceived popular will when thoughtful deliberation and best judgment so demanded.

In my judgment, the business of Vermont is in serious trouble. In each year of Mr. Shumlin's administration we have cobbled together a budget with one-time monies, while continuing to add unsustainable new programs and employees. Our most recent budget required a 31 million dollar rescission in August and, as a result of continuing revenue shortfalls,

we are likely about to have another of around 14 million come January. At current spending levels we enter the new legislative session with a shortfall of approximately 100 million dollars. One bond rating company has just downgraded Vermont's status. Millions were lost with CGI during a catastrophic health care exchange roll-out. The financial details of a two billion dollar health initiative remain mysteriously hidden from public scrutiny, in blatant violation of a law requiring production almost two years ago. Gruber-gate and DCF mismanagement now dominate the news. And Jeb Spaulding, arguably this administration's best remaining advisor, is leaving.

For me, my vote is focused on the financial stability and proper management of the State moving forward. For those reasons my conscience, happily with my constituents' blessing, will be voting to take Vermont in a new direction with Scott Milne.

## Cottage Hospital: Committed To Caring For The Community Hospital Has Agreements With All 5 Insurers in the NH Healthcare Marketplace

WOODSVILLE, NH — Maria Ryan, PhD, APRN, Chief Executive Officer of Cottage Hospital has announced that the hospital has reached agreements with all five insurers participating in the 2015 New Hampshire health insurance marketplace. The five insurers are Anthem Blue Cross Blue Shield, Assurant Health, Harvard Pilgrim Health Care, Minuteman Health, and Maine Community Health Options.

"While all 26 hospitals in the state will accept coverage from at least three of the carriers, only 10 will accept coverage from all five," explained Ryan in making the announcement.

"Our mission at Cottage Hospital is to strengthen the health of our community by providing accessible, compassionate, quality healthcare. Making sure that we work with all of the insurers gives those in our community who will be purchasing their insurance through the marketplace a full range of choices. We want every individual, family and business to be assured of finding a health insurance plan that meets their needs and budget—and gives them access to their local hospital and health care providers of choice."

Ryan said she's encouraged by the range of options for 2015. "When open enrollment begins on November 15, the marketplace will include about 60 different plans from the five carriers—up from just

14 plans and one carrier in 2014. We've been proactive in working with Anthem, and feel our low cost and high quality will be a great addition to their Pathway Network. Also, with the exclusion of Littleton Regional Hospital from the Anthem network, we want to be able to offer easy access to individuals seeking care. We will continue to offer weekend hours in our laboratory and MRI services, as well as extended primary care provider hours to better accommodate the needs of the patients."

"We're pleased to be working with Harvard Pilgrim Health Care," continued Ryan. "Harvard Pilgrim has designated Cottage Hospital as a Tier 1 provider because we meet their standards for the highest quality care. We're one of only seven hospitals in the state to earn this designation and the only hospital in northern New Hampshire. What this means for those who choose Harvard Pilgrim is that they will pay less out of pocket for laboratory and surgical services when they choose Cottage."

While Anthem and Harvard Pilgrim are familiar names to many people, the other three insurers may not be. Minuteman Health and Maine Community Health Options are Consumer Operated and Oriented Plans (CO-OP), a new type of nonprofit health insurer created by the Affordable Care Act. CO-OPs were

created to offer consumer-friendly, affordable health insurance options to individuals and small businesses. CO-OPs are required to meet the same state and federal quality and financial standards as other health insurance plans; and they are encouraged to offer better coordination of consumers' medical care. Assurant Health, part of Assurant, a Fortune 500 company, is a traditional insurer and the only one of the five insurers that will not offer health insurance on the federally-operated Small Business Health Options Program (SHOP) for New Hampshire, available to businesses with 50 or fewer employees.

"It's a good feeling to be able to assure local residents that, when marketplace enrollment for 2015 begins on November 15, Cottage Hospital will be part of their network, no matter which plan they choose," concluded Ryan.

Cottage Hospital, located at 90 Swiftwater Road in Woodsville, NH, serves the Upper Connecticut River Valley and northern New Hampshire. Recognized for providing exemplary care, Cottage Hospital received the prestigious "Top 20 Best Quality" designation in 2014 from the National Rural Health Association. For more on the hospital, visit CottageHospital.org or call 603-747-9000. Public Health Line is 603-747-9358. TTY 1-800-735-2964.

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# From The Desk Of NH State Senator



Dear Constituents,

With the election behind us, I am pleased the voters have given me the opportunity to represent District 2 once again in the upcoming session. As in the past, the hallmark of my service to the citizens of District 2 will be active communication and constituent service. I will continue to write a monthly news column about activities in Concord and in the District and provide e-newsletter updates, as well. (If you are interested in subscribing to the e-newsletter, visit my website at [www.jeanieforrester.com](http://www.jeanieforrester.com) and complete the form in the lower right-hand corner.) Beyond the written word, I will continue to meet with various constituency groups, attend meetings and events upon request, and advocate for you in Concord.

So what's been happening since the election? Preparations have begun for the new session, which include among other things, orienting the newly elected legislative body and beginning the budget process. This election saw a shift in party affiliation in the Executive Council, House, and Senate. The Executive Council now has three Republicans and 2 Democrats. In the House, there are 239 Republicans and 161 Democrats. In the Senate, there are 14 Republicans and 10 Democrats.

December 3rd is Organization Day for both the NH Senate and House. I, along with 23 other Senators-Elect, will be officially sworn in by the Governor and Executive

for two years; the Department of Corrections came in with a 24% increase; and the Department of Health & Human Services budget (the largest department representing nearly half the state's general fund budget) came in with a proposed budget increase of 44%...\$500 million more than is currently budgeted.

With the agency requests presented, the Governor will now begin making her changes to the budget and present her recommendations in mid-February to a Joint Convention of the General Court.

From January through February, the agencies will make presentations to the House Finance Committee. The House will then begin making their changes to the Governor's budget, vote on it, and pass their recommended budget to the Senate.

In early April through late May, Senate Finance will hold public hearings, invite agencies in for presentations, and ultimately present our recommended changes to the full Senate.

While Senate Republicans have not yet set an agenda for the new session, I expect it will be much as it was in the last two sessions—creating a responsible budget while considering competing needs and wants. We will once again be faced with challenges in building a budget with limited resources.

I am confident with the current leadership, the Senate will continue the good

Council. Also on this day, the Senate will vote for Senate President, which I expect will be our current leader, Senator Chuck Morse (R-Salem) followed by a vote for our Senate Clerk, which I expect will be our very qualified and competent Tammy Wright. After our swearing in, we will join with the House of Representatives in their chamber to elect the Secretary of State and State Treasurer.

As the Chair of the Senate Finance Committee, my work has already started for the next budget. The first step in the process of building a state budget begins with the agencies' requests. I attended the Governor's budget hearings on agency funding requests for Fiscal Years 2016-2017. Nearly 50 budget presentations were given over a three-day period, beginning with the University System of New Hampshire and ending with the Department of Corrections. In total, agency budget requests for the new budget amount to \$12.5 billion, an 18% increase over the FY14-15 budget. The University System requested a 34% increase in exchange for a promise to freeze tuition

work we started over four years ago when we came into the 2011 session facing a \$400 million deficit. While our effort to re-build our rainy day fund was defeated in the last session, I believe we will be successful this time.


We will encourage job growth and improve our economy by working with citizens, employers, and state agencies to encourage government to act as a partner with our state's job creators so together we can foster an environment that encourages investment and the creation of good paying Granite State jobs.

We will responsibly manage state government & taxpayer dollars. Once again, we will produce a balanced budget based on realistic revenue estimates without new or increased taxes and

fees. We will promote a streamlined, efficient, and responsive state government that cost-effectively meets the needs of our citizens, rewards performance and combats waste. I am hopeful that when our budget bill reaches the Governor's desk, she will sign the bill into law.

As I have done in my two terms in office, I will continue a grassroots effort—focusing on outreach and active communication with you. I look forward to keeping you informed and encourage you to call (279.1459 (h), 271.4980 (o)); or email me at [jeanie@jeanieforrester.com](mailto:jeanie@jeanieforrester.com) if you have questions or if I can be of service.

Your Senator from District 2,  
Jeanie Forrester



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Bible Study Following Coffee Hour



# 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

**GROTON GROWERS FARMERS MARKET**  
9:00 AM – 1:00 PM  
Groton Community Building

### 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

### CRIBBAGE

7:00 PM  
Orange East Senior Center, Bradford

## THURSDAYS

### CRIBBAGE

1:00 PM  
Horse Meadow Senior Center, North Haverhill

## FRIDAYS

### LYNDON FARMERS MARKET

3:00 PM – 6:00 PM  
Band Stand Park, Rte 5, Lyndonville

### AA MEETING (OPEN DISCUSSION)

8:00 PM – 9:00 PM  
Methodist Church, Maple Street, Woodsville

## SATURDAY, NOVEMBER 29

### CHRISTMAS CRAFT FAIR BY SECOND CHANCE

10:00 AM – 3:00 PM  
Littleton Opera House

## SUNDAY, NOVEMBER 30

### PRESENTATION, BOOK SIGNING AND DISCUSSION

2:00 PM  
Baldwin Memorial Library, Wells River  
*See ad on page 11*

## MONDAY, DECEMBER 1

### GOOD OLE BOYS MEETING

12:00 Noon  
Happy Hour Restaurant, Wells River  
*Public is invited.*

### HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

## TUESDAY, DECEMBER 2

### 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, DECEMBER 3

### WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM  
Woodsville Emergency Services Building

## FRIDAY, DECEMBER 5

### SERAPHIC FIRE CHRISTMAS

7:00 PM  
North Congregational Church, St. Johnsbury  
*See article on page 9*

## SATURDAY & SUNDAY, DECEMBER 6 & 7

### OLD CHURCH THEATER AUDITIONS

2:00 PM  
137 North Main Street, Bradford  
*See article and ad on page 17*

## SATURDAY, DECEMBER 6

### CHURCH OF THE MESSIAH CHRISTMAS SALE

8:30 AM – 1:30 PM  
Masonic Hall, Lost River Road, North Woodstock

### CHRISTMAS BAZAR & LUNCHEON

9:00 AM – 2:00 PM  
Haverhill Congregational Church

### ANNUAL COOKIE WALK

10:00 AM – 2:00 PM  
Lisbon ARTS Gallery, Main Street, Lisbon

### COOKIE WALK & BAKE SALE

10:00 AM – 2:00 PM  
American Legion Post #20, Woodsville

### ST. JOSEPH'S FESTIVAL & PASTA DINNER

5:00 PM  
25 Church Street, Lincoln

## SUNDAY, DECEMBER 7

### BENEFIT TEXAS HOLD 'EM TOURNAMENT

1:00 PM / Cash Games 11:00 AM  
ELKS POST 1541, 14 Elks St. Hartford Vt.

### FREE TALK: "THE REAL YOU - NO LIMITATIONS"

2:00 PM – 3:00 PM  
Pease Public Library, Plymouth, NH

### CHILDREN'S (1-12) CHRISTMAS

2:00 PM – 4:00 PM / Jan Crawford 747-3564  
American Legion Post #20, Woodsville

## MONDAY, DECEMBER 8

### ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM  
American Legion Home, Woodsville

### OIL PAINTING DEMONSTRATION BY CRAIG PURSLEY

6:00 PM  
Lisbon ARTS Gallery, Main Street, Lisbon  
*See article on page 17*

## WEDNESDAY, DECEMBER 10

### PRACTICAL APPROACHES TO IMPROVING SOIL HEALTH

Common Man Inn, Plymouth  
*See article on page 15*

### MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM  
American Legion Home, Woodsville

## THURSDAY, DECEMBER 11

### FREE COMMUNITY MEAL

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

## FRIDAY, DECEMBER 12

### AMERICAN LEGION RIDERS MONTHLY MEETING

6:00 PM  
American Legion Home, Woodsville

### RECEPTION FOR ARTIST CRAIG PURSLEY

6:00 PM – 8:00 PM  
Lisbon ARTS Gallery, Main Street, Lisbon

### SOUTH RYEGATE NEIGHBORHOOD WATCH

6:00 PM w/Bradford, Newbury, Wells River  
Blue Mt. Union School, Wells River

## SATURDAY, DECEMBER 13

### 2ND ANNUAL GINGERBREAD HOUSE DECORATING

4:00 PM – 5:30 PM  
Groton Free Public Library  
*See article on page 7*

### BRADFORD FARMERS MARKET

10:00 AM – 2:00 PM  
Grace United Methodist Church, Bradford  
*See ad on page 3*

**PLACE YOUR EVENT FOR YOUR TOWN, SCHOOL OR ORGANIZATION AT NO CHARGE.**

*Submit your entries by:*

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**Deadline for submissions is Thursday, December 4th for our December 9th issue.**



# Groton Free Public Library News

Hunting for More Library "Friends!" We are a very small, informal group of volunteers now recruiting with hopes of becoming more visible. If you are interested in working on specific fundraising projects to further the growth of the library, we'd love to hear your ideas. For more information, call Nancy Spencer at 584-3717, or contact Anne at the library.

**NEW! Cabin Fever Flix.** Starts December 1. Groton Library will receive one new release DVD each week during this winter season -- let's beat those cabin fever blues! Free one-week loan for best titles around!

**2nd Annual Gingerbread House Decorating.** Saturday, Dec. 13, 4-5:30pm. Create your centerpiece -- or dessert! Join other "big kids" (adults) for some free, sweet, wintry fun. All invited to bring a bag of edible house decorations to share. RSVPs appreciated (grotonlibraryvt@gmail.com/802-584-3358). Children ages 10 & up welcome with an adult.

**YA Book Discussion.** Monday, Dec. 15 at 6:30pm. "The Fault in Our Stars" by John Green, 2013-2014 Green Mountain Book Award Winner & New York Times Bestseller. New participants welcomed. Copies of the book available for borrowing at the library & through listenupvermont.org (e-book).

**Board Game Bonanza.** Friday, Dec. 19, 4-6pm. Stop in for some free fun for all ages -- bring a game to share or challenge a friend to one in our collection! Ideal for kids AND adult players.

**Holiday Book Sale.** Saturday, Dec. 20, 10am-1pm. Books, Puzzles & More! Like new items to complete your holiday shopping will be for sale by donation at the Groton Growers Market at the Groton Community Building.

**NEW! Round Robin Reading Storytime.** Every Tuesday, 10-11am. For children ages 0-5 and their caregivers. Come share stories and playtime!

**GED & High School Completion Program Tutoring**

with NEKLS. Every Wednesday at 10am. Meet with a staff person from North East Kingdom Learning Services at the library to find out if their services are a good fit for you.

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

**Friends of the Library Book Sale.** All open hours. Thanks to all who donated books to us and to those who purchased them! All funds are used for library programs & materials.

All of our programs are free and open to residents of all towns. 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, Sat 10am-12pm.

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

# Haverhill Corner Library

## Will Host Neanderthal Discussion

HAVERHILL, NH — The Haverhill Corner Library will hold a discussion of Neanderthal Man: In Search of Lost Genomes by Svante Pääbo, the library has announced. The discussion will be held on Monday, December 8 and will be the third and final in a series of book discussions on the theme "Extinction!"

The discussion will begin at 7:00 PM and will be free and open to the public.

Pääbo is director of the Department of Genetics at the Max Planck Institute for Evolutionary Anthropology in Leipzig, Germany, and he is one of the founders of the field of paleogenetics, which studies past life through examination of preserved genetic material. He led the team that created the first complete map of the Neanderthal genome -- research that led to the revelation that many modern humans have traces of Neanderthal ancestry.

Neanderthals are an extinct species of human that

died out in Europe between 41,000 and 39,000 years ago. They co-existed with homo sapiens in Europe for some 5,000 years, though the exact nature of the interactions between the two groups is not known. In his book, Pääbo reviews the current state of our knowledge about Neanderthals and recounts the research that led to the decoding of the genome.

Pääbo has been called "the man who is rewriting the story of human evolution" by the Guardian, and his book has been hailed as "a revealing history of a new scientific field" by the New York Times Book Review, Or as Laura Miller said in Salon, "I came for the cavemen, but I stayed for the geeky nail-biter of a story about doing historic science in a climate of fierce international competition and rapid technological innovation."

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

# Orange East Senior Center

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

The center will be closed on Thursday, November 27 and Friday, November 28.

The Council on Aging will be here December 1 to help with the sign up of Medicaid D. If you need help, please call for an appointment.

We are looking for volunteers for the kitchen for Tuesday and Thursday. If you are interested, please call or come by.

The East Corinth Cribbage Club will be on Wednesdays for the 2014-2015 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 are welcome--please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

Bingo is every Monday. The game starts at 6:30 p.m. and the doors will open at 5:30 p.m. The kitchen will be open selling drinks and food.

Robert's Thrift Store is looking for volunteers on Tuesday, Thursday, Saturday and Sunday. The store is open from 9 to 5p.m. but you can set what hours you would like to work. If interested please call Robert at 222-5001 or stop by.

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 December 10. If you would like an appointment, please call.

Computer class is now on Wednesdays from 3:00 p.m. until 5:00 p.m. This class is for all levels.

There will be Tai Chi Easy classes on Wednesday are at 8 a.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.

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. Directly after exercise class on Tuesday and Thursday we continue with a balance class that helps build balance.

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

## Christmas Memory Tree

**Memory Tree Ceremony  
And Reading Of The Names  
Will be Held On**

**Friday, December 19, 2014  
6:00 PM**

American Legion Ross Wood Post #20  
4 Ammonoosuc Street  
Woodsville, NH

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Friday November 28th, Noon til 9 pm  
Saturday November 29th, Noon til 6 pm  
Sunday November 30th, Noon til 5 pm.





# The December 23, 2014 Issue Of Trendy Times Will Feature Holiday Greeting Cards From Many Local Area Businesses And Organizations



**DEADLINE FOR ADS IS  
THURSDAY, DECEMBER 18, 2014**



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## Secret Santa Visits McIndoe Falls

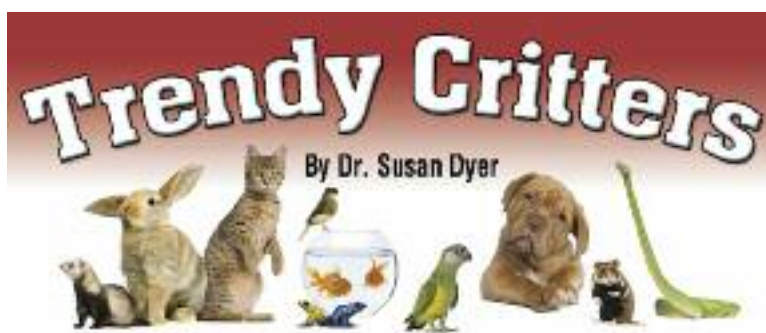
A recent addition to the village of McIndoe Fall is Shops at Fayrehale; Antiques, Christmas, Gifts. This small shop offers a nice range of items for shoppers year round, but even more as the Christmas shopping season kicks off. The shop offers a good selection of gifts and Christmas items in the \$5.00 range, the \$10 range plus many under \$20. Owner James Verrill also offers many nice antiques. But not necessarily the items you would find in a conventional

antique shop. Instead he has a good variety of antiques items that can be appreciated for their beauty and useability.

For those who like deals and surprises, there is a selection of gift bags as well as greeting cards, all priced at 50% off regular retail price. For a little more savings, clip the coupon from their ad on the front page of this edition of Trendy Times and get another 10% off when you shop Friday, Saturday or Sunday, November 28, 29 & 30.

Now for the Secret Santa. Jim will be hiding a small Santa in his shop every weekday beginning December 1st. The first person to spot that Santa (between four and six pm) will be given a certificate worth 10% off any purchase during the week following Christmas (the 26th thru the 31st of December).

Shops At Fayrehale is well worth a visit and makes a nice addition to our area shopping.



## Let's Talk Turkey About Your Pets and Thanksgiving

by M. Kathleen Shaw, DVM

### Vermont Veterinary Medical Association

The last thing any pet owner wants to do on Thanksgiving is rush their pet to the animal emergency room. The sad truth is that many pets are injured or poisoned around Thanksgiving. How can you make sure your holiday doesn't end in disaster?

During the holidays, most animal related ER visits are due to eating something inappropriate. Some foods cause upset stomachs, some are poisonous, and some can cause life-threatening obstructions. We know that 60% of us will share our holiday meal with our pets, but you should follow a few basic guidelines.

A small amount of white turkey is an acceptable treat but definitely avoid the turkey skin and the turkey bones. The skin is often fatty and can cause pets to develop pancreatitis, a painful and potentially lethal inflammation of your pet's pancreas. Poultry bones, especially cooked, have potential to both break off and cause a perforation of the digestive tract or cause an obstruction.

Other foods to avoid include grapes and raisins, excessively salty foods, foods flavored with onion or garlic powder, desserts and sweets

containing Xylitol, and chocolates.

All leftovers should be secured behind a pet-proof door. Remember, keep your trash can secure. As we leave the kitchen and dining room to relax with our guests, pets often are lured by the enticing smell of food and can sneak into the trash or leftovers. Many items used in the meal preparation and then thrown away can be dangerous. A turkey string, foil wrappers, and food containers may smell like food and be eaten by a curious pet.

During family gatherings, if you are having people over that you know can't resist slipping your pet some people food (there's one in every family), consider confining pets away from the kitchen/dining areas. It might also be best to keep pets confined if they are overly anxious. Monitor people going in and out of the front door so that your pets don't escape.

Keep your veterinarian's phone number and the local animal emergency hospital handy. A quick call to either of them can give you life-saving advice or even help you avoid a trip to the emergency room.

## Grammy-Nominated "Seraphic Fire Christmas" To Be Performed Dec. 5 in St. J.

Kingdom County Productions will present the exclusive northern New England concert by the two-time Grammy-nominated vocal ensemble, Seraphic Fire, when the 13-member group performs its "Seraphic Fire Christmas," 7pm, Friday, December 5th at North Congregational Church, 1325 Main Street, St. Johnsbury.

Entering its second decade, Seraphic Fire is widely regarded as one of the most important vocal ensembles in the U.S. Led by Founder and Artistic Director Patrick Dupré Quigley, Seraphic Fire brings the best ensemble singers from around the country to perform repertoire ranging from Gregorian chant and dazzling motets to baroque masterpieces, Mahler, and newly commissioned works. A video clip of the ensemble can be found at [www.youtube.com/watch?v=W7EUW0t-1BY](http://www.youtube.com/watch?v=W7EUW0t-1BY).

The December 5th holiday concert will feature a range of seasonal compositions and arrangements, from "Pater Noster," "Ave Maria," and "Adeste Fideles" plainchants and Charles Wood carols to 16th Century compositions by Michael Praetorius and Melchior Vulpius and dazzling and original renditions of familiar holiday songs, "O Little Town of Bethlehem," "Carol of the Bells," "The First Noel," "Silent Night," and others.

A two-time Grammy nominee, Seraphic Fire's conductor, Patrick Dupre Quigley is at the vanguard of a new generation of young Baroque specialists: completely at ease at the helm of the modern symphony orchestra while still able to create passionate and distinctive vocal stylings. Quigley is the youngest recipient of the (2004) Robert Shaw Conducting Fellowship, given annually by The



National Endowment for the Arts and Chorus America.

Seraphic Fire singers carry multiple Grammys of their own – and credits from the nation's most prestigious music schools, including The Eastman School of Music, The Yale Institute of Sacred Music, McGill, the Universities of Wisconsin and Michigan, the Yale School of Music, and others. They have performed at Lincoln Center's Alice Tully Hall, Carnegie Hall, The Oratorio Society of New York, Yale Schola Cantorum, the Handel and Haydn Society, New York's world-renowned Choir of Men and Boys at St. Thomas 5th Avenue Church and many more. Their collaborations run the gamut, from performances under the batons of Nic McGeehan, Michael Tilson Thomas, Julian Wachner, Leonard Slatkin, Masaaki Suzuki, and Helmuth Rilling to performances with Steve Reich and the legendary hip-hop

neo-soul band, The Roots.

Critical praise for the ensemble's singers describe them, individually, as "brilliant, agile and "angelic" (San Diego Story), with "warm tone and ringing top notes" (Salt Lake Tribune), "soaring diamantine high notes" (Opera News), and "luminosity and grace" (New York Times). NPR's Morning Edition has commented on the entire ensemble's "A Seraphic Fire Christmas," saying, "the singing is just fabulous."

Vermont Public Radio will be making a recording of Seraphic Fire while they are in St. Johnsbury—for a special holiday broadcast later in December.

Tickets for the December 5th Seraphic Fire concert are available at the door, at the Catamount Box Office or by calling 888-757-5559. Online sales are available at [KingdomCounty.org](http://KingdomCounty.org). Discounts are available for seniors and students.

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# Haverhill Memorial VFW Post #5245 Makes Generous Donation To Court

Grafton County Alternative Sentencing receives generous gift of the 5 Flags of Service, as well as the National Flag and the MIA/POW flag from Haverhill Memorial VFW Post 5245 for the Veteran's Resource Area being established at the Alternative Sentencing Building on the Grafton County Complex. Other valuable re-

sources such as computers and printers are in the process of being procured for this area as well. The Grafton County Alternative Sentencing Programs are dedicated to creating an improved collaborative response to Veterans, through increased cultural competency surrounding veterans' unique experiences, and

creating the best treatment and legal network options that we can to support our veteran community members.

Pictured above from L-R Dale Pierson, VFW #5245 Post Adjutant, Shelly Golden, Grafton County Mental Health Court Coordinator, Oliver Brooks, VFW #5245 Junior Vice Commander, Lara Saffo, Grafton County Attorney, Wayne Mitchell, VFW #5245 Commander, Lucille Amero, Grafton County Director of Alternative Sentencing, Colleen Strout, Grafton County Restorative Justice Coordinator & Alternative Sentencing Administrative Assistant, and Wayne Fortier VFW #5245 Trustee.

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# Woodburn Elected Senate Minority Leader

CONCORD, NH -- North Country State Senator Jeff Woodburn was elected as the leader of the Minority Party on Friday. The ten Democratic Senators were locked in six hour deadlock between two candidates vying for the top spot. Woodburn emerged as the compromise candidate and was unanimously elected.

"It was unexpected, but I'm honored by the trust of

colleagues have placed in me and I look forward to the challenge. My focus will be to work with everyone to get things done for New Hampshire. My immediate focus is to keep the bipartisan list accomplishments of the previous legislature and build a fair budget."

Woodburn, who was re-elected to a second term with 60 percent of the vote, said his new position will

give him clout to help the North Country. "My time and schedule will have to be curtailed and more strategic," he said, "but my heart will always be in the North Country."

A resident of Dalton, Woodburn is the first North Country legislator to serve as a Senate or House Democratic leader.



Bethlehem Public Library hosted book discussion of the acclaimed book "Dogs of March" with its author Ernest Hebert on Saturday. Hebert, center, is with North Country Senator Jeff Woodburn and Bethlehem Library Director Laura Clerkin.

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November 25, 2014 Volume 6 Number 4

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# Letter To The Editor

To the Editor,

## The President

The election is over. Although I am disappointed in some of the outcomes in NH, I am pleased that the Republicans will have the majority in the Senate in Washington D.C.

One benefit of having the Republican majority in the Senate is, the House will create a budget and it will send it to the Senate and should not get thrown in the trash like Harry Reid did. We might actually get a federal budget. We have only passed one since Obama was elected.

I believe the election was a mandate telling the President that the majority of US citizens do not like his policies. However he does not think this. He is so arrogant that he wants to sign an executive order for Amnesty.

The Democrats evidently do think the election was a mandate against Obama, as many Democrats that were opposed to the Keystone Pipeline now have voted for it. They do this in hopes that their vote will help Senator Mary Landrieu in Louisiana win the runoff election. I certainly hope this does not happen. I hope the voters are smarter than this. Louisiana could use the jobs but they deserve a better Senator.

Linda,

*My hope is that it will not take two years for things in Washington to start moving again. 2016 may not be that far away, but two years is too long for our elected officials to stay stalemated and not solving issues that need to be worked on. The list is long and I will not try to mention them all here. But let me also point out that the "Party in Control" changes on a regular basis. And that should not be the deciding factor in what, if anything, actually gets done. With the differing opinions of our two major political parties today, without some compromise there will not be any forward motion.*

*I strongly believe that both parties need to put the needs of the American people ahead of their own needs or those of their party leaders. And the only way to do that is thru discussion, thought, and the ability to work together to find a reasonable answer. Knowing that the answer will probably not fully please either party, but will move us ahead.*

Gary Scruton, Editor

Recently MIT professor/White House consultant Jonathan Gruber called the voters stupid for being in favor of Obamacare. He said the penalty part was deliberately written that it was not a tax because calling it a tax would kill it. He praised the late Senator Kennedy for ripping off the American public for 400 million a year. He deliberately did not let the bill be transparent because he did not want the public to know anything about it. Pelosi just recently said she did not know who Jonathan Gruber is but she certainly could not praise him enough when the bill was passed.

The Democrats are the stupid ones. They are the ones that voted for it. I do not know of one single Republican who voted for it. So essentially Gruber is calling Democrats stupid.

Well we shall see soon enough. I hope the Republicans will repeal Obamacare. I hope the Republicans will defund Amnesty if the President writes an executive order. Let's see if some Democrats vote with the Republicans. Time will only tell. And 2016 is not that far away.....

Linda Riley  
Meredith NH

# Letter To The Editor

To the editor,

Refugees are caused by war. We created over 2,000,000 refugees when we invaded Iraq. Their neighbors/country's did not meet them with guns, rocks, words. They reached out to them, gave them a place to stay, food to eat, clothes to wear.

Some of these immigrants, refugees were forced to come to our country because of war. Was it their fault? All the President is asking of Congress, Republicans, Boehner, is to "Vote." Do your job for which the American people sent you to do. Don't be obstructionist, take responsibility, put your name on the Vote. Send these people back or don't. You don't want to get the blame if it's wrong...only take credit when it works. That's not legislating. If you don't want refugees..don't start wars!

Former Presidents have done the same, in fact responsible for the laws laid down in this bill, that President Obama wants to do, if you don't, VOTE, Don't blame it on the President, it's your job to "legislate", so "legislate", Vote, Sign the Bill.

Send the refugees/immigrants back, or let them stay..that's "your job" Vote.

Nancy Leclerc  
North Woodstock, NH

Nancy,

*The refugee issue and the immigration issue, I believe, are two different, though very similar issues. Refugees, as you point out, are forced to move due to war or some natural disaster. They also, most often, move only a short distance (neighboring country). Immigrants, however, choose to make the move and quite often move a much longer distance. It is their choice to make the move, and their choice as to which country they move to.*

*That being said I will agree that our representatives need to do their job and make some choices as to what new legislation should be passed in order to fix our immigration and/or refugee issue.*

*There are many who have good reason to be in this country. Working, going to school, or for other reasons, who still do not qualify under the current rules to be here. And there are also many who should not be here that we seem unable to send home. It certainly does appear that something must be done. Let's hope that the two political parties can come together and somehow resolve the issues to the betterment of all Americans.*

Gary Scruton, Editor

## OBITUARY – IRENE EDITH VIELLEUX



two sons, Randy A. Vielleux on November 6, 1989 and Ty M. Vielleux on November 1, 1995; as-well-as a sister, Patricia Gallant and a brother, Harold "Bud" Powers on October 10, 2002.

Irene is survived by a son, Gary F. Vielleux and Anita Locke of Newbury; a daughter-in-law, Paula of West Newbury, VT; three grandchildren, Stacy, Jonathan, and JP; two great grandchildren, Hannah and Aidan; three sisters, Dorothy Longmoore, Marjorie Minshull and Marilyn Emerson all of Newbury; two brothers, Charles "Bob" Powers and Harvey "Bill" Powers both of Wells River, VT; and several nieces, nephews, and cousins.

Calling hours were held on Thursday, November 20, from 6-8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. A graveside service was held on Friday, November 21 at 1 PM at the Boltonville Cemetery, Route 302, Wells River, VT.

In lieu of flowers, memorial contributions may be

made to the Alzheimers Association, Vermont Chapter, 300 Cornerstone Drive, Suite 128, Williston, VT 05495.

For more information or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

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

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Newbury, VT- Irene Edith Vielleux, 85, formerly of Wallace Hill Road, died on Monday, November 17, 2014, at St. Johnsbury Health and Rehabilitation Center, St. Johnsbury, VT.

Irene was born in Haverhill, NH on March 11, 1929, a daughter of Ray and Helen (Crowe) Powers. On October 22, 1949, she married Frederick L. Vielleux.

Irene was a school teacher for over forty years at schools in Ryegate, Wells River, and the surrounding area. Mostly, she taught in the Newbury Elementary School.

She was predeceased by her husband Frederick Vielleux on January 23, 2012;



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# Accepting Tova's Challenge To Try Something New

By Kathy Jablonski, Field Specialist,  
4-H Youth and Family, UNH Cooperative Extension

As adults, we are always telling kids "Don't be afraid. Try something new."

Well, I had to eat my words and take the challenge when my friend Tova asked if I wanted to try the new intense fitness program at the gym we frequent.

Overweight, late middle aged lady? Running? You've got to be kidding. I'm a swimmer. Put me in the pool, let me swim for 45 minutes, meditate, count laps, stretch, do a little water aerobics and I start my day well. But this intense fitness thing? I wasn't sure. Tova encouraged me to try it. So, I signed up for the "free trial" that fit my schedule.

Then I found out she couldn't get into the class I had signed up for. Now what? Go it alone? Hope it snows and the gym doesn't open for the day? Sneak in and just go to the pool and claim I forgot?

Being an educator and being who I am, I knew I needed to follow through with my commitments. And, I need to try something new periodically. That new thing should put me outside of my comfort zone. Trying something new helps me when I'm working with folks of all ages and teaching them a new skill or concept. In this way, I can identify with some of their challenges, fears and trepidations about trying something new.

So, I had signed up for the Friday morning free experience. I needed to follow through with the experience. And, an experience it was.

When I walked in at 5:40 a.m., folks were sitting in the lobby waiting for class to start. I was greeted and folks smiled. Then, I got nervous. Everyone in the room was fit: no love handles, no bulges in the wrong places. They all had proper gym gear and colorful shoelaces. They looked the part. Me, in my yoga pants and t-shirt, not so much, but I was comfortable.

At that point in time, there was no one there my size... or my age.

Again, folks were friendly and welcoming. Otherwise, I would have turned about and headed for the pool, my safety zone. That's where I know my strokes, can kick to my heart's content and have the density of the water to hold up all those overweight body parts.

The time had come. The instructor led us down to the other end of the building to the new fitness center. This intense, 45 minute workout was about to begin.

Finally, someone closer to

my size showed up. That made me feel a bit better.

The instructor outlined the workout of the day; so many minutes of warmup and then the INTENSE workout rotations. (Capitalization intended.) He shared that we would be shown how to modify each activity for our personal fitness level. And so we began. "Go run 6 laps around the tennis court." Out of the 6 laps, I ran 1 1/2 and fast walked the rest.

"Then wall walk, squats and push-ups." Wall walks. You start on your stomach. You walk your hands towards the wall while your feet are going up the wall. I was able to get within 1 1/2 feet of the wall, and then did 'lady' pushups, but at least I did them. I felt that the squats were easy-peasy, but my thighs told me differently the next day.

"Pull ups." Thank heavens for the rings and being able to keep my feet on the ground. I thought the rubber band assist looked like a good goal for me when I come back....

"Kettle ball." About this time, a second instructor came over to check on me and told me I was doing fine. The kettle ball was easy, even though I had chosen a baby weight. (Yellow is usually not my color.)

We progressed to the INTENSE workout that included: wall ball (bouncing a ball above the line, catching it while doing a deep squat and then repeating. Mine was a mere 11 pounds.), snatches (again with my little yellow 3 pound kettle ball) and running/walking laps. A woman who was working out next to me did 8 sets. I felt really fine that I had done

four (even though I jogged and fast walked most of the laps I did).

Then we were done. We stretched. I drank copious amounts of water and showered. Thankfully my body stopped perspiring by the time I got to work.

So, why go on about the adventures of a late middle ager trying a new exercise regime?

Because I want to encourage you all to do some new type of exercise.

Try something new! Get out there and experience physical activity.

All the research says, as adults, we need at least a half hour a day of moderate to vigorous physical activity to maintain health. More exercise is needed to keep weight down, build core muscles and increase blood circulation to the extremities. Exercise can reduce risk to certain kinds of cancers. Need a mental health lift? Exercise can do that, too, and it is one of the reasons I will go back. I survived my first intense fitness experience. Following my class, I felt energized all day, and that healthy feeling is something I'd like to replicate. (If you want to read more about the benefits of exercise, check out this website: <http://www.cdc.gov/physicalactivity/everyone/health/>)

So, if I can complete my first intense fitness workout without keeling over, what new activity can you add to your day?

You might even find something you like.

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# UNH Workshop

UNH Cooperative Extension invites you to join us at a USDA, Risk Management Agency sponsored workshop "Practical Approaches to Improving Soil Health" on December 10th at the Common Man Inn and Spa in Plymouth, NH. The morning program will focus on the general benefits of improving or maintaining soil health and the afternoon program, which will consist of two concurrent sessions for vegetable or dairy/livestock production, will allow farmers to delve into the use of cover crops and soil conservation practices to improve soil health specific to their cropping systems.

Speakers include Joe Homer and Brandon Smith from the Natural Resources Conservation Service, both of whom have extensive experience with soil health testing. After lunch Jeff Carter and Kirsten Workman from UVM and Eero Ruuttila from the New Entry Sustainable Farming Project will discuss their experience using cover crops and different tillage systems in applied research and on-farming systems to improve soil health.

For more information or to pre-register, contact Carl Majewski at 603-352-4550. To register on-line go to: [Bit.ly/soil\\_health](http://Bit.ly/soil_health)

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# Share Your "Bounty" With Your Loved Ones

It's almost Thanksgiving, a holiday that once celebrated the harvest season. Although many of us today may not be directly connected to agriculture, we still gather on Thanksgiving with our loved ones to share whatever "bounty" we may have. But this practice doesn't have to begin and end with food. Why not incorporate the spirit of sharing into your overall financial strategy?

Here are a few suggestions for doing just that:

**Make financial gifts.** You could give shares of stock to your loved ones, or perhaps give them money to help fund their IRAs. (They must have earned income, however, to be eligible to contribute to an IRA.) You can give up to \$14,000 per year, per recipient. If you are married, you and your spouse can each give up to the \$14,000 yearly limit.

**Invest in your children's future.** To help your children meet the high costs of higher education, you might want to invest in a college savings vehicle. One option to consider is a 529 plan. When you contribute to a 529 plan, your earnings are subject to tax-free growth potential and distributions are free of federal taxes, provided they are used for qualified higher education expenses. (Keep in mind, though, that Section 529 plan distributions not used for these

qualified expenses may be subject to income tax and a 10% penalty.) Furthermore, if you invest in your home state's 529 plan, you may receive state tax incentives. Tax issues for 529 plans can be complex, though, so you'll need to consult with your tax advisor about your situation. Another benefit of 529 plans: You control the assets right up to the point at which they are actually used. So, if you have been putting away money for a particular child (or grandchild) and he or she decides against college, you can easily switch to another beneficiary.

**Review your insurance policies.** If something were to happen to you, is your life insurance sufficient to take care of your family? In other words, would there be enough money available to pay off your mortgage, send your children to college and help your surviving spouse meet at least some of his or her retirement expenses? A financial professional can help you determine

if your life insurance is sufficient for your needs.

Consider involving your family with your estate plans. To help ensure your wishes get carried out the way you intended, consider keeping family members informed of your estate strategy, which could involve your will, living trust, power of attorney and other legal documents. And don't forget to keep your beneficiary designations up to date on your retirement accounts and your life insurance policy. So if you've gone through changes in your family situation, such as a divorce or remarriage, work with your professional team, including your financial advisor and your tax and legal advisors, to make ensure your investment strategy aligns with your estate goals.

Once the turkey is eaten and the football games have ended, Thanksgiving will draw to a close. But consider these strategies sharing your "bounty" with your loved ones all year long — and throughout your lifetime.

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

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# Old Church Theater Schedules Open Auditions

Bradford VT: Old Church Theater is holding open auditions for its first production of 2015 on December 6 and 7 at 2pm at the Congregational Church next to the theater at 137 North Main Street, Bradford.

Co-directed by Peter Richards and Barbara Swantak, the play is "Funny Valentines" by D.R. Andersen, a "farical and delightful" romantic comedy. There are parts for 2 men and 3 women, all in their late twen-

ties to thirties- the exact ages are very variable.

The play is scheduled to be presented at Alumni Hall in Haverhill at 7pm on Saturday and Sunday, January 31st, February 1st, and again at 7pm on Saturday and Sunday, February 7th and 8th. For more information email peterpipes@me.com or barb.swantak@gmail.com (phone: 603-728-9847) or visit www.oldchurchtheater.org.

This is the second time

the group has presented a play outside of their home stage in Bradford's historic "old church", being that the building is not able to be adequately heated in the depth of winter. The first was "Death By Golf" in 2013, also presented in Haverhill, NH.

Old Church Theater is a non-profit community theater based in Bradford, celebrating its 30th anniversary in 2015.

# Lisbon ARTS Gallery Presents Craig Pursley

The Lisbon ARTS Gallery is pleased to have nationally acclaimed guest artist Craig Pursley of Bath, New Hampshire showing his oil paintings at the gallery the month of December.

On December 8th at 6 o'clock Craig will demonstrate his methods and will do an oil painting from start to finish in about three hours. This event will last about 3 hours. The public is welcome to attend. Seating is limited. A reception to meet the artist and view his work will be held at the ARTS Gallery December 12, 2014 from 6PM to 8PM. Food and drinks will be provided. The public is welcome to attend.

Craig started early in art, obtaining professional commissions at 14. He was chosen as Nebraska's Outstanding Young Artist at 17 and the following year completed a large mural, which is still displayed in his high school. Craig has worked as a composite artist for several law enforcement agencies including the F.B.I., an art teacher in Colorado, an illustrator for a major newspaper.

He also achieved considerable notoriety as a sports artist for the California Angels, Topps Baseball Card Co., and Upper Deck Baseball Card Co.. In 2002, Craig and his wife, Julie, moved to New Hampshire where he



paints the beauty of New England in addition to running the American Heritage Gallery of Art in Bath, New Hampshire. He is a member of the California Art Club, The Portrait Society of America (who have chosen his portfolio as one of the top ten in both 2011 and 2012) and Oil Painters of America (where he recently won second place in a national competition).

His work can be seen in the National Baseball Hall of Fame, The Nolan Ryan Mu-

seum, The Saint-Gaudens National Historic Site and The Ronald Reagan Presidential Library and Museum. His paintings are also in private collections from coast to coast and in Europe. He has won many awards including two chosen from nearly 6,000 entries in international competitions. Recently, he was chosen by New Hampshire Magazine as "Best White Mountain Artist" and has two portraits on permanent display in the state house in Concord.

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# North Country Chorus<sup>17</sup> Presents 67th Annual Christmas Concert

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Alan Rowe will direct the chorus, soloists and a nine-piece orchestra. The quartet of vocal soloists will consist of North Country favorites: soprano Julie Drown, alto Maria Weber Lamson, tenor Phil Brown, and bass Gary Moreau.

**Friday 5 December,**  
7:30 pm, at

First Congregational  
Church, Littleton, NH

**Saturday 6 December,**  
7:30 pm, at

Wells River Congregational  
Church, Wells River, VT

**Sunday 7 December,**  
2:30 pm, at

North Congregational  
Church, St Johnsbury, VT  
Tickets are available in advance from Catamount Arts (\$10 adults/\$5 students) or at the door (\$12 adults/\$5 students).

Hello, Columbus!, NCC's 34th annual Madrigal Dinner, will be held in Monroe, NH, on January 23, 24, and 25. Tickets are available by advance sale only through Catamount Arts.

For details of all NCC events visit northcountrychorus.org.

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# 18 The Raymond S. Burton Museum And Learning Center

The Bath Historical Society has recently purchased a building on the commons in Bath, New Hampshire; hometown of Raymond S. Burton. The Society is proceeding to establish a portion of the building as a Raymond S. Burton Memorial and Learning Center. They have also initiated a program with Plymouth State University which will allow students of archival and government studies to do the cataloguing and archiving of this important memorabilia as well as supporting the Raymond S. Burton Scholarship fund. The Raymond S. Burton collection is being provided by his Estate. The Bath Historical Society is seeking funding to ensure that the collection is displayed in a dignified setting befitting the legacy of Raymond and that it is main-

tained ongoing. We have a budget of \$20,000 to make construction improvements, including handicap access. We have received \$6,600 to date. We are asking each person, group or business that was helped by Councilor Burton to help us with this important task of keeping his memory and the history of his significant public service alive. Your donation will be acknowledged on the "Wall of Honored Donors" in the Museum. Please be as generous as you can and we will meet our goal of opening the Museum on Ray's birthday date; Aug.13, 2015. Thank you in advance. Please send your donations to: The Raymond S. Burton Museum Fund, PO Box 44, Bath NH 03740. Visit us on Facebook and [www.bathhistoricalsociety.com](http://www.bathhistoricalsociety.com)

# The Dog Team

By Elinor P. Mawson

The Dog Team was a well-known restaurant in the Middlebury area. It was iconic because of its interesting décor and its wonderful food.

A couple named Joy started it as a sort of "way station" for Grenfell rugs in the US. Dr. Wilfred Grenfell came from the UK to Newfoundland to stop the spread of disease that proliferated in that province and Labrador. While doing that, he noticed that the people there made wonderful rugs depicting life in the North--icebergs, bears, and dog teams.

Wanting to help the economy as well as keep away diseases, Grenfell decided to develop a "Cottage Industry" in the Maritimes. Seeing that the rugs were made out of thin strips of material, he got the idea that they could also be made out

of nylon stockings. So, with the Joy's help, people in the US started sending their used stockings to Newfoundland, where they were dyed and distributed to rugmakers.

When the rugs were collected (by the hundreds) they were sent to the Joys who sold them all over the country right from their home in Middlebury. The rugs became very popular and eventually, collector's items.

Once the rug business took off, Mr. and Mrs. Joy decided to open a restaurant which would be called the Dog Team. The dog team logo was painted on the chairs and tables, as well as signage, menus and other things, and became an icon in itself.

The restaurant became widely known because of its unique presentation. When one entered the place, the menu was printed on the back of a tray and the guest ordered his/her meal right then and there. When they arrived at their table, their appetizer awaited them. Then, bread, salad, relishes and fabulous dressing arrived one at a time. The relishes came in copper buckets on a yarn winder, and one could choose from beans and onion in oil, sweet kraut, cottage cheese or applesauce.

Then the server brought sticky buns, the likes of which are indescribable!

Entrees were then

brought, and each guest was served with potato and vegetables.

Needless to say, there wasn't much room for dessert; however there was a cute little wooden sign with desserts described--I seem to remember "chocolate delight" "and crème de menthe sundae." And, of course, on the sign was the dog team logo.

It was always a treat to go to the Dog Team. Decorating the walls were original Grenfell rugs--to die for! We loved seeing old signs and other antiques that came from the area.

One would think that the Dog Team would be around forever. With its unusual approach to the dining experience and its wonderful, homemade food, we made it the "go to" place every year. But--alas--it burned to the ground a few years ago--taking the owner as well as the antiques, the Grenfell rugs, the recipes; and leaving just memories.

I miss it to this day.

But wait!! I have the Dog Team dressing recipe! Whenever I serve it, people just rave!

- 1 cup oil
- 1 cup vinegar
- 1 cup sugar
- 1T rosemary
- 4 cloves garlic--minced fine

Mix together in blender, store in covered jar. Makes about 2 cups Enjoy!

November 25, 2014 Volume 6 Number 4

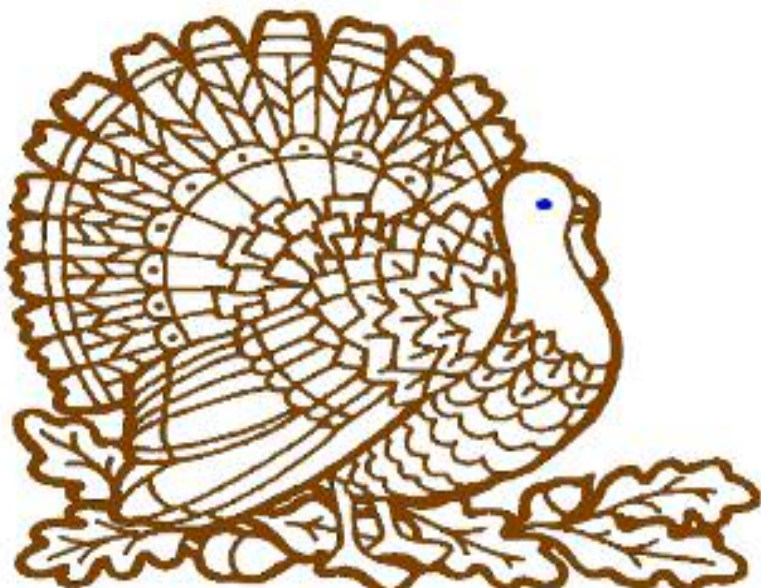
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This herbal blend focuses mainly on the chemical processes involved. Indigestion (dyspepsia) is both a psychological state and a feeling. Anxiety, panic attacks, nervousness... all are imbalances within the digestive system. The "state" is one of faulty digestion. The "feeling" is one of discomfort, being "stuffed", pain, cramps, heartburn, gas and nausea. Indigestion may often be a symptom of a greater problem, in which case the advice of a physician should be obtained. This blend of herbs will help reduce digestive and intestinal complaints in two specific ways. First, it enhances digestion itself. Second, it remedies the various side-effects of poor digestion: flatulent gas, colic, heartburn, etc.

**CATNIP HERB:** (Nepeta Cataria), Used as a specific with natural anti-biotic properties for cold and flu remedies; for digestive problems, abdominal cramping and colic in infants; for the treatment of diarrhea; Used effective generally as a relaxant and anti-spasmodic for the wide variety of childhood diseases; as an effective enema in the elimination of disease-causing bacteria and mucous accumulation. Nutrients: Calcium, chromium, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc.

**FENNEL SEED:** (Foeniculum Vulgare), An aromatic anti-inflammatory herb with digestive and diuretic abilities. Used as an important part of an anti-gas, laxative/diuretic and weight loss formulas; as part of a regeneration formula from the effects of radiation and chemotherapy; as part of a combination to enrich quantity and quality of

mother's milk; externally, the oil as part of a relief combination for muscle and rheumatic aches and strains. Nutrients: Amino Acids, calcium, choline, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium. Vitamins B1, B2, B3, C, E.

**GINGER ROOT:** (Zingiber Officinale), Promotes digestion and the elimination of natural toxins. Supports a comfortable post-meal experience; a warming circulatory stimulant and body cleansing herb, with excellent effectiveness for cramping, indigestion, nausea, cough, sinusitis and sore throat. Used as a catalysts in all formulas where circulation to the extremities is needed, (as in arthritis); for respiratory and lung/chest clearing combinations; in digestive system stimulants and alkalizers for clearing gas; for all kinds of nausea, motion sickness and morning sickness. as a direct compress with cayenne to stimulate venous circulation. Nutrients: Amino acids, calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B6 & C. Ground ginger also contains vitamin A.

**PAPAYA LEAF & SEED:** (Carica Papaya), A nutritive protein digestant with farther reaching enzyme ther-

apy properties for serious disease. Used as part of a gas, bloating, and flatulence relief formula; to relieve colic in infants; as part of a cancer and degenerative disease control compound for enzyme therapy. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B5 & C.

**PEPPERMINT, LEAF:** (Mentha Piperita), A universally liked aromatic herb, with anti-bacterial and viral healing properties for digestive and respiratory problems. Used as a specific in almost every digestive, colon cleansing and bowel combination, to control gas, bloating, flatulence, nausea, diarrhea, ulcerative colitis and Crohn's disease; the oil is a specific for irritable bowel syndromes; as a nervine for migraine headaches, anxiety and tension; as part of a circulatory tonic; as a specific for morning sickness. Nutrients: Calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & E.

**SAW PALMETTO BERRY:** (Serenoa Serrulata), A primary tissue building and gland stimulating herb, used to stimulate the appetite, improve digestion and increase assimilation. Beta-carotene.

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

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By Ronda Marsh

## My-Oh-My Banoffee Pie

Don't feel bad if you've never heard of Banoffee Pie; until a few weeks ago, neither had I (Oh my gosh, this is starting out like a Dr. Seuss book!). Then, I happened to see a blurb on TV about a bakery whose signature dessert is Banoffee Pie. It looked delicious, so I did some research, and here's what I found: "Banoffee" (sometimes spelled "Banoffi") is actually an acronym for "Banana Toffee"...just a cute and catchy abbreviation which describes the two main components of this very



tasty treat. Its creation is credited to the owner of a pub in England, whose sister had discovered that if you boil a can of sweetened condensed milk, it almost magically transforms into the most buttery, silky caramel (which Brits commonly refer to as "toffee"). He and his cook combined the toffee in a pie shell, along with some bananas and cream, and his pub patrons went bananas (so to speak) over it. As a matter of fact, the pie became so popular, their regular customers would call ahead to be sure it was on the menu before they would commit to a dinner reservation. That was in the early 1970's, and as with any good, new

food trend, word spread and other restaurants and bakers came up with their own interpretation. Some drizzle the top with chocolate, while others flavor the whipped cream with coffee. On my version, I decided the addition of a sprinkling of toffee bits would reinforce the flavors underneath and look pretty, too.

I had never heard of boiling sweetened condensed milk, so I was really thrilled with how you can make caramel without the bother of dealing with splattering butter and sugar and persnickety candy thermometers. If this process is new to you, too, here are a couple of tips: First of all, be sure to remove the label

from the can before boiling, and always keep the water level above the can. I am told the can might otherwise explode from pressure, so this is important. Likewise, I don't recommend trying to open the can before allowing it to cool, for much the same reason. Conversely, if using the caramel after it has been refrigerated, you should allow it to warm, so it doesn't fight you when you are spreading it. As to why I lay the bananas between caramel layers, it's because by totally encasing the banana slices, no air will come in contact with them, and they will remain bright and totally unblemished.

Amazing and easy, you can bring this pie to the table and wow everyone who tries it, even if you feel you cannot bake. The fact that this pie can be whipped up days in advance and popped in the freezer till you need it just adds to its appeal. What an inexpensive, easy, and classy way to serve dessert!

· 9" cooked pie crust (Make your own, or use a purchased graham or shortbread crust)

- 1 - 14 oz. can sweetened condensed milk
- 3 bananas (not too ripe!)
- 1 cup heavy whipping cream
- 2 Tablespoons Confectioner's sugar

- 1 teaspoon vanilla
- ¼ cup (or so) toffee bits (they're in the baking aisle by the chocolate chips)

Well in advance of making the pie, create the caramel/toffee filling, by submerging the unopened can of sweetened condensed milk in a pot filled with water (don't forget to remove the label, first!). Bring water to a boil, and then reduce to a simmer. Allow to cook for 3 hours, adding more boiling water, if necessary, to keep can submerged at all times. Remove can, and allow to cool to room temperature before removing the lid (at this point, you can opt to store the unopened can in the refrigerator to use later). Gently spread about half of the can of caramel in the bottom of the pie crust. Peel and slice the bananas in ¼" slices and lay them in the caramel, shingling them, if necessary to use them all. Pour the remaining caramel over the bananas and spread evenly. In a medium sized bowl, beat the heavy cream and Confectioner's sugar to soft peaks; add the vanilla and beat to stiff peaks. Mound the whipped cream on the pie, and top with a generous sprinkling of toffee bits. Refrigerate for at least 3 hours before serving, or freeze for later use. Yields 8 slices.

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