

TRENDY TIMES

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OSIP Adult Day Care... "Every Day Is Family Day"...

Julia O'Donnell, Executive Director

By Marianne L. Kelly

Newberry, VT—We are currently in the midst of a growing crisis that has created a "sandwich generation" of employed adults charged with caring for their families and elderly parents, while keeping up with their jobs. Medical breakthroughs and new treatments for disease have increased longevity, giving rise to a growing population of advanced elderly people.

Oxbow Senior Independence Program (OSIP), located in Newberry, on Route 5 in the Montebello Apartment Complex, has been answering this need since it first opened its doors in a humble church facility around 1987.

OSIP's Executive Director, Julia O'Donnell born in England, raised in Connecticut before moving to Vermont, has cared for the elderly in one form or other for many years. "I was an LNA for many years, did private care at Montebello Apartments, worked with special needs populations like school to work programs, and was the activities director at another residential home." In the midst of all this, she decided to return to college for her Bachelor's Degree in Special Stud-

ies. Many of her classes centered on healing arts such as massage therapy and Reiki. I have already used my skills to help an injured staff member and massage a participant's stiff neck," said O'Donnell.

O'Donnell's mission at OSIP is to not only care for participants, whom she and her staff treat like family, but also make every day a family day."

OSIP offers a plethora of activities and programs for their participants, and, said O'Donnell, "Our mission is to promote as much independence as possible among participants dealing with challenging health issues, by helping them within their individual abilities, maintain or improve their level of function as long as possible. We also provide support and respite for families and caregivers, giving much appreciated peace of mind where it's needed most."

In addition to various health services including nursing assessment, supervision, nutritious meals, assistance where needed, OSIP also offers creative activities such as crafts, gardening, bingo, jewelry making, group exercise, reading, music and individual

interests.

Boredom is non-existent at OSIP as at any given time participants can be seen enjoying making wall hangings, wreaths, mobiles, pillows, ornaments, flower arrangements, holiday decorations, seasonal room decorations, jewelry and paintings that they can leave at OSIP or take home. "Some of our participants might enjoy a game of bingo, while others prefer reading sessions with a staff member or a visiting librarian," noted O'Donnell.

In addition to the many activities available, OSIP's chefs prepare a fresh, tasty, healthful lunch each day, while observing any dietary restrictions.

According to O'Donnell, the most important issue is safety. "I would like to see OSIP continue to first and foremost keep our participants safe. This eases the minds of caregivers and families who know that while their loved ones are here, we are doing our very best to keep them safe."

Another very important priority for staff and participants is they have fun. "I want everyone to enjoy their day, look forward to coming back tomorrow, per-

sonalize what they'd like to do, work with that and be like a big family," said O'Donnell. "We try to keep our participants at their current level of function, and help improve that level of function whenever possible. We do the best we can to keep them from declining."

Endless paperwork and funding offer the most challenges. "We'd like people to contact their legislators, and tell them that we have adult day services that keep our elders occupied, supervised and safe, and need funding to be able to keep them in their own communities." Transportation is also a challenge. "We have volunteer transportation and getting people here and back home on schedule can sometimes go a bit array, but we manage."

Balancing the needs of participants with appropriate staff presents unique challenges. One staff member might serve a high maintenance person for an entire day,



whereas someone who is more capable might simply need help or guidance with a project. Paid staff and volunteers undergo a background check and are made familiar with the HIPPA laws.

O'Donnell said she'd like to see more elders come to OSIP at a younger age so they can get used to interacting and socializing with others, as opposed to staying home until they are in their 80s, and suddenly thrust into an unfamiliar environment. "We like to think we are a big family here at OSIP."

For more information, call Julia O'Donnell at 802-866-5465.

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TRENDY Dining Guide

Maplewood Lodge

By Gary Scruton

I have heard many times that Breakfast is the most important meal of the day. In my humble opinion a big breakfast on the weekend is almost a must. Sometimes that is at home, but often we have the opportunity to visit a local eatery and try out their offerings for a hearty meal to start the day.

That was just the case recently when we started a Sunday (ok, it was almost noon, but it was the first meal of the day) with us sitting in the eating area at Maplewood Lodge. The Lodge is a refurbished (still in progress) motel and restaurant on Route 5 between St. Johnsbury and Lyn-

donville. Maplewood is also located right on a VAST (Vermont Association of Snow Travelers) trail. On our stop there was even a snowmobile enthusiast out front riding around in an apparently very warm and picturesque polar bear outfit.

But, back to the meal. We both decided to go with their three egg omelette, as recommended by the first of three members of the wait staff that made sure we were happy and satisfied. He offered that their omelettes were very fluffy, and he was right. Of course every omelette needs something to go with the eggs. And we

were given the choice of a meat, a vegetable and a cheese. This was different than many places that give you certain combinations. The folks here were ready and willing to give us just what we wanted. How nice!

Along with the main dish we also got toast and home fries. And the home fries were also unique. They were deep fried instead of cooked on the grill. This method gave the potatoes a different and quite tasty flavor.

Because this was the first meal of the day we also asked for coffee to go with the meals. I mention this because the coffee was priced at just

\$1.00 a mug, and that attentive wait staff that I mentioned earlier was more than happy to refill the cups at no additional charge. By the way, the meals were also very reasonably priced at just \$7.99 each.

It can be noted that Maplewood is willing to repeat this sort of meal for anyone stopping in at any time that they are open. In other words, Breakfast is served all day.

I would also like to mention one of Maplewood's other rooms. They call it the

Ice Lounge. After our meal we did a quick tour into that area and were very much impressed with the decor. Most everyone is now familiar with the spray foam that is generally being used in walls or in basements to help button things up from the winter's cold. But the owners here used that foam to create a cave or igloo affect leading into the lounge. The addition of some colored lights adds to the affect and make the area very welcoming and cozy.

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Habitat For Pollinators Workshop

Have you ever wondered about the hedgerows growing along field edges? Farmers know that the field borders may not be valuable for crop production, but they do provide valuable benefits. They help retain soil and nutrients; reduce air, water and noise pollution; and provide habitat for wildlife and pollinating insects. Pollinators need corridors to travel safely from food source to food source, and protection from severe weather. Native plants, once established, require little maintenance since they are already adapted to local growing conditions, winter hardy and drought resistant.

When planning pollinator habitat, choose a mix of shrubs and trees that bloom at different times to provide a continuous food source. Improving season-long blooming flowers helps increase local populations of wild bees, which increase yield. Most native bees are ground-nesters. Mulch can provide weed control and soil moisture retention, but doesn't provide soil needed for bees to tunnel into and nest underground. Bare sandy soils, downed woody material (brush piles and logs), and hollow stems make great nesting habitat. Most native bees do not sting.

Want to learn more about pollinator habitat and encouraging native pollinators? Grafton County Conservation District (GCCD) is sponsoring a Habitat for Pollinators Workshop on Friday, February 20, 2015 at 1:00PM at the UNH Cooperative Extension Conference Room, Grafton County Complex, Route 10, North Haverhill. Don Keirstead, Natural Resources Conservation Service (NRCS) Ecologist, will discuss establishing pollinator habitat and ideal plants for wild bees and managed honey bees. There are many threats to pollinators, come and learn what you can do to help pollinators thrive. GCCD is offering several excellent pollinator flowers, shrubs and trees in our spring Conservation Plant Sale. Con-

servation Plant Sale information will be available at the workshop. NRCS offers technical and financial assistance for conservation practices that can improve pollinator habitat.

This is a great opportunity to ask questions from planning to enhancing pollinator habitat. The workshop is free and open to all. Please join us Friday, February 20, 2015 at 1:00PM for this informative workshop. Call Pam at: (603) 353-4652, ext. 103 if you plan to attend so that we have handouts for everyone. The snow date for this workshop will be Monday, February 23, 2015. Call Pam at GCCD if the weather is uncertain.

Conservation Plant Sale and Planting Workshop

Each year Grafton County Conservation District offers a variety of flowers, shrubs, fruit and berries attractive to landowners and wildlife during our Conservation Plant Sale. Groundcovers and shrubs can be used for soil stabilization and borders. Many shrubs provide food and cover for wildlife and pollinators, attractive foliage, flowers and fruits. Some of the shrubs we are offering include elderberry, silky dogwood, Indian currant, sand

cherry and American hazelnut. The District also sells balsam and Fraser fir, American arborvitae, American basswood, sugar maple and butternut trees. A variety of apples, strawberries, blueberries and raspberries are also for sale. The 2015 Conservation Plant Sale information will be available at the Habitat for Pollinators Workshop on Friday, February 20, 2015 at 1:00 at the UNH CE Conference Room at the Grafton County Complex in North Haverhill. You may contact Pam at (603) 353-4652, ext. 103 to receive the information by mail or register for the workshops.

Please join us Friday, April 24th from 5:30-7:00pm for our Planting and Pruning Workshop at Windy Ridge Orchard, 1775 Benton Road, North Haverhill, NH. Our host, Dick Fabrizio, will demonstrate planting and pruning methods for apple trees, and share his knowledge and expertise on apple tree care. Dave Falkenham, UNH Cooperative Extension Forest Resources Educator, will demonstrate planting techniques and discuss site considerations. Dick and Dave are ready to answer your questions. This informal, but informational workshop is outdoors, free and open to the public.

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New Area Beekeepers Association To Meet

The newly formed Connecticut River Valley Beekeepers Association, replacing the now defunct Fairlee group, will meet at 7pm, the second Tuesday of each month at the Grafton County Extension Building in Haverhill, NH.

Our goal is to create an evening when old and new beekeepers can come together and address issues concerning bees. Annual dues are \$10 for individuals

and \$15 for families.

Our next meeting scheduled for Feb. 12, features Troy Hall of Troy Hall Apiaries in Plainfield, NH, who will speak about his bees and be on hand to answer questions.

Our small, diverse group from both sides of the Connecticut River welcomes everyone to join us for an informal, pleasant evening.

For more information call Marguerite Christopher at (603) 787-6628.

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The filing period for new legislation for the upcoming session has closed with more than 830 new bills currently submitted to various standing committees for hearings and legislative action.

A quick snapshot of the state budget provides legislators considerable reason for pause. If the state continues the current pace of spending, or should it be stated as "overspending," a major deficit is looming that must be corrected. In summary, figures presented by the Legislative Budget Assistant within the past several weeks, indicate that there is a net budget shortfall of at least \$30 million. In reality, the deficit spending level is much higher, and could grow larger between now and the end of the fiscal year (June 30, 2015). Several of the drivers behind this shortfall include: (1) the Department of Health and Human Services (DHHS) spending levels are currently \$49 million over budget, and (2) Anticipated fiscal year 2014 budget surplus was projected at \$26M which was suppose to be applied to the FY15 budget, but that surplus fell short by roughly \$4.8M. Contributing factors to the over-plan spending in DHHS include: \$19 million due to increased enrollment in traditional Medicaid as a result of Obamacare; \$14 million because the state has failed to meet saving targets due to delays in implementing Medicaid managed care; and \$6.5 million as an effect of the NH Health Protection Plan (commonly referred to as Medicaid Expansion). The giant in our state budget is the Department of Health and Human Services.

To address another budget concern area, the House Speaker has appointed a 14-member committee charged with considering all matters pertaining to the functioning, revision and reform of public employee pension plans and programs. The New Hampshire public employee pension system has one of the highest unfunded rates in the nation. The committee has been directed to find ways to reduce that unfunded liability and to reform our public employee pension system in a way that protects our retirees and ensures a solvent retirement system for future generations.

The Education Committee is looking at a number of bills, of which HB322 is of importance to all parents with children in public schools. This bill requires the department of education to implement additional procedures to protect student and teacher personally identifiable data from security breaches. For example, much of student statewide testing, to include local assessments, is now done online. Nationally, the testing industry nets approximately \$2.5 billion annually. HB322 also requires the department of education to make public certain rights available to parents, legal guardians, and affected students regarding the protection of personally identifiable data. We must always be cautious and question where, to whom, and for what purpose personal data and other information is used once the 'send' tab is pushed. I will keep you informed on this bill's progress. As always, I welcome your input.

Updates From The NH – VT 'Keep Growing' Local Foods Initiative

LANCASTER --Over two dozen professionals from community development, land conservation, finance, and health sectors gathered to discuss ways to improve the food system in the North Country on Jan. 15.

The gathering was organized and hosted by the Ammonoosuc Conservation Trust (ACT) through its Keep Growing community initiative. Charlie French of UNH Cooperative Extension facilitated the meeting. Rachele Lyons, project coordinator for Keep Growing through a cooperative agreement between ACT and Plymouth State University, provided much of the planning support. The Neil & Louise Tillotson Fund has funded Keep Growing to build on food systems research and market analysis already conducted by ACT. Mascoma Bank also contributed a small grant for this gathering.

One of the major themes to emerge from the meeting was the need for an effective

communications platform. "People are looking for a way to help connect food system advocates, health care providers, farmers, chefs, and citizens, and everyone else who has a stake in the food system to existing resources, and to better understand what is happening across our region," said Lyons.

Another key issue the group identified was the need to foster food system literacy, raising awareness among the general public around the implications our food choices have on environment, health, and the economy.

Keep Growing hopes to strengthen local working farms, economies, and communities by bringing people together to support the farmers and people behind our local food systems.

According the Carsey institute, Berlin and North Haverhill have the highest rates of diet-related disease in the state. Northern

Grafton and Coös counties have the least access to fresh, healthy produce.

Lyons encourages people to use the project website, www.keepgrowingnh.vt.org, to learn about upcoming events, and to find links for growers to local and state resources

"The best case scenario of this meeting is energizing people so we're all pushing the ball in the same direction to achieve a greater level of efficiency and benefit to consumers," said Lyons. "We want everyone to have access to fresh, locally grown food."

The market and economic analysis commissioned by ACT is available for download on the Keep Growing website. The 2014 report is "Keep Growing: Sowing the Seeds of a Food Strategy for NH's North Country and Vermont's Northeast Kingdom." For more information, call ACT at 603-823-7777.

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Hydrometer Clinic In Grafton County

The NH Department of Agriculture, Markets & Food Division of Regulatory Services will be holding hydrometer clinics for any New Hampshire maple producer. An agricultural Inspector will be available to test the accu-

racy of hydrometers. In addition, copies of the recently adopted NH Maple Rules will be available as well as information pertaining to the Department's Seal of Quality Program, Voluntary Registration, and Organic Certifi-

cation. The Grafton County clinic will be held on Wednesday, February 11, 2015 from 9:00 a.m. - noon at the UNH Cooperative Extension office in North Haverhill. Maple producers should bring their hydrometer, clearly labeled with the owner's name. Please call the NH Department of Agriculture at 603-271-3685 if you have any questions.

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Nursing Homes Focus Of State Officials Tour

There is nothing I enjoy more than touring the North Country. The rhythm of the road settles my Concord-worn nerves and the people I meet never fail to encourage my faith in humanity.

On Monday, February 2nd, I will bring state health and human services officials on an all-day tour of the North Country Health & Human Services Commissioner Nick Toumpas, Director of Intergovernmental affairs Jeff Myers and our very own Executive Councilor Joe Kenney will visit The Morrison in Whitefield; Genesis County Village in Lancaster; Indian Stream Health Center and Upper Connecticut Valley Hospital in Cole-



brook; Coos County Nursing Home in Berlin and then Moffett House in Berlin, where they'll see the fully preserved medical office of Dr. Moffett. All are welcome to join

us at any of the stops. If you have questions, please contact me at 271-3207 or Jeff.Woodburn@Leg.state.nh.us. Follows is the schedule.

U.S. Senator Kelly Ayotte (R-NH) To Keynote Pemi Baker Valley GOP's Annual Lincoln Reagan Dinner

Lincoln, NH – The Pemi Baker Valley Republican Committee is pleased to announce that our very own Republican United State Senator Kelly Ayotte will be keynoting the committee's upcoming Annual Lincoln Reagan Dinner on Friday, February 13th at the Indian Head Resort in Lincoln, NH.

"We are very excited to welcome Senator Ayotte who has been a hard working advocate for the working families and veterans of the Pemi Baker Valley and the state of New Hampshire. Kelly understands the North Country and we appreciate very much her efforts to protect the rights of New Hampshire landowners and her work to preserve our pristine landscape, which is vital to the North Country's economy," said State Senator for the district, Jeanie Forrester.

Senator Ayotte serves on the prestigious Senate Armed Services Committee and is the Chairman of the Subcommittee on Readiness and Management Support. She also serves on the Senate Budget Committee, Senate Commerce Committee, Homeland Security & Government Affairs Committee and the Small Business and Entrepreneurship Committee.

"Sen. Ayotte is fighting for New Hampshire families in our nation's capital—working to strengthen New Hampshire's economy, repeal Obamacare, and roll back the Obama Administration's job-killing regulations. I commend her and look forward to hearing more about the important work she is doing on these issues, as well as her efforts to help our veterans and to restore America's standing in the global community," said

PBVRC Chairman, Omer Ahern, Jr.

"I appreciate the PBVRC's tireless efforts on behalf of the Republican Party in New Hampshire, and I'm honored to keynote this year's Lincoln Reagan Dinner," said Senator Ayotte. "With new Republican leadership in the U.S. Senate, I'm working hard to cut wasteful Washington spending, repeal Obamacare and the harmful medical device tax, and create a better economic climate that generates more opportunities for families in the North Country and across our state."

Tickets for the dinner are \$50 per person and sponsorship opportunities are available. For more information or to purchase tickets, please contact Jeanie Forrester at (603) 279-1459 or jeanie@jeanieforrester.com.

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Calendar of Events

A full page of Calendar of Events for local non-profits. Courtesy of Trendy Times. Put **YOUR FREE** listing here!

TUESDAY, FEBRUARY 3

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

GOOD OLE BOYS & GIRLS
12:00 Noon – Haverhill Recreation
Happy Hour Restaurant, Wells River

FRIENDS OF LINCOLN LIBRARY ANNUAL CELEBRATION
7:00 PM – 9:30 PM
Jean's Playhouse, Lincoln

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING
7:00 PM
Morrill Municipal Building, North Haverhill

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

SATURDAY, FEBRUARY 7
SNOWSHOE AND ANIMAL TRACKING
1:30 PM
Cooley-Jericho Community Forest, Sugarhill
See article on page 14

CHURCH SUPPER - FIESTA NIGHT
5:30 PM – 7:00 PM By Donation
United Congregational Church, Orford

OCT PRESENTS: FUNNY VALENTINES
7:00 PM
Alumni Hall, Haverhill
See ad and article on page 9

SUNDAY, FEBRUARY 8
BENEFIT TEXAS HOLD "EM POKER
1:00 PM Tournament / 11:00 AM Cash
American Legion Ost #48, St. Johnsbury

VFW HOLIDAY PARTY
1:00 PM
Haverhill Memorial VFW Post #5245,
North Haverhill
See article on page 7

OCT PRESENTS: FUNNY VALENTINES
4:00 PM
Alumni Hall, Haverhill
See ad and article on page 9

WRAP ANNUAL MEETING
4:00 PM
Happy Hour Restaurant, Wells River
See ad and article on page 7

MONDAY, FEBRUARY 9
HAVERHILL SELECTBOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING
6:00 PM
American Legion Home, Woodsville

TUESDAY, FEBRUARY 10
ANTIBALAS WITH ZAP MAMA
7:00 PM
Fuller Hall, St. Johnsbury Academy
See article on page 12

WEDNESDAY, FEBRUARY 11
HYDROMETER CLINIC
9:00 AM – 12:00 Noon
UNH Extension Office, North Haverhill
See article on page 4

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

THURSDAY, FEBRUARY 12
FREE COMMUNITY MEAL
5:00 PM – 6:30 PM
St. Luke's Parish House, Woodsville

BEEKEEPERS ASSOCIATION MEETING
7:00 PM
Grafton County Extension Building, N. Haverhill
See article on page 3

FRIDAY, FEBRUARY 13
VALENTINE TIME
3:00 PM – 4:30 PM
Groton Public Library
See article on page 7

ANNUAL LINCOLN REAGAN DINNER
603-279-1459
Indian Head Resort, Lincoln, NH
See article on page 5

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

VALENTINE'S DANCE
7:00 PM – 11:00 PM 802-479-9073
VFW Post #790, Barre, VT

SATURDAY, FEBRUARY 14
VALENTINES DAY PENNY SALE
10:00 AM – 12:00 Noon
Clifford Building, Woodsville

THE PRINCESS BRIDE
7:30 PM
Jeans Playhouse, Lincoln
See article on page 11

SUNDAY, FEBRUARY 15
SWEETHEART BREAKFAST ALL YOU CAN EAT BUFFET
8:00 AM – 11:00 AM
American Legion Post #83, Lincoln

SWEET JAMM DANCE
1:00 PM – 4:00 PM
Alumni Hall, Court St., Haverhill

BENEFIT TEXAS HOLD "EM POKER
1:00 PM Tournament / 11:00 AM Cash
Breslin Center, Main St., Lyndonville

Ongoing Weekly Events

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
JANUARY, FEBRUARY & MARCH
Newbury & Wells River Congregational Churches Will Worship At Wells River Congregational Church

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

MONDAYS
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville

ADULT STRENGTH TRAINING
1 PM – 2 PM
North Congregational Church, St. Johnsbury
9 AM – 10 AM
Municipal Offices, Lyndonville
10:30 AM – 11:30 AM
Municipal Offices, Lyndonville

BINGO - 6:00 PM
Orange East Senior Center, Bradford

MONDAYS/THURSDAYS
ADULT INTERVAL AEROBIC CLASS
6:30 PM
Woodsville Elementary School

GOLDEN BALL TAI CHI
8:30 AM – 9:15 AM
St. Johnsbury House

TUESDAYS
BREAKFAST BY DONATION
8:30 AM – 10:00 AM
Horse Meadow Senior Center, N. Haverhill

ADULT STRENGTH TRAINING
9 AM – 10 AM - St. Johnsbury House
10:30 AM – 11:30 AM
Senior Action Center, Methodist Church, Danville

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Presbyterian Church, S. Ryegate
NOON - Darling Inn, Lyndonville

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 – Meeting 6:00 PM
Horse Meadow Senior Center, N. Haverhill

WEIGHT WATCHERS MEETING - 5:30 PM
Orange East Senior Cntr, Bradford

AA MEETING (OPEN BIG BOOK)
7:00 PM – 8:00 PM
St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS
ACTIVE OLDER ADULT STRENGTH CLASS - 1:30 PM
Woodsville Post Office, S. Court St

TUESDAYS/FRIDAYS
GOLDEN BALL TAI CHI
8:30 AM – 9:15 AM
First Congregational Church, Lyndonville

WEDNESDAYS
AQUA AEROBICS - 9:00 AM
Evergreen Pool, Rte 302, Lisbon

ADULT STRENGTH TRAINING
1 PM – 2 PM
North Congregational Church, St. Johnsbury

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

CRIBBAGE - 7:00 PM
Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS
NEK AGENCY ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Presbyterian Church, West Barnet
NOON - Darling Inn, Lyndonville

THURSDAYS
ADULT STRENGTH TRAINING
10:30 AM – 11:30 AM
Senior Action Center, Methodist Church, Danville

NEK AGENCY ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Darling Inn, Lyndonville

CRIBBAGE - 1:00 PM
Horse Meadow Senior Center, N. Haverhill

FRIDAYS
ADULT STRENGTH TRAINING
9 AM – 10 AM - St. Johnsbury House
1 PM – 2 PM - North Congregational Church,
St. Johnsbury

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

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

Submit your entries by: Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com

Deadline for submissions is Thursday, February 12th for our February 17th issue.

Groton Free Public Library News

ISO: Small carpet for our Ilego area (4x6 or 5x7) and used/unwanted toys & small electronics for hacking program (taking apart).

Pi Day Bakers Needed! The Friends of the Library is working on a NEW spring Pi-Day fundraising project for Saturday, March 14. Can you help out by donating a home-baked pie? Call Nancy Spencer at 584-3717, or contact Anne at the library.

Computer Help Sessions. Feb. 11, 23 & 27. Receive free one-on-one assistance with your computer questions. Topics may include (but are not limited to) downloading e-books/audiobooks, creating an email account, searching the web, taking free online classes, &

using Vermont Online Library. Sign up at the library, or call 584-3358.

Valentine Time. Friday, Feb. 13 at 3-4:30pm. Stop in for a family-friendly pre-Valentine Time! Special crafts, snacks, books, and Valentine Bingo (with prizes, of course).

Monthly Monday Book Discussions. Monday, Feb. 16 at 6:30pm: "Beautiful Music for Ugly Children" by Kirstin Cronn-Mills. Monday, Feb. 23 at 7pm: "The Piano Tuner" by Daniel Mason. Pick up a copy from the library for an enjoyable winter read and join us for a lively conversation!

Round Robin Reading Storytime. Every Tuesday at 10am. For children ages 0-

5 and their caregivers. Come share stories and playtime!

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

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. Online catalog: grotonlibrary.kohavt.org.

Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm, Sat 10am-12pm.

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

Orange East Senior Center

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

On Friday, February 13, we will be celebrating Valentine's Day with flowers provided by J & M Landscaping and music provided by Mary Robertson and a great meal. Please join us to celebrate.

AARP will begin doing taxes on Monday February 16. The days will be Monday and Thursdays from 9a.m. until 3:00 p.m. You need to call to make an appointment, and please call early as they are usually taken quickly.

We are looking for substitute drivers for our Meals on Wheels routes. 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 wel-

come—please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

Bingo is every Monday at 6:00 p.m. The doors will open at 5:00 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.

The Senior Center has a foot care clinic on the second Wednesday of the month. The next clinic is February 11th. If you would like an appointment, please call.

Computer class is 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!

Wells River Action Program

The Wells River Action Program Annual meeting will be held on Sunday, February 8, at 4:00 pm at the Happy Hour Restaurant on Main Street, Wells River, Vermont.

John Davis, Asset Manager of Housing Vermont will be the guest speaker and will present what the options are, and what the impacts to the village might be when the tax credits expire on the 5 WRAP Buildings in Wells River expire in 2016.

The public is invited and the meeting is open to all who are interested in the future of Wells River.

In addition to John Davis's presentation there will be a brief business meet-

ing with committee reports and the election of 4 members to the Board of Directors followed by a Dutch Treat Dinner ordered off the menu. Menu items include the Sunday Specials for \$10.00 which includes the meal, coffee/tea and dessert

and the February Special.

Please respond to reserve your seat prior to February 6th. An email response may be made to wrapwr@gmail.com and a phone call response may be made to 802 757-2708.

VFW Dinner Call

The Holiday party at Haverhill Memorial Post 5245 is scheduled for February 8th, Sunday, at 1:00 PM at the Post building in North Haverhill, NH. All members and family members are invited to attend our delicious holiday meal prepared by comrade Mike Conrad and his first rate crew! If

you live in the local area and are a veteran who has served overseas in a combat area, I would like to personally invite you to visit our post and join us this year for a time of celebration and camaraderie!

Wayne Mitchell, Commander Haverhill Memorial Post 5245

WELLS RIVER ACTION PROGRAM

**Annual Meeting 4:00pm
Sunday, February 8, 2015**
Happy Hour Restaurant, Wells River, VT

GUEST SPEAKER
John Davis – Asset Manager of Housing Vermont
"The Future of the WRAP Buildings after 2016"

Dutch Treat Dinner – 5:00PM

RESERVATIONS BY FEBRUARY 6
Email - wrapwr@gmail.com • Phone - 802 757-2708




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Thursday, March 5, 2015

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Ice-Skating Rink At Mountain Lakes Created For "Winter Fest" Fun And Games

By Robert Roudebush

An estimated fifteen to twenty thousand gallons of water at least was recently fire-hosed onto a shallow bermed earthen space at the Mountain Lakes District Lodge, forming this winter's ice-skating rink.

Cooperation between Mountain Lakes recreation committee officials, and Water System Supervisor Don Drew in particular, and by a small team from the North Haverhill Fire Department was responsible for the successful effort.

The district creates the rink each winter in preparation for its annual District/Town joint-effort outdoor activity called "Winter Fest". It is upcoming soon in February. Lately, the job of moving the needed water to the rink has become more practical. That's thanks to

the addition within the last two years at the Lodge of a newly installed dry hydrant, accessing a long-existing holding pond. Dry hydrants allow firefighters to utilize a pumper truck to withdraw water from a source such as a pond or lake when no nearby pressurized water system exists, with no standard fire hydrants available.

Other benefits arise from the effort – firefighters gain experience during frigid conditions in use of the special hydrants – MLD has three now – it is also a chance to ensure the pumping apparatus and vehicles are functioning as they should.

In addition to Bradley Clough, other NHFD members present during the effort included Joe McQueeney, (who is also a well-known area photographer) Preston

Hatch, Donnie Hammond, Sean Bigelow, as well as Blanchard brothers Phil and Peter. In total three hoses were used for the actual water delivery from the pumper to the rink, and it all took around two hours or less. For more information on "Winter-Fest 2015" please contact Kristy at the MLD office, 787-6180.



Frosty white clouds of freezing water mist contrast with the background of evergreens at Mountain Lakes District Lodge recently - water is delivered from a nearby holding pond by multiple fire hoses to create an ice skating rink during the cold months. Pictured are North Haverhill Firefighter Bradley Clough and MLD Water System Supervisor Don Drew. Photo courtesy Joe McQueeney.

Memories Of A Cold Winter

By Elinor P. Mawson

When we moved from the North Country, we rented a house on Canobie Lake for the winter. During the fall, it was a fabulous place to live; my husband went fishing every day, we used the porch for all sorts of activities, and enjoyed watching the lake. Our source of water came from the lake, and although there was no swimming, we couldn't drink it either.

The water came into our house via a pipe from the lake, and went through a water pump which was inside a refrigerator box and heated by a 75 watt bulb. When the weather got colder, the trick (as we discovered) was to listen to the pump to make sure that everything was working properly.

As winter progressed, we got more and more paranoid about our water system. There were days when the thermometer got down to zero, and we let our faucets run 24/7 to keep the pump

going. My husband got so that even when sleeping, if the pump stopped, he would wake up, leap out of bed saying, "What was that?"

Several times when it got to -10 degrees or more, we would fill the bathtub with water in case we needed it for dishes or for flushing-- and one day we awoke to find a skim of ice in the tub. As you can tell, it was a cold winter.

Along about February, the temperature fell even more, and all our efforts resulted in a broken pump! This was caused by a burnt-out lightbulb, and of course we were fit to be tied.

We took the pump to be fixed and my husband busied himself with fixing broken water pipes. Thank heavens they were all outside the walls! But that didn't make him any happier. He got quite good at it after awhile, but as he was putting the pipes together I could hear

him cussing and saying, " My next house I is going to have town water!"

The nice man who fixed our pump charged only \$4.00, which was a huge relief. (Don't forget this was in the early 60's.) We replaced the light bulb with a 100-watt and were back in business, listening for the pump.

Somehow we finished out the winter with few problems, and, in between, purchased our first house, to which we moved in June. It had town water, although the previous tenants had let the pipes freeze when they moved out in the middle of the winter.

We have had some issues with pipes in the years since then, but nothing like that cold winter on Canobie Lake.

Our landlord there charged us \$45.00 a month rent. He said "Don't tell anyone what you are paying or everyone will want to live there."

He needn't have worried.

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Funny Valentine

By Gary Scruton



I fully expected there to be plenty of hearts, candy and even some flowers when I first saw the name to this latest performance by Old Church Theater. But Valentine was only a name, not a date. Indeed, this play was set in New York City during October or November.

The other thing this play was not, was that it was not all hearts and roses. Sure it was a great performance with plenty of laughs, but there was also many times when the audience was quiet, listening to what was being said on stage and getting a full dose of reality. As some of the previews mentioned, this is not a play for the entire family. There is no bad language, but there are also plenty of adult moments and pretty deep adult matters.

But let me tell you more about what this play really is. It is hilarious. It is well cast. It is a fun night. There are laughs in every scene and the cast was well rehearsed in letting the audience laugh. There were almost no occasions when an actor talked over (or tried to talk over) the enjoyment of the audience. The night we attended there was a crowd of only around three dozen, but every one of them seemed to be very happy to be in attendance.

Speaking of the cast, con-

gratulations to the co-directors who put these five performers together to make this production happen. The main characters of Ellen and Andy (Bailey Ray & Eric Downing) worked off each other very well. The final scene being the culmination that had them both on their knees. The three other cast members, though not leads, were vital to the outcome of the story. Steven LaBlanc, who portrayed Howard was even able to blush on cue. While Anna Lornitzo, playing Zan, had the ability to look like the solid corporate lawyer, then the hot potential girlfriend, and finally the loving fiancé. Meanwhile Robin Ng landed the part of Mrs. Winslow, the translator, the peacemaker, and eventually the proud grandmother. In each case the performers presented lines on time and in an appropriate manner.

I continue to be a big fan of Old Church Theater. It is also a warm feeling when two groups like Old Church Theater and Court Street Arts at Alumni Hall can collaborate to put together a great winter performance like Funny Valentines. If you were unable to attend the first weekend, then you are in luck that it will be performed again. And I truly hope that this new partnership will continue for years to come.

"Hysterical fun where love wins out!"

Funny Valentines
by D.R. Anderson

Directed by Peter Richards & Barbara Quardt

Saturday 7pm · Sunday 4pm
January 31 & February 1
February 7 & February 8

Court Street Arts
Alumni Hall, Haverhill, NH

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(But not for children!)

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\$12 General Admission
\$6 Students · \$10 Senior Citizens

www.oldchurchtheater.org · www.alumnihall.org

Haverhill Recreation's VALENTINES DAY PENNY SALE

Saturday, February 14
10:00 am - 12:00 Noon

Robert E. Clifford Building
65 South Court Street
Woodsville, NH

A Penny Sale is when you purchase a sheet of 100 tickets for \$1.00. You then browse the items we have on display and drop a ticket (or multiple) into the cup of the item you wish to win. Drawing starts at noon. Winners must be present to claim their winnings!

Many gift certificates and new raffle items will be available too! Raffle tickets are \$1 each or 6 for \$5.

Refreshments will be available for purchase! All proceeds to benefit Haverhill Recreation.

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Local Area Agency on Aging Expands Its Volunteer Reach

ST. JOHNSBURY – The Northeast Vermont Area Agency on Aging is expanding its grassroots volunteer program thanks to a new partnership with RSVP, the national Retired and Senior Volunteer Program (RSVP) whose grant is administered by the Central Vermont Council on Aging in Barre.

"This collaboration represents some terrific opportunities for our region," said Lisa Viles, Executive Director of the Agency which has been working steadily to maintain community-centered volunteer outreach in the three counties.

In addition to maintaining RSVP's three popular programs, Bone Builders, Tele-Care Telephone Reassurance Program, and transportation assistance, the Agency will also offer RSVP volunteers new ways in which they can serve in the Northeast Kingdom.

"We couldn't be more thrilled with this win-win situation," Viles added.



Dan Noyes, RSVP Volunteer Center Director, congratulates Jerri Ryan and Patty Beckwith, Co-ordinators of the Area Agency on Aging's volunteer program who are taking on the role of overseeing 400 RSVP volunteers and associated programs in the tri-county area.

According to Jerri Ryan, Co-Coordinator of the Agency's volunteer services, there are two immediate choices for service under the RSVP banner. The first is in the area of transporting otherwise self-reliant elders.

"We have some wonderful folks who no longer drive and need rides to their doctors' appointments and to the supermarket," Ryan explained.

"Volunteering by giving a ride for essential errands helps keep a community connected," added Ryan. She shares training and assignments with Patty Beckwith who is based in the Agency's Newport office.

The second choice is participation in RSVP's all-important Tele-care Telephone Reassurance Program.

"We call it 'the friendly phone call'," Ryan said of the daily check-in that volunteers can do from the comfort of their own home. "Call me and let's start the ball rolling!"

RSVP is one of the larger volunteer networks for people 55 years and older in which individuals are encouraged to use the skills and talents they've gained throughout the years to give back to their communities.

"We even have a new tagline," said Daniel Noyes, RSVP Volunteer Center Director. "RSVP: your invitation to serve."

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BATH, NH - Old time farmhouse situated on 57 of an acre. This home has updated interior in need of remodeling, but has great potential. Three bedrooms, dining area, one car garage, could make a nice home. \$68,500.

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HAYVERHILL, NH - Chalet located across the street from the lake, wonderful screened in porch for relaxing and entertaining. 1st floor bedroom, living room with double sliders and fireplace, dining area, loft area for kids to play, family room in lower level and 2 bedrooms, 2 bathrooms, walk-out lower level to a good size deck. Enjoy mountain lakes amenities with no fees. \$151,500.

HAYVERHILL, NH - Open concept Living Room/Kitchen with center island, 2 bedrooms first floor, 2 Baths, spacious loft area, finished lower level with family room, additional guest room or den/office area. Large deck. 2 car attached garage and a work shed. There is an additional lot, located next door that will be included. Fun awaits you with the Mountain Lakes amenities. Move right in. \$162,000 or rent.

BATH, NH - New Subdivision 96 acres with 32 lots, open space, 2 ponds, 3200 ft on the Ammonoosuc River. Build your custom home. Colonial-1630 sq. ft. 3 bedrooms, Living Room, Dining Room, Kitchen with V groove pine walls, Screened porch, underground utilities and so much more. \$277,900. This home is not started so you can customize this plan or bring your own plan and meet with the builder. Great place to Gold Mine.



Comedian Juston McKinney And More At Jean's Playhouse



Comedian Juston McKinney performs February 21 at Jean's Playhouse in Lincoln, NH

Lincoln, New Hampshire -- January 26, 2015 -- Comedian Juston McKinney and More at Jean's Playhouse

Enjoy film, music, magic and comedy at Jean's Playhouse this February! First up

is a Valentine's Day screening of The Princess Bride on Saturday, February 14 at 7:30 pm. A classic fairy tale with swordplay, giants, an evil prince, a beautiful princess, and yes, some kissing. Be seated by 6:00 pm at Peaked Moon Restaurant for a discounted three-course meal.

Dan Egan Media returns on Wednesday, February 18 to present the new ski film, Days of My Youth at 7:00 pm. Days of My Youth reminds every viewer of their first time on skis. Filmed over two years using state-of-the-art techniques and technologies, this movie offers a unique glimpse into the journey of self-discovery that every skier experiences. Norman Ng returns with the NORMAN MAGIC EXPERIENCE on Thursday, February 19 for an exciting fusion of magic, comedy and audience participation! His show features

never-before-seen magic and laugh-out-loud comedic situations.

Bruce Marshall & the Nor'Easters will rock on Friday, February 20 with Special Guest Opener Charlie Faren. Bruce Marshall plays a variety of original music plus a high-energy mix of Allman Brothers southern rock, blues, soul and funk. And on Saturday, February 21, Jean's Playhouse is proud to host Former Maine Deputy Sheriff turned Comedian, Juston McKinney! Juston worked his way into the weekend line-up at clubs like Comedy Strip Live, Stand-Up New York, Dangerfields, Gotham, and Caroline's on Broadway. He has appeared on a half-dozen Comedy Central specials, The Tonight Show with Jay Leno, Conan O'Brien, and was chosen to be a part of Comedy Central's Blue Collar Comedy

Next Generation Tour with Bill Engval.

Jean's Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to ongoing

construction of the Riverwalk at Loon Mountain site off I-93 Exit 32. Visit JeansPlayhouse.com or call 603-745-2141 for more information.

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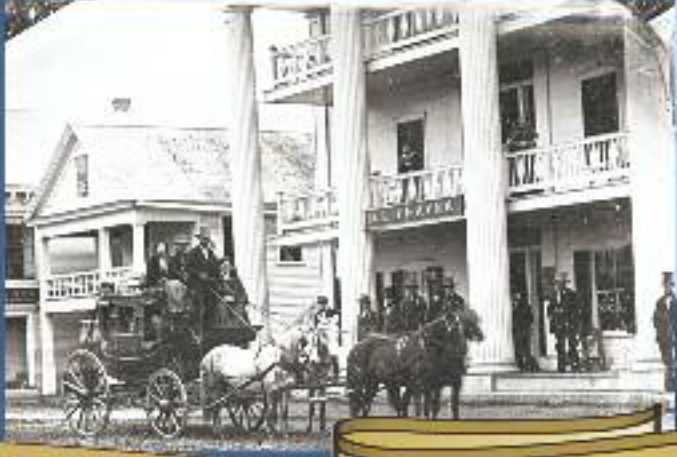
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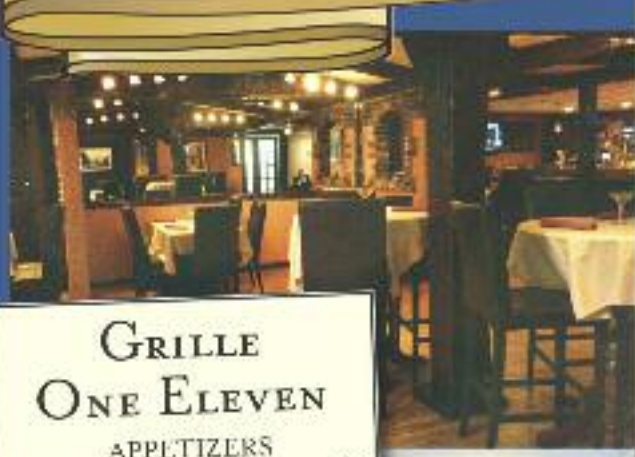



February 3, 2015 Volume 6 Number 9

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CHICKEN FLOUNDER	16
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SEAFOOD ARRABO	18
LOBSTER MAC CHEESE	18
FRESHLY BAKED	16
SANDWICHES	
STEAK AND CHEESE	12
GRILLE 111 BURGER	15
CHICKEN SALAD SANDWICH	11

Antibalas And Zap Mama To Play St. Johnsbury

Kingdom County Productions and Marlboro College will present two exclusive northern New England concerts by America's premier Afrobeat big-band, Antibalas, live on stage with Zap Mama, Marie Daulne's acclaimed AfroPop vocal group. Showtimes are 7pm, Monday, February 9th, at the Latchis Theater in Brattleboro and 7pm, Tuesday, February 10th, at Fuller Hall, St. Johnsbury Academy. Tickets are now on sale for both concerts at Kingdom-County.org or by calling (toll-free) 888-757-5559.

Antibalas combines jazz, dub, Afrobeat, Afro-Caribbean drumming and New York-flavored Latin funk to create a distinct sound that has led to world-wide touring and collaborations with a spectrum of artists including the Roots, TV on the Radio, Jovanotti, Arcade Fire, Allen Toussaint, David Byrne and St. Vincent, Angélique Kidjo, and Betty Lavette. Founded in 1998, the band rose to prominence in 2007 for its role as musical directors and performers for the Tony-winning Broadway hit musical "Fela!"

Zap Mama, is an all-female troupe of Afro-Pop vocalists based in Europe who first created a sensation in the US world music scene in 1991 with their critically-acclaimed self-titled release on David Byrne's Luaka Bop label. Marie Daulne, known worldwide as the creative force behind Zap Mama, redefines the word "vocalist" by creatively expressing sound and storytelling through tone and pure voice. Melding Afro-Pop, soul, and hip-hop with American and European urban music using ethnic polyphonic vocal structures, Zap Mama is a world-music revue that can transport the listener around the globe in the course of a song.

"I've been a fan of Zap Mama for twenty years.



We've never had the chance to collaborate before, nor with any other group on this scale. This is a thrill and a privilege for us to be working together," says Martin Perna from Antibalas. "I think the energies and talents of each group are complementary and really exciting things will happen when we get to perform."

The 29-date Zap Mama / Antibalas tour, produced by Columbia Artists Management, will include 18 musicians on stage. It will be presented at performing arts centers around the country,

as well as venues including the Fillmore in San Francisco, Park West in Chicago, and the Highline Ballroom in Manhattan.

The concerts will feature a brand-new presentation, deeply combining the two groups into one show specially created for this tour. "Every time I do a tour, I want the show to have its own unique story arc which gives a certain flow or cohesiveness to the presentation," says Zap Mama founder Marie Daulne. "I'm very excited to explore the intersections between our globally influenced vocal harmonies and the polyrhythmic rhythms of Antibalas. I'm sure it will be an exciting and fun journey."

Tickets for the Antibalas/Zap Mama concerts are now on sale at Kingdom-County.org or by calling (toll-free) 888-757-5559. The concerts are being presented by Kingdom County Productions and Marlboro College, with sponsorship support from Cabot Creamery, Blue Cross Blue Shield of Vermont, Vermont Public Radio and (for Brattleboro) The Thomas Thompson Trust, Brattleboro Savings and Loan, and Brattleboro Retreat – and (for St. Johnsbury) Lyndon State College, Passumpsic Savings Bank, Catamount Arts, St. Johnsbury Academy, Vermont Broadcast Associates, Point FM, Seven Days, The Newport Daily Express, Kingdom Taproom, Peabody and Smith Realty, Lyndon Institute, Bailiwicks, Bill and Donna Marshall, Q Burke, Milligan Construction, and Abel Toll and Ronney Lyster of The AutoSaver Group. For more information, contact KCP series producer Jay Craven (jcraven@marlboro.edu).

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OBITUARY

SOPHRONIA EMERSON GARDNER



his first family Harold Gardner (Silvette deceased. Jean) West Fairlee VT, Wayne Gardner, Phoenix Arizona and Ronald Gardner Piermont, NH and their families were a constant and pleasant presence in her life. She leaves many beloved grandchildren, great grandchildren and great- great grandchildren.

Betty was given many talents which she used in her life. She was an amazing cook and loved to make pies and doughnuts accompanied by her signature cup of coffee.

Her talents as a seamstress and tailor were extraordinary. She could take a piece of fabric and make a work of art. She had many careers which included the position of Chief Cook at Camp Kaora a private Boys camp located on Indian Pond in Piermont, NH.

Her wit and ease with customers made table service a natural fit for her as she worked in many local eateries including the original Chimes Restaurant in Bradford, VT and The Robert's Fairlee Diner.

Her true calling and work in life began in 1963 when she established The Little Jenny Home in Piermont, NH. Together with her husband Harold she opened their home to developmentally disabled children who needed specialized care.

She was a pioneer in her field establishing some of the first educational facilities in the area. She recognized the need for her special children to have every available educational opportunity that all children should have and that was their right.

She also established a medical precedence for her children's care. Again, with the belief that her special children deserved the best medical care possible.

These concepts were quite revolutionary in the 1960's and 70's making her

work controversial to some and renowned to many.

She cared for over 300 children in her lifetime and retired in 2009 at the age of 93 when her last child left her care.

Calling hours were held on Saturday, January 24 from 5-7 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A Memorial Service took place on Sunday, January 25 at 3:00 PM, also at Ricker Funeral Home.

A reception followed the service at Peyton Place Restaurant in Orford NH.

At Betty's request memorial contributions may be sent to Upper Valley Pediatrics, 331 Upper Plain, Bradford VT 05033, C/O Dr. Mark Harris, to help with medical costs for children with financial need.

"Bless with all thy tender care little children everywhere."

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

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

Mark Elliott Named 2015¹³ Chairman of the Log and Timber Homes Council



Coventry Log Homes, Inc. is pleased to announce that Mark Elliott has become Chairman of the Log & Timber Homes Council Steering Committee.

The Log and Timber Homes Council Steering Committee is comprised of five leaders in the log and timber home industry voted into their positions by the LHC membership. The LHC Steering Committee provides guidance and navigation strategies for the overall membership.

"It is an honor to be se-

lected to lead this committee. 2015 is shaping up to be a great year for the log and timber homes industry. There are many great companies involved in the council and it is my pleasure to represent them," said Mark Elliott, vice president of Coventry Log Homes in Woodsville, NH.

The Log & Timber Homes Council is a part of the National Association of Home Builders. To learn more about the council go to www.loghomes.org or check out www.coventryloghomes.com.

New Videos Help Communities Prepare for Flooding

GREENFIELD, MA — The Connecticut River Watershed Council (CRWC) and the State of Vermont have released six new videos to help communities prepare for flooding. Experts speak about and highlight examples of why rivers move and erode in the first place, how to build better culverts and stream crossings, how to stabilize streambanks more naturally, and how to use mitigation funding. The videos are posted on the new Flood Ready Vermont website: www.floodready.vermont.gov. Or they can be seen all together at: www.ctriver.org/portfolio-items/preparing-for-floods.

The videos, produced by the Connecticut River Watershed Council strengthen a collaborative effort to build effective tools and peer to peer communication for flood resilience. CRWC was one of many organizations that collaborated in the design of Flood Ready Vermont.

The Flood Ready Vermont web site supports communities in their work to reduce flood damage and qualify for better post-disaster funding. Flood Ready

Vermont is filled with expert information by and for community leaders about making infrastructure and communities more flood resilient. Flood Ready Vermont features stories, including these new videos, from communities making it happen.

Flood Ready Vermont compiles maps, data and tools communities need to:

- Prepare for disaster: Emergency Relief and Assistance Fund (ERAF);
- Identify flood hazards and take action to minimize future damage;
- Find funding to reduce risk to existing buildings;
- Update your community plans;
- Find out what communities are doing to get flood ready.

CRWC produced the six new videos with videogra-

pher Joe DeFelice of Riverbank Media and financial support from the High Meadow Fund at VT Community Foundation and Jane's Trust. The website was designed with the guidance of municipal, regional, non-governmental and state agency participants including the Vermont Agency of Natural Resources, Vermont Agency of Commerce and Community Development, Vermont League of Cities and Towns, the Connecticut River Watershed Council, the Conservation Law Foundation, Vermont Natural Resources Council, regional planning commissions and community organizations from across the state. The planning of the site was facilitated by Tamarack Media Cooperative and WebSkilllet Cooperative.

Sophronia Emerson Gardner affectionately known as " Betty or Mrs. Gardner" passed away in complete peace and serenity on January 16, 2015 at the age of 99 at the Grafton County Nursing Home in North Haverhill, NH where she had resided since 2009.

At the time of her death she was the Matriarch of the Emerson Family which has a large presence in the area. She was born in Topsham VT on July 17, 1915 on a family farm to Charles Ralph and Luvia (Evans) Emerson. One of eight children she was the first to go to High School and graduated from Groton High School in 1934.

She was blessed with the opportunity to have two families in her lifetime.

Her first included her life with Earl Long in the Warren/Waitsfield VT area.

Her children from this family are Shirley Demetrules (Bill) Corinth VT, Earl Long Jr. (Ann) deceased of Concord, NH, Grace Viens (Bernard) of Faston VT,

Luvia Callahan (Timothy) of Lunenburg VT, Robert Long (Kate) of Bethel VT and Sharon Hope Emerson of Montpelier VT.

Her second family was with Harold Gardner of Piermont NH, a town in which they resided for over 50 years. Their children are Stephen Gardner of Topsham VT, Heidi Gardner Peyton (James) of Orford, NH and Sandra Eberhardt Gardner of Lisbon, NH.

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February 3, 2015 Volume 6 Number 9



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BUSINESS: Help Wanted, For Rent, etc. \$10/2 Issues, \$20/5 Issues, \$50/15 Issues.
 Price reflects classifieds up to 30 words. For longer classifieds premium may be charged.
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OLD FASHION COUNTRY KITCHEN CABINET: Wainscoting with old fashioned latches. Picture available. 603-348-7172. \$400. 02.17

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Snowshoe And Animal Tracking On Community Forest Saturday

SUGAR HILL – Winter is a great time to explore the Cooley-Jericho Community Forest! Everyone is invited to a hike on Saturday, Feb. 7 at 1:30 p.m.

The hike will start from the end of Jim Noyes Hill Road in Landaff. Park along the road, but carpool if possible as parking is limited. If you want to walk in from the Sugar Hill side, park at the end of Dyke Road, follow the Class VI road and meet up at the big log landing by 2 p.m.

The hike will be led by Ammonoosuc Conservation Trust (ACT) board member and naturalist Steve Sabre and Executive Director Rebecca Brown.

Depending on snow conditions, bring your snowshoes, XC skis, camera, kids, and dogs – and dress warm! Be prepared for a steady but not difficult uphill walk (though it could be icy in some places). Moose and

deer abound on this land, and we may get lucky and find tracks of bobcat and fisher, and we will be on the lookout for the elusive American marten. If we are exceptionally lucky we may find the track of a lynx.

Smaller than a fisher and stouter than a weasel, American martens (formerly called pine martens) are a rare and important species in New Hampshire. They were nearly trapped out, but have rebounded after being reintroduced. Their numbers are still small enough, and their status uncertain enough, that they are listed as “threatened” in the state.

According to NH Fish & Game, marten are of particular concern because of their status as an “umbrella species.” Their large range and sensitivity to disturbance make them broad indicators of ecosystem health. Marten have been seen in the vicin-

ity of the community forest, which is 840 acres in Easton with access through Sugar Hill and Landaff. Martens like large tracts of open space.

Saturday is a great opportunity to see the rugged and beautiful land of the community forest. ACT owns the CJCF on behalf of the towns Easton, Sugar Hill, Landaff, and Franconia. Residents of those towns plus other communities are engaged in planning for recreational trails and others uses of the land.

For more information, contact Lianna Lee at the Ammonoosuc Conservation Trust, 603-823-7777, e-mail outreach@aconserva-tion-trust.org. More event details and a map are at www.cooley-jericho.org. Any last minutes changes due to horrid weather will be on the website, or call ACT.

Letter To The Editor

To The Editor,

President Obama's first major mistake was being born part white. This gave lifelong ability to racists nationwide to call him "black" and so diminish anything he did politically, whatever the value of some of those decisions.

His second big mistake was daring to think he could run for President, and then doing so, and on top of those bold moves, actually winning.

Mistake number three was doing all that again, including winning again. Unforgivable was such audacity, to millions of people, including a fair share right here in New Hampshire.

One of his latest big blunders, what's causing unprecedented obstructionism in today's laughably inept U. S. Congress, is to bring millions of people into adequate layers of health care, protections never before available to

Robert,

I must agree that President Obama should be commended for moving forward on health care and immigration issues even though congress has been unable, or unwilling, to make any such moves.

While not everyone will agree with how these moves have been made, the fact can not be ignored that movement has happened. I have said privately, and now write it publically, that if congress spent as much time trying to fix what they see wrong with the President's programs, as they have spent trying to repeal them, then we would be even that much further ahead to meaningful reform.

No President will ever be able to enact every one of his (or her) priorities while in office. But if congress becomes willing to work together on such proposals then these great United States will continue to stay out front. Otherwise we will undoubtedly fall behind.

Gary Scruton, Editor

(For full disclosure, Robert Roudebush is a regular contributing writer to Trendy Times)

them. Imagine the effrontery – actually taking concrete steps to improve the health of the American population. How dare he?

And most recently, the President continued to outrage the screaming ill-informed historically do-nothing congress by taking strides when they wouldn't move a dainty foot – creating a practical, workable immigration structure enabling millions of law-abiding, hard-working people in our country to come out of the shadows, to start paying taxes and to strengthen our historically immigrant- enriched republic. How dare he? Where does such nerve come from?

Ignorance and bigotry I hope one day will fade from our thoughts and actions. Progressive pragmatic problem solving I hope never does.

Robert Roudebush, North Haverhill

Letter To The Editor

To The Editor,

In reference to the letter "Wake Up America - Before It Is Too Late", I was dismayed by the editor's response. A responsible editor would do some research on the writer's claim of "No Go Zones" where Do Not Enter signs are posted and Sharia Law overrules local and national law. Although that research would not be needed if the editor kept up with current events. It was Fox News which first spread this story of "No Go Zones", and it was Fox News that later apologized for the misleading stories. As documented on the Snopes website: "A week later, Fox News issued four separate on-air apologies for reporting the story about no-go zones incorrectly, including one in which anchor Julie Banderas offered a blanket apology to "the people of France and England":

Over the course of this last week we have made some regrettable errors on air regarding the Muslim population in Europe – particularly with regard to England and France.

This applies especially to discussions of so-called 'no-go zones,' areas where non-

Joel,

As you pointed out in your letter, it was about a week after this information came out before the network in question offered the apology and corrected the "misinformation". Due to publishing deadlines I was not aware of that statement until after press time.

Please believe me when I say that I do not have "an agenda to continue stirring up fear for political reasons". Instead my agenda is to attempt to answer every letter to the editor, to the best of my ability, limited as it may be. I regret if the misinformation in any way contributed to fears of anyone. But I still stand by my comment that there have always been areas in cities, and in small towns, where some people may fear to venture. Whether it is just a perception, or a reality, there have always been, and will probably always be, areas that are "out of bounds" for certain people, while others call the same area home. Whether it is due to religious beliefs, gang affiliations, race, or economic status, it is an unfortunate reality.

While I would love for all people of this world to be one big family, I am afraid it will never be that way.

Gary Scruton, Editor

Muslims allegedly aren't allowed in, and police supposedly won't go.

To be clear, there is no formal designation of these zones in either country, and no credible information to support the assertion there are specific areas in these countries that exclude individuals based solely on their religion.

There are certainly areas of high crime in Europe, as there are in the United States and other countries – where police and visitors enter with caution. We deeply regret the errors, and apologize to any and all who may have taken offense, including the people of France and England. "

The Snopes site goes on to point out that this gross exaggeration story has been spread through the internet since 9/11.

I don't feel there was anything wrong with the editor being sympathetic with the writer's concerns, but to not correct wrong information is not professional journalism and is a deliberate disservice to the public. In this case it could be seen as part of an agenda to continue stirring up fear for political reasons.

Joel Weddig, Waltham, MA

Letter To The Editor

To whom this may concern,

It has been brought to my attention that the Latin language course is at risk of being cut from the Woodsville High School curriculum. As a WHS alumna and someone who took many semesters of Latin while in high school, I am saddened by this news. The teachers showed great enthusiasm for the subject, which in turn made us more motivated to learn.

I am now finishing up my final year of veterinary school in the United Kingdom, and I can say that Latin has aided me in many ways since graduating from WHS. In veterinary school I have found that it has aided me with learning medical terms. For example, simple root words originating from Latin, such as "ab" and "ad" have made it easier for me to remember what adduction (meaning moving toward the body midline) and abduction (meaning moving away from the body midline) mean. This is only one example out of many.

Outside of my veterinary studies I have also found Latin useful when traveling Europe. Knowing Latin and identifying similarities amongst words in different languages has helped me be able to translate while traveling, even if I am not familiar with the language being spoken. Latin is known to be the foundation of most languages, so now that I have a good base in Latin, I know that learning another language will come easier to me in the future.

Please consider keeping the Latin program around for years to come. Latin is more than a language, for it also has a vast history and is the foundation for most languages that are spoken today. It has aided me in many aspects of my life from veterinary school to traveling. I believe it will also help me when I go on to learn more languages in the future.

Thank you for your time.

Sincerely, Stacy Eastman, Class of 2006

Stacy,

I have heard that Latin is indeed one of the items on the chopping block for this year's Haverhill School Budget. As a former school board member I can attest to the fact that it is never easy putting together a budget at any time. Add the fact that the local economy has been struggling over the past few years and the task becomes even more daunting. The Board, as well as the Budget Committee must make some very tough decisions in hopes of presenting a budget that the voters will accept, and can afford to support.

I do not know all of the information that is available about this particular program. But I do know that the final call of this, and every other municipal or school budget, is in the hands of the voters. So I will again encourage all to be as informed as possible, and then to participate in the conversation and in the voting process. It is a right and a privilege that we all need to exercise.

Gary Scruton, Editor

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Let's look at these three elements:

Time — Time can be a big asset — if you use it wisely. However, many young people, just starting out in their working lives, think they can wait until "later" to begin investing, as their retirement is so far away. But this could be a mistake. The earlier you start to invest, the more money you will put away, and the greater the potential for your money to appreciate. If you do wait until mid-career before you start seriously saving and investing for retirement, you will still have options, but you may need to make some trade-offs, such as possibly retiring later than you had originally planned. So here's the key: Start investing as early as possible — and keep investing.

Money — Not surprisingly, the more money you invest on a regular basis while you are working, the more money you'll likely end up with when you retire. Sup-

pose, for example, that you invested \$3,000 per year and earned a hypothetical 7% annual return. After 30 years, you'd have accumulated about \$303,000 (assuming the investment was placed in a tax-deferred account, such as a traditional IRA). But if you put in \$5,000 per year, instead of \$3,000, and earned the same hypothetical 7% annual return, you'd end up with about \$505,000 after 30 years, again assuming the investment was placed in a traditional IRA. The difference between \$3,000 per year and \$5,000 per year isn't all that much — just about \$40 a week — but after 30 years, these relatively small differences can add up to a big sum of money. Of course, this is just a simple illustration that shows how saving more can possibly put you in a better position in the future. Keep in mind that there are no guarantees and that the value of your investments will fluctuate.

Return — You might think that your investments' rate of return is the one variable

over which you have the least control. However, "least control" doesn't mean "no control." You can control your potential return to the extent of selecting a mix of stocks, bonds, government securities and other investments that reflects the level of risk you're willing to tolerate in exchange for the potential growth you'd like to achieve. By creating this mix, you can help yourself avoid the biggest investment risk of all — not reaching your long-term goals.

By investing for as many years as you can, putting in as much as possible each year and choosing an investment mix that provides you with the greatest potential reward given your risk tolerance, you can take command, to a significant extent, of your own investment success. And that's a type of authority you won't want to relinquish.

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

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Letter To The Editor

To the Editor,

I am offering a \$500.00 reward to the first person who can show me a New Hampshire, Vermont, or Maine drinking water source (private or municipal well, spring, or town water) that is not visibly contaminated with the dust and fibers that jets are spraying on us.

Hold a clear glass or jar of your water between your eyes and the sun and look carefully through the sides of the container. Experiment with different viewing angles and distances. A magnifying glass can help. If no contaminants are visible, try stirring which puts the dust and fibers in motion. If the sun is ob-

scured by jet emissions, examine the water in a darkened room with strong and focused backlighting. Examine melted snow water and you will see horrifying amounts of contamination. This winter falling "snowflakes" often look like frosty bits of dryer lint that spin as they descend. Try aiming a 75 watt halogen floodlight (energy saving bulbs don't work) into night fog, rain, or snow and you will see large amounts of jet dust in the air.

If your water is truly free of particulates, I want to hear from you. I am in the phone book. Leave a message.

Sincerely, Mitch Perry, Dalton, NH

Mitch,

In the modern world we live in I have no doubt that there are more pollutants in the air than there were years ago. If those pollutants are in the air then they will naturally make their way into our water, and into the soil where we grow our food. Is this a good thing? Probably not. Is it something we can correct? Possibly, but it is almost impossible to tell how any short term change will affect our world on a long term basis.

Progress has always been a double edged sword. Traveling in a jet or driving a car seem to be preferable to walking or riding a horse. But what is the cost of that convenience? It is a question that will be debated for years to come.

Gary Scruton, Editor

Letter To The Editor

WHY TAKE LATIN? LEARNING IS FUN!

LEARNING A NEW LANGUAGE IS MORE FUN!

LEARNING LATIN IS THE MOST FUN OF ALL!

But, you say, What can I possibly get from a dead language that was spoken two (count them) thousand years ago? I of course reply that Latin evolved and changed and its direct descendant is still being spoken all over Italy today -it isn't dead.

I heard a speaker say once that people who know the classics are lucky: they've got the best books. That's true: Books written in Latin and Greek form the basis for a LOT of later literature. If you know these books, and, even better, can read them in the original, you are well on the way to understanding the roots of our civilization. We all need to be well grounded in the past: It's crucial to know where we've been if we are to make wise decisions about where we hope to go.

Rome had such great influence that we still feel it in our lives every day. Many modern buildings are copies of Roman architecture; the laws which govern our behavior and our rights are modeled after Roman laws. Many scientific and technical terms are in Latin, [Did you know that botanical descriptions of new species are always written and published in Latin?]

Susan,

As you will undoubtedly note, yours is not the only letter in this edition of Trendy Times that is speaking of Latin. Without a doubt you are obviously opposed to the Haverhill School Board's thoughts of eliminating this language course from the Woodsville High School curriculum. I understand your passion and can not argue any of the points you make.

The point I will make, and I trust the point being made by the school board, is: are there enough students (and parents of such students) who agree with you and are therefore signing up to take this course? The best course in the world does no good if students are not taking it, learning from it, and eventually using what they learn.

By no means am I saying that this is the only way to measure the need for a course of study to be made available. But, when it comes to the bottom line, and the amount of money to be raised by taxes, it must be considered. It will be a tough decision, not only for our elected officials, but also for the voters themselves at annual school meeting.

Gary Scruton, Editor

Studying the life, language, and customs of the early Romans provides a better understanding of our own modern civilization.

Sixty-five (65 - LXV) per cent = (that's Latin) of English words are derived from Latin. Studying Latin has important side effects on our ability to understand English grammar, to improve our spelling, to enlarge our English vocabulary, and to learn other foreign languages. The study skills you learn will serve you well everywhere all the time.

Latin is a simple language to learn: it is an ideal language for understanding the nature and structure of language in general: it only takes two or three years to learn all there is to know about Latin grammar. It helps you realize that there is more than one way to convey an idea. Studying Latin helps you learn all the Romance (derived from Latin!) languages more easily and rapidly.

You or your parents are welcome to telephone me 603-989-5931

LEARN NEW LANGUAGES -ANCIENT AND MODERN - AS MANY AS YOU CAN!

Susan Brown, Haverill

Letter To The Editor

Dear Editor,

I am a former student at Woodsville High School writing on the behalf of the Latin program at WHS. When I heard this news I was saddened because Latin was very influential in my years there. For example, some of the materials that I had learned have come up in classes and in real life situations. English was never a strong suite of mine, but Latin aided with my problem and helped me get to where I am today. Whether it's the construction of sentences to the prefixes of words, I feel more confident when I use the teachings from Latin in my studies. I know that I am still not the greatest at English, but Latin has helped me overcome challenges and I think others could use its help as well.

Another major part why I held Latin so dearly and think it could benefit more students would be the culture. Latin at WHS isn't just about speaking their language, but learning about one of the greatest civilizations. In class we studied how they spoke, wrote, ate, socialized, and lived. I know that most people would think that taking a history class would do the same thong, but there was something special we had when my class was together. Once those doors shut and class started, we were Romans learning the ways of the people. Few other classes can actually make you feel like you are a part of the culture you are learning.

Lastly I would like to write about the quality of the education in Latin. Latin is definitely not an easy language. I can sometimes take hours to figure out a paragraph, but the entire time Mrs. Vaillancourt does not give up on you. Sometimes I would get frustrated and want to give up and given the answer, but I was not, rather I was showed how to find it using my resources. This was probably one of the most helpful things I learned in school because I can use the ability and apply it to most things I do. The teaching method might be rigorous, but the outcome has the potential to be spectacular. My senior year at WHS our Latin club went to Classics day and we watched their competition on stage. While they were asking questions, my friends and I were answering the questions correct as fast as they were asked. I had already known that we received a good Latin education, but after that I realized that our education was some of the best in the state.

Latin meant a lot to me throughout high school and still does now. I hope that people will read this and rethink about cutting Latin from the curriculum, because it truly is a special course. I would love to see more students get involved in Latin and unlock the vast wealth of knowledge it has.

Sincerely, Christopher McAllister

Christopher,

Thank you for your input into this issue. It is great to hear from a graduate who looks back so fondly on a high school course. It is also wonderful to hear that what you learned has aided you in other areas of your continued studies and life in general.

As stated elsewhere, this will be a difficult decision that should continue to receive attention and discussion right up until the time the voters are asked to make a final decision.

Gary Scruton, Editor

P.S. The Haverhill Cooperative School Board met on Thursday, January 29 to discuss this topic. Voice mails left on Friday were unanswered at press time.

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Hot Water Seed Treatment

By Heather Bryant and Olivia Saunders, Regional Field Specialists, Food and Agriculture

There are several nagging plant diseases caused by bacteria, fungi, oomycetes and viruses that can be present on the surface of or inside seed, such as bacterial leaf spot in peppers, septoria leaf spot in tomatoes, and alternaria in broccoli. If these diseases aren't managed before planting, they can cause crop losses as the season progresses. If you buy your seed from large companies they have likely taken steps to minimize the risk of seed borne diseases, but if you save your own seed, or purchase from small seed purveyors you may want to take some steps of your own to protect your crops.

Hot water seed treatment is one such step that has

shown to be effective on certain diseases of small seeded crops like peppers, tomatoes, brassicas (broccoli, brussel sprouts, cabbage, etc), onions, radishes, and carrots. The goal of hot water seed treatment is to sterilize or kill the disease causing organism without damaging the seeds ability to germinate, effectively preventing the disease from entering your soil and farm. Hot water treatment is a highly underutilized integrated pest management (IPM) tool, which is also allowed under organic rules.

As you can imagine, managing the proper temperature is a difficult balance. Each species has different requirements, but most require sustained temperatures of

112-127°F for 15-65 minutes. For the intrepid do-it-yourself grower this can be accomplished on a stove or hot plate with a good thermometer and attention to detail. For the rest of us there are precision waterbaths.

The first step is to determine if the seeds you save are susceptible to diseases that can be controlled by hot water seed treatment. University of Massachusetts Cooperative Extension has an excellent article which includes a table of species, diseases controlled, and the time and temperature requirements. <https://extension.umass.edu/vegetable/news/hot-water-treatment-seeds>

If you are going to attempt to heat treat your own seeds on the stove, we recommend practicing first with just water and a good thermometer to

see how easy or difficult it is to achieve the right temperature on your own. Next it's a good idea to try a small batch rather than risk to ruin your entire supply. Ideally you want to preheat the seeds to 100°F prior to putting them in the water. The seeds need to remain submerged in the water throughout treatment and the water needs to be stirred constantly. Seeds can also be treated with bleach, which is less likely to negatively impact germination, but it will only work on diseases that live on the surface of the seed. For more details and a list of useful equipment visit http://vegetablemendonline.ppath.cornell.edu/NewsArticles/All_BactSeed.htm

Sound a little complicated? As we mentioned before, there is an easier way. Cooperative Extension has recently pur-

chased a precision waterbath and Olivia is busily running test batches of spinach and radish seed. We are planning two workshops, one in Durham on February 20 and the other in North Haverhill on March 3. Bring your own seed if you have them or just come to learn more about the process. For more details including preregistration information please visit http://extension.unh.edu/events/index.cfm?e=app.event&event_id=38430

If the workshop dates do not work for you, we will have a limited number of one-on-one appointments to treat seed available at each site. For an appointment in North Haverhill call Heather Bryant at 603-787-6944 and for an appointment in Durham call Olivia Saunders at 603-447-3834.

February 3, 2015 Volume 6 Number 9

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

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This compound is indicated for short term memory loss, aids in testing, school studies & homework, mental stress and fatigue, impaired peripheral circulation, mental chatter, lack of mental & emotional clarity, nervous exhaustion, low adaptive response, and a negative response to stress in general. Use as a general restorative tonic to im-

prove the vitality of the functions of the brain and nerve cells.

FO-TI-TIENG ROOT: (Polygonum Multiflorum), A liver and blood tonic for restoring energy and vigor. Primary Uses: as part of a liver, kidney and general organ strengthening formula; particularly where there is exhaustion and severe deficiency. Secondary Uses: as a counter measure to many of the effects of aging, such as loss of hair color, and muscle tone. Fo-Ti-Tieng contains a natural form of lecithin, which helps to reduce arterial plaque and blood pressure. It reduces blood levels of cholesterol and triglycerides.

GINKGO BILOBA LEAF: (Ginkgo Biloba), A longevity herb, with great success in overcoming many unpleasant symptoms of aging, such as memory loss, lack of awareness, depression, and ringing in the ears. Primary Uses: as a specific in anti-aging and regenerative compounds, and in cardiac protection formulas against stroke and arteriosclerosis. Secondary Uses: in combinations to overcome environmental stress, and improve circulatory and nervous system function. Nutrients: Amino acids, calcium iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins A, B1, B2, B3, B5 & C.

GOTU KOLA HERB: (Centella Asiatica), A memory and brain tonic herb used to overcome depression, and increase longevity, heart and nerve health. Primary Uses: as a specific in all brain and memory stimulation formulas; such as learning disabilities and Alzheimer's disease; as a specific in any energizing, mental "burn-out", or weight loss compounds; in an anti-aging formula; to increase healthy circulation. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium

SIBERIAN GINSENG: (Eleutherococcus Senticus), An excellent general tonic and nutritive herb with particular stimulation for the circulatory system, and exhibiting many of the rejuvenative, adaptogen properties of Ginseng in terms of energy and endurance.

KAPIKACCHU SEED: (Mucuna Pruriens), powder. Kapikacchu is a nutritive tonic commonly used in Ayurvedic as an aphrodisiac and to support proper function of the reproductive system. It increases sexual energy and strengthens and tones the re-

productive organs. In men, Kapikacchu supports potency, stamina and control. In women, it promotes a healthy libido and fertility. The vitality bestowed by Kapikacchu nourishes the entire body and

calms the nerves, making it an excellent rejuvenative for vata. It is also a natural source of levodopa (L-dopa), which is an essential precursor to the neurotransmitter dopamine.

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

If you would like to reach Ronda Marsh you can email her at trendychefronda@gmail.com.

Truffles For Your Valentine

Here we are in February, and Valentine's Day is just around the corner. Time to consider a little gift for your sweetie, so just run out to the pharmacy or grocery store and grab up a heart-shaped box of those mass-produced chocolates. That'll do it, right? WRONG! In addition to not really tasting all that good, that type of gift screams your lack of interest, and in my opinion, is probably worse than no gift at all. Even if you are not a big believer in the whole Valentine's tradition, take it from me, you are better off to avoid those low-quality chocolates, regardless of the occasion. A much better alternative, is to make your own delicious chocolates (be it for yourself, or that special someone).

Truffles are deceptively easy to make, and in addition to looking expensive and professional, they taste wonderful, too. You can make them with or without the addition of a liqueur to fancy them up; I chose to use Bailey's Irish Cream to flavor my white chocolate, and Chambord with the dark chocolate, but feel free to change that up, or omit it altogether. Dark chocolate, by itself is quite bitter, so I use half semi-sweet to eliminate that issue. You have many options for the garnishments, too. Nuts, coconut (toasted or plain), sprinkles,



or a contrasting chocolate drizzle are some of my favorites. The most important thing to remember is to use a quality chocolate, like Ghirardelli, Lindt, or Callebaut. This will ensure a soft, creamy, silken center, whereas the cheaper stuff may turn out grainy, which would defeat the whole idea of creating something special in the first place.

Since white chocolate and dark chocolate are completely different from each other, they require different methods to melt and temper them. Being a much softer product, white chocolate only requires a few tablespoons of cream to bring it to the right consistency, and a microwave works wonderfully to meld it all together, whereas dark chocolate needs a lot more cream to accomplish the same thing, and tempering works best by pouring the scalded cream over the chocolate and gently stirring (NEVER whisking!)

Have fun making these...change up the flavorings and toppings, get some pretty little mini-cupcake papers and decorative boxes to store them in (they keep for weeks in the fridge), and most importantly, give them to the people you cherish; your time and efforts will not be wasted!

CHOCOLATE CHAMBORD TRUFFLES

- 1/2 pound good bittersweet chocolate such as Lindt
- 1/2 pound good semisweet chocolate such as Ghiradelli
- 1 cup heavy cream
- 2-3 Tablespoons Chambord liqueur, optional
- 1/2 teaspoon good vanilla extract
- Garnishments of choice (chopped nuts, sprinkles, colored sugars, etc.)

Chop the chocolates finely with a sharp knife. Place them in a heat-proof mixing bowl. Heat the cream in a small saucepan until it just boils. Turn off the heat and allow the cream to sit for 20 seconds. Pour the cream through a fine-meshed sieve into the bowl with chocolate. With a wooden spoon, or heat-proof spatula, slowly stir the cream and chocolates together until the chocolate is completely melted. Stir in the Chambord, if using, and vanilla. Set aside at room temperature until cooled, then refrigerate for at least an hour. With two teaspoons, or a small scoop, spoon round balls of the chocolate mixture onto a baking sheet lined with parchment paper. Refrigerate for 30 minutes, until firm. Roll each dollop of chocolate in your hands to roughly make a ball. Roll in garnishment of choice. These will keep refrigerated for weeks, but serve at room temperature. Makes about 60 Truffles.

WHITE CHOCOLATE & IRISH CREAM TRUFFLES

- 16 ounces (one pound) good quality white chocolate
- 4 Tablespoons heavy cream
- 1 teaspoon vanilla
- 4 Tablespoons Bailey's Irish Cream (optional)
- Garnishments of choice

Roughly chop chocolate and place in microwaveable bowl (Pyrex type is best) along with the cream. Microwave in 30-second increments – removing and stirring with a wooden spoon or spatula in between, until the chocolate is mostly melted, with a few lumps (the residual heat from the bowl will finish melting the remaining product). Continue stirring the chocolate until it is shiny and smooth, adding the flavorings. Allow to come to room temp, then refrigerate and proceed as in the Chocolate Truffles recipe, above.

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