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TRENDY



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Help At Home With Heidi

ST. JOHNSBURY - The NEK Council on Aging is expanding its Help At Home outreach.

Starting Thursday, Jan. 7, case manager Heidi Baker will be on site at the Peacham Public Library for monthly talks with older Vermonters, and their families, aimed at helping them identify programs for living well as they age in the safety of their own homes.

"We're thrilled to have a new partner in the Peacham Library as we meet the needs of our neighbors in this larger community we call home here in the Northeast Kingdom," said Executive Director Lisa Viles.

"We all want to live independently despite the challenges that can come with

changing health, mobility, or chronic medical conditions," she added. "The Council's extensive roster of programs, services, and follow-up visits can make that independence possible."

Library Director Becky Jensen is offering a hearty soup to help residents "break bread" with Baker, a new mother whose personal background includes being raised by her grandparents and regular visits with her great-grandparents.

The mid-day meal will take place at noon downstairs around the table in the library's community room. There is an elevator that is ADA-compliant.

"We're an aging community and many can't get out of town without help," Jensen noted. "This is a wonderful

opportunity to provide services locally."

To protect confidentiality, the library will maintain a separate sign-up sheet for those who want to schedule private meetings with Baker.

"People often know they need help," Baker observed. "I'm here to help them find what will best meet their needs."

Part of that discovery includes a comprehensive assessment to determine how best to accommodate an individual's in-home requirements. Some of the options available include 3 Squares Vermont, the state's nutritionally balanced food-assistance initiative, and Choices for Care, the state's long-term care Medicaid options.

As part of her monthly gatherings at the library, Baker


is also looking to bring in the Council on Aging's program directors to give mini seminars on Medicare health insurance, veterans' affairs, fitness, volunteering, and family caregiver support, including respite grants.

Said Baker, "The goal is to help a resident identify the plans that will help him or her make informed decisions about how to live well as they get older."



Council on Aging case manager Heidi Baker will be meeting Thursdays at the Peacham Library to help residents assess how best to live in the safety of their homes as they get older.

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TRENDY Dining Guide

This was not the first time we had the opportunity to visit Ramunto's Brick Oven Pizza in St. Johnsbury. Like we have mentioned before Ramunto's is part of a small chain, but is locally owned by the Heath family. The restaurant itself offers several small seating areas. This means that whether you have a big group or just two of you, chances are good you can have some privacy. But there is still plenty of flexibility to the seating.

One thing for sure, the pizza is great. For that reason, and others, when

we visited, on a Saturday night, we chose not to eat pizza. I must say that part of my reason for going a bit off track was that I had eaten pizza just a couple of days earlier, and there were plans to eat more just a couple of days later. Be that as it may, I was still hungry and wanted to order something that would taste good, and be filling. I settled on the listing for Chicken Parmesean. The menu had it listed as coming with spaghetti (a thinner noodle) and with what Ramunto's calls garlic knots. These are certainly not your

normal garlic bread. Instead they look like bread that was tied into a knot. One of the differences, besides shape, is that these tasty balls are more doughy than a conventional bread stick, making this side a very unique treat. As I often do when eating pasta I also ordered a Sam Adams winter lager that Ramunto's serves on tap. The two went together nicely and the meal was just what I needed.

My wife did order something a bit closer to pizza. She went with the regular size Vegetable Cal-

zone. I mention the fact that this was the regular size because they also offer a larger size that is truly meant to either share, or to feed a very hungry person. As we have found in the past, even the regular size is plenty to fill you up, or perhaps even to take some home. My wife gave it two thumbs up and topped her meal off with a soda.

Though these meals were both quite filling, my taste buds were also asking for some sweetness for des-

sert. For that reason I asked our waitress about the triple chocolate cake that is listed on the menu. I won't say that she drooled as she told me about the double layer chocolate cake with chocolate fudge frosting, and drizzled with chocolate sauce, but from her description I could tell that she had tasted this treat and very much enjoyed it. So that became the choice for our table as well. I was not disappointed.



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New HAMPSHIRE HOUSE UPDATE

By Rick Ladd - Haverhill

Respectfully submitted,
Rep Rick Ladd,
Chairman House Education

During this past week, the United States Congress in an unusual, overwhelming bipartisan vote of 359-64 replaced the very controversial No Child Left Behind Act. The new law is called the Every Student Succeeds Act (ESSA), and it does provide better balance between local, state and federal control of education.

Almost 14 years ago, the U.S. House of Representatives voted by a huge margin to pass the No Child Left Behind Act (NCLB), which put the federal government front and center when it came to how public K-12 schools receiving federal funding such as Title I, Special Education/IDEA, etc., would measure student performance and address failing schools.

No Child Left Behind mandated that an approved statewide assessment be administered annually in every public school at grades 3, 4, 5, 6, 7, 8, and 11. Aside from the test not providing classroom teachers use-

ful instructional information helping to identify specific student needs, the tests were redundant, resulted in lost instructional time, and raised cost-benefit concerns. Although the new act continues to require testing, it provides for state-designed assessment systems oriented around best teaching practices. And where states allow, ESSA maintains the right of parents to opt their children out of statewide academic assessments and allows states to limit the amount of time students spend taking annual tests. In addition, NH's newly adopted pilot assessment, Performance Assessment of Competency Education (PACE), which has been developed in several schools such as Sanborn Regional High School is recognized as a national model. NH's model competency-based program encourages schools to structure instruction and curriculum around advanced and accelerated rates of learning as well as other needs of the student.

Secondly, ESSA recognizes the need for challeng-

ing academic standards. Currently, statewide testing indicates that one out of two NH students is viewed overall as meeting or exceeding proficiency. In addition, having only 37% of the state's eleventh grade population identified in 2015 statewide spring testing as meeting or exceeding math proficiency is unacceptable. The University System of NH and the NH DOE have moved to strengthen teacher preparation and certification standards. In addition, school districts must invest time and energy in assuring that current instructional staff who may need assistance in implementing academic standards are provided professional development and modeling support to improve teaching to include meaningful use and application of knowledge and content.

In conclusion, legislators reported on NH's drug and substance abuse concerns this past week, but we also must be mindful of educational improvement needs. The state must focus on developing a rigorous K-12 public school environment that better prepares students for the demands of our current and future workforce.

A Carbon Tax?

by VT State Senator
Joe Benning

The carbon tax debate has gotten silly. Partisans, touting economic collapse on one side and environmental calamity on the other, have resorted to an ancient tactic usually reserved for whipping up public support for war: demonize the other side and paint them as being ignorant sub-humans. Vermonters are beginning to grow weary of this style of discourse.

At the risk of befuddling extremists on both sides, let me suggest you each have a valid point. To carbon tax proponents: I agree our climate is changing and, at the very least, humankind has contributed to the speed at which that change is occurring. For that reason, coupled with the knowledge that fossil fuels are a finite resource, I agree we must move away from fossil fuels. To carbon tax opponents: I agree that Vermont's economy is hanging by a thread and a tax on our most basic fuel source threatens our economic recovery. With those concessions, let's talk about the issue and jettison the hyperbole.

The proposal would impose a tax on all forms of fossil fuel purchased in Vermont. It would increase incrementally to \$100 per ton in 2027. The intent is to push people away from fossil fuel consumption by making it more expensive. It presumes Vermonters can and will switch to renewably-produced energy. Proponents contend it would raise enough revenue to weatherize homes and allow us to lower taxes in other areas, essentially relieving any burden it produces.

Now let's consider some hard facts. First, only those purchasing fossil fuel in Vermont will pay this tax. Second, Vermont geographically is a very small, mostly rural state. Third, the bulk of our working population must travel to work. Fourth, Vermont is yet again facing a budget shortfall in 2017- this time worth sixty million dollars. Finally, Vermont's population is just over six hundred thousand souls, a sizable portion of whom are struggling financially. Approximately two hundred thousand are Medicaid eligible. Vermont

has a shrinking workforce with an outward migration of young people, and tax-wise is currently listed as one of the worst states to retire in. One of the few positives in our current economic reality, as recently noted by economist Tom Kavet, is that our lower-than-normal fuel costs saved approximately seven hundred million dollars last year.

The cost of electric passenger vehicles remains too high for too many Vermonters. In the case of heavy-duty vehicles (school busses, freight trucks, garbage trucks, farm equipment, etc.) electric propulsion either doesn't exist or remains in prototype form. Statewide renewable-based mass transit systems do not exist. Our transportation infrastructure (roads, bridges, etc.) depends on fossil fuel taxes that would disappear if this proposal works the way it is intended. Vermont's large stock of oil-heated homes will be expensive to modify. The price of virtually everything fossil fuel related, from school bus contracts to transported food stuffs to basic construction, must inevitably rise to accommodate rising fuel costs that cannot be avoided.

So how will struggling Vermonters adapt? Sheer necessity will force some to curtail other important expenses. Some will purchase their fuel out of state. Will government use new carbon tax revenues to help them? It is hard to believe our opiate epidemic, educational system and crumbling infrastructure will take a back seat to weatherizing private homes.

And in the end, what would we accomplish? Even the Shumlin administration acknowledges our small population's best renewable efforts will have no registerable impact on climate change. The best we can hope for is that we set an example. Perhaps that would satiate those seeking to set a moral course. But that course will not be set at the expense of those vilified big oil companies; it will be borne by the average Vermonter as those taxes raise prices for our most essential needs.

For all the above reasons, this is neither the time nor the place for a carbon tax.

Volume 7, Number 6 December 22, 2015 Not All Times are Trendy, But there will Always be Trendy Times



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From The Desk Of

Jeanie FORRESTER FOR STATE SENATE

Dear Constituents,

Last week the Joint Legislative Fiscal Committee, a bi-partisan group of 10 legislators, met to consider nearly 50 items that will impact our state and our budget.

The purpose of the committee is to “consult with, assist, advise, and supervise the work of the legislative budget assistant.” The Fiscal Committee also considers matters concerning appropriations, expenditures, finances, revenues or any fiscal matters of the state.

Most of the items on the agenda were fairly easy to address and related to issues created as a result of the Governor’s veto of the budget.

One notable item was a request by the Commissioner of the Department of Administrative Services for an extension of the public release of the Fiscal Year 2015 Comprehensive Annual Financial Report and other audited financial statements.

This was notable because the legislature has been waiting for information on spending and lapses so we can confirm how we finished Fiscal Year 15. We have been concerned about the spending side of the budget, because even though revenues were coming in on or above target, the Governor issued executive orders asking for cuts throughout state government. You may also recall that the Governor attempted to take funds appropriated to nursing homes and home health care agen-

cies. So getting information on spending is critical to having the entire picture of our financial situation. While we have been anxiously waiting for this information, the Department’s request for a two-week extension was approved.

Another responsibility of the Fiscal Committee is to consider proposed recommendations for performance audits on various state agencies. Performance audits help legislators understand how well an agency is doing and if improvements are required. This month, recommendations were made for audits on the Department of Information Technology, Homeland Security, Environmental Services, and Bridge Maintenance under the Department of Transportation. These proposed recommendations were approved by the Committee.

There were several federal grants that we accepted relative to substance abuse, totaling approximately \$2.2 million in new money. This represents additional funding above and beyond what we are currently spending in the current budget. With this new money, New Hampshire will be spending close to \$70 million (state and federal funds). This spending doesn’t include new legislation that is being brought forward as result of the drug

task force.

We also accepted federal grant funding totaling approximately \$15 million that will flow to the cities and towns in this budget.

At the end of the Fiscal Committee there were presentations by various departments on informational items. The Committee does not vote on informational items--they are essentially a status report to the committee. Of particular interest was a presentation by the Commissioner of Health & Human Services on the status of the Sununu Youth Services Center. The current budget required the Commissioner to present a plan to reduce expenditures by \$1.7 million in 2016 and \$3.5 million in 2017.

Historically, the SYSC spends approximately \$13 million each year at the 144-bed facility in Manchester. For the past couple years, the population has been about 50 youth, making the cost of running this facility unsustainable. The Commissioner advised that he believed he could absorb the \$1.7 million cut in 2016, but that in 2017 in order to meet the cut, he would need to lay off staff, make payouts to employees, and mothball the facility, which could cost the state approximately \$5 million. The Commissioner’s proposal didn’t seem viable to many committee members, so we will continue to work on a solution that assures our young people get the care they need, and also assures taxpayer funds are being spent responsibly.

On a separate note, in the past couple weeks I’ve had the opportunity to participate in Christmas celebra-



NH State Senator Jeanie Forrester with long time Woodsville resident and retired retailer Ed Young during the recent Christmas Lunch at the Horse Meadow Senior Center in North Haverhill.

tions throughout District 2. I particularly enjoy the events that honor our seniors because it makes me think of my mom and dad, who have long since passed away. Christmastime and senior center activities were both passions dear to my mom’s heart, so visiting senior centers during this time of year is special.

I’ll admit it’s a little selfish on my part. Whether it’s at the Meredith Rotary Club’s Annual X-Mas Lunch or the Horse Meadow Senior Center’s annual festivities for seniors, each provide an opportunity for me to help serve lunch and talk with seniors. When I go, it feels like I have hundreds of surrogate moms and dads.

In the next couple weeks we will enter the New Year, and I look forward to working

with my colleagues to continue the good work we’ve achieved since 2011.

Many thanks to all of you for your support through the years—it has truly been an honor to serve. Merry Christmas and Happy New Year!

As always, I want to hear from you. If you have a concern you’d like to share, an event you’d like me to attend, or a problem you think I might be able to help with, please call or email (271-4980 [office] or jeanie@jeanieforrester.com). If you would like to subscribe to my e-newsletter, visit www.jeanieforrester.com and sign up.

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Calendar of Events

A Full Page of Events from Local Non-Profits, Schools and Towns. *Presented FREE by Trendy Times.*

THURSDAY, DECEMBER 24

CHRISTMAS EVE CANDLELIGHT SERVICE
5:00 PM
Trinity United Methodist Church, Whitefield

CHRISTMAS EVE CANDLELIGHT SERVICE
6:00 PM
Lyman Bible Church

CONCERT & CANDLIGHT SERVICE
6:30 PM
Haverhill Congregational Church
See Article on Page 17

CHRISTMAS EVE CANDLELIGHT SERVICE
7:00 PM
United Methodist Church, Woodsville

CHRISTMAS EVE CANDLELIGHT SERVICE
7:00 PM
Bath Congregational Church

CHRISTMAS EVE CANDLELIGHT SERVICE
7:00 PM
Newbury Congregational Church
See Ad on Page 15

SUNDAY, DECEMBER 27

ACT Easy Winter Walk
12:00 PM
Sunset Hill Golf Course, Sugar Hill
See Article on Page 15

ACOUSTIC MUSIC JAM
1:00 - 5:00 PM
Clifford Memorial Building, Woodsville

MONDAY, DECEMBER 28

HAVERTHILL SELECT BOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, DECEMBER 29

THEATER IMPROVISATION WORKSHOP
9:30 AM - 12:30 PM
Littleton Opera House

WEDNESDAY, DECEMBER 30

"CHASING SHOWS" A WARREN MILLER FILM
4:00 & 7:00 PM
Jean's Playhouse, Lincoln
See Article on Page 17

TUESDAY, JANUARY 5

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

FRIDAY, JANUARY 8

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

SATURDAY, JANUARY 9

HEAVENLY BEEF DINNER
5:00-6:30 PM
United Methodist Church, North Haverhill

SUNDAY, JANUARY 10

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Games
Breslin Center, Main Street, Lyndonville

MONDAY, JANUARY 11

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

WEDNESDAY, JANUARY 13

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

THURSDAY, JANUARY 14

FREE COMMUNITY DINNER
5:00 - 6:30 PM
St. Luke's Parish House, Woodsville

SATURDAY, JANUARY 16

GROTON GROWERS MARKET
10:00 am - 1:00 pm
Groton Community Building

SUNDAY, JANUARY 17

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Games
American Legion Post 58, Maple St. St. J. Vt.

THURSDAY, JANUARY 21

VFW Post #5245 monthly meeting
7:00 PM
VFW Hall, North Haverhill

WEDNESDAY, FEBRUARY 10

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

***Be Sure Our Readers Know About Your Upcoming Event:
Your event date, Name, Time and Location listed on this page. Best of all, there is NO Charge.
Deadline for the next issue is Thursday, January 7, 2016 at 5:00 PM***

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
ADULT STRENGTH TRAINING
1:00 - 2:00 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
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS
10:30 AM - 11:30 AM
Linwood Senior Center, Lincoln
CARE COORDINATOR/
ENROLLMENT SPECIALIST -
1 PM, Baldwin Library, Wells River

MONDAYS/THURSDAYS

Adult Interval Aerobics Class 6:30
Woodsville Elementary School
GOLDEN BALL TAI CHI
8:30 - 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
T.O.P.S. (TAKE OFF POUNDS SENSIBLY)
Weigh In 5:00 PM - Meeting 6:00 PM
Horse Meadow Senior Center, N. Haverhill
EMERGENCY FOOD SHELF
4:30 PM - 5:30 PM
Wells River Congregational Church
WEIGHT WATCHERS - 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
GROWING STRONGER FITNESS
CLASS 2:00 PM - 3:00 PM
East Haven Library

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 COUNCIL 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 COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Darling Inn, Lyndonville
PEACHAM FARMERS MARKET
Peacham Academy Green
LISBON FARMERS MARKET
3:00 PM - 6:00 PM - Main Street, Lisbon

FRIDAYS

ADULT STRENGTH TRAINING
9 AM - 10 AM - St. Johnsbury House
1 PM - 2 PM - North Congregational
Church, St. Johnsbury
WORSHIP UNDER THE TENT - 7 PM
100 Horse Meadow Rd, No Haverhill
AA MEETING (OPEN DISCUSSION)
8:00 PM - 9:00 PM
Methodist Church, Maple St, Woodsville

SUNDAYS

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

Horse Meadow Senior Center Schedule

Lunch is served daily at 12:00, except when noted with *

EVENTS

Breakfast Buffet: Every Tuesday @ 8:30-10:00 (by donation)

Holiday Crafts V ~ Glitter Branches & Giant Snowflakes ~ Tuesday, December 29th @ 1:00

Beginning January 5th~ Every Tuesday and Friday, @2PM~Tai Ji Quan

CRAFTS WITH EILEEN

Paper Crafting Class ~ Intro to Quilling ~ Monday 1/4 @ 1:00

Advanced Jewelry ~ Beaded Initials/Monograms ~ Friday, 1/8 @ 1:00

Beginner Decorative Arts ~ Assorted Wood Crafts ~ Monday 1/11 @ 1:00

Paper Craft Class ~ Quilling II ~ Friday, 1/15 @ 1:00

ENTERTAINMENT:

Starts at 11:00

John & Phyllis: 12/23 & 1/6
The Boy-z: = 12/30 & 1/13

Wayne Klinger: 1/4
Ethel Cooper: 1/8 & 1/14
Bobby B: 1/7

ON-GOING ACTIVITIES:

Craftroom Open Tuesdays @ 9:00

Bone Builders: Mondays, Wednesdays & Fridays @ 9:30

Bingo: Wednesdays @ 1:00

Nifty Needlers: Every Tuesday 9:00-2:00

Writers Group: Wednesdays @ 10:30

Hearts & Hands Quilters: Mondays @12:30

Art Class w/Barb: Thursdays: @ 9:00

Floral Arrangements w/ Jane: 12/10 @ 9:30

Card Making w/Jeanne: 12/3 @ 9:30

Mahjongg: Fridays @ 10:30

Cribbage: Thursdays @ 12:30

Line Dancing: Thursdays @ 12:45

MS Support Group w/ Gayla ~ 12/21 @ 1:00

Tech Time w/ Paul ~ Every Monday from 1:00 – 3:00

*Center is closed January 1 and January 18

Orange East Senior Center Events

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

Bonna Wieler, Bradford Recreation Director, is offering workshops at the Senior Center, and she would like to know about your interests. There is felting with alpaca fiber, needle felting, or playing with clay to make a trivet, bowl or plate with hand building. Please let us know if you would be interested.

The Orange East Senior Center will be closed on Thursday, December 24 and Friday, December 25 for the holiday. We will also be closed on Thursday, December 31 and Friday, January 1st.

We are looking for substitute drivers for our Meals on Wheels routes. If you are interested, please call or come by.

The Orange East Senior Center is thinking about starting a basket weaving class-if you are interested in taking this class-please give the center a call.

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.

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

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 exer-

cise class. The class begins at 9:00 a.m. and ends at 10:00. On Tuesday and Thursday exercise, class includes balance-building exercises.

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!

Friday, December 25 11:00 am - Closing

Christmas Dinner

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Groton Free Public Library

Holiday Hours: The library will be closed on Friday, Dec. 25 & Friday, Jan. 1. Happy Holidays!

Free Downloadable E-Books & Audio Books: Available to all patrons through www.listenupvermont.org. Call or stop by the library for more information!

Kids' Nature Craft: Fri, Jan. 8 at 3:30pm: Kids of all ages invited to learn how animals adapt to survive our cold and snowy winters. Make your very own animation spinner to show how they do it!

Art Class: Fri, Jan. 8 at 5:00pm. Tonight's theme is Dramatic Drawing. Learn how to use value and shading to make your drawings really "pop." For teens & adults.

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

All of our programs are free and open to residents of

all towns. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358. Open M (2:30-7) W (10-4) F (2:30-7). Online catalog: grotonlibrary.kohavt.org.

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Volume 7, Number 6

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A New Chapter

By Jim Frohn,
UNH Cooperative Extension
Grafton County Forester



Hello, my name is Jim Frohn and I'm the new Field Specialist in Natural Resources for UNH Cooperative Extension in Grafton County, a.k.a. the Grafton County Extension Forester. This is my first week on the job and my first crack at writing an article for Extension. So, here goes....

Working in NH is coming full circle for me. I started my forestry career in New Hampshire after graduating from the University of Maine, working for a large timberland management firm in Coos County. Then I wanted to learn more about logging, and joined a small progressive logging company and worked in southwestern New Hampshire. After a couple of years logging, I headed back to Maine to manage forests for the Bureau of Public Lands. After that I took an opportunity in northern Vermont to work for a large consulting firm, working with landowners ranging from small family forest owners with 25 acres, to timber investment ownerships in the tens of thousands of acres. Along the way I gained experience in conducting forest inventories, writing management plans, preparing timber sales, laying out forest roads, supervising harvesting contractors, and overseeing recreational trail maintenance. I also wrote proposals, prepared budgets, and even had the opportunity to be an expert witness in a few timber trespass cases. Now I'm back in New Hampshire to share the experience and knowledge I've gained with the citizens of Grafton County and the state of New Hampshire.

So from New Hampshire, to Maine and Vermont, and back to New Hampshire again, like the cycle of growth of a tree through the seasons. Circling through the seasons, but all the while growing.

Though I am a forester, my title of Field Specialist in Natural Resources is a fitting one, because my professional interests go beyond the basic forestry activities of growing and harvesting timber. I'm also interested in wildlife habitat management, logger safety and productivity training, non-timber forest products, and value-added and high value forest products. Overall, I'm interested in the critical role that forests play in our local economy and how the many decisions we make, from education to policy, can help strengthen our forest-based economy.

When I'm not working, I enjoy spending time with my wife and three daughters, as well as reading, playing guitar, hunting, fishing, gardening, and cutting firewood. (Once you've had a chainsaw in your hands, it's hard to give it up entirely!) I also dabble in growing wild-simulated ginseng and identifying wild mushrooms.

I feel that my broad range of experience and interests has prepared me to serve the citizens of Grafton County and I look forward to developing a strong relationship with you. In addition to my roles serving landowners and the public and developing educational workshops, I will be developing a specialty in harvest operations and logger training, and will be working with Sarah Smith, the Extension Professor/Specialist in Forest Industry.

I am excited and honored to have this opportunity. Please feel free to contact me by phone (603-787-6944) or email (Jim.Frohn@unh.edu), or stop by



the Grafton County Extension Office in North Haverhill to say hello. I am eager to hear your ideas about how I can best serve you as your Extension forester.

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HOURS

Thursday, Dec. 24 (Christmas Eve): Closed at 1
Friday, Dec. 25 (Christmas Day): Closed
Saturday, Dec. 26: Closed
Thursday, Dec. 31 (New Year's Eve): Closed at 3
Friday, Jan. 1 (New Year's Day): Closed



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From our family to yours we would like to send a heartfelt message of gratitude and thanks to our clients, customers and friends. May your holidays be filled with joy and the coming year be overflowing with all the good things in life!!!

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DECEMBER 22, 2015 VOLUME 7 NUMBER 6

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Or perhaps biannual
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Of celebration.

Warm celebrations
With friends, family, neighbors
We smile and laugh.

Bright lights, sounds of joy
Dead of night---snow, cold: Winter
It's a new year's eve.

Ring the New Year
With general merriment,
Our stage is now set!

For lo, it is time
Idyllic resolutions
Ring forthwith to minds.

To reset and move---
Renewed, resuscitate, life
---To a fresh future!

Projects need doing
Want to make good with old friends---
Or family lost.

A guiding decree---
A referendum for thou
---But e'er shall it be?

By end of year next
Let a posteriori
Be complete and true!

Like the rain from clouds
And snow falling on cedars
Yes, our decree---fact.

Enduring you can
The power lies within you
You will finish strong.

It is commitment
That strengthens our will---resolve
Bettering thee---we.

It is this that builds
The skillset of leadership
Empowering us.

Communities are:
Sustained by its people---life
Leadership guides it.

May this New Year bring
Vigor, strength, vitality
To thee and thy town!

To acquaintances
---Long forgotten---mates and kind,
Happy New Year, friend.

The author, Geoffrey Sewake, is a Community & Economic Development Field Specialist for the UNH Cooperative Extension out of the Grafton County office. You may contact Geoffrey at (603) 787-6944, or at geoffrey.sewake@unh.edu.



Photo Courtest of: Geoffrey Sewake

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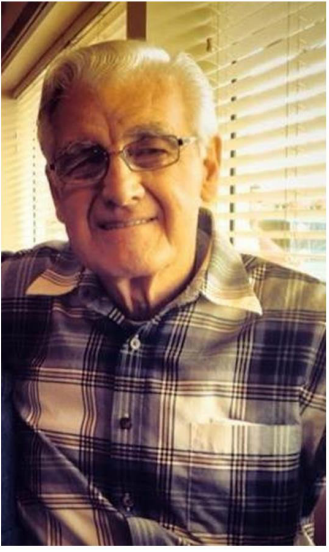
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Raoul "Ray" Emery - OBITUARY



is also survived by a sister, Elise Fellows of California, along with nieces and nephews. He was predeceased by two brothers, William and Victor Emery.

A calling hour was to be on Sunday, December 13th from 2 to 3 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. The funeral service was held on Monday, December 14th at 10 AM in the funeral home with Rev. Stephen A. Johnson officiating.

A private family burial will be observed in the spring in the Vermont Veterans Cemetery, Randolph, VT.

Memorial contributions may be made to the Earl Brock American Legion Post, Newbury, VT 05051. 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.

St. Johnsbury, VT- Raoul "Ray" Emery, 85, of Maple Street, formerly of Newbury, VT, died Wednesday, December 9, 2015 at Dartmouth Hitchcock Medical Center, Lebanon, NH.

He was born August 24, 1930, in Stamford, CT, a son of Ralph and Aurora (Guertin) Emery and graduated from Newburyport (MA) High School Class of 1948. He went on to serve in the US Army, four years of which were in Europe in Intelligence service. Following his discharge Ray worked as a car salesman in Danvers, MA. From 1970 to 1983, Ray owned and operated a service station in Newburyport, MA. He retired to Newbury and was a member of Earl Brock Post American Legion of Newbury, VT. He was passionate about automobiles and was a faithful churchgoer.

Survivors include his children, Yvonne Hazell and husband David of Dedham, MA; Steven Emery of Rockport, MA; and Alexandra Emery, seven grandchildren, Kiersten Hazell, Benjamin Hazell, Jaiden Hazell, David "DJ" Hazell and Bradford "Brad" Hazell, a baby boy due to be born in April, and Christopher Emery. He

Fernand Roger Fagnant - OBITUARY



Piermont, NH- Fernand Roger Fagnant, 80, of Knapp Road, died on Monday, December 14, 2015, at the Grafton County Nursing Home, North Haverhill, NH.

Fern was born on September 26, 1935 in Troy, VT to Alcide G. and Laurette A. (Paquette) Fagnant. He was a graduate of Haverhill Academy, Class of 1955. On November 16, 1957 he married Nancy Ball.

In the 1960s, Fern was a member of the NH National Guard unit based in Woodsville, NH, where he was a tank driver.

As a teenager, Fern worked as a caddie and taxi driver for the Lake Tarleton Club. Then he was

employed driving the grain and fertilizer truck for Merrimack Feed, Eastern States Feed and Agway. He was a self-employed logger and farmer.

Fern belonged to the American Legion Post # 0076 of Rumney, NH and the Grafton County Mountaineers RV Camping Club. He enjoyed snowmobiling, talking on the CB. More than anything, Fern loved to work.

He was predeceased by a brother, Leon Fagnant.

He is survived by his wife of 58 years, Nancy Fagnant of Piermont, NH; two sons, Robert Fagnant and wife Cindy of North Haverhill, and Kevin Fagnant and companion Peggy Fullerton of Piermont; a daughter, Michele Thayer and husband Peter of Piermont; three grandchildren, Robert Fagnant, Jr., Christopher Fagnant, and Dalton Thayer; and two great grandchildren, Riley and Liam Fagnant. He is also survived by four siblings, Richard Fagnant and wife Annabelle of Piermont, Rachel Zmurchak and hus-

band Al of Ft. Lauderdale, FL, Janet Learned and husband Arthur of Dunbarton, NH, and John Fagnant and wife Tess of Orange, CA; an uncle, John Paquette of Florida; and nieces, nephews, and cousins.

Calling hours were held on Wednesday, December 16 from 5-7 PM at Ricker Funeral Home, 1 Birch Street, Woodsville,

A funeral service was held on Thursday, December 17 at 1 PM at Ricker Funeral Home with Rev. David Moore of the Warren United Methodist Church, officiating.

Memorial contributions may be made to the Grafton County Nursing Home Activities Fund, 3855 Dartmouth College Highway, North Haverhill, NH 03774.

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

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

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Time for Some New Year's (Financial) Resolutions

The countdown to 2016 has just about begun. If you're like many people, you might be mulling over some New Year's resolutions, such as hitting the gym more, learning a new language or taking a cooking class. All are worthy goals, but why not add some financial resolutions as well?

For example ...

... Pay yourself first. Even if you aren't living "paycheck to paycheck," you probably don't have much trouble spending your money – because there's always something that you or a family member needs, always a repair required for your home or your car, always one more bill to pay. But if you are going to achieve your long-term goals, such as a comfortable retirement, you need to invest consistently. So before you pay everyone else, pay yourself first by having some money automatically moved from your checking or savings account

each month into an investment.

... Take advantage of your opportunities. If you have a 401(k) or similar plan at work, take full advantage of it. Contribute as much as you can afford – or at least enough to earn your employer's match, if one is offered – and choose the mix of investments that give you the potential to achieve the growth you need at a level of risk with which you are comfortable.

... Focus on the long term. In the short term, you might be excused for not wanting to invest. The headlines are typically scary, the financial markets are frequently volatile and the future often looks murky. Yet, if you can look past the uncertainties of today and keep your focus on tomorrow, you will find it easier to follow a disciplined investment strategy that gives you the opportunity to meet your long-term goals, such as a comfortable retirement.

.... Don't be driven by fear. When

the market is down, investors tend to react with fear. Specifically, they rush to sell their investments, afraid that if they don't "cut their losses," they might sus-

tain even bigger ones. If you can get past this feeling, you may find that a down market can offer you the chance to buy quality investments at good prices. ... Forget about the "hot stocks." You'll hear friends, co-workers and talking heads on television tout today's "hot stocks." But by the time you might hear about them, they may have cooled off – and, in any case, they might not be appropriate for your needs. Forget about "getting rich quick in the market" – it probably won't happen. True investment success requires patience and persistence.

... Cut down on your debts. It's easy to pile up debts, but a lot harder getting rid of them. Yet, if you can reduce your debt load even moderately, you'll free up money you could use to invest. So look for ways to conserve, cut back and consolidate – it will be worth the effort.

Making these resolutions – and sticking to them – can help you as you work toward achieving your financial goals.

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

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The Exit 44 Welcome Center in Littleton was reopened for the winter with a celebration including DRED Commissioner Jeff Rose, DOT Commissioner Victoria Sheehan and DOT Deputy Commissioner Bill Cass. Photo includes (l to r) Jennifer Codispoti, NH Bureau Chief of Visitor Services; Angela Call of Groveton, information center attendant; Paul England, North Region Supervisor; Ken LeBlanc of Littleton, information center attendant; Rep. Brad Bailey of Monroe and Rep. Erin Hennessey of Littleton.

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

Thank you for your understanding.



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Winter Walking Series with ACT

OCT Season Ticket On Sale

SUGAR HILL – Looking for a few friends, old and new, to enjoy the winter woods? Then please join the Ammonoosuc Conservation Trust (ACT) on an easy winter walk at the ACT conserved Inn at Sunset Hill golf course and woods on Sunday, Dec. 27 at 12:30 p.m.

The hike will begin in the parking lot adjacent to the golf course, which is located directly across from the Inn at Sunset Hill. Driving into the downtown area of Sugar Hill from 1-93, take a left onto Sunset Hill Road past the Sugar Hill Sampler.

ACT Board President Rosalind Page will lead the hike. The golf course is the very first piece of land ACT

conserved. This historic 9-hole course, the oldest in the state, had been eyed for condo development by its Massachusetts owner. A Save the Sunset campaign rallied the community, and the land was saved. No houses will ever be built there, and the golf course remains.

Depending on whether or not we have snow by then, please wear good boots or snowshoes, bring your camera, and invite your friends for a lovely afternoon outside!

The hike on Dec. 27 will be the first in a series of winter outings on ACT conserved lands that will be held on the last Sunday of

each month. Now is a wonderful time to explore the terrain of the forest and to enjoy the views, unimpeded by foliage and black flies! Once the snow begins to fly, it's also a great time for animal tracking.

For more information, contact ACT via email at office@aconservaiontrust.org or call us at 823-7777. Please visit our website www.aconservationtrust.org for upcoming events.

ACT is the North Country's regional land trust. ACT conserves land for the future of the North Country and conducts free educational and outdoor recreational programs.

Yes, season tickets to Old Church Theater as a gift!

If you bought these individually the cost would be \$60, but we have a special price of \$45 (offer good through March 31st)!

Makes a nice gift and supports community entertainment! The ticket can be used to attend one each of our season's plays, or can be used to admit up to five people to one performance-your choice!

We have a marvelous season planned on 2016.... If you would like to order season tickets please email tickets@oldchurchtheater.org by December 18th in order to receive them by Christmas.

Old Church Theater
2016 Season

June 3,4,5 and June 10,11,12: DR. COOK'S GARDEN, by Ira Levin (drama) directed by Brian Kenyon - Kindly old Dr. Cook is the respected doctor of this quiet and perfect Vermont town, until his young protégé returns to discover some dark secrets. A feature movie was filmed in Woodstock VT 1971 with Bing Crosby in the memorable title role.

July 8,9,10 and July 15,16,17: DEAD TO THE LAST DROP, by Ken Jones (mystery/comedy), directed by Athene Chadwick- A

unique interactive murder-mystery in which the audience needs to pay close attention to the clues and vote on the play's final outcome.

August 12,13,14 and August 19,20,21: THE SECRET GARDEN, original script by Charles Fray (family classic), directed by Brian Kenyon- The favorite of generations, a neglected garden and the will to think positively transforms lives and relationships.

September 16,17,18 and September 23,24,24: 37 POSTCARDS by Michael McKeever (comedy) ,directed by Gloria Heidenreich- After years of travel, a young man returns home to discover the dog hasn't been fed in years, dead grandmother is very much alive, and his family is stranger than he remembered.

October 21,22,23 and October 28,29,30: GHOST IN THE MEADOW, by Joe Simonelli (thriller), directed by Brendon Chadwick- A creepy old-fashioned thriller with lots of chills and enough laughs to make it fun. Two sisters from the city move to an upstate New York farmhouse inhabited by restless spirits. Add a psychic and it is perfect late October fun!

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New Hampshire Music Festival Welcomes New And Returning Artistic Leaders

MAESTRO PAUL POLIVNICK RETURNS AS CONDUCTOR LAUREATE AND YULIA MILSHTAIN APPOINTED AS CONCERTMASTER

Plymouth, NH, December 8, 2015 – The New Hampshire Music Festival welcomes the return of maestro Paul Polivnick as conductor laureate to lead the 2016 summer season, "Wanderlust." The Festival is also pleased to officially announce the appointment of Yulia Milshtein as concertmaster for the festival after two summers of auditions.

Executive Director Deb Kosits says, "We are thrilled to welcome these two internationally respected artists to our artistic team and look forward to planning and presenting the 2016 season and beyond." Polivnick and Milshtein join an artistic team that includes Dan Perkins, Director of Choral Activities and Principal Guest Conductor, members of the orchestra, and Festival staff.

The Festival welcomes back maestro Polivnick following three years of successful artistic leadership under conductor Donato



commitments in other parts of the country, including the Las Vegas Philharmonic and California Symphony. "Over the last three years, Donato has moved NHMF forward artistically and raised its profile considerably in our community and beyond," Kosits said.

Subscription renewals are currently available from the box office at the Silver Center for the Arts for any patron who was a subscriber to the 2015 season. Tickets will go on sale to the public beginning in March.

Cabrera. Cabrera has completed his three-year contract with the New Hampshire Music Festival and has decided to move on to focus on his significant artistic

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Recipe for Good Company

This morning I woke up to the first real accumulation of snow, looks like winter is finally here! Time to fire up the wood stove, and get cozy under the blankets with a good book and a nice hot cup of coco. For many, winter fits into one of two categories: (1) you love it, or (2) you could go without it. I'm of the first sort---I love it. From shoveling snow, to enjoying the white fluffy stuff on a weekend, and yes, even basking in the glow of the holidays. Whatever your persuasion, winter is a great time to remember our friends, family and acquaintances.

It isn't often that we have an opportunity for such occa-

sion. In the summer, many of us are out and about, during the fall, we're prepping for winter, during mud season, well, it's muddy, and in the spring it's all about cleaning. On the other hand, winter provides the perfect storm to stay inside, remember times past, invite folks over for a warm meal or cuppa, and enjoy good company. To kick off the season, I've included a great recipe for conversation.

Appetizer for Good Company

- 3 cups of friendly invitations
- 2 tablespoons of cozy space
- A dash of happy conversation
- And a bit of food and drink to taste

Mix ingredients together, and serve warm! Best enjoyed next to a cozy fire.

This season, let's spend some time with new friends, old acquaintances and family. It's a great way to bite that cabin fever and a good start to reigniting our sense of community---that we matter, that others care and that this is our home and our community. Have a wonderful, warm and safe holiday season.

The author, Geoffrey Sewake, is a Community & Economic Development Field Specialist for the UNH Cooperative Extension out of the Grafton County office. You may contact Geoffrey at (603) 787-6944, or at geoffrey.sewake@unh.edu.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.

Stories from a Fire Department

by Elinor Mawson

One of my relatives is a firefighter/emt at a department in Southern New Hampshire. Because of confidentiality rules, there are things he can't tell anyone, but the stories he CAN tell are sometimes gruesome; some of them are very interesting, and some are even funny.

One time they got a call to help a woman whose hip had gone out of joint and she had to be taken down a flight of stairs into a narrow hall. WEll! There was no way to maneuver a stretcher over the banister and get her to the ambulance. So! They took the banister down off the stairway and the problem was solved.

Many times we see an event on TV or read in the paper about a horrible accident that has a bad outcome. My relative takes it in his stride even though I know it bothers him.

Another time he had a call to the top floor of an apartment house where a very heavy man was having trouble breathing.. In the man's living room was

a huge tool box full of tools. Once the man was stabilized in the ambulance, my relative asked about the tool box, and was told it was for sale for \$1000. He said it was worth \$5000 but he needed the money and the first thousand would sell it. The following day, after ascertaining that the man was OK, three burly men relieved the patient of his tool box, and the man was \$1,000 richer.

Whenever I call my relative I ask where he is. I want to make sure he is not in danger or in a fire truck speeding to a structure fire.

The other day when I asked where he was, He replied, "I'm at the top of a ladder on a bridge overlooking Route 95". Needless to say, I believed him! He was on a detail waiting for the body of a young man who had died in a training mission for the US Army. Firefighters and policemen were flying flags on every bridge once the cortege had crossed the Massachusetts/New Hampshire line.

I wouldn't have wanted him to be anywhere else. He loves his job.



North Country Senator Jeff Woodburn and the NH Education Association President Scott McGilvray visited six of the state's smallest schools last week, including the Lisbon School. Woodburn and McGilvray are with Lisbon School's Dean of Students Ben Jellison, and 11th graders Noah Locke and Alyssa Jellison.

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Holiday Wreaths

By Heather Bryant,
Regional Field Specialist,
Food and Agriculture



Have you ever wondered where the tradition of hanging wreaths as holiday decorations came from? I did a little research on the topic and it seems to be one of those traditions that started out as one thing and evolved over the centuries into something entirely different. Ancient Greeks and Romans used to give wreaths to athletes and military heroes. They symbolized victory or triumph. Ancient Persians used them to symbolize kingdom.

A Greek bride would also wear a wreath of flowers on her head. The tradition dictated she had to make the wreath of flowers she picked herself – it was considered unacceptable to buy the flowers or have someone else make it for you.

As I was reading that information I was asking myself how we got from there to the holidays. It seems ancient Europeans made wreaths out of evergreens to symbolize the cycle of life and the hope of the return of the spring. To me that seems more in-keeping with how we use them today.

Of course winter seems to be getting off to a late start this year, so perhaps we don't need that symbol as much as we generally do, but wreaths are still one

of the prettiest decorations of the season. I particularly like them because I never want to take all my decorations down on January 1st and wreaths will generally last longer than even I want to keep them. At the end of the season you can even strip off the needles and use them to make sachets to keep the scent around just a little longer.

Unlike poinsettias and Christmas trees which need constant watering, wreaths are also extremely easy to care for. There are only really two things to remember. First, do not bring them inside the house. It's too dry for them, and the needles will start to fall off even if you only bring it indoors overnight before hanging it. The second is to hang them out of direct sunlight.

Whatever its complicated history, the simplicity of a wreath is very welcome, so enjoy it and enjoy your holiday season!

WARREN MILLER's Chasing Shadows at Jean's Playhouse

Join us on Wednesday, December 30 for Warren Miller Entertainment's 66th snow sports film, Chasing Shadows. Watch JT Holmes, Seth Wescott, Caroline Gleich, Steven Nyman, Marcus Caston and more as they pursue turns on the mountains of our dreams: Chamonix, Alaska's Chugach, the Chilean Andes, Utah's Wasatch and the mightiest range of them all: the Himalaya. These athletes are masters in their element, and with every cliff drop, perfect line and neck-deep powder turn, they motivate us.

Warren Miller once said, "A pair of skis are the ultimate transportation to freedom," and this year, we're chasing storms, snow, lines that live on the world's highest peaks, and the freedom that these things grant us. A second show time has been added due to extreme demand – get your tickets ear-

ly! December 30 at 4:00 & 7:00 PM; all tickets \$15.

Save the Date for our largest fundraiser of the year at the Woodstock Inn & Station on January 30, 2016. We are proud to announce the THROWBACK Winter Jubilee and Auction, a festive event with dinner and dancing to celebrate 30 years of providing theatre in the White Mountains! Music and entertainment by your emcee, Jim Hollis. Check him out at www.jameshollismusic.com. Bid on exotic trips, adventure passes, luxury retreats, dining, entertainment, jewelry and more – all proceeds support theatre arts programming at Jean's Playhouse! All tickets \$50.

Jean's Playhouse operates the professional Papermill Theatre and IMPACT Children's Theatre Companies in the summer and fall; the community Playhouse Players and Jean's Teens theatre companies in the winter and spring; as well as a limited year-round guest artist series of magicians,



comedians and musicians. 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 Jeans-Playhouse.com or call 603-745-2141 for more information.

Christmas Eve Concert At Haverhill Congregational

Beloved local musicians, David Heintz and Eben Brown, will join the Christmas Eve celebration at First Congregational Church in Haverhill. The evening will begin at 6:30 p.m. with a musical tribute to the sea-

son followed by a traditional Candle Lighting service of Lessons and Carols.

Refreshments will be served in the Parish Hall following the service. The public is cordially invited.

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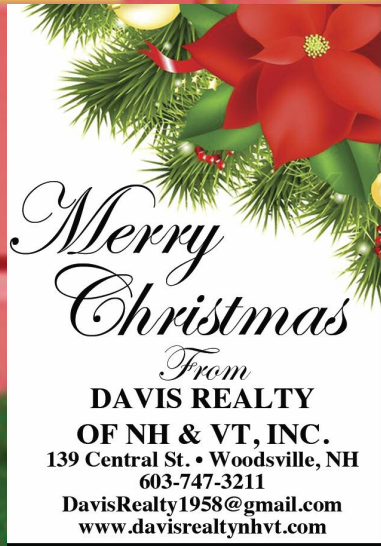
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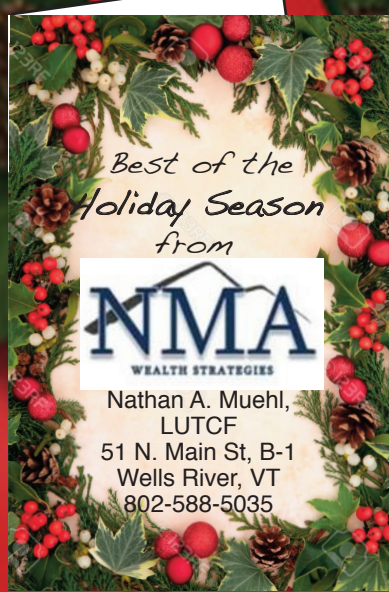
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A Stroke In Time?

By Robert Roudebush – (roudewine1@charter.net)

My stroke education got serious the morning I had one. My timing was off on certain red flags before the event.

It floored me. Literally floored me. One Sunday I just fell out of my computer chair. Landed on the floor on my ass and managed to pull a file cabinet over onto myself to boot.

I lay there, pinned to the carpet, unable to move. No pain. I felt fuzzy-headed, slow and stupid (more so than usual). Numbness and tingling on my right side. The lower half of my face felt like Dr. Munson had dulled me up for a root canal. That morning, November the first, I was researching a story at my computer and was just getting up - suddenly I was not getting up at all but down, quick and clumsy. My right leg did not push me up from the chair, did not catch me as I began to slide off it, and my right arm made things worse. Instead of my hand reaching out and finding something to hold onto, my whole arm just whipped out wildly and knocked the cabinet down on to me. I live in my North Haverhill house alone.

Strangely, a corny old TV ad from years ago flashed across my memory – that ad had sold an around-the-neck communication device enabling seniors living alone to contact medical help in an emergency. I could envision the hapless old lady stretched out on the floor crying piteously, “Help help, I’ve fallen and I can’t get up!” As a younger man, I’d made fun of that commercial, imitating the forlorn call for help. Well, I was surely no lady but I was just as surely an old man on the floor and not getting up. No one would hear my call. I notice Florence Henderson on the TV now selling the current version of that technology and I am not laughing or imitating today.

I managed to muscle the cabinet off me and crawled to a phone to call friends for help. It took a while for them to get the messages and respond. I know now I should have called 911 immediately. In strokes, time matters. I was smart enough to take a baby aspirin. Dan Brady ran me to Cottage Hospital ER. After some time and tests there, they ran me down to the Veteran’s Administration Hospital at White River Junction. During a few days there were more tests,

(MRI, CAT SCAN) and lots of young doctors asking me to close my eyes and try to touch my nose with one finger. The beginning of physical therapy. As I was told clearly, “You have had a stroke in the brain which means that a small part of your brain was not getting enough blood flow to survive – and this has resulted in the damage now causing your symptoms.” I was released back to Cottage for a short period of in-patient PT. Now I’m home again, managing fine alone. Some family traveled here to help for a few days. Friends are still helping. Ken King ran me down to the VA and back recently for a procedure. Turns out I actually had had two strokes that morning. Previous to that, I’d experienced short periods of numbness in my legs which were a couple of TIAs– (transient ischemic attacks) - TIAs were explained as small strokes that leave behind no damage. Warnings I ignored.

I’ve asked myself and others what else I missed prior to my stroke – in the U.S., there are nearly 800,000 occurrences yearly according to the National

Stroke Association – (look that group up).

I was a 68 year-old non-smoking male, thought I was in good shape, lots of outdoor exercise. I knew I was marginally pre-diabetic, pre-hypertension and had been advised recently to watch portion control and lose some weight - I had done that with a drop of over 20 pounds. No family history of strokes – except that there was. My Dad Sam had had a couple in his eighties.

There’s been improvement now but a few things are still not working as they used to – takes me longer to figure things out and to verbalize them clearly. I have to work harder. My right leg still does not obey my orders completely when I try to walk. It has to rebuild lost muscle memory, relearn who’s in charge. And that involved PT with good folks at Cottage Hospital and my own workout at home. Also, my right hand still drops things – my brain is not reading the feedback signals from my skin, so I don’t know when my grip is loosening and that I should tighten it. My table manners suck. You’d laugh to see how long it’s taken me

to get all these words typed correctly now that I’m back in my computer chair. I laugh and it is a good thing I think.

There exist different levels of stroke severity - mine could have been far worse. Some people lose more muscular control than I did and do not experience as much bounce-back. Only ten percent experience nearly full recovery. Not everybody survives a stroke. Fifteen percent pass away within a short period of time after a stroke. A small percentage must be admitted to a medical facility that provides long-term care. I take 2 new medications now - an anti-platelet medication, and a “bad-cholesterol” lowering “statin”, in addition to the low-dosage aspirin I was already taking. And, with medical advice and my own judgment, I’ve cut back some on certain civic activities, including the town Selectboard and Airport Commission.

This was my stroke and I missed some signs leading to it, but my experience could be a stroke of luck in time for you if you’ve learned something.

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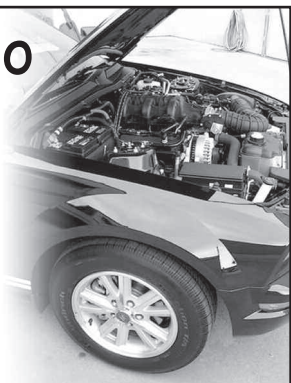
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Cheesy Meatball Bun Appetizers



Editor's Note: Ronda continues to be a bit "Under the Weather" though she is hoping to be back in the Trendy Kitchen very soon. In the meantime we continue to bring back some old favorites. We wish Ronda a full recovery.

'Tis the season for a plethora of holiday celebrations; Christmas, New Years, and any other excuse we can find to gather with family or friends and ward off the winter chill. It goes without saying that food is always a major part of these gatherings, and whether you are the host or an attendee, often you find yourself wracking your brain to come up with something a little different and tasty to share. Can you just open a bottle of barbecue sauce and pour it in a slow cooker over cut up hotdogs? Sure. Or maybe roll those same dogs in crescent dough and call them Pigs-in-Blankets? Of course. OR, you can really wow everyone with these

pretty and very made-from-scratch-looking little cuties. Set these on a platter and watch the guests ooh and ahh when they bite into what appears to be a buttery roll, but is actually a surprise party in your mouth! Melted, stringy cheese wrapped around a hot meatball, encased in warm, seasoned bread. These are the ultimate finger food; a complete meal you can hold in your hand.

The original recipe for these called for simply thawing the frozen meatballs before using, but I like the little crunch that develops on the exterior by baking them first. Also, it ensures the interior will be nice and heated all the way through. My only other suggestion here is that you make more than you think you need – I didn't do that, and then got so excited about how scrumptious they were, that by the time I remembered to take a pic-

ture, what you see here is what was left. Not terribly photogenic, but in less than a minute after the photo was taken, they were gone, too. Try them for yourself, and watch them disappear!

- 1 bag frozen meatballs of choice (or make your own, if you prefer)
- 1 package of Mozzarella String Cheese
- 1 (or more!) tube of Pillsbury "Grands" biscuits
- 2 Tablespoons melted butter
- 1 Tablespoon grated Parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning blend (or oregano)
- Jarred marinara sauce, heated

Preheat oven to 350°F. Place meatballs on a cookie sheet (one for each biscuit) and bake for 20 minutes, until browned. Remove and set aside to cool slightly. Increase oven temperature to 400°F. Spray a 9" (or other) oven safe casserole with cooking spray. Open the biscuits, and press each one (there are 10 per can) out into a flat circle. Cut the string cheese into approximately 1" pieces, and place a piece on a flattened biscuit round. Top with a meatball, then fold the dough over the meatball and cheese, pinching to close shut. Roll around with hands to make it as round as possible, then place seam side down into prepared dish (it's ok if they touch). In a small dish, combine cheese, garlic powder and Italian seasoning. Brush the dough balls with melted butter, and sprinkle evenly with the cheese/seasoning blend. Bake the meatball buns for about 20 minutes, until browned. Remove from oven and lightly brush again with butter. Serve warm with a dish of heated marinara sauce.

Heat Is on at Bradford Library



Bradford, VERMONT—The Bradford Public Library was happy to receive a much needed furnace upgrade with the help of a monetary donation from Wells River Savings Bank. The upgrade will help the library to be more energy efficient in the future. Perry Oil Service donated the labor involved, and The Vermont Council on the Arts approved a cultural facilities grant.

In 1796, Bradford gained the honor and distinction of being the first town in Vermont in which a library was

chartered. The building itself was designed by famed architect, Lambert Packard, who also designed The Fairbanks Museum in Saint Johnsbury, Vermont.

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