

A FREE PUBLICATION

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TRENDY TIMES

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FEBRUARY 9, 2016 VOLUME 7 NUMBER 9

Juston McKinney returns to Jean's Playhouse

New Hampshire's Juston McKinney returns with lots of new material! THIS SHOW SOLD OUT LAST YEAR; GET YOUR TICKETS EARLY SO YOU DON'T MISS IT!

When NH magazine named him "Best of NH" they wrote, "The Granite State may have more famous comedians than you can shake a stick at (Seth Meyers, Sarah Silverman and Adam Sandler to name a few) but no one really "gets" New Hampshire humor like Juston McKinney. He's been using the state as his comic muse since he was humoring perps as a deputy sheriff on the NH/ME border in the 1990s. Now he's got TV deals galore and appearances on "The Tonight Show" and Comedy Central." His Youtube channel has over a million views, which includes NH favorites such as "Live

Free or Die" and "Live Freeze then Die!" Juston was born in Portsmouth and he currently lives in New Hampshire with his wife, two children and two dogs. Juston McKinney performs at Jean's Playhouse on Saturday, February 20 at 7:00 pm; all tickets \$25.

Also at Jean's is Warren Miller's newest ski film, Chasing Shadows on Wednesday, February 17 at 7:00 pm; all tickets \$15. Take a glimpse into the world of the U.S. free-style team and the dynamics of snowsports that live on the fringe, like monoskiing, powsurfing and speed riding. Explore what it means to be inspired, and what it is about exotic locations and snow-covered summits that keep us searching for more.

Join us on Thursday, February 18 at 7:00 pm for the family-friendly Alejandro's

Olde Tyme Magik Showe. See a shadow become reality, a floating silver sphere, and an instant transformation of two people; all this plus the comic relationship between Alejandro and audience. You will be amazed until your eyes bulge, and you'll laugh until your sides split! Performed in a style reminiscent of the Vaudeville era, this one-man stand-up show with an emphasis on audience participation, visual magic, and physical comedy is guaranteed to enchant and amuse the whole family. NH Magician Andrew Pinard was voted "Best Magic Show" 2015 by New Hampshire Magazine! All tickets to Alejandro's Olde Tyme Magik Showe are \$12.

And on Friday, February 19 at 7:00 pm, be amazed when you, your friends or strangers across the room

become stars of the show, as they are compelled to believe that they are singers, dancers and much, much more at Frank Santos' R-Rated Hypnotist Show! A hilarious, energetic and unique show that you will never forget! All tickets \$20.

Jean's Playhouse operates the professional Papermill Theatre and IMPACT Children's Theatre Compa-

nies 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, off I-93 Exit 32. Visit JeansPlayhouse.com or call 603-745-2141 for more information.



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TRENDY Dining Guide

Calamity Jane's

Let's be honest, there are not a great deal of choices for places to eat in downtown Warren, NH. But all you really need is one place that does a great job. I do believe that Calamity Jane's does fill that need. Jane is not only the owner, but she is the cook, and sometimes the waitress and dishwasher as well. Jane has been doing all of those duties, and probably many more, for many, many years now as she still enjoys her job.

The menu at Calamity Jane's has a well rounded list of breakfast items that can be ordered any time they are open. But Jane does much more than breakfast. In fact not long ago she added a pizza oven. Then, with some additional work getting

all the quirks figured out, she added a pizza and calzone menu. I mention these two parts of the menu because those are the two parts we ordered our Friday evening meal from.

Have you ever gone out to eat with absolutely no idea what you want to eat? Jane offers a great Friday night fish fry, but that was not where my taste buds were taking me. The breakfast menu is quite enjoyable and there were plenty of choices. But again, the taste buds said "no, thanks." A burger? "Nope". How about one of the entrees, maybe the sirloin tips? Again, not the right thing for that night. Instead, I went off the regular menu all together and went to the pizza/calzone menu. There

we go, a calzone with pepperoni.

"Very good" said the waitress, "do you want the sauce in the calzone, or on the side?"

"On the side would be fine" I replied, and then added a Sam Adams to my order to go with the calzone.

My wife, on the other hand, knew what she wanted, I think, before we even walked into Jane's. On one of our previous visits she had tried the breakfast bowl. This is a flour bowl that is deep fried, similar to a taco. It is filled with scrambled eggs, hash browns, sausage, and cheese. She also asked for the salsa and sour cream on the side for a small extra charge. (For those who remember the last Trendy

Dining Guide, the fried bowl is not gluten free, but eating gluten once in a while is apparently ok on her current diet.)

She assured me that having this breakfast bowl was well worth it. Delicious, Filling. And most of all, very tasty.

Regarding my calzone, I actually got four calzones. Well, there were four separate pieces. Each of a decent size. They almost looking like tarts. But they certainly did not taste like tarts. Having the sauce on the side allowed me to dip each piece and get just the right amount of sauce in each bite. The calzones were cooked just right and I was quite satisfied by their taste as they hit the spot that seemed so hard to find earlier.

After the meal was done, and the beer finished, I de-

ecided that one more taste would really top off the evening. So I asked about dessert. When our waitress mentioned strawberry shortcake, I had heard enough and she disappeared to get that taste treat prepared. She came back and my first thought was wow, that's a lot! The cake was light and fluffy, the strawberries were sweet, and the whipped cream on top finished off the desert just fine.

Once again we enjoyed our night at this little oasis in the small village of Warren. Chances are good that you will need to travel a bit to stop in at Calamity Jane's, but that will give you time to work up an appetite that will surely be satisfied when you sit in the home of Jane Higgins, chef, waitress, dishwasher and proud owner.



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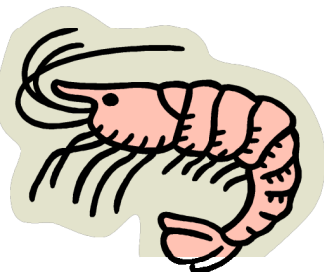
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In Vino Veritas - Bottle Thirty-Two

“In Wine There Is Truth” - And Beauty

By Robert Roudebush
This is my last wine column for TRENDY TIMES.

QUESTION - “No blank?”
ANSWER - No blank. It's time.

Q - “This have anything to do with your recent medical event, your stroke?”

A - Yep. Changing some routines.

Q - “How many wine pieces of yours have been in TRENDY TIMES?”

A - This is number 32. Spread out over four or five years.

Q - “Editor Gary Scruton is a patient man to have actually published that much of your work.”

A - Very patient, as well as an effective judge of good writing, and an all-around good person to boot - he's become my friend, as has his good wife Janice, of TRENDY THREADS fame. You can still access all those old columns, access every past issue of TRENDY TIMES, WWW.trendytimes.com. While you're at it, re-check those many food columns by Ronda Marsh - she writes engagingly and I've never read one of her pieces where I did not pick up something fun or functional about food preparation and enjoyment.

Q - “I'll miss you - you taught me a lot about wine.”

A - I'll miss you - you learned a lot about wine. It takes two to do the learning/teaching tango.

Q - “You made me laugh from time to time. So now you're not writing the wine articles, what do you do for fun? What else could be as much fun?”

A - I spend lots of time with my Sheltie, a Shetland Sheep Dog, very active little guy, needs lots of exercise, very demanding, likes to be outside a lot, especially in the depth of winter. My biggest challenge with Cody (really I call him “woofie” mostly) is to make sure he is not out-of-doors before dawn or after dark, to lessen his contact with unpleasant nocturnal critters like the skunkupine.

Q - “Skunkupine?”

A - Sometimes called a skunkuporc. Oh yeah, it's a northern hybrid, I googled it, unique to the region surrounding the White Mountain National Forest here in New Hampshire, most specifically in the Black Mountain sphere in Grafton County, the Haverhill area. It's not often observed in daylight, a really nasty critter, you don't want to get on the bad side of it, the south end of a northbound skunkupine, think about what that threatens. Sometimes early area settlers, they'd call it a porcuskunk. Localized

Native American tribes maintain ancient oral history describing porcuskunk encounters as piercing and gut-wrenching malodorous.

Q - “Yeah, I can imagine, trying not to. A porcuskunk. Right. OK then. So you're playing with Cody, Woofie, keeping him away from the night creatures the porcuskunk-upines - good. Moving on now, back to wine where you know what you know what you're talking about, what's my take-away here? Any final points about wine?”

A - One or two truths, the kind of truth often found in wine. Its creation through fermentation is one of nature's blessings, turning grape juice into wine - original biologic magic. This God-given blessing was discovered by mankind, encouraged and refined by our species over thousands of years, and remains today one of our most rewarding and uplifting commercial achievements. That miracle can be appreciated each time you raise a glass and sip from it.

Q - “Yes, you like wine, I got that and now I too like it more than I used to. What else?”

A - Never drink what someone else thinks you should drink, unless you are asking for an informed opinion, and even then the advice you receive should be delivered to you as a suggestion or recommendation, as in a restaurant with a wine waiter.

Q - “You've stressed in recent columns about how inexpensively wine-drinkers can access drinkable wine, good stuff and pretty good stuff for not too much money.”

A - Sure, but I'm going to throw an opposite bit of guidance about money into this last column. While you can always get lots of good wine retail and not spend too much - (think 8 to 12 or 15 dollars per 750 ml bottle, and oftentimes much less) - I urge you to purposely spend a lot more on a bottle or two every now and then. See what 25 or 35 or even 50 dollars will get you. After



you buy upscale, determine for yourself if the extra cost is worth the taste you find in the wine. It might not be. This is an experiment, after all. You may not experience much difference and therefore you'll have learned that the added cost is not warranted. On the other hand, the experiment may pay off - you may just find a whole new vista of taste you never had before, which means the added dollars were worth the try. Whichever happens, you have, in any event, increased your wine knowledge as well as re-enforced your system of value - cost versus benefit, the only true way of determining true value, in any situation.

Q - “What else?”

A - Some nice little phrases you can take with you, that also happen to express truth and beauty about wine. “In Europe, we thought of wine as something healthy and normal as food and also a great giver of happiness and well-being and delight. Drinking it was not a snobism nor a sign of sophistication nor a cult - it was as natural as eating and to me as necessary.” ERNEST HEMINGWAY. “You can't be a wine snob - you have to keep your mind open. You have no idea where the next great wine you drink will come from.” KATY SPARKS, AMERICAN CHEF. “I feast on wine and bread and feasts they both are.” MICHELANGELO. “Wine from long habit has become indispensable to my health - good wine is a necessity of life for me.” THOMAS JEFFERSON. Here's to your next glass of this gift from the gods.

“(Editor's Note) - Roudebush worked for years in restaurants as a wine specialist. For the past few years he has written several articles about wine and the enjoyment of that beverage. He has also written several other pieces for Trendy Times. We truly hope this is not his last submission.”

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“Cabin-fever-Reliever” returns to Alumni Hall

Old Church Theater’s special cabin fever reliever “Baggage” will be presented at North Haverhill’s Alumni Hall the last two weekends in February. Directed by Peter Richards, “Baggage” is a comedy by Sam Bobrick that starts with two particularly difficult people who get their luggage mixed up at the airport. Ensuing complications prove to them (and to the audience!) that while they may be terrible with other people, they are perfect for each other! In the cast are Meghan Bullard, Scott Johnson, Laura Luurtsema and Andrew Stimson. “Baggage” is not recommended for children.

“Baggage” will be presented Saturday February 20 at and Sunday February 21st, and again the follow-

ing weekend, Friday thru Sunday, February 26 - 28; Friday and Saturday shows are at 7pm and Sunday Matinees are at 4pm. Tickets are \$12.00 at the door (\$10.00 for seniors). For more information please see the group’s website, www.oldchurchtheater.org.

“Baggage” is the unofficial start of Old Church Theater’s 2016 season, and the community theater group has scheduled five wonderful and varied plays monthly from June to October at their home stage On North Main Street in Bradford, Vermont: Beginning in early June, is the drama “Dr Cook’s Garden” by Ira Levin (author of Rosemary’s Baby, Deathtrap, Stepford Wives, and more); In July is “Dead to the Last Drop” a mys-

tery-comedy by Ken Jones where the audience decides the ending after carefully listening and watching the play for clues; In August, William Fray’s original adaptation of the famous classic “The Secret Garden” will be staged (he wrote the group’s successful “Heidi” a few years ago); “37 Postcards” will be September’s wacky comedy offering; and, winding up the season in October will be the thriller “Ghost in the Meadow”, with the playwright from New York attending one or more performances for a question and answer session afterwards (this play is co-incidentally being presented earlier in the month by the professional company at Winnepesaukee Playhouse).

Old Church Theater is fully non-profit under state and federal law governed by an eleven member board. The group is entering its 31st year of community theater, open to anyone to participate, audition, act, direct and in general enjoy the fun of local live performances.



Local Rooms & Meals Tax

The NH House will soon take action on HB1214, a bill that would allow towns and cities the option to assess an additional surcharge under the meals and rooms tax on hotel occupancy. New, additional funds received by the department of revenue from the tax, would be placed into a town or city held capital reserve fund.

Proponents of the bill advocate that tourist destination communities have been hit particularly hard by the loss of revenue. They communicate that local taxpayers must foot the costs for extra municipal services needed when community populations swell during tourism season. These groups say that lodging facilities require specialized fire equipment or police services that otherwise would not be needed. They further state that the bill allows the local community the option to raise the additional surcharge and that the tax would not exceed \$2.00 per occupancy per 24-hour period.

Although supporters indicate the bill authorizes local governance the option to levy a “minimal” local hotel occupancy tax, it is unclear as to

what the costs of administering this program by the Department of Revenue Administration would be. The bill implies that the tax would simply be administered under the current Meals and Rooms Tax structure; however, unlike other Meals and Rooms Tax revenue, this new tax portion would not be subject to education funding, as the law currently requires. Therefore, it would require separate accounting and most likely additional administrative costs by the department. Lastly, setting a new tax structure on room occupancy that would vary from municipality to municipality could have an adverse effect on tourism and unintended statewide cost consequences.

When considering any tax increase, makers of proposed legislation should look beyond the immediate, short-term revenue gain. As an elected city councilman in another community prior to living in Haverhill, I lived in Alaska where local communities were authorized to establish local sales taxes and other “minimal” taxes. Local tax ordinances simply drove small and large business to the neighboring communities where taxes were lower. Abutting communities profited from a strengthened tax base, while the communities in which business fled, had to increase local taxes to maintain services with a more narrow tax base. There should be no question that businesses look to locate in communities with tax friendly policy. Lastly, it is safe to say that once a tax is established and promised to never increase, government’s thirst for revenue will eventually raise taxes. This bill is short sighted.

As usual, I look forward to your communication (ladd.nhhouse@charter.net).

Volume 7 Number 9

February 9, 2016

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

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Déjà vu, All Over Again

by VT State Senator
Joe Benning

My first recollection of how difficult it is for a society to experience a culture shift began at my grandparent's dinner table on Sunday afternoons in the late 1960's. Proper churchgoers all, in an all-white, middle-class neighborhood, we'd assemble there after mass to discuss current events. Family turbulence began when the topic rolled around to fire hoses and dogs being used to break up peaceful demonstrations by people who didn't look like us. Permanent fissures were created when "my country, right or wrong" debated "why are we in Vietnam?"

I've thought about those family debates over the past year, during the current debate on whether to legalize marijuana. Although not rising to the level of bigotry or war policy, we are again in the midst of a policy cultural shift in our society. Well-meaning people on both sides of the issue bring passion and emotion to the discussion, sometimes clouding what should otherwise be a search for a solution based on cold facts. A solution will be forged by those who remember their lessons in civil discourse.

To focus the discussion, some simple facts are in order. Roughly 80,000 Vermonters have used marijuana in the past month and they've been spending upwards of \$225,000,000 annually doing so. Vermont remains one of the highest users of marijuana per capita in the United States, despite well over five decades and untold millions spent in eradication efforts. Prohibition has likely ruined more lives through criminal conviction than it has protected through prevention. We

are slowly recognizing that prohibition of marijuana is a failed criminal justice policy. The question now turns to how we react to that.

Some suggest we do nothing. They raise legitimate concerns that legalization will send a message to impressionable minds that society now condones marijuana use. They rightfully point out that this substance can wreak havoc on developing brains, especially now that the potency levels have increased substantially through the years. They note that marijuana is far too easy for young people to obtain, even easier than alcohol or tobacco. They plead that we not abandon prevention efforts. They are concerned that law enforcement lacks proper resources to fight a current opiate epidemic and drugged driving on our highways. Doing nothing won't cure these

problems, but any cultural shift towards legalization should take these legitimate concerns into account.

Others suggest we simply (paraphrasing George Aiken here) declare legalization and go home. They point out that this substance was perfectly legal until the 1930's. They rightfully argue that potential problems with marijuana pale in comparison to the very real societal train wreck that legal alcohol is. They argue a revenue stream could be created that could bring in a substantial amount of money for state needs. I'm skeptical over likely exaggerated claims of potential new money and dismiss the naïve belief that there won't be any problems, but a cultural shift towards legalization should specifically channel any benefits into addressing needs that arise.

As a member of both the



New Hampshire's first gentleman, Governor Maggie Hassan's husband, Tom Hassan spent a full day visiting North Country schools with Sen. Jeff Woodburn recently. A stop at the LinWood School included presenting a citation to Kaitlin Clark on her selection to be a Scholastic Kid New Reporter. The 11-year old Woodstock resident is one of 27 "Kid Reporters" and the only one from New Hampshire — for Scholastic News, the country's oldest and largest student-reporting program. Hassan recently retired as the Principal of Phillips Exeter Academy. Woodburn is a former teacher. From the left is Dr. Hassan, Kaitlin Clark, Linwood Language Arts teacher Kristie Morris and Sen. Woodburn.

Senate's Government Operations and Judiciary Committees, I have logged well over 100 hours of testimony on this subject. We've travelled around the state to listen to Vermonters. We've spent time listening to experts, and to officials from Colorado and Washington, carefully analyzing what each state has done right and done wrong. It would be grossly unfair to suggest we are rushing into something or are ignoring some concern.

The bill we've created, S.241, is a small step in recognition of this cultural shift on marijuana. In January

of 2018 Vermonters over 21 would have the civil penalties involving possession of one ounce or less removed, to legally consume a product they are currently consuming illegally. They'd purchase marijuana from a licensed and monitored retail facility, where potency and quality are checked, behind a door that doesn't admit minors. Tax revenues would be dedicated to shoring up law enforcement, prevention and treatment needs when our opiate epidemic needs it most. Is the bill perfect? Certainly not, but hopefully it will generate an honest conversation at the dinner table.

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Calendar of Events

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

TUESDAY, FEBRUARY 9

NEW HAMPSHIRE PRESIDENTIAL PRIMARY
A Ballot Box Near You

WEDNESDAY, FEBRUARY 10

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

THURSDAY - SATURDAY, FEBRUARY 11 - 13

Valentine's Chocolates from Friends In Council.
Call Dori Hamilton @ 603-838-5149 to order.
DUEZ Irving & WGSB, Lisbon

THURSDAY, FEBRUARY 11

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

CONNECTICUT VALLEY BEEKEEPERS

7:00 PM
Grafton Country Extension Office, No. Haverhill

3 STUDENT-DIRECTED ONE-ACT PLAYS

7:30 PM - 802-751-2417
Morse Center for the Arts, St. Johnsbury

FRIDAY, FEBRUARY 12

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

HRC VALENTINE'S DANCE

6:30-9:30 PM
Clifford Memorial Building, Woodsville
See Ad on Page 8

3 STUDENT-DIRECTED ONE-ACT PLAYS

7:30 PM - 802-751-2417
Morse Center for the Arts, St. Johnsbury

SATURDAY, FEBRUARY 13

VALENTINE'S BAKE SALE / RAFFLE
10:00 AM - 2:00 PM
Bath Historical Society Building
See Article on Page 14

BENEFIT TEXAS HOLD "EM POKER

11:00 AM
American Legion Post #0, Lyndon

3 STUDENT-DIRECTED ONE-ACT PLAYS

2:00 PM - 802-751-2417
Morse Center for the Arts, St. Johnsbury

TWILIGHT DANCE ENSEMBLE

7:30 PM
LSC's Alexander Twilight Theater, Lyndonville
See Article on Page 8

TUESDAY, FEBRUARY 16

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

ANIMALS OF THE NORTH & CLIMATE CHANGE

8:30 PM
Bradford Academy Auditorium
See Article on Page 9

THURSDAY, FEBRUARY 18

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

SATURDAY, FEBRUARY 20

GROTON GROWERS FARMERS MARKET
10:00 AM - 1:00 PM
Groton Community Building
See Ad on Page 7

SPAGHETTI DINNER & CAKE AUCTION

5:30 PM
Fairlee Community Church of Christ, Fairlee

LITTLETON IDOL CONTEST

7:00 PM
Littleton Opera House

Juston McKinney on Stage

7:00 pm
Jean's Playhouse, Lincoln
See Article on Page 1

Old Church Theater - Baggage

7:00 PM
Alumni Hall, Haverhill
See Ad on Page 8 and Article on Page 4

SUNDAY, FEBRUARY 21

BENEFIT TEXAS HOLD "EM POKER
11:00 AM
American Legion Post 58, St. Johnsbury

ACOUSTIC MUSIC JAM

12:00 Noon - 4:00 pm
Clifford Memorial Building, Woodsville

Old Church Theater - Baggage

4:00 PM
Alumni Hall, Haverhill
See Ad on Page 8 and Article on Page 4

WRAP ANNUAL MEETING

4:00 PM
Happy hour Restaurant, Wells River
See Ad on Page 15 and Article on Page 11

MONDAY, FEBRUARY 22

Scandinavian Mysteries Book Discussion
7:00 PM
Haverhill Corner Library
See Article on Page 7

THURSDAY, MARCH 3

CELTIC CELEBRATION
6:00 PM
St. Luke's Parish House, Woodsville

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

Orange East Senior Center

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

There will be open art studio starting the 2nd and 4th Tuesday of the month at 12:45 p.m.-2:45 pm at the Orange East Senior Center-open to everybody-folk under 12 years old must be accompanied by an adult. First activity: Felting with Alpaca fiber-contact recreation@bradford-vt.us 802-333-3549

The Senior Center will be celebrating Valentine's Day on February 12 with Bettelou's famous stuffed fish, flowers donated by J & M Landscaping and candy donated from Kinney Drugs. There will be music provided by Mary Robertson.

The Orange East Senior Center will be closed on February 15 in observance of President's day.

AARP Tax assistance will begin on February 18-please call for an appointment and remember to do it early as they fill up quickly.

We are looking for substitute drivers for our Meals on Wheels routes. We are also looking for volunteers for our kitchen on Monday, Tuesday

and Thursday. If you are interested, please call or come by.

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 exercise class. The class begins at 9:00 a.m. and ends at 10:00. The Tuesday and Thursday exercise class is a strength and balance class.

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!

Scandinavian Mysteries at Haverhill Library

Haverhill, NH — The Haverhill Corner Library will sponsor a discussion series featuring Scandinavian mysteries, the library has announced. The first discussion will focus on a classic in this category, The Laughing Policeman by Maj Sjöwall and Per Wahlöö.

The discussion will be held Monday, February 22 at 7:00 PM, and will be free and open to the public.

The popularity a few years ago of Stieg Larsson's The Girl with the Dragon Tattoo and its sequels considerably raised the international profile of mystery novels from Scandinavian countries, but in fact the region has a significant history in this area. In addition to The Laughing Policeman, this discussion series will also feature Faceless Killers by Henning Mankell (March 28) and The Snowman by Jo Nesbø (April 25), both internationally bestselling authors.

The Laughing Policeman features Swedish police detective Martin Beck. It won the Edgar Award for Best Novel when published in its English translation in

1970, and was subsequently adapted (rather loosely) as a film starring Walter Matthau. In the novel, Beck investigates a mass murder carried out on a city bus, in which a man with a machine gun shoots and kills eight people — including one of Beck's fellow detectives.

Sjöwall and Wahlöö wrote a total of ten novels featuring Detective Beck. Their police procedurals were unusual in engaging with social issues current in Sweden, and this focus has become characteristic of mystery novels from this region, Reflecting on their influence, Henning Mankell has said, "I think that anyone who writes about crime as a reflection of society has been inspired to some extent by what they wrote."

Wahlöö died in 1978. In 1995, the Mystery Writers of America ranked The Laughing Policeman second on a list of the best police procedurals.

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

Bath Library Book Club

The Bath Library Book Club will be discussing "The Light Between Oceans" by M. L. Stedman on Thursday, March 10th at 5 pm at the Bath Public Library.

After four harrowing years on the Western Front, Tom Sherbourne returns to Australia and takes a job as the lighthouse keeper on Janus Rock. To this isolated island, Tom brings a young, bold, and loving wife, Isabel. Years later, after two miscarriages and one stillbirth, Isabel hears a baby's cries on the wind. A boat has washed up onshore carrying a dead man and a living baby.

Books may be picked up at the Bath Library; hours are Tuesdays, Wednesdays and Thursdays 9:00am to noon and 1:00pm to 5:00pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information, please contact the library at 603-747-3372 or email bathlibrary@together.net.

Groton Free Public Library

Crafts & Conversation: Every Wed. from 1-3pm. Interested in learning a new knitting or crocheting technique? Looking for some help with a special needlework or spinning project? We have a friendly group of "crafters" at our library each Wednesday from 1-3pm who would love to help you. Stop by for some tips, and perhaps share some of your own!

Kids' Nature Craft: Fri, Feb. 12 at 3:30pm. All About Birds! A focus on texture: feather craft for young crafters & pen drawings for

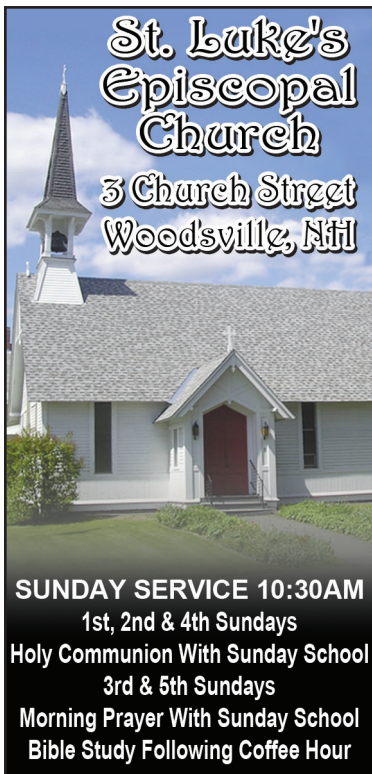
emerging artists. Kids of all ages welcome!

Art Class: Fri, Feb.12 at 5:00pm. Charcoal Drawing: The Foundation. Getting to know the medium and its applications for still life drawings & drawing the human figure. Designed for teens & adults. Beginners welcomed — all supplies provided!

Book Discussion: Mon, Feb. 22 at 7:00pm. Join us for a lively conversation

starring the novel, "Sea of Poppies," by Amitav Ghosh. Copies available by request from the library.

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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Contact:
Kay O'Malley 603-747-3475



Not all Times are Trendy, but there will always be Trendy Times February 9, 2016 Volume 7 Number 9

LSC Presents

Twilight Dance Ensemble

Lyndon State College's Twilight Players will present for the fourth year the Twilight Dance Ensemble. The Twilight Players first established the Twilight Dance Ensemble in 2012, and the main purpose was to bring another type of performing arts to the community. The dance recital will be performed February 13th at 7:30pm in the Alexander Twilight Theater. This dance performance will bring a variety of styles including Contemporary, Hip-hop, and Tap.

Carina Aldean has been leading this group multiple practices where the dancers could learn how to dance. Outside of these classes other student choreographers have been working to

choreograph dances to perform on stage.

This show is meant to showcase everyone's hard work throughout the semester and to provide the community with another form of the performing arts. Twilight Player's advisor Gianna Fregosi has been supporting the success in the Twilight Dance Ensemble, while student crew members have been assuring that the performance has everything that will be needed for the final performance

The show will be performed at LSC's Alexander Twilight Theater on February 13th at 7:30pm. Admission is by donation. For more information contact (802) 626-3663 or find Twilight Players on Facebook.

Pirates of the High Skis

The sixth annual Pirates of the High Skis! fundraiser will be held at Cannon Mountain on Saturday, February 6, 2016. A full day of pirate fun for skiers and riders of all ages and all abilities and all to support Adaptive Sports Partners' mission to enrich the quality of life for people with disabilities.

Adaptive Sports Partners of the North Country (ASPNC), located in Franconia, NH, is a community-based non-profit organization that partners over 100 volunteers with people with disabilities to provide year-round sport, recreation and wellness opportunities. Pirates of the High Skis! is ASPNC's annual winter fundraising event, all proceeds go to support the many programs provided for people with dis-

abilities throughout the year.

Join pirates and wenches at ye great, grand Cannon Mountain for a day, hunting for hidden treasures. Thanks to our generous sponsors: Cannon Mountain, The Cog Railway, Passumpsic Savings Bank, Littleton Coin Company, Paramount Electric and Ski-Haus there are thousands of dollars of loot to be found and won by all including three grand treasures! Other activities on the day include: a souvenir portrait from the Rogues Gallery, a visit to the Tattoo Parlor for a quick bit of temporary "ink", hourly prize drawings, and a silent auction full of grand prizes.

Pre-register as a crew of 4 or hunt for treasure on your own. To register online or to learn more about

the Pirates of the High Skis! fundraiser go to www.AdaptiveSportsPartners.org or contact ASPNC at 603-823-5232 or info@adaptivesportspartners.org.

Photos Courtesy of Kris Dobbins Photography

Animals of the North

What will global climate change mean for them?

Sue Morse, a nationally known naturalist, wildlife biologist and photographer and executive director of Keeping Track, will present a program titled "Animals of the North, What Will Global Climate Change Mean for Them?" The presentation includes remarkable images of animals in both the arctic and northern habitats.

Date: Tuesday, February 16, 2016 - 7:00pm to 8:30pm

Location: Bradford Academy Auditorium, 172 North Main Street, Bradford, VT

Co-sponsored by the Bradford Conservation Commission and the Bradford Public Library.

Donations Welcomed



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Valentines Dance
Friday, February 12, 2016
6:30 - 9:30 PM

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This is a Friday night "Family Dance"

\$3 Per person or
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Joy in the Everyday



Photo Courtesy of Geoffrey Sewake,

eryday life and work. We miss those simple moments because our minds are often someplace else---thinking about work, bills, Facebook, Twitter, Instagram, politics, world news, car repairs, groceries.... As the season's cold makes its rounds, take a moment to reflect on the good in the everyday---be it a snowflake falling from the sky, a ladybug that's found its winter home in your bedroom, or a friendly greeting from a passerby.

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.

As the crisp cool glow of the afternoon sun dips below the tree-lined horizon, I step out into the snow drifts behind the house. Ice crystals blow past my face, shimmering in the dying light. Scanning the fields I spot the dog. He's out on the edge, near the livestock fences. I call out to him. With a pause and cock of the head, he considers my question, takes a few quick sniffs and bounds back to me at full speed. We head inside, brush off the snow and warm up next to the woodstove. The dog settles down with a bone; I stand, my hands praising the stove and the blaze within---both of us content.

I gaze over to the far side of the room and notice a baby crawling across the carpet in a mad dash to catch a runaway ball. My wife looks on with a loving grin and light hearted laugh; smiling I catch her eye and silently share in the joy of my son's crawl verse ball chase race. Life is good.

Home is where the heart is and my heart is here. Here with my family. Here in New

England. From my friendly neighbors to my co-workers and colleagues, this place---this community---truly is the best place on earth. It's easy to forget why we live where we live. We get bogged down in the drudgery of ev-

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Not all Times are Trendy, but there will always be Trendy Times
 February 9, 2016
 Volume 7 Number 9

Citizen of the Year Nominations Sought

The Northeast Kingdom Chamber of Commerce is now accepting nominations for the 45th Annual Citizen of the Year Award. Wes Ward, a local businessman who has donated countless hours to the region, Northeast Kingdom Chamber and social causes, was honored in 2015 for his extensive contributions to the area.

Like last year, the Northeast Kingdom Chamber Citizen of the Year award will be bestowed to a recipient at the chamber's upcoming annual meeting, tentatively scheduled for early April. A person can be nominated for the honor by sending a detailed letter to the chamber listing the candidate's biography and good deeds in the region. A selection committee, comprised of representatives from community organizations and business leaders, will choose the Citizen of the Year.

A business component has been added to the award so that the award winner's standing in the business community is considered in the selection process. In the past, the award looked at civic involvement only.

Past recipients have included Doug Kitchel, H. Stanwood Brooks, Dr. Howard Farmer, George Young, Mrs. Mildred H. Smith, Wesley Calderwood, Durward Ellis, Joseph Sherman, Rosalie Harris, Kay Ellis, R.J. (Pete) Brisson, William T. Costa Jr., Hon. Sterry R. Waterman, George M. Crosby, Ernie Begin, William Stowe, William P. Kennedy, G. Julian Butler, Howard K. Gieselman, Bernier L. Mayo, Donald Mullally, Alfreda (Freddie) King, Barbara McKay Smith, Dr. John H. Elliott, B.J. Murphy, Dr. John A. Stetson, Doug Drown, Dr. Frederick C. Silloway, the Rev. Mel Richardson, Brent W. Beck, Paul R. Bengtson,



Get on Your Soapbox and write a Letter to the Editor

Joan M. Wollrath, Donald E. Bostic, Richard Lawrence, Dale Wells, Fred Laferriere, Nat Tripp/Reeve Lindbergh, Elwin Cross, A. Richard Boera, Gregory MacDonald, David Keenan, Robert Swartz, the Rev. Jay Sprout and Wes Ward.

The deadline for submissions is March 1. Contact the Northeast Kingdom Chamber at 802-748-3678 or nekinfo@nekchamber.com for more information on how to submit a candidate for the honor. Nomination letters can be mailed or dropped by the chamber office in the Green Mountain Mall, 2000 Memorial Drive-Ste. 11, St. Johnsbury, VT 05819.

WRAP Annual Meeting

The Wells River Action Program invites you to come find out "What's happening with the white house next to Little Rivers Health Care Clinic in Wells River and What is a Community Wellness Center?" at their Annual Dinner Meeting. The meeting will be held on Sunday, February 21st at 4:00 pm at the Happy Hour Restaurant on Main Street in Wells River.

Gail Auclair, Little Rivers Health Care Chief Executive Officer and Dr. Stephen H. Generous Health Care provider will outline some of the plans in store for converting the house next to the Clinic into a Community Wellness Center. This is an opportunity to learn what a wellness

center is and to ask any questions you might have.

In addition to the above presentation there will be a brief business meeting for the election of 6 Board of Directors, an annual report presentation and a vote on by-law changes.

Dinner "on your own" will be ordered off the Sunday Menu. This meeting is open to all who are interested in the Wellness Center and how it fits into the future of Wells River

For more information and to reserve your seat please respond prior to February 18th. An email response may be made to wrapwr@gmail.com, a phone call response to 802 757-2708 or

also to Nancy Ranno at Jock Oil.

The mission of WRAP is to improve the living conditions of Wells River by providing affordable and accessible housing, supporting and developing business and economic development and preserving the rural and historic character and ambiance of Wells River Village. Membership in WRAP is open to all who are interested in improving and preserving Wells River whether or not they are residents of Wells River.

Wells River Action Program - Post Office Box 538; Wells River, Vermont 05081. wrapwr@gmail.com

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Watch for Changes to the FAFSA

If you have a child in college, you're probably familiar with the Free Application for Federal Student Aid (FAFSA), which must be completed to help ensure that students don't miss out on federal and state grants, work-study jobs and loans. But you might not know that some important changes will be coming to the FAFSA during 2016 – and these changes can affect both the process of filing for aid, and, possibly, the amount of aid your child will receive.

Here are three key changes to watch for:

- **Earlier availability of the FAFSA** – Currently, you need to complete the FAFSA as soon as possible after Jan. 1 – which means you're probably filling out the form even before you've filed your taxes, which aren't due until April. As a result, you may have to estimate your income and update the information later. However, beginning with the 2017–2018 school year, you can complete the FAFSA

starting on Oct. 1 of the previous calendar year, rather than wait until January. At that point, you will already have filed your 2015 taxes, so in filling out the FAFSA, you won't have to rely on estimates of your income.

- **For 2016 only, this change presents something of an anomaly** – specifically, you should fill out the FAFSA as soon as possible for the 2016–2017 school year, using an estimate of your 2015 income, and then complete the FAFSA again in October for the 2017–2018 school year, using your actual 2015 income. In future years, you'll only have to complete the FAFSA once, with applications accepted beginning each Oct. 1.

- **Lower "asset protection" allowance** – When you report your financial information on the FAFSA, some of your assets – such as your IRA and 401(k) – are not counted toward the resources you're expected to contribute to your child's education. Some other assets are considered available, but a percentage of these assets can be sheltered, with the exact amount depending largely on your age and marital status. For the 2016–17 school year, this sheltered asset amount has been reduced significantly. However, while this reduction could have some effect on your student's aid package, it shouldn't be too severe because income, more than assets, is a bigger

factor in the federal financial aid formula.

- **No more shared mailing list** – When filing the FAFSA, students can choose up to 10 colleges to receive their financial information. Previously, when students sent their FAFSAs to multiple colleges and universities, these schools could see the other institutions on the mailing list. But starting with the 2016–2017 application, schools will no longer have this information. This could actually benefit your child. Previously, if a school saw it was listed first on the FAFSA, it might have assumed it was the student's first choice and, as a result, may not have felt the need to be flexible in awarding financial aid. Now, though, without a list of its competitors, a school might be more open to negotiating a more favorable aid package for your child.


It's a good idea to stay current on the changes connected to the FAFSA because it helps determine financial aid eligibility – and financial aid is a key component of your strategy to pay for your child's (or grandchild's) education.

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

This information is offered for broad, informational purposes only. Edward Jones does not employ financial aid experts or give financial aid advice. This is a highly specialized field, and specific questions should be directed to a qualified financial aid officer.

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Letter to the Editor

To the editor,

Read an article in the Union Leader on Littleton's funding for Infrastructure. I think every state, county and community have the same problem: "Funding" for everything we need. As we hear what happened in Flint, Mich. We wonder could our state, county, community be next? It's possible, in fact more likely. Most of our water lines were of lead and galvanize steel, and dated back to the early 1900's and before. They were just added onto new plumbing on the streets and into our homes. If you have a newer home or waterline into your home, you think, "well this won't affect me." Not true. If the water is traveling through lead pipes, it still is coming into your home, whether you have new or old lead and

galvanize pipes. A magnet can let you know if you have lead or galvanize. A magnet will not magnetize itself to lead. Which won't make any difference to your health, if the city or town water lines are not healthy.

Now getting back to funding. The United States not only contributes to war, but we also pay for the foreign country's military. Beginning with Israel. \$19 billion was given to Israel for their military. They are not the only country. https://en.wikipedia.org/wiki/United_States_Foreign_Military_Financing

We surely could use this money for our country, our states, our community's, our "People". What to do?

The first thing is "don't have wars". Sounds simple! Don't make and sell weapons to other countrys that make wars! So simple! But

the War profiteers don't see it that way. Rep. tell us we'll lose jobs if we cut manufacturing. We rely on our Representatives to protect us from all harm. Some want to cut government. What would you cut? We see what happened in Flint, when they cut water source to save money. Tell me how are we going to do that?

I guess it will have to be at the ballot box. OR will it?

Will Congress work with the next President? Will the next President work with Congress?

I know one thing I'm sick of Wars. The world is sick of Wars. Aren't you? If so what are you going to do about it? CHANGE our hearts. Do what's right.

Nancy Leclerc
North Woodstock

Nancy,

Cutting out funding for foreign aid for military purposes sounds, on the surface, like a great idea. But whenever you are dealing on a global basis, you must consider many, many aspects. I was speaking with a rather knowledgeable person recently about foreign aid and he told me that the percentage the US spends on foreign aid is a very, very small number compared to the total budget. Sure, every little bit helps, but again at what cost/

I must agree with you on your comment about making changes at the ballot box. That is where

any change must start. The people we send to make these decisions for us must be able to take in all the various aspects of these situations, and then make a decision that is in the best interest of America as a whole, not just for their own personal portion of the country.

A reminder that in November America will elect every single member of the house of representatives, plus one third of the Senators and a new President. Not only is it your right to vote, I strongly feel it is your duty to be informed and vote.

Gary Scruton, Editor

Trendy Book Review



by
Kathie Bonor
Bath Public Library



Marianne Kelly's "The Molly Chronicles; Rescued!"

Dog lovers will enjoy the children's book, "The Molly Chronicles; Rescued!" by Marianne Kelly. This beautifully illustrated book is narrated by the protagonist, Molly, the dog. She tells her sad story of being abandoned by her "Daddy." Molly is kicked out of her family's car in a lonely place, "What is wrong? How will anyone find me? Where are my humans? What did I do wrong?" She meets a caring stranger who changes her life and tells of how she came to live in Vermont. Molly speaks of her adjustment to her new home. Luckily, Molly's story has a happy ending.

Ms. Kelly tackles the depressing and complex subject of pet overpopulation in our country, in a way that a child can understand. Approximately 3.9 million dogs and 3.4 million cats enter animal shelters in the United States every year. Each year, approximately 1.2 million dogs and 1.4 million cats are euthanized. (Statistics provided by ASPCA). If we

could teach our children the necessary caring and compassion for our companion animals – these bleak statistics might not be as staggering.

This subject is near and dear to my heart personally, as I have adopted three shelter/rescue dogs in the past year. I had never adopted before, always raised my own from pups, not wanting someone else's "problem" dog. I will be the first to say how very wrong my perception of adopting a shelter dog was. All three of my adoptees are really wonderful, loving dogs. Such good dogs, in fact, that I truly wonder how they came to be without their families.

This 2015 book promises to be the first in a series. It is a cute children's book with a powerful message. Each book is autographed and available from "Molly".

The Molly Chronicles; Rescued!

By Marianne Kelly
18 pp. Misty Morning Press. \$12.95

Trendy Book Review is a new feature of Trendy Times. We invite any librarian, or other readers, who would like to submit a book review to contact us. We would love to read your opinion about classics or new releases.

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14 **Bake Sale in Bath**

On Saturday, February 13, 2016, the Bath Historical Society will be holding a Valentine's Bake Sale at the Society's building on the Common in Bath from 10 AM - 2 PM. In addition to homemade goodies for Valentine's Day ... including fudge!! ... there will also be a raffle for a 30" Valentine's Teddy Bear. Tickets for the raffle are \$1.00 each or 6 for \$5.00. We hope to see you all there!!!!

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Quick Tips for Slow Cookers

by Jessica Sprague, Food Safety Field Specialist



Owning a slow cooker is arguably the next best thing to having a personal chef. The pleasure of walking into the house at the end of a long day to have the wonderful aroma of dinner already floating through the front door is hard to beat. Slow cookers are versatile and simple to use. They are perfect for decadent feasts, or healthy weeknight dinners. Even in the summer, a slow cooker can be used to cook a delicious meal without having to turn on the stove.

People have asked me, are slow cookers safe? Since the food is cooked at a lower temperature over a long period of time, it may seem risky at first. However, the slow cooker is a safe way to cook foods because of the direct heat from the pan, the extended cooking time and steam created during the cooking process. As with any food processing there are certain steps you can take to make sure the slow cooker provides safe food for you and your family.

You'll never catch me giving any recommendation for food handling and preparation without first reminding you that you need to start with clean hands! Clean equipment is important as well. If you stored that slow cooker in the basement all summer, or in the deep, dark reaches of your kitchen cabinets, go ahead and wash it before use.

Prepare foods properly before cooking. Always start with thawed meat or poultry. Remember to thaw items properly in the refrigerator, under running water of 70° or cooler, or in the microwave if you are cooking it immediately after. In general, thawing food as part of the cooking process is acceptable, but this is not the case with slow cooker ingredients.

If you are prepping ingredients ahead of time, keep perishable items, like vegetables and poultry, refrigerated until it is time for cooking to begin. Since the slow cooker may take several hours to reach a high enough temperature to kill bacteria, being fastidious about refrigeration before cooking will reduce the chance that any bacteria will have a chance to grow.

Keep the lid on the cooker while it is working. Remember the steam is an important part of getting the food to a safe temperature. The food will remain safe as long as the cooker is on. Once you are ready to pack away leftovers use shallow containers and refrigerate the food within two hours after cooking has finished. It is not recommended to reheat leftovers in a slow cooker. Use the stovetop, oven or microwave to heat the food to at least 165°F. If you need to keep it hot for serving after that, you can place it in a preheated cooker and hold the food at a temperature of at least 140°F.

Slow cookers are appliances that come in many different sizes and power capabilities. I highly recommend reading the instruc-

tion booklet for your particular model of slow cooker. There may be specific cooking instructions that are important for keeping your food safe. For example, your slow cookers' user manual may recommend a certain size cut of meat and poultry depending on the capabilities of your model. If you're rolling your eyes because the instruction booklet for your slow cooker is long gone, at least consider this information for future reference.

Take time to conduct some product research if you are ready to invest in a new slow cooker. They are really quite versatile appliances and can serve many different purposes in the kitchen, so you want to be sure you get the model that best suits your needs.

This article was adapted from a USDA Food Safety Inspection Service fact-sheet, "Slow Cookers and Food Safety". Take some time to explore the USDA Food Safety and Inspection Service website which features this, and other great food safety information. Prefer to chat with someone? Call the UNH Cooperative Extension Education Center and Information Line at 1-877-398-4769 or send them an email at answers@unh.edu.

Jessica Sprague is an Extension Field Specialist in Food Safety with the Food & Agriculture team for the University of New Hampshire Cooperative Extension in Grafton County. She can be reached at 603-787-6944 or jessica.sprague@unh.edu.

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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.



TRENDY TIMES
 A FREE PUBLICATION

Volume 7 Number 9 February 9, 2016 Not all Times are Trendy, but there will always be Trendy Times

Dear Marci

Dear Marci,

My stand-alone Part D prescription drug plan used to cover the medication I take. But the plan changed in 2016 and my medicine is no longer on the list of covered drugs. How do I continue to get the treatment I need?

Gus

Dear Gus,

You are entitled to a transition refill (also called a transition fill). It is a one-time, 30-day supply of a drug that Medicare drug plans must cover. Transition fills are for new plan members or for existing plan members whose drugs are no longer covered or are subject to new restrictions. Transition fills only apply to a drug you were taking before the plan stopped covering it or changed the way that it is covered.

You are eligible for a transition fill because your plan took the drug off its formulary (list of covered drugs) for 2016. You will have up to 90 days from January 1, 2016 to request a transition fill.

This timeframe also applies to beneficiaries whose plans added new restrictions to the drugs they take, such as prior authorization, quantity limit, or step therapy. Similarly, if you join a new plan and need a transition fill, you have up to 90 days after the first day you joined the plan to request, and receive, the transition fill.

To access your transition fill, your pharmacist may need to call your Part D plan. The pharmacist should say that s/he is requesting a transition fill and ask the plan to cover the drug without restrictions. The plan may give the pharmacist information on how to bill the

plan correctly.

Once you get your transition fill, you should speak with your doctor about switching to a drug on your plan's formulary without restrictions. If there is no other drug that will work for you, you and your doctor can request an exception to your Part D plan's formulary.

Requesting an exception means you are formally asking the plan to cover your drug. If you request an exception and a determination is not made by the end of your transition fill period, your plan must provide more temporary refills until the exception request is addressed.

It is your right to access a transition fill and to file an exception request to try to get your prescription drug covered. Your doctor is an important resource for helping you access medications you need.

Marci

For free, personal counseling on benefits, rights and options for people on Medicare and their families, call Pat Paine or Andrea Labor of the State Health Insurance Assistance Program (SHIP) located at the Northeast Kingdom Council on Aging: 802-748-5182 or 800-642-5119. You may also call to register for the next Medicare Boot Camp scheduled Feb. 18 at NVRH in St. Johnsbury.

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At The Checkout

by Elinor Mauson

Several years ago when we were visiting in Florida my husband and I did our shopping at the local Wal-Mart. It took quite a while since the store was bigger than our usual shopping place, but eventually we were finished with our purchases and ended up at the checkout aisle.

We found ourselves behind a lady with a large order of groceries, and knew we would be quite awhile in the line. Being a people watcher, I had a wonderful time looking at the many shoppers in the store.

Then I noticed the lady in front of us. She was people-watching too--right at my husband and me! She seemed very nervous while giving us the once-over. I watched as she turned around the gizmo that tells what she was buying-- and also had the keys on it that she would punch in her pin number. She continued to watch us like a hawk, and we, in turn, watched her as she put her purchases in the shopping cart, to take

them out to her car. She got right in front of the machine when it was time to put in her pin, and didn't move until everything was said and done and erased.

We finally were able to check out and get our groceries to the car and eventually, home. As I was putting the foods away, I suddenly found a couple of tomatoes. "I didn't know you bought tomatoes," I said to my husband. "And I didn't know you bought cheddar cheese", he replied.

All in all, we discovered 6 or 7 items that we had not bought. And, after thinking it

over, we deduced that those items probably belonged to the lady in front of us.

She had been so busy worrying that we were going to discover her pin number she had forgotten to pick up a whole bag of her groceries.

For lunch we had grilled cheese and tomato sandwiches and proceeded to enjoy the rest of her foodstuffs. And I am sure that she wondered what happened to that bag of groceries.

She probably never realized that we could have cared less about her pin number.

WELLS RIVER ACTION PROGRAM
Annual Meeting and Dinner 4:00 PM
Sunday, February 21, 2016
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Program - What's happening with the white house next to Little Rivers Health Care and What is a Community Wellness Center?

Guest Speakers- Gail Auclair - Chief Executive Officer and Dr. Stephen H. Genereaux of Little Rivers Health Care

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by Ronda Marsh

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

My Favorite Sicilian Cannoli

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.

With Valentine's Day close at hand, here is the perfect dessert treat to make for your special someone. Cannoli are beautiful, luscious rolled tubes of pastry which have been deep fried, then stuffed with sweetened ricotta and garnished in a variety of ways to create a lovely treat that tastes just as special as they look. If you've ever been to Italy, or even to an Italian bakery,

you know exactly what I'm talking about.

Although there are many versions of Cannoli to be enjoyed, they all begin with the Cannoli shell, which is the most labor-intensive part of the process.

Originally, the Italian bakers would use pieces of mop or broom handles cut to length as the molds around which they would wrap a piece of thinly rolled dough, before submerging them into boiling deep fat to fry. After removing them from the fryer, the cooked shells would easily slide off the wooden dowels and after cooling, would be ready to fill. If this info has caused you to despair that you

might ever want to attempt making Cannoli yourself, don't worry! Cannoli shells are now commonly available at the bakery counter of our local grocery stores. I just call ahead to make sure they have them in stock, and purchase them individually a day or so before I need them.

Although most Cannoli aficionado's recommend eating them soon after stuffing to avoid becoming soggy, I have had no problem storing leftovers for up to 2 days in the fridge. If you start with a high-quality, full fat ricotta, (no folks, this isn't diet food) and take the time to properly drain all the excess moisture from it as instructed, your Cannoli will stay nice and crisp. I like to use a decorating bag to fill my Cannoli, but you can use a spoon to get the job done; it'll look fine once you plopp a cherry on the end, or sprinkle it with chopped nuts or even colored sprinkles. Use your imagination!

Once completed, place your Cannoli on a pretty serving dish and dust them with a shower of powdered sugar. I guarantee you're going to love the looks and taste of what you've created, and your Valentine will, too!

8 Cannoli Shells
1 (15 ounce) container

full-fat Ricotta Cheese (I like "Sorrento" brand)

1 teaspoon vanilla extract (or the caviar scraped from 1 vanilla bean)

1/4 cup confectioner's sugar

1 Tablespoon granulated sugar

1/2 teaspoon cinnamon

1/3 to 1/2 cup heavy cream

the consistency of buttercream frosting. Taste and adjust flavorings, if necessary. Load the Cannoli cream into a decorating bag fitted with a large open-star tip or with no tip at all, and fill the Cannoli shell by piping into each end. Garnish with a maraschino cherry on each end, and a sifting of powdered sugar on top.

OPTIONS:

*Prior to filling, dip each end of the shell in melted chocolate and roll in chopped nuts.

*Fold 1/2 cup of mini chocolate chips and/or the zest of one orange into the Cannoli cream, or any dried fruit, such as raisins, cranberries, etc.



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