

A **FREE** PUBLICATION

NEXT ISSUE: TUESDAY, MARCH 8
DEADLINE: THURSDAY, MARCH 3

TRENDY TIMES

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MISSION TALKS



This year on June 21, a group of people from the Haverhill area will be traveling to Costa Rica for what some have described as "a life changing experience". The group will be comprised of every age demographic from as young as 14 to as old as 82. As the team leader it is wonderful to see so much depth on a team like this. Putting together a team for any reason is difficult, but there is an added level of difficulty when you are traveling away from home, and yet another level reached when that travel takes you out of the country.

The most common question that I get is "What does it cost to go on a trip like this?" This particular trip has a monetary cost of \$1,400-. "There that was easy." But wait there's more. This trip leaves on June 21st and returns July 7th, that's two weeks! That

means you will need to take time off from work and for some two weeks is all they get each year. For others it may mean that on top of their \$1400- cost they may have to lose a full week of pay. That's not easy for most people.

Then there are the students. They are just too busy doing student stuff to make enough money to just write a check. And chances are that their parents are already paying for a bunch of little things that all add up to big things. So what do they do? They fund raise of course.

Two years ago with the help of Hatchland Ice Cream in North Haverhill the team offered tickets for a chance to take home a really cool swing. That swing raised enough money to support two plus youth missionaries that season. Last year we held a desert auction and dinner

at the North Haverhill United Methodist Church. This was a fun and interesting event that also raised enough money to send two missionaries on that trip.

But now that the checks are written and the time is taken off from work it is time for the behind the scenes work to begin in earnest.

First I ask all who are willing, to pray for the team. Pray for safety. Pray that their work impacts those who they are going to serve. Pray that God moves in the hearts of those who are answering his call to go into mission, that he might change their hearts. And lastly pray for a safe return.

Second, making sure that the families and friends left behind are well cared for. This might include providing rides or caring for children. Maybe providing a meal or two. Maybe providing com-

panionship to parents that are missing a child for the first time. There really is only your imagination that would limit the ways to bless a family who has someone that is out of the house on a mission trip. Remember, the definition of a "blessing" is an unexpected, unwarranted, and unmerited gift from someone, with no expectation of return or profit. Some blessings are small and some are much bigger, but make no mistake, for the person on the receiving end of a blessing. They all matter.

We will be holding a Corned Beef dinner March 19th 5-7 and our second annual "Desert Auction" on April 2nd from 5-7 with the auction starting at 6pm. Both events taking place at the North Haverhill United Methodist Church.

This year we want to in-



vite YOU to become a "Micro Missionary". You do this by purchasing a "Meals 4 Missions" meal ticket. A "Meal Gift" is a meal that you can buy at a cost of \$10- feeding a neighbor and supporting a local missionary at the same time. You can do this by contacting me or buying a meal ticket at any of our local supporting businesses.

Please contact me with any questions. All proceeds for these events will go directly to missions. Timothy Hickey 603-731-3517, Timberlandranch@me.com, FaceBook Costa Rica Mission Team

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TRENDY Dining Guide

by Gary Scruton

It was a cold, crisp day, about noon, and we were out doing errands. We added to that list of places to stop, the Bliss Village Store on Main Street in Bradford. Bliss has been there for a long time (in a few different forms) and many of their employees have also been there for a while. In fact the lady behind the deli counter that took our order, delivered it, and even packaged up our leftovers, mentioned that she had been working in that store for 27 years. We could easily understand why the owners have kept her around. She was polite, helpful and went above and beyond what might normally be expected from a clerk at a deli counter.

Bliss has a pretty good variety of items to choose from for being a small store that one would think was more of a quick stop type of place. As we came in we noted two crock pots with "the soups of the day". Then around the corner to the deli counter. As with most delis there was another wide variety of selections. We saw pre made entrees, salads, plus pizza and that day's specials of burgers and fish sandwiches with fries. Needless to say, it took a bit of time to check them all out and make the decision.

My wife decided to keep to her gluten free diet and asked about the Shepherd's Pie that had been sitting in the deli case, but was suddenly gone. The lady behind the counter assured her that the pan had simply gone out back to be refilled after they had just filled "two large containers" for a customer.

"How much would you like?" she asked. "About a pound?" "That should do it" said my wife.

Now my turn, "I'll have a 16" pizza with pepperoni" was my request.

Again, being helpful, our server told me that there was a special that day. A 16" one topping pizza, plus a salad, and a 2 liter bottle of drink for

\$13.99.

"Works for me".

"What type of salad dressing would you like? It does come in packets"

We'll take ranch, please".

"Great" she said. "If you want to go sit down I'll bring it out to you. Here are two tumblers. You can pick up your drink on the way. It will be about 20 minutes".

So we went to the cooler and decided on iced tea. Then went out back for some light conversation before the food arrived. The salad came out in a few minutes and we split that. Then came the shepherd's pie and the pizza.

For those not familiar, shepherd's pie is a combination (in layers) of whole kernel

corn, browned ground beef, and topped with mashed potato (real or it appeared in this case more of a pre-made variety - tasty, smooth with not even a hint of lumps).

The pizza was not a thin crust but more of a middle of the road crust. The sauce had some great taste to it as well. And the pepperoni was ample.

One of the other things about this lunch was that all together for two full meals, salad for each of us, and leftovers, cost us under \$20. There is no question that we will stop in at Bliss Village Store again.

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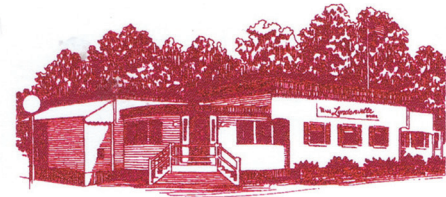
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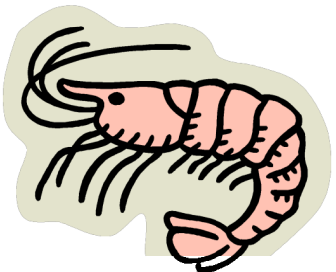
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OCT Has Some "Baggage"

Alumni Hall in Haverhill is not the normal home of Old Church Theater. Not to say that there has not been this type of performance in past years. In fact this was the third year that OCT found a winter home at the Hall. Plus back when Alumni Hall was the gymnasium for Haverhill Academy there were plenty of shows. And these days Court Street Arts at Alumni Hall hosts many, many great performances. But a play is a different circumstance.

On opening night of "Baggage" there was a decent crowd in the seats. As one might expect the crowd was older (though there were a couple of high school students in attendance). After all the publicity had suggested that this play was not "a family show". Indeed there was a definite adult theme. The play starts with a pair of recently singled adults exchanging mistakenly switched suitcases. This exchange throws together a man who recently lost his wife to an old boyfriend, and a woman who doesn't seem to be able to settle for anything but the perfect man.

There was also some, but quite limited, adultish language (during a well scripted and performed argument). It was also established early on in the performance that sex was not part of the deal. So, that no chil-

dren restriction may have been a bit oversold.

But, no matter who was in the audience, it was worth the time and money to be there. The small cast of just four were well matched to their roles. Last year's OCT work horse, Meghan Bullard (she appeared in four of the summer's 5 performances) was cast in the leading lady role of Phyllis, a manipulative single woman looking forward to molding this new man in her life. That man was played by Andrew Stimson (in his third OCT performance). These two appeared to be well matched. Opening night did seem to start slowly, but as the evening went on they warmed to the crowd and to the task of promoting laughter. The well written play offered many chances for that laughter as well as chances to sit back and think. There was even a big surprise as the first act closed. Through all of that these two leading actors stayed in character, hit their cues, and let you into their characters.

Also on stage was Scott Johnson, another veteran at OCT. Scott's role as Dr. Jonathan Alexander allowed for some monologues, some time for a sales pitch, and even a screaming match. All of those were well performed with a voice that covered the hall with no real perceived



effort. Scott also became his role and even when he was not speaking, he stayed in character and added to the enjoyment of those in attendance.

The fourth performer was Laura Luurtsema, Phyllis' friend who had a full history (three previous marriages, and on the lookout for #4). Laura was the quietest of the cast on stage, but she knew her lines, she performed well, and she added to the entertainment value.

A tip of the hat also needs to go to director Peter Richards and to the Board of Directors of Old Church Theater and Court Street Arts at Alumni Hall for putting this performance together at this winter venue. The show will continue on Friday, Saturday & Sunday, February 26-28.

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February Legislative Breakfast

With the legislature hitting full steam, the Northeast Kingdom Legislative Breakfast will take on a different focus this month, offering local legislators more time to provide more detailed reports on their committee work and bills affecting the Northeast Kingdom. This month's session will be held Monday, Feb. 29, at 8 a.m., at the St. Johnsbury House, 1207 Main St.

Some of the issues expected to be addressed are the state budget, health care, tourism funding, labor and economic development issues, education funding, taxes and fiscal policies. There will be a time allotted at the end of presentations for questions from the audience. The legislators will continue to sit as a panel so that questions can be answered quicker and by multiple legislators. Longtime community leader Gretchen Hammer serves as moderator for the forums.

The monthly programs provide area business people and residents an overview of the legislative session and concerns affecting the region. The public is in-

ited to attend and encouraged to ask questions. The Northeast Kingdom Chamber organizes the monthly forums and will provide a brief legislative report.

The breakfasts are held the last Monday of each month, from 8 to 9 a.m. Please mark your calendars for the 2016 dates of March 28, April 25 and May 23 (tentative). The chamber would like to thank Kingdom Access Television, WSTJ and the Caledonian-Record for covering the breakfasts.

The legislative breakfast series is sponsored by the Northeast Kingdom Chamber, with sponsorship assistance from Community National Bank, Fairbanks Scales, Lyndon Institute, Lyndon State College, Northeastern Vermont Regional Hospital, Passumpsic Savings Bank, St. Johnsbury Academy, Union Bank and Weidmann. There is a small fee to attend the breakfast.

For more details, contact the NEK Chamber at 2000 Memorial Drive-Ste. 11, St. Johnsbury, VT 05819; call 802-748-3678; or e-mail at director@nekchamber.com.



NH Medicaid Expansion

The New Hampshire House of Representatives recently met in session to consider HB 1696, a bill relative to expanding Medicaid as a part of the Affordable Care Act. The bill as proposed reauthorizes the New Hampshire Health Protection Program (NHHPP) for years 2017 and 2018. The NHHPP as developed in 2014 is for residents not qualifying for Medicaid and who do not qualify for subsidies on the Health Insurance Exchange, also known as expanded Medicaid. As of January 15, 2016 Medicaid expansion had enrolled 46,404 people. Enrollment numbers for towns in this region include: Orford – 25, Piermont – 22, Haverhill – 139, Warren – 52, Benton – 8, Easton – 10, Landaff – 13, Bath – 51, Monroe – 34, Lyman – 17, Lisbon – 123, and Littleton – 389.

The bill as recommended by the Health and Human Services committee generated considerable discussion. Amendment 0493 provides all NH veterans who qualify, medical services from any hospital in the state that serves the eligible Medicaid population. As could be expected, floor debate quickly focused on program costs and the reduction of the federal match. "If at any time the federal match rate applied to medical as-

sistance for newly eligible adults between July 1, 2014 – December 31, 2016 is less than 100 percent, less than 95 percent in 2017 and less than 94 percent in 2018, of the amount as set forth in 'federal code,' then 'Medicaid expansion' shall immediately be repealed upon notification by the commissioner of the department of health and human services to the secretary of state and the director of legislative services."

The bill extends Medicaid coverage for approximately 50,000 NH residents; thereby, increasing the Medicaid program by more than one third. If HB1696 becomes law, Medicaid will cover 14.3% of the state's population. Eligibility for expanded Medicaid is based upon income; however, certain assets such as real estate, stocks and bonds are not considered when determining one's income or eligibility. It is projected that the program will cost about

\$500 million per year in order to provide health insurance policies to the 50,000 people covered by Medicaid. Eventually, the federal government will pay 90% of costs, and acute care hospitals and health insurers will pay the remaining 10%, per agreement that may or not be binding. I am concerned that costs assumed by hospitals and health insurers may be downloaded through fees, costs, and higher premium rates to small business or those not on Medicaid.

These financial issues do require further explanation; consequently, the House voted to send HB1696 to the House Finance Committee. Finance will better address issues such as balancing taxpayer cost with needed health care policy, determining if Medicaid expansion may cause higher health insurance premiums for individuals and businesses, determine if hospital emergency room use has increased or decreased in the past year, and more. I voted in support of sending the bill to House Finance. Following further public hearing and committee review, the bill will return to the full House later this session.

Call For Volunteers

Come be a part of this new committee that will focus on bringing more activities to the Woodsville area for people of all ages and walks of life to be able to participate in. You are an integral part of making this change happen.

We are looking for your ideas as to what you would want to see happening in and around Woodsville that would make you feel that Woodsville has something to offer the people who live, work, and socialize here. By understanding the aspirations and challenges of those who live and work in the Woodsville area, long lasting solutions can be developed to help bring your ideas to life.

Please join in a conversation focused about our community. Come and share your thoughts on where our community is and where it should be heading. This information can help the community to learn from your experiences, understand your concerns, and offer you the chance to share your aspirations and desires for change.

Get your ideas heard by people who genuinely care about making a difference and want to put your good ideas into action!

To be fully inclusive, this committee would need at least 7 committee members who are willing to participate.

Please lend your voice at the community conversation Thursday, March 3 at 4 pm, at Life Transition Services Building, 60 Pine Mill Rd., North Haverhill.

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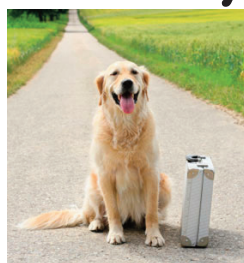
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From The Desk Of

Jeanie FORRESTER

FOR STATE SENATE

Dear Constituents,

One of the biggest decisions the legislature will make in this session is whether or not to reauthorize the New Hampshire Health Protection Plan (aka Medicaid Expansion). I wanted to give you a brief update on this important and complex issue.

In 2014 the legislature passed the New Hampshire Health Protection Plan (NHHPP). This plan, crafted by the legislature, provides private health insurance to approximately 48,000 low-income, uninsured New Hampshire residents using 100% federal funds.

The plan provides access to primary and preventive care, including cost-effective management of chronic illnesses and mental health and substance abuse services. Prior to the NHHPP, uninsured folks accessed free care through emergency room visits to their local hospital. This care did not include preventive or primary care. In 2014 alone, prior to the implementation of NHHPP, the amount of free care provided by the hospitals was \$427 million. The cost of that "free" care is shifted to taxpayers in the form of higher premiums on their own plans.

Because of the NHHPP, there has been a significant drop statewide in the number of people without insurance seeking care. As of September 2015, there has

been a 30% decrease in uninsured emergency room visits, a 38% decrease in uninsured inpatient visits, and a 28% decrease in uninsured outpatient visits.

Health care coverage provided by the NHHPP substantially reduced uncompensated care costs, thereby reducing the health care cost shift, or hidden tax, to businesses and taxpayers. In 2015, the cost to New Hampshire of treating uninsured patients dropped more than \$142 million.

The NHHPP is due to expire on December 31, 2016 and the legislature is now working on a plan to extend that coverage. House Bill 1696 reauthorizes the NHHPP for another two years (January 1, 2017 through December 31, 2018). It requires the federal government, New Hampshire insurance companies, and the 26 New Hampshire hospitals to bear the cost of this reauthorization. Per the federal government's promise, it will pay 95% of the cost for private health insurance plans in 2017 and 94% in 2018. The hospitals and insurance companies have agreed to split the remaining balance (5% in 2017 and 6% in 2018).

If the NHHPP isn't reauthorized, 48,000 Granite Staters will lose coverage to primary and preventive health care services, but will still have access to emergency care. As a conse-

quence, uncompensated care will go up and the burden of this care will again be shifted to businesses and taxpayers.

There are taxpayer protections in HB1696. The NHHPP ends if the federal government reneges on its commitment to paying 95% in 2017 and 94% in 2018. The NHHPP ends if the hospitals or the insurance companies renege on their promise to cover the balance in either of those years. The program must again be reauthorized at the end of 2018.

The bill also requires extensive information gathering and a plan for the future by setting up a Commission to look at the efficacy of the program and long-term funding.

The bill requires the recipients of the NHHPP contribute co-pays for misuse of emergency rooms. It also has work requirements for able-bodied childless adults. These adults must spend at least 30 hours a week at work, training, community service or one of several

other qualifying work activities.

HB1696 is a good start, but it needs some work. First, I don't believe New Hampshire's budget should be negatively impacted by the NHHPP. HB1696 proposes that the insurance premium tax (the tax paid by the insurance companies for the NHHPPs) will be used to help fund the program. Currently the insurance premium tax (\$9 million) goes into the state's general fund. Those funds should continue to go to the general fund. The Department of Health & Human Services also testified that they expect to spend \$1 to \$2 million a year in administrative costs for this program. I believe that cost should be also borne by the insurance companies and the hospitals.

Second, there needs to be transparency. The HB1696 should require every hospital and medical office publish all of their pricing for procedures (cash vs. insurance) and post any other valuable data like success rates or infection rates.

We need to provide good information to consumers so they can make informed choices about their health care.

Finally, there should be an accountability measure to assure that the payments made by the insurance companies and the hospitals are not cost-shifted to taxpayers through higher premiums.

I look forward to working with my colleagues in creating a final package that provides private health insurance to those who can least afford it, while assuring that New Hampshire taxpayers are protected.

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

Your Senator from District 2
Jeanie Forrester

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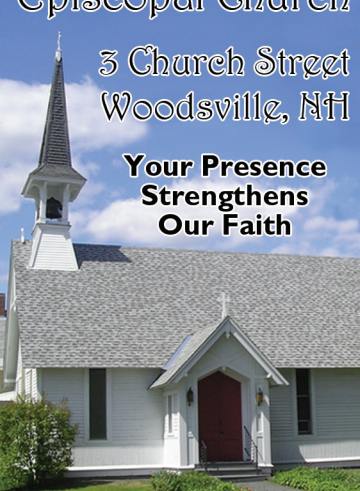
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NOTICE

To the individual(s) who have been trespassing on my property on French Pond Road in Mountain Lakes, your harassment in the middle of the night of ringing my doorbell, rattling the doors and hanging out around our dog kennel has been reported to the Haverhill Police Department.

Your repeated daytime attempts/successes to gain entry into my home have also been noted and reported.

To the residents of Mountain Lakes, please report any unusual activity that you might observe to the Haverhill Police Dept. Your reporting will add validity to what is happening in our area. *Thank You.*

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Calendar of Events

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

FRIDAY, FEBRUARY 26

FRIDAY NIGHT EATS - CHICKEN FAJITAS
5:00 - 7:00 PM
American Legion Post 83, Main St., Lincoln

Old Church Theater - Baggage
7:00 PM
Alumni Hall, Haverhill
See Ad on Page 8 and Article on Page 3

SATURDAY, FEBRUARY 27

Old Church Theater - Baggage
7:00 PM
Alumni Hall, Haverhill
See Ad on Page 8 and Article on Page 43

SUNDAY, FEBRUARY 28

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM
Breslin Center, Main St., Lyndonville

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

ACT SNOWSHOE WALK

1:30 PM
Cooley-Jericho Community Forest, Sugar Hill
See Article on Page 13

Old Church Theater - Baggage
4:00 PM
Alumni Hall, Haverhill
See Ad on Page 8 and Article on Page 3

MONDAY, FEBRUARY 29

LEGISLATIVE BREAKFAST
8:00 AM
St. Johnsbury House, 1207 Main St.

TUESDAY, MARCH 1

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

MONTHLY MEETING
7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, MARCH 2

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

THURSDAY, MARCH 3

VOLUNTEERS FOR NEW GROUP
4:00 PM
Life Transition Services Building, North Haverhill
See Article on Page 4

CELTIC CELEBRATION
6:00 PM
St. Luke's Parish House, Woodsville
See Ad on Page 7

FRIDAY, MARCH 4

NO. GRAFTON COUNTY REPUBLICANS
6:00 PM
Topic of the Town; Littleton.

SUNDAY, MARCH 6

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM
VFW Post 2571, White River Jct.

MONDAY, MARCH 7

HAVERRHILL SELECTBOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, MARCH 8

GARDEN GROUP
6:00 PM 802-757-2693
Baldwin Memorial Library, Wells River

WEDNESDAY, MARCH 9

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

FRIDAY, MARCH 11

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

SUNDAY, MARCH 13

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM
Moose Lodge 1779, 2388 Portland St., St. J

MONDAY, MARCH 14

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

VT STATE LEGISLATORS
7:00 PM
Lakeview Grange, West Barnet

TUESDAY, MARCH 15

EMERGENCY FOOD SHELF
4:30 PM – 6:00 PM
Wells River Congregational Church

THURSDAY, MARCH 17

VFW POST #5245 MONTHLY MEETING
7:00 PM
VFW Hall, North Haverhill

SATURDAY, MARCH 19

HAVERRHILL COOPERATIVE SCHOOL DISTRICT ANNUAL MEETING
10:00 AM
Haverhill Cooperative Middle School

CABIN FEVER AUCTION
1:00 PM

Horse Meadow Senior Center, No. Haverhill
See Ad on Page 8

CORNED BEEF DINNER
5:00 - 7:00 PM

North Haverhill United Methodist Church

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.

The Orange East Senior Center will be closed on Tuesday, March 1 for town meeting day.

The Orange East Senior Center will be offering a Basket Making Class starting Wednesday, March 2 from 8:30-11:30 am. There is a \$40.00 charge per person, per basket, pre-registration is required for adequate supplies. Call Vicky or Sara at 802-222-4782 to register.

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

AARP Tax assistance has begun on -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!

Groton Free Public Library News

Great News! ChiltonLibrary is going Mobile!

Now you can work with ease on your vehicle referencing ChiltonLibrary on your mobile phone or tablet. This is a FREE service to all of our cardholders through our library's subscription to Vermont Online Library. ChiltonLibrary provides information such as step-by-step service & repair procedures, troubleshooting guides & diagnostic trouble codes, and photos, illustrations, diagrams & videos. For more information, call, email or stop by the library.

Fri, Feb. 26 at 3:30pm: Kids' Nature Craft All About Dinosaurs! A focus on color with a dino paper art craft for young crafters and colored pencil techniques for emerging artists. Kids of all ages welcome!

Fri, Feb.26 at 5:00pm: Art Class Charcoal Drawing. An emphasis on detail & how to use charcoal pencils to get the detail you want! A continuation of techniques as applied to still life drawings and the human figure. Designed for teens & adults. Begin-

ners welcomed - all supplies provided!

Every Wed. from 1-3pm: Crafts & Conversation. 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. The coffee is on!

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.

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

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

Horse Meadow Senior Center

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

DHMC refers to Dartmouth Hitchcock Medical Center, HMSC refers to Horse Meadow Senior Center

MARCH EVENTS
"The Coffee Shop": Every Tuesday@8:30-10:00
Food Raffles: 3/3, 3/17, 3/31
50/50 Raffles: 3/9, 3/23

SPECIAL MARCH PROGRAMS:
Start Your Garden: 3/10 @ 1:00
Estate Planning on Modest Income: 3/30 @ 6:00-8:00PM
Protect Yourself from Fraud and Scams: 3/7 @ 12:45
Cabin Fever Auction: 3/19 @ 1:00 (Doors Open at 11:00)
Easter Brunch: 3/24 @ 11:00
Sign Language: 3/21 @ 1:00
MS Support Group: 3/21 @ 1:00

ARTS & CRAFTS:
Starts at 1:00
Decorative Arts 1 ~ Leprechaun Hats: 3/4
Paper Crafts 1 ~ Quilled Eggs: 3/7
Paper Crafts 2 ~ Origami Boxes: 3/8
Crafts 1 ~ Decorative Easter Egg: 3/11
Paper Crafts 3 ~ Gift Bags: 3/14
Jewelry 1 ~ Vintage Pins: 3/18
Decorative Arts 2 ~ Painted Tote Bags: 3/22
Jewelry 2 ~ Beaded Picture Holder: 3/28

Crafts 2 ~ Scented Fabric Trivet: 3/29

ENTERTAINMENT:
Starts at 11:15
John & Phyllis: 3/2, 3/16, 3/30
The Boy-z: 3/9, 3/23
Ethel Cooper: 3/11, 3/17
Bobby B & Cliff: 3/3, 3/31
Wayne Klingler: 3/7, 3/21
Denys Draper: 3/4, 3/14, 3/18, 3/28

CLINICS:
Foot Clinic: 3/1 Starting @ 10:00 (\$20 by appt. only)
Senior Feet: 3/2 Starting @ 9:00 (\$30) by appt. only)

ON-GOING ACTIVITIES:
Craft room Open Tuesdays @ 9:00
Bone Builders: 9:30 Mondays, Wednesdays & Fridays

Hearts & Hands Quilting: Mondays @12:30

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

Tai Ji Quan: Every Tuesday and Friday @ 12:45

Writers Group: Wednesdays @ 9:30

Bingo: 1:00 Wednesdays

Art Class w/Barb: Thursdays @ 9:30

Line Dancing: Every Thursday @ 12:45

Cribbage: Thursdays after lunch

Cards w/Jeanne: 3/17 @ 9:30,

Floral Arrangements w/ Jane: 3/10 @9:30

Mahjongg: Every Friday @10-30

Tai Ji Quan: Every Tuesday & Friday @ 12:45

Tech Time w/Paul: Monday 1-3:00

Grief Support: Tuesday 10-2:00

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Working in the Woods

By Jim Frohn,
UNH Cooperative Extension
Grafton County Forester



"I have read many definitions of what is a conservationist, and written not a few myself, but I suspect that the best one is written not with a pen, but with an axe. It is a matter of what a man thinks about while chopping, or while deciding what to chop. A conservationist is one who is humbly aware that with each stroke he is writing his signature on the face of his

land." - Aldo Leopold, from A Sand County Almanac

Recently I took a walk around the 1 1/2 acres of woods that my wife and I own. These woods, as are typical of thousands of acres of forest in New England, grew up from land previously used for agriculture. In this case it was probably pasture, since our land is fairly steep and somewhat rocky. Despite the small acreage, as I walked through the woods I noted a great amount of species diversity. At first glance the trees seemed to be mostly grey birch, a pioneer species that is one of the first

to colonize disturbed sites such as this once was. But as I looked closer, the number of different tree species became clear. Not only grey birch but white birch, aspen (aka popple or poplar), balsam fir, white spruce, cedar, sugar maple, red osier dogwood, shadbush, and apple are growing in our woods. While the birches and aspens dominate the overstory, the other trees are quietly growing in the shade, waiting for a chance to flourish.

In addition to the naturally established trees, there is a small plantation, mostly white pine, but also some Douglas fir. Douglas fir is not native to New England, but the previous owners came from the west coast so they must have planted them for a little flavor of home.

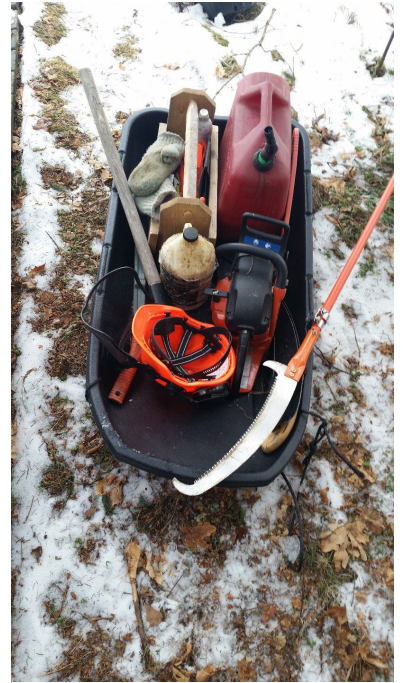
The apple trees were the main focus of my recent walk, which involved pulling a sled with various tools. In the sled were a chainsaw and safety gear, a pruning saw, a pole saw, and a pair of hand pruners. My purpose was to release some of the apple trees from competition, and to prune them to increase the amount of sunlight reaching the branches and improve the airflow through the crowns. Releas-

ing and pruning the trees should result in a healthy crop of apples. We'll pick the ones we can use for cider and sauce, and the rest will feed the deer. A secondary purpose of the release work was to gather firewood from the felled trees. While grey birch doesn't make the best firewood, it's a good use of the trees, and I get great satisfaction from making firewood from my own trees that I cut and process myself.

Another project I took on during this recent walk was to prune the pine plantation. The trees in this plantation are too rough and the dead limbs too large for these trees to ever make quality sawtimber, so the pruning had other purposes. One is to improve visibility through the stand and make walking through it easier. Another purpose is to make room to put mushroom logs underneath. My wife and I are going to try our hand at growing shiitake mushrooms, and the pine plantation will provide plenty of shade. We'll use oak and sugar maple logs as the growing medium for shiitakes, but the pines will provide a shady spot to grow them.

Over time I'll continue to harvest the birch, and in the process release the maple, fir, spruce, and other species that are in the understory, gradually improving the species composition, wildlife value, and aesthetics of the stand. On a larger acreage, improving the timber value would also be a goal.

So, on less than two acres we can produce firewood,



grow apples and mushrooms, and improve wildlife habitat. With the judicious use of a few tools, one can improve the growth, diversity, value, and aesthetics of a woodlot, no matter the size. For more information and ideas on what you can do to improve your woodlot, check out UNH Cooperative Extension's website at nhwoods.org, or call your County Forester.

Before taking on work with a chainsaw or brush saw, it is highly recommended that you obtain training in the proper and safe use of these tools. UNH Cooperative Extension, in partnership with the NH Timber Harvesting Council, occasionally runs chainsaw workshops for homeowners. Check the UNHCE workshop calendar or contact your local UNH Cooperative Extension office for more information. Also refer to the publication "Safe Timber Harvesting" on our website <http://tinyurl.com/SafeTimberHarvesting>.

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Volume 7 Number 10 February 23, 2016 Not all Times are Trendy, but there will always be Trendy Times

Auditions for Spring Play at Jean's Playhouse on February 29 and March 1

Join us for AUDITIONS at Jean's Playhouse for the spring community theatre play, The Dining Room. Be prepared to read from the script and have fun! Auditioners need only attend one of the two audition dates. Previous theatre experience is not required.

The Dining Room is a richly humorous theatrical tour de force in which six performers portray an array of diverse characters as they delineate the dying lifestyle of wealthy WASPdom, and the now neglected room which was once a vital center of family life. This production will be directed by Manchester native, Amanda Pawlik.

Amanda is delighted to be directing The Dining Room at Jean's Playhouse and to share her experience as an actor and director with the Playhouse Players community. She is passionate about this script for many reasons -including the fantastic opportunity it gives actors to stretch themselves

by playing several characters in both comedic and dramatic scenes. The play, which follows the challenges and triumphs of many generations all around the same dining room table, tugs at the heartstrings for a time long past, providing a show that should be both exciting to work on in rehearsals and to share with audiences.

As an actor, Amanda has toured the country, performing everywhere from rural Montana to New York City. As a director, her recent credits include A Christmas Carol (Hampstead Stage Company), The Mythology Project (Windsor Art Center), Stay Sharp (O'Neill Theater Center), Six Characters in Search of an Author (University of Hartford), A Flea in Her Ear (University of Hartford), and Arcadia (University of Hartford). A passionate educator of all ages, Amanda has taught with the Greater Hartford Academy of the Arts, the Long Wharf Theatre's Educators' Laboratory, the Ken-

nedy Center American College Theater Festival, the Winnepesaukee Playhouse and served as a guest artist at the University of Hartford. Amanda is a proud member of DirectorsLabChicago, an alumna of the O'Neill National Theater Institute, and currently serves as Education Director of the nationally touring Hampstead Stage Company.

The Dining Room performances are scheduled May 13-15, Friday and Saturday at 7:30 pm and Sunday at 2:00 pm.

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,



Attached Photo Caption: Playhouse Players pose for a company photo from their most recent production, Plaza Suite in December 2015

comedians and musicians. Jean's Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to ongoing construction of the River-

walk at Loon Mountain site off I-93 Exit 32. Visit Jeans-Playhouse.com or call 603-745-2141 for more information.

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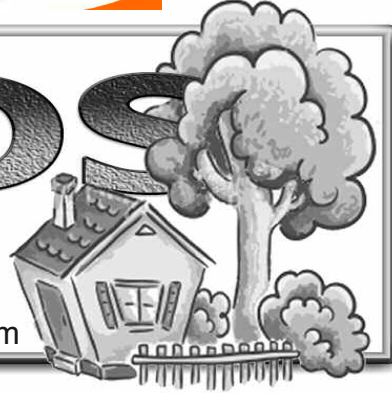
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Letter to the Editor

Trapping our wildlife
To the editor,

The public has been misled to believe that trapping is a necessary wildlife management tool. This claim is not supported by any hard, scientific data; if anything, the data available points to the opposite conclusion. State agencies, including the Vermont Fish and Wildlife Department promote trapping since wildlife departments are largely funded by trapping licensing fees and federal grants. Follow the money trail.

Traps are indiscriminate in the animals they trap. It is estimated that at least 2 "non-target" animals are trapped for every animal species actually targeted. Moreover, traps are just as likely to capture healthy, young, and productive animals, as diseased or mature

ones. Therefore, trapping cannot target certain animals in order to "manage" a population. Since the VT Fish & Wildlife Dept. relies on self-reporting by trappers, trapping cannot even provide reliable figures on animals killed, on which to base sound management decisions.

Leghold traps, commonly used in Vermont, are a particularly cruel way to trap an animal. These traps are not designed to kill, but rather, to forcefully immobilize an animal until the trapper returns to either shoot, bludgeon or suffocate the animal. Many non-target species are caught in leghold traps, including birds of prey such as owls, and Vermont endangered animals like the American marten. Since trappers are only required to check traps every

24 hours, the animals suffer for hours on end, often with injuries and exposed to weather extremes, before being killed and skinned for their fur. Leghold traps set underwater kill the animals by drowning, which can take up to 20 minutes for beavers.

Trapping poses additional harm when undertaken on public lands, which are accessed by a wide sector of the public, accompanied by their pets. This is why an initiative in Montana proposes to ban trapping on all of its public lands, despite the presence of a strong hunting and trapping culture there. Vermont should do the same.

Pat Monteferrante,
Vice President
Protect Our Wildlife POW

Pat,

I am neither a biologist, nor a trapper. I do not know any real statistics about trapping in Vermont or New Hampshire. I do, however, know a few people who do, or have done, trapping in this area. I have always found them to be truly concerned with the wildlife that they trap as well as the environment in which they trap.

Let me take their side for a moment. As you note all of these traps must be checked at least every 24 hours. I know that most if not all of these people I know would check their traps twice a day. They did this for a number of reasons. One is that the more often they check their traps, the better their take may be. A trap will never catch an animal if one is already caught. They also check them in order to let out unwanted animals

before harm occurs. Again, most of these people love their surroundings as well as their own, and others, pets.

You are right that traps do not know what animal they are catching, but the trappers know what will best attract the animals they are seeking. Therefore they will do their best to only trap that species.

I don't know how this process will end, but I do believe that the biologists who work for our state agencies are doing their best to give us the best decision possible while weighing the needs of our wildlife, the public who enjoys the wildlife, or the outdoors persons who also enjoy that same wildlife.

Gary Scruton, Editor

Letter to the Editor

Lately I have been hearing and reading about women feeling they owe Hillary Clinton their vote because "we need a woman President."

For what it's worth here's my opinion:

Personally, like many women I would love to see a woman in the White House and at the helm of our nation. I would especially like to see this happen in 2020, the 100th anniversary of the 19th amendment to the Constitution that gave women the right to vote after a long, bloody struggle.

"The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex."

However we should never use gender to vote for a woman President, legislator, or place any woman in high positions because of gender. This does a great disservice to all of us.

The only political debt women owe, is to those who struggled, were starved and/or force fed, beaten, jailed, publicly humiliated

Marianne,

Ninety-six years since women won the right to vote. That is indeed a long time. Long enough that virtually anyone voting this year has always had the right to vote.

Voting is not, like any other right, one to be taken lightly. It is a right that should be cherished, respected, and used with thought and complete consideration.

In regards to choosing a candidate only on the basis of gender, it is, to me, the same as choosing a candidate only on the basis of their religion. It may be a contributing factor, but it should not be the sole basis for such an important decision.

As I have written before, I encourage all voters to take part in each and every election. Whether it is the Presidential Primary (Vermont's is March 1) or at your local Town Meeting, or School Meeting every ballot cast is important.

Gary Scruton, Editor

Editor's Note: For full disclosure, Marianne is a regular contributor to Trendy Times. This letter was unsolicited.

and worse, to ensure that future generations of women have the right to have their voices heard.

For me this is a debt of honor that can never be repaid in the sense that something was borrowed, but needs to be paid forward to future generations of voting women, so they understand their right to vote is a hard won, sacred trust, not to be given without serious consideration of their candidate, regardless of gender.

There is a wonderful video called "Iron Jawed Angels," that tells the story of the fight women valiantly waged against indescribable cruelty, many times from other women, so we could vote without fear of reprisal. I highly recommend viewing before casting a vote based on gender, and deciding if the women in question are worthy of your vote.

We owe it to the Suffragettes to pass along their stories of years of cruelty, incredible hardship, struggle and sacrifice, leading to final victory in 1920.

Drug Courts Get Grants

NORTH HAVERHILL, NH - The Friends of New Hampshire Drug Courts, the newly organized statewide tax-exempt nonprofit whose mission is to support all established New Hampshire Drug Courts, formally announced the initial distribution of \$12,475.00 in donations among the six established drug courts throughout New Hampshire.

"The Friends of New Hampshire Drug Courts (the Friends) has created a public - private partnership distributing donations to ensure that each drug court has the necessary funding for participant incentives to achieve the best results for the drug court participants and communities," stated Ed Rajsteter, Friends President. "When the Friends began in November 2015, we didn't realize that in such a short time we would be in the position to make this level of donations available to enhance the statewide drug court programs. The Friends will continue to accomplish its mission of raising private donations for incentives that

assist participants to successfully complete the 18 to 24 month drug court program and once again become a productive member of their communities."

Donations received by the Friends that are unrestricted are evenly distributed to all of the established county drug courts for participant program incentives such as transportation assistance, continuing education, gas gift cards, gym memberships, and loans to reacquire driver licenses. The individual county award amounts also include restricted donations received by the Friends that are earmarked by donors for specific county drug court programs. The following donation distributions were made; Belknap-Laconia - \$1,155.00, Cheshire County - \$1,155.00, Grafton County - \$3,550.00, Hillsborough-South - \$3,855.00, Rockingham County - \$1,650.00 and Strafford County - \$1,155.00.

Drug Courts are designed to work along with the criminal justice system offering defendants whose offenses

are substance abuse driven an alternative sentencing option, The Friends of New Hampshire Drug Courts works to enhance those programs by providing additional privately raised funding for incentives as well as related education and training.

The Drug Court alternative sentencing program is a nationwide program with a proven record of success that achieves real results in combating drug and alcohol addiction and returning the participant as a productive, employed members of his or her community.

Membership in the Friends of New Hampshire Drug Courts is open to everyone. The Friends are actively seeking individual and corporate members to help in our mission as well as individuals to serve on our new Board of Directors. To obtain more information about the Friends or to become a member or donate, please visit our website, www.friendsofnhdrugcourts.org.

Drug courts work - they transform lives.

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How Should You Respond to Market “Correction”?

As an investor, you may be gaining familiarity with the term “market correction.” But what does it mean? And, more importantly, what does it mean to you?

A correction occurs when a key index, such as the S&P 500, declines at least 10% from its previous high. A correction, by definition, is short-term in nature and has historically happened fairly regularly – about once a year. However, over the past several years, we’ve experienced fewer corrections, so when we have one now, it seems particularly jarring to investors.

How should you respond to a market correction? The answer may depend, to some extent, on your stage of life.

If you’re still working ... If you are in the early or middle parts of your working life, you might not have to concern yourself much about a market correction because you have decades to overcome a short-term downturn. Instead of

selling stocks, and stock-based investments, to supposedly “cut your losses,” you may find that now is a good time to buy more shares of quality companies, when their price is down.

Also, you may want to use the opportunity of a correction to become aware of the need to periodically review and rebalance your portfolio. Stocks, and investments containing stocks, often perform well before a correction. If their price has risen greatly, they may account for a greater percentage of the total value of your portfolio – so much so, in fact, that you might become “overweighted” in stocks, relative to your goals, risk tolerance and time horizon. That’s why it’s important for you to proactively rebalance your portfolio – or, during a correction, the market may do it for you. To cite one aspect of rebalancing, if your portfolio ever does become too “stock-heavy,” you may need to add some bonds or other fixed-rate vehicles. Not only can these investments help keep your portfolio in balance, but they also may hold up better during a correction.

If you’re retired ... After you retire, you may need to take money from your investment accounts – that is, sell some investments

– to help pay for your cost of living. Ideally, however, you don’t want to sell stocks, or stock-based vehicles, during a correction – because when you do, you may be “selling low.” (Remember the most common rule of investing: Buy low and sell high. It’s not always easy to follow, but it’s still pretty good advice.)

So, to avoid being forced into selling, you need to be prepared. During your retirement years, try to keep at least a year’s worth of cash instruments on hand as well as short-term fixed income investments. By having this money to draw on, you may be able to leave your stocks alone and give them a chance to recover, post-correction. And it’s important to maintain a reasonable percentage of stocks, and stock-based vehicles, in your portfolio, even during retirement – because these investments may provide the growth necessary to help keep you ahead of inflation. Consequently, as a retiree, you should have a balance of stocks and stock-based vehicles, along with fixed-income vehicles, such as bonds, certificates of deposit, government securities and so on.

Being prepared can help you get through a correction – no matter where you are on life’s journey.

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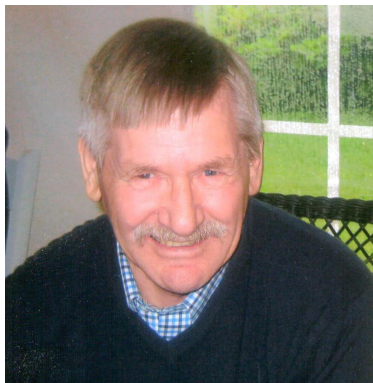
DAVID KEITH - OBITUARY

North Haverhill, NH – David W. Keith, 72, died on Thursday, February 11, 2016, at the Dartmouth Hitchcock Medical Center, Lebanon, NH after an extended illness.

He was born in Haverhill, NH, March 8, 1943, a son of Everett L. and Alta (Perrin) Keith. David grew up and lived his entire life on Briar Hill. As a little boy, he worked on the family farm and was an active 4-H member. He attended North Haverhill Elementary School and Haverhill Academy. After school he started to take on more responsibilities around the farm. He married Linda Rosa on June 2, 1962 and they started raising their own family. In 1982, David took over the farm from his father. A farmer with a sharp business mind, David grew the dairy to five times its original size and named it Briar Stone Farm. He saw the farm as a family business, a legacy for his children, and a contribution to the community.

As a young boy, David started helping his father at the North Haverhill Fair by setting up tents, selling tickets, or whatever might be required to have a successful fair. He became a director of the fair and in 1991 he took over the reins as the President of the North Haverhill Fair Association, a position he held until his retirement in 2010. Under his leadership the fair expanded to provide more education, more agricultural programs, and more entertainment. He attributed the success of the fair to the passion and dedication of the volunteers. Dave still helped out as much as he could every year after that.

As a successful dairy farmer he was honored with many awards over his career. One that he was very



proud of was in 1993 when he was awarded the Green Pastures Dairy Farmer of the Year Award. David served on many boards. He was a 4-H leader at the Little Oxbow 4-H Club and in 2000 he was chosen as a member of the Agricultural Advisory Board for the State of New Hampshire. He was a longtime member of the Cohase Lions Club and served as a Past President and Director. In 2010 he was chosen as the Cohase Citizen of the year. This award was given for all his support of the community, North Haverhill Fair Association, and the Cohase Lions Club. He served as a trustee of the Big E. For many years he served on the Budget Committee for the Town of Haverhill and was a member of the North Haverhill Fire Department. David was also honored as the Parade Marshall for the Woodsville Wells River Fourth of July parade for his service to the community.

David traveled to New Zealand on an educational dairy farming study for the University of New Hampshire Extension Service. The farming seminar focused on rotational grazing of animals. Thus began his love for traveling. David and Linda traveled extensively to many places over the years. Their trips took them to Italy, the Baltic, the Mediterranean, Ireland, Alaska, Panama, the Caribbean, and San

Francisco, to name a few. David was a philanthropist, generous, caring, and thoughtful man.

He was predeceased by his parents, Alta (Perrin) Keith on October 2, 1992 and Everett L. Keith on May 21, 2006; and a brother, William Keith.

Survivors include his wife of 53 years, Linda (Rosa) Keith of North Haverhill; four children, Debbie Bigelow and her husband Wayne of North Haverhill, Jeffrey Keith and wife Shawn of North Haverhill, Danny Keith of Boston, MA, and Thomas Keith and wife Deb of North Haverhill; two grandchildren, Lindsay Bigelow and Kayla Jo Keith; a great grandson, Isaak Fellows; a sister, Jann L. Keith of Springboro, OH; a brother, Ronald Keith and wife Diane of North Haverhill; along with many extended family members; and several nieces, nephews, and cousins.

There will be no calling hours.

A funeral service was held on Monday, February 15, at 11 AM at the Ricker Funeral Home, 1 Birch Street, Woodsville, NH

Burial will be held in the spring at the convenience of the family in the Horse Meadow Cemetery, North Haverhill.

In lieu of flowers, memorial contributions may be made to the Dartmouth Hitchcock Medical Center, ATTN: Research at the Heart and Vascular Center, One Medical Center Drive, Lebanon, NH 03756.

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.

WILLIAM WALTER "BILL" MAYNES - OBITUARY

Woodsville, NH – William Walter "Bill" Maynes, 84, of Brill Hill Road died on Friday, February 12, 2016, at his home.

Bill was born in Haverhill, NH on September 15, 1931, a son of Karl Cleveland and Minnie Christina (Skinner) Maynes.

He served with the US Army from October 19, 1949 to October 18, 1952 and was honorably discharged as a Corporal, having served in Korea in the 15th Field Artillery, 2nd Division.

On December 4, 1954, he was married to Betty Louise Hill.

For many years, Bill worked at the former Adams Paper Company in Wells River, VT. Then, from 1976-1989, he worked in the warehouse at Burndy Corporation in Littleton and North Haverhill, NH. He also worked in the shipping and receiving department of Hitchner's Manufacturing in Littleton from June 1989 prior to retiring in September 1996.

Bill was a member of the Haverhill Memorial VFW Post #5245 in North Haverhill and was a former member of the Woodsville Fire Department. He enjoyed the outdoors, particularly hunting, fishing, and motorcycle riding. He spent a lot of time in his wood shop making potato boxes. Along with Betty, Bill loved going to Ticklenaked Pond for family gatherings and outings.

He was predeceased by a son, Roy Willey and his siblings, Nellie, Elnora, Mildred, Madelyn, Carolyn



"Pinky," Beverly, Carl, Donald, and Paul.

Survivors include his wife of 61 years, Betty Maynes of Woodsville; his children, Dianne Noyes and husband Spencer of Woodsville, Penny Cook and husband Donald of Woodsville, Cindy Bishop and husband Jeff of North Haverhill, NH, and Brad Maynes and wife Louise of Littleton; 13 grandchildren; several great grandchildren; and several nieces, nephews, and cousins.

There will be no calling hours.

A funeral service will be on Friday, February 19, at 10:30 AM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH, with Pastor Clint Brake, officiating.

Burial will be in the spring at Pine Grove Cemetery, Woodsville, NH.

In lieu of flowers, memorial contributions may be made to VFW Post #5245, c/o Mr. Dale Pierson, 3 Beech Street, Woodsville, NH 03785.

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.

ACT Snowshoe Walk

SUGAR HILL-- Everyone is invited to what we fervently hope is a snowshoe walk on the Cooley-Jericho Community Forest on Sunday, Feb. 28 at 1:30 p.m.

Ordinarily, late February is a perfect time for an afternoon hike with light illuminating the Franconia Range. The Whites are seen in all their glory from several vantage points on our new Blue Loop Trail (yet to better named!).

We'll start from the main parking area on Trumpet Round Road in Sugar Hill. There will be two loop options, and depending on the size and inclination of

the group, we will choose our path(s). One option will be a bit steeper and longer than the other. Plan for 2 – 3 hours.

Please dress and equip for the conditions (this winter, one can only imagine what they will be).

For more information, call the ACT office at (603) 823-7777. A map and directions are at www.aconservation-trust.org. On the day of the hike, if you have questions please call hike host Rebecca Brown at (603) 728-5557.

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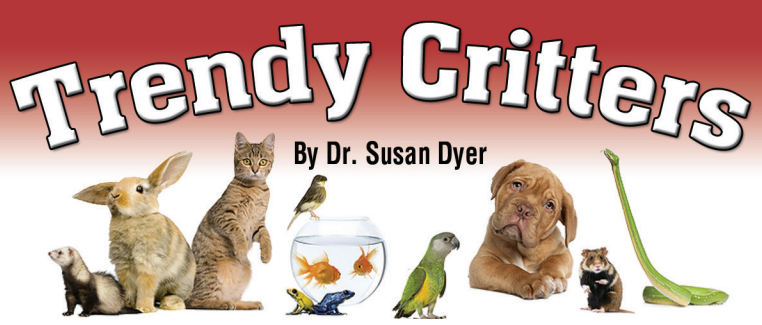
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Backyard chickens are becoming more and more popular as production animals (meat or eggs) and pets. Many households start with a few pullets (birds under 1 year old) or chicks but the flock grows as time goes on. There are many considerations to owning chickens, and I will address a few here.

There are many different breeds of birds and assessing what type of breed would suit your family or farmstead is ideal. There are many online resources to learn traits of different breeds of birds. For example, if you are going for a breed that is going to live for a long time, then a breed that is less of a production animal will definitely live longer. On the other hand, production birds are bred to maximize their potential output of eggs or meat in the shortest time possible. Most high production egg laying birds are limited to about 3-4 years old before their usefulness has gone. Whereas, a lesser producing bird may live for up to 10-12 years.

Given the multitude of diseases that birds can acquire, I do not recommend getting birds from other private homes. There are many contagious diseases that can affect your entire flock that the other party may not even be aware that they have. This can be due to a "carrier state" in their own birds where they've been exposed to a milder form of a disease or perhaps they survived a bout as a young-

er bird. This can allow an apparently healthy bird to enter your flock and cause an outbreak of disease. I recommend hatching your own chicks or purchasing day old chicks from a hatchery rather than acquiring from a local private party, unless these will be your only birds.

The food offered must meet the requirements of the different life stages as developed for the poultry industry:

- Life stage
- Age
- Ration
- Egg layer
- Day 1 to 6 weeks
- Starter
- 7-18 weeks
- Grower
- 19-70 weeks
- Layer
- Broiler (meat)
- Day 1 to 3 weeks
- Starter
- 4-7 weeks
- Finisher

Feeding commercial pellets is recommended as the basis for a diet. Many diseases are made worse by dietary deficiencies. So, feed a pelleted diet as the majority of the diet and supplement occasionally with other products like ground or cracked corn, millet, barley or table scraps.

Chickens can make lively and entertaining pets or can be a production animal for meat or eggs or both. Feel free to consult with your veterinarian or local feed store for feeding and housing tips.

The Landlady

by Elinor P. Mawson
I had gotten married just before I was a senior in college. I spent the first semester finishing up my academic requirements and it was time to do my student teaching. I was hoping I could do that close by the college but that was not to be. We had to move 50 miles north to accomplish that, and we were not happy.

A trip to visit the school and find an apartment was on our agenda. The school part was OK--I liked the surroundings and the people I met. I would be teaching a group of freshmen, and a group of seniors along with some other duties. I knew it would be an interesting experience.

The apartment was another story. We were able to locate a 4-room second floor place within walking distance to the school. It didn't have a refrigerator or a stove, but it was heated and had lots of natural light. The bathroom had one of the shortest bathtubs I had ever seen, but it had to do. There was only one problem--the landlady.

She lived on the first floor with her very elderly, blind mother. She was a hover--dogging our footsteps all during the interview and extolling the virtues of the apartment. The rent was \$45.00 a month, and we didn't dare make any suggestions.

The move cost us \$52.00 and I rode with the movers since we were a 1-car family. We were in the middle of a January thaw and it was necessary to go through some flooding along the way. When we got to the apartment our landlady gave a series of directions to the movers; I was so re-

lieved to be there I didn't pay much attention. I also failed to notice that we didn't receive a key to either the front door or the apartment.

When my husband got home that night he was as relieved as I was that we were where we needed to be. (His commute would be 25 miles and mine would be about 10 minutes.) Meanwhile the landlady regaled us with all kinds of rules and regulations, the most important of which was disposal of our trash and garbage. "I run a decent house and I don't want any mice in it."

Life went on. We did our jobs. For our appliances, we used the window sill for a refrigerator and our electric frying pan and coffee maker (both were wedding presents) to cook with. We had daily visits from the landlady--visits that we knew of--and it soon became apparent that she visited when we weren't at home. Our trash disappeared daily from its receptacle. And we heard creaks on the stairs at odd times when we were at home.

Eventually we bought a stove and refrigerator second hand--the stove worked fine but the refrigerator was another story altogether. It cooked one day and froze the next. We finally bought a new one

One day we put our trash in a bag under the sink and it was gone when we returned home. The next day we left a sign under the sink that said "Nothing here for you today!" and took our trash with us when we left. We got a huge dressing down that evening. That lady had no scruples!

It was a very harsh winter. The thermometer frequently went to minus 30 degrees, and there were days when our car wouldn't start. Our

landlady had an empty garage, but we were told we couldn't use it. Fortunately the garage man on the corner would tow our car until it started--for \$1.00.

As winter turned to spring, she informed us that she would be needing to use our bathtub when the weather got warmer. That was our first clue that her bathroom didn't contain a tub. Needless to say we were horrified!

There were other problems too. When we had visitors that stayed beyond 9:00--That was too late! And if we stayed out past 9:00 that was too late, also. We got a lecture just about every day that we were doing something wrong or aggravating to her. When we needed to use her phone, she was right there with comments.

In June, after I graduated, we quietly found another place to rent, close to my husband's work, and gave our notice. The landlady's comment was, "Well, I will get some new teachers to rent the apartment". My comment was "We can't recommend it."

It turned ugly in a second. She put her hands around my neck and my life flashed before my eyes. "She's trying to ruin me, Mother!" she screamed. Somehow I extricated myself and got out of there.

We moved on the fourth of July, and we found ourselves in the antithesis of apartments. It didn't have a bathtub--just a shower. But our furniture fit, we had lots of closets and nobody told us of any rules. Our landlord was a wonderful person whom we grew to love. Our first son was born while we were there. Although we still had horror stories to tell about our landlady, our new place is the one I remember the most.

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Lighting for Growing Transplants

By Heather Bryant,
Field Specialist



I'm writing this on the first day this winter that I went out to start my car and it made that noise. The one that says in a grouchy voice "it is too cold, what do you want from me?" The thing is, it is February. Usually by this point in the year I've heard that noise quite a few times. So if my porch thermometer and my heating bills hadn't already clued me in, I would now know definitively; it has been an unusually warm winter so far.

Warm winters cause gardening enthusiasts to start thinking about the coming season and lulls us into thinking it's time to start our transplants. Hopefully, your car made that noise today too and reminded you that it's still a touch too early to actually start your plants if you intend to eventually put them outdoors in the garden. That said, it's never too early to start planning.

The biggest challenge I see with transplants, both for farmers and gardening enthusiasts, is light. If your plants are leggy, i.e. tall and spindly, you need more light. This is one of those situations where you are actually better off waiting until the last minute. As the days get longer you will have more natural light to work with, and with proper lighting your plants will take off faster and be healthier.

If waiting until the last minute still has you starting your plants before there's enough natural lighting, what are your options? The first strategy is to maximize the natural lighting that you do have. Do you have a south or southwest facing window to put the transplants in? You can further improve the natural lighting by washing the window right before you start your transplants – even if the glass already looks clean, your plants will notice the difference.

Next, you can move your plants around to get more sun. On days when the temperature gets to about 55-60° F you can put the plants outdoors. Even if it is

a little colder than that, you still have options. While the seedlings are small you may be able to warm them up to 55°F by covering the container with plastic wrap, but do not let the plastic touch the plant or stay on once the temperatures start to warm up.

Some stores sell miniature plastic tents or "greenhouses". These can usually be wheeled outside during the day. Just remember to weigh them down so they don't blow around. You can get the same effect by using a cold frame which is basically a wooden box with a window for a roof. Any inexpensive outdoor thermometer will help you monitor the temperature in the cold frame or tent, just remember to shade the thermometer so you get an accurate reading. You don't want to let the temperature get much over 70-75°F.

Naturally, people who are not home during the day cannot put plants outdoors and monitor them, and in this case investing in lights may be the solution. There are special grow lights on

the market or you can use 40 watt cool white or warm white fluorescent white tubes – if you have a shop light you don't use, that will work. Grow lights will come with instructions. If you use the fluorescent lights you will want to place your plants on blocks so that they are 6-8 inches from the light and can be lowered as they grow. Most vegetable transplants will thrive with 12 hours of light per day.

Another tip is that you don't need light the first day you plant your seeds. Seeds need very little light to germinate. Almost anywhere in your house will work. When they do germinate the first one or two leaves that appear are the cotyledons and those leaves don't photosynthesize so they can't

use light. It's only when the first true leaves appear that you need lighting. For most plants, this will buy you a week or two after planting before you need to worry about light.

Extension has a fact sheet that will help you decide when to start your transplants based on the plant and the date you plan to put them out in the garden. <http://tinyurl.com/TimingTransplants> You'll notice the factsheet gives a range of how long transplants should be kept indoors. The better your light quality is, the closer to the low end of the range you will be. So wait for the days to get as long as possible to take advantage of a rare instance when procrastination pays off!

Not all Times are Trendy, but there will always be



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by Ronda Marsh

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

Betty's Tomato Vegetable Casserole

Editor's Note: Ronda is not back yet, but it appears we will have some new columns very soon. Meanwhile, here is another oldie, but goodie.

I will be the first to admit that much of what I cook on a regular basis is not what one might consider especially "heart healthy." Like many people of my generation, I grew up consuming unlimited quantities of butter, cream, and lots of red meat. In the past few years, however, I have tried to make a conscious effort to initiate little changes toward a healthier diet, without compromising taste. Probably one of my favorite ingredient modifications involves the inclusion of olive oil. I have never liked using margarine (which all experts agree is REALLY bad for you,) but I do love butter, and I have found that in many recipes, you can substitute half the butter for olive oil, or eliminate the butter altogether, without sacrificing taste.

In honor of February being Heart Health Month, I'm featuring this very scrumptious casserole. My neighbor, Betty, who was extremely diligent about eating a healthy diet, brought this to me one day. Now, I am a true carnivore, but I was surprised to find that I really didn't feel like I needed to eat meat with this to be completely satiated. In the summer, I make this with fresh tomatoes, but in the winter, I just drain off the liquid from a can of diced tomatoes, and that tastes great, too. Nutritionist claim that eating meatless meals on a regular basis is a good idea, but whether or not you decide to serve meat with this, I think that eating this casserole is one of the easiest ways to make your day a little heart healthier!

1 medium potato, peeled and cut into 1/2-inch pieces
 1 medium sweet potato, peeled and cut into 1/2-inch pieces



1 red bell pepper, seeded and cut into 1/2-inch pieces
 2 carrots, peeled and cut into 1/2-inch pieces
 5 tablespoons olive oil
 1 onion, thinly sliced into rings
 2 small or 1 large zucchini, cut crosswise into 1/4-inch-thick pieces
 Salt and pepper
 2 large ripe tomatoes, cut crosswise into slices, or a can of diced tomatoes
 1/2 cup grated Parmesan
 2 tablespoons dried Italian-style bread crumbs

Preheat the oven to 400°F. Toss the potato, sweet potato, bell pepper, carrots, and 2 tablespoons of olive oil in a 13 by 9 by 2-inch baking dish to coat. Sprinkle with salt and pepper and toss until coated.

Spread vegetables evenly over the bottom of the pan. Arrange the onion slices evenly over the vegetable mixture. Arrange the zucchini over the onion. Drizzle with 2 tablespoons of oil. Sprinkle with salt and pepper. Arrange the tomato slices over the zucchini.

Stir the Parmesan and bread crumbs in a small bowl to blend. Sprinkle the Parmesan bread crumbs

over the vegetables in the baking dish. Drizzle with the last tablespoon of olive oil. Bake uncovered until the vegetables are tender, and the topping is golden brown, about 40 minutes.



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