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TRENDY

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Woodsville/Wells River Fourth of July Committee Announces 2016 Parade Theme, Changes to Activities

Every year a very small group of people meet monthly to plan and execute a huge day of celebration for the communities of Woodsville, Wells River and the surrounding areas. They work endless hours in the days before the Fourth of July setting up the community field and marking out spots, pulling everything together to have a full day of merriment and entertainment. After many years of asking for help, the Woodsville/Wells River Fourth of July Committee is saddened to announce their decision to discontinue the community field activities. They will continue to focus their efforts on the parade and the beautiful fireworks at the end of the day.

usual from the Woodsville Elementary School promptly at 11am on the Fourth and will proceed down Central Street, crossing into Vermont and finishing by the Fire Station in Wells River. This year's winning theme of "Great American Landmarks" was submitted by Nancy Williams of Bath, NH. Please incorporate this theme in your float design to be eligible for one of the many prizes awarded. The committee will continue

to set up the parking lot by the community field to help with parking for the fireworks. The fireworks will go off at a new EARLIER time of 9pm!!

There is still a lot of work to do for this year's celebration. If you would like to help please contact the committee via Facebook at www.facebook.com/woodsville.riverfourthofjuly, by email at woodsvillefourthofjuly@hotmail.com or by calling 603-747-2878.




But Wait, There's More!

Word has now come out that a group of interested and motivated people are indeed stepping up to revitalize the field activities in Woodsville on the Fourth of July. There are a large number of details still to be worked out, but it has been verified that at least two of the food vendors that have set up in past years will again be there in 2016. In regards to the other field activities, music and games are being planned though exact details are still to be ironed out.

One thing that appears to be definite this year is that there will not be carnival rides. However the initial plans do call for other activities for young and old alike. More details will certainly follow.

If your group or organization, or as an individual, would like to be part of this revamped 4th of July Celebration please call Gary or Janice Scruton at 603-747-3942 or email gary@trendytimes.com.

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TRENDY Dining Guide

The Little Grille

by Gary Scruton

The last time we visited the Little Grille in Woodsville we were able to get there on a Friday evening for their special Seafood Night. This time around it was actually a Sunday evening so no such luck. However, we were still able to take advantage of the delicious seafood that this small but remarkable eatery has to offer.

As mentioned the Little Grille is not a big place at its Woodsville location. In fact the spot they currently occupy was previously a Subway sandwich shop. But the owners have managed to make the most of the space that is available. There is a small

bar where the old sandwich making station was located. Plus there are a few tables and a couple of booths to seat those who wish to eat in. They may be small but they can accommodate groups of a dozen or more with advance notice. We also noticed that the phone was quite busy for those who wished to order a "to go" meal.

The Little Grille has a "seat yourself" policy. It works well as there are not that many seats to pick from. We quickly found a table in the corner and a waitress very soon showed up with menus and a question about what we would like for drinks.

As is my sometimes habit, I asked what they had on tap for beer. To my surprise they actually have a dark ale with their own private Little Grill label on it that is brewed in Maine according to the waitress. "I'll try that" was the obvious reply for me. My wife went with a simple diet soda.

Our waitress also brought to our table a complimentary bowl of warm tortilla chips and a bowl of salsa that was more than was hotter than mild. I tend to like some spicy foods and this salsa hit that spot very well. We did not finish that appetizer before our meal arrived, which was great because we got to keep nibbling on them during our meal.

Our drinks showed up

shortly and we were still working on just what to order. But we shortly came to some decisions. I went with the proved seafood side of the menu by ordering one of my favorites, fried scallops. My wife went one step further and had the seafood platter that had shrimp, haddock and scallops. One of the sides for both meals was a small cup of coleslaw. Now I usually eat my coleslaw (you should always finish what is on your plate), but it is normally not one of my favorite foods. But this one was different. It contained dried cranberries and bits of apple. Wow! Not expected. But very enjoyable.

Another side was the french fries. Kind of standard, but made better at the Little Grill because they included cocktail sauce with my meal as well as ample tartar sauce. No ketchup for me, I used the cocktail sauce instead for some added zest.

In regards to the main

dish, my fried scallops, I was not at all disappointed. First, there were plenty of them on my plate. Second they were of assorted sizes, some a bit smaller than others, but all of good size. Third was the fact that there was a fixed price on the menu, not a "market price" line. And finally, and perhaps most importantly, they were delicious. That is, after all, the real reason for ordering them.

My wife's meal was also quite satisfying. She enjoys combining the different tastes and textures. The variety on the seafood dinner was good, the price was reasonable and the tastes were delightful.

We are quite pleased that the Little Grille is one of the advertisers with the Trendy Dining Guide which gives us the opportunity to visit them and do this column. I look forward to the next chance to go up the street just a short ways and see what other areas of the menu we can explore.



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I Did A Soil Sample ... But What Do The Results Mean?

By Heather Bryant,
Field Specialist



Given the way this winter has gone so far, it's possible the ground will thaw soon if it hasn't already. That gives gardeners a prime opportunity to take their spring soil samples earlier than normal. But, sending in the sample is only the first step, next you will need to make sense of the results that come back.

When you receive your results, the first thing to look at is the pH of your soil. pH measures acidity and the number seven represents neutral. Anything below a 7 means your soil is acidic; anything above a 7 means your soil is alkaline. Plants generally prefer slightly acidic soils with pH values between 6 and 6.5. Of course there are some notable exceptions such as blueberries which thrive at pH levels between 4.5 and 5.

If your soil pH is out of line with what you want to grow, you can add lime to increase the pH or sulfur to decrease it. The recommendations section of your soil test result sheet will tell you what and how much you need.

Next you want to look at the nutrients. Three of the most important plant nutrients are nitrogen, phosphorus and potassium.

Nitrogen levels change quickly in the soil and are therefore not easy to test accurately. UNH doesn't test nitrogen, instead, we make recommendations on how much nitrogen fertilizer to add based on what your crop needs.

Organic matter contains

nitrogen. The soil test will tell you the percentage of organic matter you have in your soil and will "credit" you a certain amount of nitrogen for it. This will minimize the risk of applying excess nitrogen which might then wash out of your soil and into surrounding waterways.

Phosphorus levels in the soil tend to be high here in New Hampshire, particularly if your garden has received a lot of compost or manure in the past. This is because when you supply the right amount of compost and manure to meet the crops nitrogen needs for the year you also put on more phosphorus than you need. If the level in your soil is excessive you will likely get a recommendation to limit or even stop your use of manures and composts until the levels start to come back down.

High levels of phosphorus in the soil are a concern primarily because the phosphorus could wash into waterways causing excess algae growth. If your phosphorus levels are too high the best thing you can do is to keep plants growing in that spot to use up the phosphorus and minimize the risk of erosion.

Potassium helps your plants resist drought and may be low in your soil depending on how you or previous owners have historically used the land. If that is the case, the recommenda-

tions will tell you how much potassium to add and give you some examples of products that contain it.

Calcium and magnesium are also considered major plant nutrients. Magnesium helps your plants photosynthesize and calcium is important for plant growth. Lime products contain calcium and in some cases magnesium. Other products may also be used if you need calcium or magnesium but do not need to adjust your pH. In fact, if your grandparents used Epsom salts in their garden, they were most likely trying to increase the amount of magnesium in their soils.

Finally, your soil test will also give you a value for the amount of lead in your soil and tell you whether or not that level is potentially harmful. Old landfill or factory sites and gardens near older homes with lead paint on the siding are the most likely places to find high levels of lead.

If you have any questions or concerns about your soil test results please call me at 787-6944 or the Education Center and Info Line at 1-877-398-4769.

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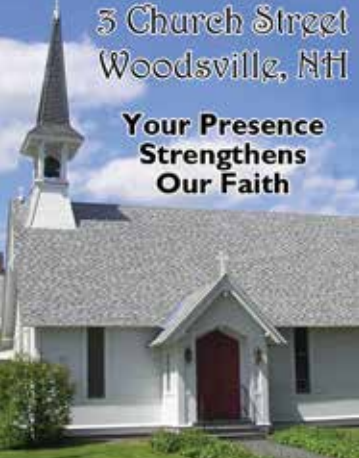
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Marijuana Legalization

by Joe Benning
State Senator
Caledonia-Orange District

Serving on both Senate committees that have been dealing with marijuana legalization for the past year, I've seen a lot. Over 100 hours of testimony, reams of paperwork ranging from projected catastrophe to fiscal utopia, and eight public forums all around the state. As someone who doesn't imbibe, I like to think I view the issue from a neutral position.

The issue isn't going away. An estimated 80,000 Vermonters are consuming marijuana while spending upwards of \$225,000,000.00 annually to do so. Polls indicate a clear majority of Vermonters support legalization, overwhelmingly so in the 18 to 44 year old age range. As legalization initiatives are introduced all around us, how should we respond?

First let's acknowledge legitimate concerns. Minors with developing brains should not consume marijuana. The black market produces a more potent and sometimes dangerous product. Finally, we have a more serious problem with opiates. Legislation should address these concerns. So enter S.241, a bill just passed by the Senate to "legalize" marijuana. It endeavors to balance the public's desire for consumption with these concerns.

The "legalization" part is actually quite limited and doesn't take place until January of 2018. It "legalizes" only those over age 21 who are in possession of one ounce or less. This narrow group was "decriminalized" two years ago and this bill simply changes their status to "legal." The bill also creates a limited number of licensed and state-monitored cultivation and retail establishments. (Towns are able to opt out of hosting them, but if not they'll retain all zoning and planning rights.)

The bill does not allow for consumption outdoors, in "lounges," or in cars. Employers are not required to permit consumption or change work policies. Landlords can prohibit consumption in rental units. Sales of edibles, underage possession, possession of more than one ounce or plants, or unlicensed sales remain subject to criminal or civil sanctions.

The bill creates substantial license fees for cultivators and retailers, along with a 25% tax on sales. That income is a self-sustaining revenue source that does not currently exist. The money will not be placed in the general fund. Instead it is divided into four parts:

Law enforcement: The current weapon against drugged driving is a properly trained police officer called a "Drug Recognition Expert," or "DRE." They combat all drugged driving, not just

marijuana-related cases. The bill increases the number of DRE's and also provides for improvements to our state lab to assist with these prosecutions.

Prevention and education: First let's be clear about marijuana as a "gateway drug." The vast majority of marijuana users will never end up abusing harder substances. However, many of those abusing harder substances began with marijuana. Unfortunately, marijuana purchases are now conducted through drug dealers out to make profits and who never ask for proof of age. Getting you hooked on a harder substance increases their profit. The bill disrupts those dealers with state-monitored retail environments. Proceeds will increase prevention and education programs against all substance abuse, mirroring our successful tobacco eradication efforts.

Treatment: Marijuana has been consumed in this state for many decades, but the recent increase in crime, family dysfunction and addiction is not marijuana's doing. Our opiate problem is now public enemy number one. Proceeds from this new revenue stream will be dedicated to opiate addiction programs in conjunction with prevention and education.

Administration: The final portion of proceeds from this new, self-sustainable revenue stream will be dedicated to its administration, thus not becoming a burden to taxpayers.

S.241 recognizes public reality and legitimate concerns. Let's dispel fear and support it.



Minimum Wage and Market Demand

During recent years, the New Hampshire House has debated the issue of a statewide minimum wage numerous times. Should the wage be based upon the federal minimum wage amount of \$7.25 per hour or should the state take another tact and raise the amount to perhaps the level of Connecticut's \$9.60 per hour or the \$10.00 per hour rate in Massachusetts?

The NH House acted upon HB 1364, a bill relative to minimum wage for tipped employees, and HB 1480, relative to establishing a state minimum wage, this last week. HB 1480 proposed increasing the hourly minimum wage to \$9.50 over the next three years. The Labor Committee had previously heard testimony that approximately 1% of workers in NH earn the current minimum wage with the remaining percentage above the minimum. All state employees make more than the recommended minimum wages as proposed over the next 3 years: FY17 = \$8.25, FY18 = \$9.00 and FY19 = \$9.50. A recent statement by WalMart indicated that as of February 1, 2016, their part time employees in NH are making an average of \$10.95 an hour, and their full time employees \$14.29 an hour. Walmart increased wages due to an "employee's market," proving that economic laws of supply and demand do work.

In FY19, "tipped" employee minimum wages would be increased to \$5.00 an hour and only apply to restaurants. Testimony given by restaurant representatives

confirmed that the current base rate plus tips averages between \$16 and \$22 an hour, with some even higher depending on the venue.

Rising the minimum wage could have unintended consequences on businesses and jobs. First, many local businesses are presently offering wages above the federal wage minimum and this is due to a shortage of well-trained, skilled individuals. Accordingly, the narrow pool of trained individuals drives the market and wages. Secondly, when a lower level wage is increased, all wages above the minimum are also impacted or raised. In addition, many businesses frequently employ high school or college students as part time employees in summers and holidays. By raising this bottom wage, there will be fewer part-time jobs available for temporary summer workers that require more supervision and training. Lastly, small business owners are still recovering from the previous down cycle, and with additional costs and unforeseen operating expenses associated with health insurance, credit cards, and more, small business finds it difficult to remain profitable.

In summary, the NH House voted to maintain the current federal wage scale and to let the free market and demand for skilled workers drive NH's minimum wage. A competitive, success market environment does not need further government intrusion. Government can and must provide opportunity and foster productivity, not smother it.

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From The Desk Of



Dear Constituents,

It's in the news every day—New Hampshire has a heroin and opioid crisis. According to the National Center on Substance Abuse and Addiction, 9 out of 10 individuals who struggle with addiction began drinking, smoking, and using other drugs before they turned 18 years of age.

To stem the tide of this crisis, it is imperative that we keep a focus on prevention so that we stop our young people from entering the addiction pipeline. We know that when we prevent youth substance abuse, we prevent addiction. Prevention educational programs and messaging is critical to halting this epidemic.

To strengthen prevention education, last week the Senate Finance Committee voted to pass Senate Bill 535. As the prime sponsor of this legislation, I was pleased that it received unanimous bi-partisan support. SB535 will create a one-year grant program for every New Hampshire high school that would like to participate in a proven Heroin and Opioid Prevention Education (HOPE) program.

HOPE is a collaborative effort between Plymouth State University's TIGER (Theater Integrating Guidance, Education, and Responsibility)* program and Communities for Alcohol and Drug-Free Youth (CADY), a non-profit organization serving as the state's regional prevention network for Central New Hampshire. HOPE's first initiative "Alex's Story," tells a real-life, first-hand account of a New Hampshire teen who became addicted to heroin.

I met Alex and got to hear his story when he visited the Inter-Lakes High School a few months ago. In a packed auditorium, he spoke to students about his addiction journey. The experience was so powerful that it led me to believe Alex's story should be made available to any high school that was interested.

"Alex's Story" is effective with teen audiences because it is authentic. 100% of the dialogue shared is Alex's own words from his experience with drug use, addiction, treatment, and

recovery. This program is relatable because Alex is the boy next door—he comes from a good family, participated in sports, and was a Boy Scout.

High school students are hard to reach audiences—HOPE is designed to bridge this communication gap. This program uses a successful peer-to-peer strategy. Where kids will "tune out" adults, they will "tune in" to their peers. According to drug prevention experts, a power differential between adults and youth exists and this can make communication difficult. It is the equality in power status among youth that makes peer-based communication most successful.

This program emphasizes the progression of drug use to addiction. Most youth and many adults don't realize that use of all types of drugs serve as risk multipliers for

opiate and heroin addiction (e.g., alcohol addiction increases the risk of heroin addiction two-fold; for marijuana, it is three-fold; and for prescription opioid painkiller addiction, it is 40 times higher). This presentation clearly defines early onset of any drug use as a gateway to problems and addiction.

Alex's message reinforces that addiction can happen to anyone—especially teens. In fact, the developing teen brain is most vulnerable to addiction. From experience, we know that kids don't want to be lectured to about the science of addiction—but they are receptive to the message when imbedded in a storytelling format.

"Alex's Story" provides valuable awareness and education to high school audiences on the progression of drug use from experimentation, to regular use, and then addiction. Beyond the primary prevention mission, Alex is encouraging kids currently in trouble with drugs to get help before it's too late.

Grants will be available to public high schools, including chartered public high schools, to cover the cost of

the HOPE presentation. To evaluate the effectiveness of the program, recipients of a HOPE grant will submit a report to the Governor's Commission on Alcohol and Drug Abuse Prevention, Treatment and Recovery after receiving the presentation.

If we are to get our arms around the growing addiction and overdose death crisis, it is critical that we prevent young people from ever abusing drugs in the first place.

The bottom line is that addiction is stealing the lives of our young people. We need to reach our kids before drugs do. Many schools do not have the financial means to host school-wide educational programs—this program will remove this barrier, prevent addiction, and save lives.

Enhanced prevention education is just one piece of the puzzle in getting serious about the drug scourge facing New Hampshire. Stopping the supply of drugs into New Hampshire and providing effective treatment and

recovery programs are also important and I am proud to say that we are making real progress.

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 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

* TIGER is a powerful and exciting collaboration between the Integrated Arts and Counselor Education graduate programs at Plymouth State University. TIGER is a professional theatre company designed to help children, schools, parents, and communities deal proactively and positively with social issues and concerns facing children in schools today.

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Day • Week • Month
Trailer Hitch Installations

TOOL BARN, INC.
1233 LOWER PLAIN • ROUTE 5
BRADFORD, VT
802-222-9311
Mon-Fri 7:30am-4:30pm • Sat 8am-12 Noon

The Barnet School 8th Grade Live & Silent Auctions
Kids Row – Barnet, VT

Saturday, March 26th, 2016
5:00 p.m. to 8:00 p.m.
Many terrific items to bid on!

Gift certificates from local businesses, firewood, passes to local museum and attractions, maple syrup, movie passes, and much, much more.

SOMETHING FOR EVERYONE!

Donations of new and like-new items are being collected at the school
Friday from 3 pm- 8 pm and Saturday from 9 am - 3 pm.
No clothing, couches or tech equipment please

We Hope You Can Join Us!

Sunday, March 27, 2016
11:00 am - 10:00 pm

Easter Dinner

Maple Glazed Baked Ham
Mashed Potato • Vegetable
Homemade Roll
Choice of Pie, Pudding or Ice Cream

Adults \$13.99 (plus tax) • 10 & Under \$6.99 (plus tax)
10% Senior Discount

Don't forget to order your home baked pies, breads & rolls!

P&H

2886 Rte 302 & 191
Wells River, Vermont
802-429-2141

TRUCK STOP

Calendar of Events

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

TUESDAY, MARCH 22

GRACE BAGLEY, PIANO
11:30 am Lunch at noon.
United Congregational Church, Orford

PROSPECT FARM DROP

5:00 - 6:00 PM
Littleton Food Co-Op

THURSDAY, MARCH 24

MAUNDY THURSDAY SERVICE
7:00 PM
Wells River Congregational Church Vestry

FRIDAY, MARCH 25

GOOD FRIDAY NIGHT SOUP
5:00 - 7:00 PM
American Legion Auxiliary Unit 83, Lincoln

OLD TIME MUSIC & JAM

7:00 PM
Catamount Arts, St. Johnsbury.

SATURDAY, MARCH 26

A SPRING BOOK SIGNING EVENT!!!
Tara Williams, Eric Pinder, Heather Krill
10:00 AM - 2:00 PM
Lincoln Public Library, Church Street

LIVE & SILENT AUCTIONS

5:00 - 8:00 PM
Barnet School
See Ad on Page 5

SUNDAY, MARCH 27

EASTER SUNRISE SERVICE
6:15 AM
Stevens Residence on Bible Hill, Wells River

JOINT EASTER SERVICE

10:00 AM
Wells River Congregational Church

EASTER SERVICE

10:00 AM
Lyman Bible Church, Parker Hill Road, Lyman

MONDAY, MARCH 28

GENEOLOGY BY RITA MILLER
12:00 Noon
Haverhill Congregational Church

TUESDAY, MARCH 29

ENTERTAINMENT BY VI
11:30 am Lunch at noon.
United Congregational Church, Orford

THURSDAY, MARCH 31

BATH HISTORICAL SOCIETY MO. MEETING
1:00 PM
Bath Historical Society Building

FRIDAY, APRIL 1

RENEW THE FEELING
5:30 PM
Blue Mt. Union School, Wells River
See Ad on Page 12 & Article on Page 11

THE PHANTOM TOOLBOOTH

7:00 PM
Jean's Playhouse, Lincoln
See Article on Page 9

SATURDAY, APRIL 2

SECOND ANNUAL DESERT AUCTION
5:00 - 7:00 PM
North Haverhill United Methodist Church

THE PHANTOM TOOLBOOTH

7:00 PM
Jean's Playhouse, Lincoln
See Article on Page 9

SUNDAY, APRIL 3

THE PHANTOM TOOLBOOTH
2:00 PM
Jean's Playhouse, Lincoln
See Article on Page 9

TUESDAY, APRIL 5

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, APRIL 6

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

SATURDAY, APRIL 9

CHURCH RUMMAGE/YARD SALE
9:00 AM - 1:00 PM
Haverhill Congregational Church Parish Hall

HUNTING HERITAGE BANQUET

5:00 PM
Lyndon State College Alumni Hall
See Ad on Page 7

ITALIAN SUPPER

5:30 - 7:00 PM
Woodsville United Methodist Church

TUESDAY, APRIL 12

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

WEDNESDAY, APRIL 13

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

TUESDAY, APRIL 19

NH STATE VETERANS COUNCIL
REPRESENTATIVE
8:30 AM - 12:00 Noon

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
ADULT STRENGTH TRAINING
1:00 - 2:00 PM - North Congregational
Church, St. Johnsbury
9 AM - 10 AM
Municipal Offices, Lyndonville
10:30 AM - 11:30 AM
Municipal Offices, Lyndonville
BINGO - 6:00 PM
Orange East Senior Center, Bradford
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School

MONDAYS/WEDNESDAYS

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

MONDAYS/THURSDAYS

Adult Interval Aerobics Class 6:30
Woodsville Elementary School
GOLDEN BALL TAI CHI
8:30 - 9:15 AM - St. Johnsbury House

TUESDAYS

BREAKFAST BY DONATION
8:30 AM - 10:00 AM
Horse Meadow Senior Center, N.
Haverhill
ADULT STRENGTH TRAINING
9 AM - 10 AM - St. Johnsbury House
10:30 AM - 11:30 AM
Senior Action Center,
Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Presbyterian Church, S. Ryegate
NOON - Darling Inn, Lyndonville
T.O.P.S. (TAKE OFF POUNDS SENSIBLY)
Weigh In 5:00 PM - Meeting 6:00 PM
Horse Meadow Senior Center, N. Haverhill
EMERGENCY FOOD SHELF
4:30 PM - 5:30 PM
Wells River Congregational Church
WEIGHT WATCHERS - 5:30 PM
Orange East Senior Cntr, Bradford
AA MEETING (OPEN BIG BOOK)
7:00 PM - 8:00 PM
St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

ACTIVE OLDER ADULT
STRENGTH CLASS - 1:30 PM
Woodsville Post Office, S. Court St
GROWING STRONGER FITNESS
CLASS 2:00 PM - 3:00 PM
East Haven Library

TUESDAYS/FRIDAYS

GOLDEN BALL TAI CHI
8:30 AM - 9:15 AM
First Congregational Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS - 9:00 AM
Evergreen Pool, Rte 302, Lisbon
ADULT STRENGTH TRAINING
1 PM - 2 PM
North Congregational Church,
St. Johnsbury
BINGO - 6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill
CRIBBAGE - 7:00 PM
Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS

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

THURSDAYS

ADULT STRENGTH TRAINING
10:30 AM - 11:30 AM
Senior Action Center
Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Darling Inn, Lyndonville
PEACHAM FARMERS MARKET
Peacham Academy Green
LISBON FARMERS MARKET
3:00 PM - 6:00 PM - Main Street, Lisbon

FRIDAYS

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

SUNDAYS

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

Haverhill Corner Library Continues Scandinavian Mysteries Discussion Series

Haverhill, NH — The Haverhill Corner Library will sponsor a discussion of Faceless Killers by Henning Mankell on Monday, March 28, the library has announced. This is the second in a series of book discussions featuring Scandinavian mysteries.

The discussion will begin at 7:00 PM and will be free and open to the public. Copies of the book are available to borrow at the library.

Faceless Killers is the first novel in Mankell's bestselling series featuring Swedish police inspector Kurt Wallander, and was the inaugural winner of the Glass Key award for crime novels from Nordic countries. The Wallander novels have been adapted for both Swedish and Anglo-American television; the English versions featured Kenneth Branagh as Wallander and aired in the U.S. on the PBS series "Mystery!"

Faceless Killers opens with the brutal murder of an elderly farming couple in rural Sweden. Inspector Wallander of the Ystad police takes charge of the investigation, assisted by a group of officers who will become regular characters in the series. Recently separated from his wife, estranged from his daughter, and struggling

with a father who is developing dementia, Wallander drinks too much, eats poorly, and doesn't exercise. His personal demons, however, are balanced by his skill as an investigator, though he is put to the test when the original crime later leads to a second murder.

A social critic and activist, Henning Mankell painted an unsparing portrait of Swedish society in his Wallander novels. With the international success of his work, he also became an active philanthropist, particularly supporting organizations in Africa. He was also the author of numerous other works, including a mystery novel featuring Linda Wallander, the daughter of his most famous character. This book was intended to be the first in a trilogy, but Mankell abandoned the project when the actress who played the role in the Swedish television adaptations committed suicide.

Henning Mankell died of cancer in 2015.

The Scandinavian Mysteries series will conclude on April 25 with a discussion of The Snowman by Jo Nesbø.

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

Orange East Senior Center

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

AARP Tax assistance at the senior center is still ongoing. Please call for an appointment and remember they fill up quickly.

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

American Sniper Big Library Read: American Sniper will be available to Groton Library cardholders for free unlimited e-book & audio downloads on ListenUpVermont during Overdrive's Big Library Read from March 17-31. Contact the library for tech help or more info! (American Sniper tells the true story of the most lethal sniper in U.S. history as Chris Kyle recounts his time spent serving in the military overseas.) Our library also has the large print book & DVD available for lending.

Fri, March 25 at 3:30pm: Kids' Nature Craft

Beginning Abstract Art. Learn to create expressive abstract art through cut colored paper just like the fa-

mous artist Matisse! Open to all ages.

Fri, March 25 at 5:00pm: Teen/Adult Art Class

Introduction to Colored Pencil. Learn how to use color and blending techniques to make vibrant drawings and get the details you want. Beginners welcome!

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? 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).

Bath Public Library Announces Grant Award

BATH – The Bath Public Library has received a grant from New Hampshire Humanities to present Kevin Gardner, "Discovering New England Stone Walls" on Saturday, April 2nd at 7:00 pm at the Bath Town Hall.

Kevin explains how and why New England came to acquire its thousands of miles of stone walls, the ways in which they were built, how their styles emerged and changed over time and their significance to the famous New England landscape.

This program is free and open to the public. New Hampshire Humanities nurtures the joy of learning and inspires community engagement by bringing life-enhancing ideas and subjects from the Humanities to the people of New Hampshire.

For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrary@together.net.



NWTF North Country Longspurs
21st Annual
Hunting Heritage Banquet
April 9, 2016, 5 pm
Lyndon State College Alumni Hall

There are a limited number of tickets so please call or email for more information:

Colleen Racenet, 802-748-1415
colleen.racenet@gmail.com

Check out our website: northcountrylongspurs.com



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Spring Chick Orders**

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Rhode Island Reds Pullets \$3.25 each (day old)
Barred Rocks or Black Sexlinks Pullets \$3.25 each (day old)
Turkeys Broad White \$4.50 each (day old)

ORDER NOW THROUGH MARCH 26TH

Chicken shipment est. delivery is the first part of May.
Turkey shipments after July 4th or after August 8th.

ReNew the Feeling!
April 1, 2016 at 5:30 pm
Blue Mountain Union School cafeteria
One Year Anniversary Celebration & Potluck of ReNewbury



Celebrate the spirit of our Newbury community and volunteerism by:

- *breaking bread together
- *enjoying children's singing
- *hearing a short update on happenings in our Town

The community is invited to attend. Families are welcome. Kindly bring a potluck dish. Please join us, even if you missed the first ReNewbury event!

For more information contact NewburyConnect at newburyconnect@gmail.com or Emmy Hausman at 802-584-3874 Find us on Facebook

Not all Times are Trendy, but there will always be Trendy Times March 22, 2016 Volume 7 Number 12

Monroe Consolidated School Raises New Hampshire Flag From State Capitol



Monroe- All students and staff recently joined in a special presentation at Monroe Consolidated School. Principal Leah Holz reached out to Representative Brad Bailey and requested a New Hampshire State Flag. Representative Bailey had a flag flown over the Capitol in Concord on March 10th in honor of the school and during the presentation explained the significance of the symbols on the flag. The eighth grade girls displayed and raised the flag which was followed by the entire school reciting the Pledge of Allegiance. Pictured from left to right: Falynn Locke, Kennedy Wagner, Natalie Deschamps, Sophia Beardsley, and Rep. Bailey.

For more information contact: Principal Leah Holz at 638-2800

Bath Village School hosts artist Michael Zerphy

Theater artist, mime, storyteller, clown and educator Michael Zerphy spent the day at Bath Village School March 17, using his craft and his unique sense of playful discovery to explore important life lessons with every student in the school.

The day included an all-school assembly, "Choices to Grow By," to which students from Warren Village School were invited. "Choices to Grow By" uses mime, stories and physical comedy to encourage students to make healthy choices for personal growth. The show demonstrates themes like learning from mistakes, taking a chance to try something new, listening with understanding and empathy, and expressing individuality by developing your gifts with persistent yet playful determination.

Follow-up workshops with all classes focused on



Even our nurse got in on the action! Michael Zerphy and Tara Roy during the evening performance.

creating pieces based on the theme of the performance, using movement, theater exercises and improvisation and focusing on individual creativity and group cooperation.

In the evening, parents joined their children for a spaghetti dinner and Family Night with Michael, which included excerpts from his show "Zany Acts!" combined with a chance for students and their families to try theater skills out and create pieces together.

Michael is a Vermont-based teaching artist who has performed in schools libraries, colleges, theaters and festivals across the US and Europe – from Alaska to Scotland's Edinburgh Fringe Festival. He has appeared at the New

England Vaudeville Festival, the Brooklyn Academy of Music and the New York International Festival of Clown Theatre, and has taught at Boston University, Emerson College and the Omega Institute.

His visit to Bath was coordinated in partnership with the Arts Alliance of Northern New Hampshire as part of a 12-day North Country residency, funded in part by the New England States Touring Program of the New England Foundation for the Arts, made possible with funding from the National Endowment for the Arts Regional Touring Program and the six New England state arts agencies, including the New Hampshire State Council on the Arts.

Volume 7 Number 12

March 22, 2016

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

WELLS RIVER

Happy Easter

<div style="background-color: #4CAF50; color: white; padding: 2px; text-align: center; font-weight: bold;">2011 Mini Cooper</div> <p style="text-align: center;">\$17,888</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p style="font-size: 1.2em; font-weight: bold; color: blue;">\$226⁵⁹</p> <p style="font-size: 0.8em; color: blue;">A MONTH</p> <p style="font-size: 0.7em;">#40377, Countryman, All-4, AWD, 1.6L Turbo, Htd-Ltr, Moonroof</p> </div> </div>	<div style="background-color: #4CAF50; color: white; padding: 2px; text-align: center; font-weight: bold;">2010 Chevy Camaro SS</div> <p style="text-align: center;">\$24,880</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p style="font-size: 1.2em; font-weight: bold; color: blue;">\$314⁰⁷</p> <p style="font-size: 0.8em; color: blue;">A MONTH</p> <p style="font-size: 0.7em;">#36034S, RS, 6.2L, 6sp, Roof, Leather, 11k Miles</p> </div> </div>	<div style="background-color: #4CAF50; color: white; padding: 2px; text-align: center; font-weight: bold;">2014 Hyundai Elantra</div> <p style="text-align: center;">\$13,917</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p style="font-size: 1.2em; font-weight: bold; color: blue;">\$159⁷⁹</p> <p style="font-size: 0.8em; color: blue;">A MONTH</p> <p style="font-size: 0.7em;">#40374, SE, 4dr, 1.8L, Auto, Nicely Equipped, 38 mpg</p> </div> </div>
<div style="background-color: #4CAF50; color: white; padding: 2px; text-align: center; font-weight: bold;">2014 Ford Escape</div> <p style="text-align: center;">\$19,996</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p style="font-size: 1.2em; font-weight: bold; color: blue;">\$228⁵⁵</p> <p style="font-size: 0.8em; color: blue;">A MONTH</p> <p style="font-size: 0.7em;">#25180A, SE, AWD, 2.0L EcoBoost, 28 mpg</p> </div> </div>	<div style="background-color: #4CAF50; color: white; padding: 2px; text-align: center; font-weight: bold;">2013 Dodge Durango</div> <p style="text-align: center;">\$24,973</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p style="font-size: 1.2em; font-weight: bold; color: blue;">\$315²⁴</p> <p style="font-size: 0.8em; color: blue;">A MONTH</p> <p style="font-size: 0.7em;">#25258A, SXT, AWD, 3.6L, 8 Pass, Tow Package, 1 Owner</p> </div> </div>	<div style="background-color: #4CAF50; color: white; padding: 2px; text-align: center; font-weight: bold;">2015 Chevy Equinox</div> <p style="text-align: center;">\$24,986</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p style="font-size: 1.2em; font-weight: bold; color: blue;">\$284⁹⁶</p> <p style="font-size: 0.8em; color: blue;">A MONTH</p> <p style="font-size: 0.7em;">#40357, 2 LT, AWD, 2.4L, Moonroof, Heated Seats, 29 mpg</p> </div> </div>
<div style="background-color: #4CAF50; color: white; padding: 2px; text-align: center; font-weight: bold;">2015 Hyundai Santa Fe</div> <p style="text-align: center;">\$22,820</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p style="font-size: 1.2em; font-weight: bold; color: blue;">\$260⁴⁷</p> <p style="font-size: 0.8em; color: blue;">A MONTH</p> <p style="font-size: 0.7em;">#40371, Sport, AWD, 2.4L, Low Miles, Sharp</p> </div> </div>	<div style="background-color: #4CAF50; color: white; padding: 2px; text-align: center; font-weight: bold;">2011 Ford Ranger</div> <p style="text-align: center; color: blue; font-weight: bold; font-size: 1.2em;">Just In Call For Details</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p style="font-size: 0.7em;">#36141A, XLT, Xcab, 4.0L, Low Miles, Super Clean</p> </div> </div>	<div style="background-color: #4CAF50; color: white; padding: 2px; text-align: center; font-weight: bold;">2012 Toyota Tacoma</div> <p style="text-align: center;">\$23,958</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p style="font-size: 1.2em; font-weight: bold; color: blue;">\$302⁵⁴</p> <p style="font-size: 0.8em; color: blue;">A MONTH</p> <p style="font-size: 0.7em;">#36039A, TRD, Crew, 4.0L, SR5, Alloys, Tubes, 1 Owner</p> </div> </div>
<div style="background-color: #4CAF50; color: white; padding: 2px; text-align: center; font-weight: bold;">2013 Chevy K1500</div> <p style="text-align: center;">\$26,775</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p style="font-size: 1.2em; font-weight: bold; color: blue;">\$337⁷⁹</p> <p style="font-size: 0.8em; color: blue;">A MONTH</p> <p style="font-size: 0.7em;">#25242A, LT, Xcab, 5.3L, All-Star, Tow Package, Chrome Steps</p> </div> </div>	<div style="background-color: #4CAF50; color: white; padding: 2px; text-align: center; font-weight: bold;">2012 Chevy K1500</div> <p style="text-align: center;">\$24,464</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p style="font-size: 1.2em; font-weight: bold; color: blue;">\$308⁸⁷</p> <p style="font-size: 0.8em; color: blue;">A MONTH</p> <p style="font-size: 0.7em;">#24214A, LT, Xcab, 5.3L, All-Star, Tow Package, 55k</p> </div> </div>	<div style="background-color: #4CAF50; color: white; padding: 2px; text-align: center; font-weight: bold;">2011 GMC K1500</div> <p style="text-align: center;">\$26,989</p> <div style="display: flex; align-items: center;"> <div style="margin-left: 10px;"> <p style="font-size: 1.2em; font-weight: bold; color: blue;">\$339⁴⁶</p> <p style="font-size: 0.8em; color: blue;">A MONTH</p> <p style="font-size: 0.7em;">#26009A, SLE, Crew, 5.3L, Heated Leather, Chrome Package, Tow</p> </div> </div>

CHEVY BONUS TAG BLOWOUT!!!

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Bath Town Meeting Highlights

At this year's Bath Town Meeting there was more than just the warrant articles to be addressed. Grafton County Commissioner Linda Lauer presented Alden Minot a plaque for 60 years of service to the Town of Bath as Town Treasurer. Mr. Minot retired from this position at last night's Bath Town Meeting. Mr. Minot also received awards with recognition from the Town of Bath.



Also during the 2016 Bath Town Meeting the Fire Fighter of the year award was handed out Chief William Minot presented FF Joseph Rodger with the Fire Fighter of the Year award. Joseph is a Level II certified Fire Fighter with additional certifications in Ice Rescue and Swift-water Rescue. Joseph is currently a Senior at Woodsville High School. Joseph has been accepted into a dual degree program at Lakes Region College for Fire Science and Fire Investigation. He is currently completing his Emergency Medical Technician course.



Jean's Teens are proud to present The Phantom Tollbooth at Jean's Playhouse April 1-3

Jean's Teens, the teen theatre group operated by Jean's Playhouse in cooperation with Lin-Wood Public School, will be presenting The Phantom Tollbooth on April 1st and 2nd at 7:00 pm and April 3rd at 2:00 pm.

The Phantom Tollbooth, based on the book written by Norton Juster and illustrated by Jules Feiffer, tells the story of a boy named Milo who is bored by everything. One day, he discovers a gift in his room: "a genuine turnpike tollbooth." He decides to ride his toy car through it and is instantly transported to the Kingdom of Wisdom, once prosperous but now troubled. During his travels he passes through strange places, like The Doldrums where he meets the Lethargians and a watchdog named Tock, who joins him on his journey.

They travel to Dictionopolis where they meet many strange characters, including King Azaz, who is obsessed with words and letters. King Azaz has a brother, the Mathemagician, who lives in Digitopolis and is obsessed with numbers. Their sisters, Princess Rhyme and Princess Reason, used to be able to keep the kingdom calm, before they were banished to the Land of Ignorance! It then becomes Milo's quest, with the help of Tock and their friend The Humbug, to rescue the Princesses and battle the demons trying to stop them. The Phantom Tollbooth will be Jean's Teens sixth production, with young



Jean's Teens pose for a company photo from their most recent production, Give and Take in November 2015

participants from Lincoln, Woodstock, Thornton, Bethlehem, Waterville Valley and Plymouth.

Jean's Playhouse operates the professional Papermill Theatre and IMPACT Children's Theatre Companies in the summer and fall and the community Playhouse Players in addition to Jean's Teens theatre companies in the winter and spring. Jean's Playhouse also offers a limited year-round guest

artist series of magicians, comedians and musicians. Jean's Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to ongoing construction of the Riverwalk at Loon Mountain site off I-93 Exit 32. Visit Jeans-Playhouse.com or call 603-745-2141 for more information.



The Cottage Hospital Auxiliary recently presented Spring Dinner and Easter Baskets to winners of their recent raffle. Pictured in the back row are:

Marcia Selent, Cottage Hospital Auxiliary President; Pastor of the Trinity Church of the Nazarene. George Hemway basket winner; Diane Kirkwood, basket winner; Brenda Long, Auxiliary member; Paula Pollock, basket winner; Linda Monaghan, Auxiliary member. Seated is Barb Stevens who won the first place basket containing all the "fixins" for a grand Easter Dinner.

Cottage Hospital Auxiliary thanks everyone who purchased a raffle ticket for their support of this Spring fundraiser. Raffle proceeds will be used to assist with the new Geriatric Psychiatric wing which is scheduled to open later this year.



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A Boy and His Dogs - Half a Century Apart

By Robert Roudebush

I was a teenage boy once for about 7 years. When I was fourteen, I'd come home from school, get out of my school clothes, stuffed myself into my Levis and a T-shirt - in the 1950s and 60s Kansas City boys wore their 501 Button-flies snug - and go out adventuring with my dog Lad.

In those days in that place adventuring meant me and Lad running across the street to a patch of undeveloped forest that was just waiting for a boy and his dog. A pond or two, wetlands really. Lots of frogs. Piles of old fallen logs, great for rabbits and snakes to hide in. (good for my hunting cats too) There remained a long-unused railroad bed built up some ten feet from the forest floor. Secluded and shady-cool under an overreaching arc of trees. Two rusty rails were still laid down on rotting timbers, forgotten sad. I'll tell you a boy's imagination went into high gear standing there between those lengths of neglected metal - I called up trips never yet taken and invented others never to be taken, all pain made bearable by the endless hope of trusting youth. And just in case of anything threatening in my adventurland back then, every boy carried a trusty pocket knife, actually in his pocket, not in a little holster on his belt. No money then for a BB gun for the frogs and such but I was ready for any woodchuck or chipmunk who charged. They never did. Panting, happy Lad was always ready for action.

Fall was the best time of year for all this dog and boy wandering and I recall the smells - dusty crisp leaves under dog feet, the moist slightly decaying aroma around the green sitting water, the evergreen sharpness on the blowing wind. You could fart out there and nobody knew or cared. Both of us. We did.

That dog Laddy, back in 1960/61, was a bumbling big affectionate good-looking male German Shepherd mix. We didn't bother much with leashes or dog-control laws in those days and rambled freely on snappy afternoons. Lad left the world while I was still a boy more than 50 years ago and I thought of him today. Today's dog is "Cody", a way different dog and our adventuring is different, and the same too.

I call him "Woofy" most times - he's a mixed bag of sweet/lovely and pain-in-the-

(fill in the blank here). He came into my life a couple years ago and by now we've evolved into good friends. This vigorous alert 45 pounder is a Shetland Sheep Dog, or Sheltie - that's a herding breed from islands so far out in the ocean north of Scotland that they're also just off the west coast of Norway, the Shetland Islands. He's about 5 or 6 years old - some people call him a Miniature Collie because of how he looks - well-proportioned, sharp-nosed with tri-color long curly fur, white tail tip and a thick white collar as part of his full front ruff, and four white feet.

I looked shelties up before I adopted Woofy - "excitable" and "demanding" Wikipedia said. Right. It could have said sweet and affectionate and that'd be right too. Shelties are perched near the top of the intelligence scale, along with Border Collies, another herding breed they closely resemble. We explore our own land now - wooded acres with a pond and streams, with many more acres of the same surrounding us. As we walk along the unpaved roads around our cabin in the woods above North Haverhill during every season, Cody racks up twice or three times as much mileage as I do. His name could be "ranger"- he ranges off both sides of the road deep into the trees in circles and semi-cir-

cles. Bounces along really, on spring-steel legs. He's a great broken-field runner, nimble and quick and I know his barks when he's treed a squirrel - he regularly scares up ground grouse and spots and chases groups of deer several times a month. I take some care to keep him away from porcusunks and skunkupines. You bet I get off those gravel/dirt roads with Woofy and crunch my way across the leaves through the trees back into my boyhood - still smells great.

Sharply observant, Woofy is a dependable watcher and warner from our outside decks at home - he lets me know when anything moves, critters or even snow falling off a tree branch. The computer also told me he was "motion sensitive" and he's hard-wired to be aware of anything moving and react to it loudly, including the occasional vehicle driving past our place. Sharp eyes and sharp ears. Even in the house. Even the phone ringing and now you know about the pain-in-the-neck part. My ears ring sometimes too now.

Is the little dynamo worth the bother he causes me? The occasional irritation he stirs up? Oh sure - all Cody has to do is train those trusting intense brown eyes on me, and I slip a pocket-knife into my jeans and step out the door - I'm fourteen again.

ReNew the Feeling!

ReNew the Feeling! The entire Newbury community is invited to a potluck dinner to celebrate the One-Year Anniversary of ReNewbury. Last year almost 150 Newbury residents gathered together over two days to discuss and envision the future of Newbury.

April 1st is the date (no fooling!) and the place is the cafeteria at Blue Mountain Union School. Starting at 5:30, people will be celebrating the spirit of our Newbury community and its volunteerism by breaking bread together, enjoying children's singing, and hearing a short update on happenings in our



town. Everyone is invited to attend; children are welcome. Kindly bring a potluck dish - a main dish, a side, a salad, or a dessert.

This event is sponsored by NewburyConnect, a committee that arose out of ReNewbury last year. NewburyConnect will provide drinks, paper goods and utensils.

Even if you missed the first ReNewbury event, please join us at this one!

For more information contact: NewburyConnect at newburyconnect@gmail.com or Emmy Hausman 802-584-3874

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Give Your Investment Portfolio a “Spring Cleaning”

Now that spring has officially sprung, you might look around your home and decide it's time for some sprucing up. But you don't have to confine your efforts to your house and yard – you can also engage in a little “spring cleaning” in your investment portfolio.

Here are a few suggestions for doing just that:

- “Dust off” your investment strategy. Dusting is a big part of spring cleaning. Light fixtures, shelves, windowsills – they can all acquire layers of dust and grime that need to be whisked away. And if you've left your investment strategy unexamined for a long period, it too may need to be “dusted off” and re-evaluated. Over time, your financial goals, family situation and even risk tolerance can change, so it's a good idea to review your overall strategy to make sure it's still appropriate for your needs.

- Get rid of “clutter.” Once you start tidying up your house, you might be surprised at all the “duplicates” you find – a broom in a bedroom, another broom in the laundry room, a third

in the garage, and so on. Just as you probably don't need multiple brooms, so you may find that you have many versions of the same type of investment in your portfolio. If you own too many of the same investment, and a market downturn affects that particular asset, your portfolio could take a big hit. You may be better off by selling some of the too-similar investments and using the proceeds to diversify your holdings. (However, while diversification can reduce the impact of volatility on your portfolio, it can't guarantee profits or protect against loss.)

- Remove “stains” on your portfolio. As you clean your carpets and furniture, you might notice some stains that should be removed. And when you look through your portfolio, you might find some “stains” in the form of chronically underperforming investments. Instead of holding on to these vehicles with the hope that they will eventually turn around, you might consider selling them and using the proceeds to purchase new investments, which can help fill any gaps you may have in your holdings.

- Consolidate your accounts. Have you ever discovered a stapler in one drawer, a roll of tape in the linen closet and a bunch of

marking pens on your desk? All these items may be useful, but for the sake of efficiency (and to cut down on frustrating searches), you might want to consolidate them in one place. And you could do something similar with your investments. Specifically, if you have some stocks here, a couple of certificates of deposits there, and some IRAs at still another place, you might consider consolidating them with one financial services provider. With all your investments in one place, you could possibly reduce the fees and paperwork associated with maintaining your accounts. And when you eventually start taking withdrawals from your IRA and 401(k), you may find it easier to calculate these required distributions if they're coming from just one place. But just as importantly, when you consolidate your investments with one provider, you may find it easier to follow a single, unified investment strategy.

So, there you have them – some spring-cleaning ideas to help you update and energize your investment portfolio. And you won't even need a dustpan.

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

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Thank You

I would like to thank all my friends and relatives who were able to attend my surprise 80th birthday celebration. It was a total surprise. This beautiful day will always be so memorable. I had such a super time that words can not fully express my emotions.

Ginny Crowe,
Piermont, NH

Council on Aging Executive Director Resigns, Search Begun for Successor

ST. JOHNSBURY — Saying that she is returning home to Oregon to support her father in his wish to age in the comfort and security of his own home, NEK Council on Aging Executive Director Lisa Viles has tendered her resignation from the organization she has helmed for the last three years.

“Reluctantly, we have accepted the resignation of our executive director, Lisa Viles,” announced John Perry, president of the Council's

Board of Directors. “She undertook a particularly difficult task to reposition a venerable 35-year-old agency to better meet the challenges brought on by a more conservative funding climate.”

The Council on Aging offers a diverse selection of programs from fitness classes open to those as young as 40 to such services as food and fuel assistance and long-term care for frail, elderly Vermonters living on fixed incomes. The council's annual operating budget is \$2.6 million, of which \$1.19 million comes from the federal Older Americans Act, itself level-funded for the last

six years.

“It has been an honor to serve the people of the Kingdom who worked hard all their lives and deserve to live out the rest of their days in good health, with dignity, and with as much independence as possible,” Viles said.

Perry announced a search committee has been formed to find a successor “we hope will have the same level of dedication as shown by Lisa.”

The position will be advertised locally and statewide. For more information visit www.NEKCouncil.org.

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Letter to the Editor

WMNF Timber Cuts are shocking in the Benton Mountain Range or Sugar Loaf Mountain Trail obliterated.

The U.S. Forest Service has implemented a new clear-cutting technique in the forests west of Mount Moosilauke. They call it "Patch Cutting", I call it "Clear-Cutting in your Face".

Sugarloaf Mountain, the comical shaped summit between Black Mountain and Blueberry Mountain, had a less traveled trail up to 200 foot vertical cliffs. A knotted rope and rickety ladder providing access to the peak, for the intrepid only. A true gem of a day hike, with the added bonus of breeding peregrine falcons in the area.

No one will be hiking or hunting on Sugarloaf anymore. Despite the plans of local landowners, the Forest Service clear-cutting first two thirds of the trail two years ago. This past August, unaware of this destruction, I bushwhacked up

the mountain anyway. The bushwhack down, however, turned out badly.

For the first time in my 47 years hiking the White Mountains I became seriously lost, without cell phone or compass. After three hours, I stumbled through a clear-cut to a brook which eventually led me out, bleeding from the scrub brush. I reported the USFS to the NH State Police for willfully creating a safety hazard on that mountain.

Unfortunately Blueberry Mountain too has been decimated. Its trail has been clear-cut on both sides, and right up to the trail's edge. The same fate awaits Black Mountain Trail this winter.

The forest service has also unilaterally decided to permanently close the last three miles of Tunnel Brook Road to vehicular traffic, after repairing the damage caused by hurricane Irene. It will be used for timber operations only. This arrogant action now blocks easy access to Benton Trail, the

best trail up Moosilauke, as well as Tunnel Brook Trail, a favorite of anglers and hunters.

I do not wish to argue the pros and cons regarding clear-cutting verses selective-cutting, though I believe that new scientific evidence will tip the scale toward mixed-aged forest management. Instead of the current even-age management. My point is that this new type of aggressive and extensive logging is out of character with our North Country way of respecting and enjoying our scenic views and natural landscapes.

I have always been proud of how timber operations in the northeast were less obtrusive than what I had witnessed out west and especially the Northwest. Just ask anyone who has driven from Seattle to Olympic National Park - devastation for 87 miles, both sides and right up to the edges of the road.

Tom Sammom
Bath, NH

Tom,

I have hiked Blackmount and Blueberry in the past. What great assets to this area. I wish I had known about that ladder and rope back in my younger days.

I do believe that anyone going into the woods, for any reason, takes on certain responsibilities. Your own safety being the number one factor. Getting lost in the woods can be a very scary, and disconcerting event. Being prepared to take care of yourself, whether it be the ability to get yourself back home, or to simply survive until someone else finds you, is paramount.

Regarding the clear cutting that seems to be your major concern, I can only add to your voice that there seems to be a real concern. It would

seem evident that our area needs our scenic vistas to help bring tourists to our area. The destruction of any of these vistas is not helpful.

However, as in any discussion, there are multiple sides. I would suggest that at least some foresters would say that any forest needs to be maintained. Whether by clear cutting, or selective cutting is a decision that may vary from one section to the next. That is where a certain amount of common sense needs to take control. Before doing any project all sides need to be looked at, and considered.

I hope that permanent scaring of our country side does not take place.

Gary Scruton, Editor

With the legislature at mid-term, local legislators will offer more detailed reports on their committee work and the bills affecting the region at the Northeast Kingdom Chamber Legislative Breakfast to be held Monday, March 28, 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 invited to attend and encour-

aged 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 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, Lyndon Institute, 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.



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Wells River resident Richard Roderick recently went to the site of the Battle of Cedar Creek in Middletown, Virginia where the Vermont historical Marker is, that Vt. Senator Joe Benning dedicated 2 years ago commemorating the 150th Anniversary of the Battle that the VT 8th Regiment played an important role in.



North Country Senator Jeff Woodburn recently visited the Monroe Consolidated School, where he met with the fourth graders and their teacher Sarah Gaudette.

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A Walk in the Woods, Looking for the Snowshoe Hare

by Jim Frohn, Grafton County Forester



A recent walk in the woods found me hunting for the snowshoe hare. Looking with the hopes of seeing some sign of a good population of hares, and the possibility of obtaining some free range meat for the stew pot. I was hunting by myself without the use of beagles, so I had to move quietly and look carefully.

In order to find a hare, I needed to be in the right place, in the right type of habitat. I searched along the edge of alder swales and regenerating hardwoods, where hares like to feed on

alder, willow, aspen, and birch. They need to be able to reach the buds and twigs, and hares prefer small twigs of 1/2" diameter or less, so the trees need to be in the seedling or sapling stage. Preferably the feeding area is along dense young spruce and fir thickets, where the hares can hide from their predators. Many predators feed on snowshoe hares - I've heard them called the "bread of the north woods". These predators include bobcat, coyote, fox, fisher, great-horned owls, goshawks, and on this day, a two-legged hunter. Since there's not much snow this year, I didn't need my own snowshoes to keep up with the hare. As the name implies, the snowshoe hare has its own pair of "snow-

shoes" in its large hind feet. At five to seven inches long and several inches wide, the characteristic feet allow the hare to travel on top of deep snow. When the hare hops, it leaves tracks that seem backwards - the hind feet are first, and the front feet follow.

Unlike us, snowshoe hares can't put their snowshoes away in the spring. But one item the hare does change with the seasons is its coat - hence the other common name, the varying hare. The coat turns white in mid-December and starts to change back to brown again in late April. The change is a result of molting, and is controlled by the length of day.

The area I was hunting has an old abandoned bea-

ver flowage where regenerating alders and hardwood sprouts can be found. But the dense young softwood was harder to find, since the adjacent forest had grown up past the sapling stage and into the poletimber stage (poletimber consists of trees in the 5"-9" diameter range - too big to be saplings, but too small to be sawtimber). When softwoods reach this stage they lose their value to hares and many other species that use dense thickets for cover and food. The understory becomes shaded out and there is less vegetation to hide in and the buds and twigs are too high to reach.

I didn't have much luck finding hares or their signs that day, most likely because the habitat had grown too mature for them. And with fewer hares, there will be fewer of the predators that depend on them for food. Fortunately for me, I have many other sources of food. Wild predators can also switch to other food sources, but one hare can provide more protein than a smaller mammal such as a red squirrel or meadow vole.

Another factor at play in determining the number of hare in the woods is their population cycle. The snowshoe hare follows a boom and bust population cycle, where the number of hares peaks every ten years. It is a complex relationship between predator, prey, and food supply that is not fully understood. But without suitable habitat, hare numbers are sure to be consistently lower than with quality habitat.

The land I was hunting on belongs to a friend, so I will be able to have some direct influence on the habitat quality there. I have permission to harvest trees on the property, so I can focus on creating some good habitat conditions for hares when choosing trees to cut. In order to produce stands of

spruce/fir, one needs to start with seedlings established in the understory, known as advance regeneration. Spruce and fir are shade tolerant species - in other words, they will germinate and persist in the shade, and can out-compete hardwoods under shady conditions. Advanced spruce/fir regeneration can be established through silvicultural techniques such as shelterwood cutting or group selection. Once spruce/fir regeneration becomes established, the overstory trees can be removed. During harvesting, care needs to be taken to protect the seedlings and saplings as much as possible. A stand doesn't have to be treated uniformly; it is beneficial to many species of wildlife to create a patchy forest, with areas of seedlings and saplings, areas of pole timber, and other areas with mature sawtimber size trees. A consulting forester can help design a harvest to create multiple age classes and benefit wildlife on your land.

If you are interested in the relationships between forests and wildlife habitat, and actions that can be taken to promote habitat for different species on your land, there are a number of things you can do. You can contact your county's UNH Cooperative Extension forester, and/or contact the Extension Wildlife Specialist for an initial walk of your land to assess forest and wildlife habitat improvement opportunities.

For an in-depth learning experience about forests and wildlife, the New Hampshire Coverts Project may be what you are looking for. The Coverts Project trains volunteers to promote wildlife habitat conservation and forest stewardship. This is a four day training, being held this year on May 4-7. Applications are being accepted until March 21, 2016. More information is available at www.NHCoverts.org

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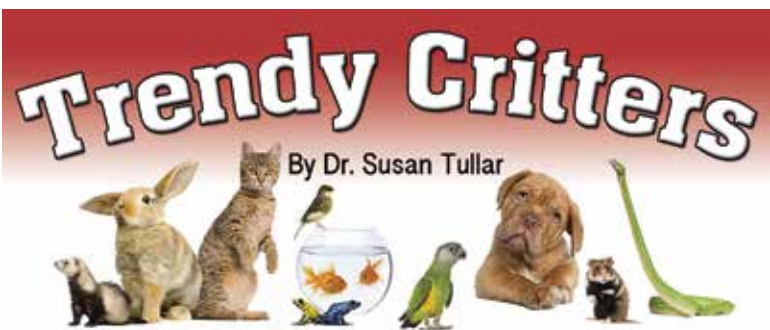
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Easter Holiday Hazards for Pets

Easter comes early this year, and it is important to know that while it provides a host of fun treats and activities for our kids, some of these can provide problems for our pets. This includes not only the candy, but also the toys, flowers, and 'pets' such as chicks and bunnies which are often given as gifts at Easter.

For most of us, Easter treats bring to mind chocolate bunnies, marshmallow peeps, and jelly beans. These can all cause trouble for our pets. Chocolate can cause vomiting, diarrhea, hyperactivity, abnormal heart rhythm, tremors, seizures and in severe cases, death. Peeps and jelly beans can cause gastrointestinal upset if ingested. Some Easter candy may have artificial sweeteners such as xylitol, which can cause a rapid severe drop in blood sugar in dogs and cats, leading to seizures and death. The solution is to keep all can-

dy out of reach of pets. Do not assume that your dog or cat will not get into the candy because they never have before. There is a first time for everything and you don't want to take the risk with your beloved pet's life.

Besides the candy in that Easter basket, small toys and other plastic items can be eaten by our pets, causing them to choke or cause a blockage in their intestinal tract. Fake grass may look fun to chew on and play with to our pets, but it can cause them to choke or obstruct their intestines if ingested. Cats, especially love to chew on (and swallow) long stringy things like fake grass and it can cause severe damage and even death if it gets caught in their intestines.

Easter lilies (all species) are highly toxic to cats. Even simply sniffing the pollen or eating one leaf of certain species can cause life threatening kidney failure in cats. This is even more

heart breaking as often it is younger kittens (who get into everything) who are affected. If your cat chews on or eats any part of an Easter lily, call your veterinarian immediately.

There is no doubt - bunnies and chicks are impossibly cute when they're little. The reality is that they grow up to be adult rabbits and chickens that have housing, feeding, and handling requirements that most people don't know about. Chickens are livestock, meant to provide eggs and meat: Vermont State law requires that a minimum of six chicks be purchased at a time in part to prevent neglect of individual chickens purchased on impulse during the holiday for pets or gifts. Chickens are flock animals, and don't do well individually, either. Shelters are often inundated with rabbits after Easter, and most are not equipped to take in a large number of rabbits. A serious misconception is that they can simply be released into the wild: they often starve to death or become easy prey for predators. So if you are not prepared to take care of your bunny or a small flock of chickens in the long run, stick to chocolate rabbits and peeps: they are easy to care for and don't stay around long.

Wallpapering

by Elinor Mawson

Not too many people like wallpaper these days, but during my childhood and young adulthood, it was the thing to do. My brother-in-law sold paint and wallpaper, so we got it on the cheap and used a lot of it.

I can remember my parents hanging wallpaper and it was the only time I ever heard them fight--and they had some lusus! Sometimes my mother would even cry during a papering session. It didn't help that my father wasn't a perfectionist (even though he demanded perfection from everyone else). I remember some corners that didn't quite match, among other things. I resolved to never get upset while we were hanging wallpaper--and most of the time, I never did.

My husband WAS a perfectionist. He had to have all the bells and whistles when he hung wallpaper--the right tools, the papering board, a measuring implement. I remember once when he didn't have the table on which to paste the paper, I said, "I

will just ask the next door neighbor. She wallpapers all the time." When I went to ask her, she said, "Oh, I just use a pair of scissors and a yardstick!" My husband was incredulous.

I remember trying to help him with the papering. Things went well while I was hunting up the tools and supplies, and setting up the table. But when it came to measuring and pasting, I couldn't do anything right. It was then that I remembered my parents' efforts and their mistakes. I left the room, never to return until the task was finished. And I never forgot to tell my wallpapering spouse what a fine job he did.

During a course I took for my master's degree, someone mentioned an experiment that they had heard of: put two people into a room for 24 hours and you can tell by observing them if they will still be together in five years.

My remark--Just give them a roll of wallpaper and tell them to hang it. You will get the same result.

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by Ronda Marsh

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

A Really Good Pizza Recipe

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 don't know too many people (none, actually) that don't appreciate a good slice of pizza. It is the quintessential American instant-gratification food: Hot, fast, and very flavorful. This is substantiated by a factoid I read somewhere that the annual per capita pizza consumption in the U.S. is an unbelievable (drum roll, please...) 23 pounds - now that's a whole lot of pizza! I know that there are any number of good pizzerias out there, and when you need food fast, they are certainly a viable option. BUT, if you want to really make something tasty, toothsome and fun, I suggest you con-

sider whipping up your own pizzas. There is nothing hard about it, and if you have kids, I can guarantee they will love forming and then eating their own little pie loaded with their favorite toppings. I'm not going to bother telling you how to make pizza dough; there are lots of basic recipes around, and they are all good. You can also buy refrigerated pizza dough at the grocery store, and that works fine, too. After all, the dough is just the empty canvas upon which you will create your masterpiece!

What I'm focusing on here today is twofold: The tomato sauce and the layering meth-



od, which is a little different than what you're used to. I took these ideas from a recent issue of Cook's Country magazine, which featured an article about "Grandma's Pizza". What I immediately liked about this pizza, was the fact that they did away with that smooth, rather acidic traditional red sauce, and replaced it with diced canned tomatoes, which are drained then mixed with garlic, oregano, and olive oil. Yumm! Then, instead of laying the tomatoes down first, they start with a cheese layer. Wow...what a good idea...now the top of the crust does not have a chance to absorb moisture and get, well...moist. I tried it, and now I am hooked. From now on, I will be using the "Grandma" method for all my pizzas. Give it a try and I think you will, too!

Pizza dough (enough for one 12" pie, or 2-6" pies)
Olive Oil
1-14 oz. can diced tomatoes
1 clove garlic, finely minced
1/2 to 1 teaspoon dried oregano (or Italian Seasoning blend)
Pinch of salt
2 cups Shredded mozzarella cheese
1/4 cup grated parmesan cheese.
Various pizza toppings of choice (Pepperoni, sliced peppers, onion, olives, mushrooms, etc., it's up to you!)

New Hampshire Music Festival Announces 2016 Summer Season

PLYMOUTH, NH, The New Hampshire Music Festival (NHMF) today announced its 2016 summer season to be held from July 5 through August 4 in Plymouth and the surrounding communities of New Hampshire's Lakes Region. With a theme of "Wanderlust," the Festival's 64th season will highlight cultural richness and diversity. Tickets go on sale Monday, March 21.

The Silver Center for the Arts at Plymouth State University is the Festival's primary venue, where it will offer full orchestra performances on Thursday nights and Tuesday night chamber music concerts. New this year will be a three-concert chamber music series in Wolfeboro at the Anderson Hall at Brewster Academy. The Festival is thrilled to welcome back Conductor Laureate Paul Polivnick to the podium for the 2016 season. The Festival also welcomes violinist Yulia Milshtein as its new concertmaster.

"The Festival will begin with inspiring music from the great Germanic tradition, including a performance of Beethoven's 'Emperor' Concerto by pianist George Lopez. Then we head to the Latin countries of Brazil, Uruguay and Mexico for sensual

tropical nights and hot tango, followed by a feast of American music that gives us an opportunity to welcome back one of our country's artistic treasures, composer and multi-instrumentalist David Amram," said Polivnick. "In Week 4, we'll focus on the lyrical beauty of Johannes Brahms with a performance of one of the greatest choral works of all time, the German Requiem, under the baton of Dan Perkins. And we will close the season with the mysterious, exotic and powerful music of Russia, climaxing with highlights from Tchaikovsky's dramatic ballet, Swan Lake."

In addition to the main Festival programming, the NHMF is enhancing its season offerings with education and outreach events: a Family Concert on July 23 from 10 a.m. to 11 a.m. at the Silver Center in Plymouth; Make Music Plymouth, free music and family fun in downtown Plymouth on July 23, 11 a.m. to 4 p.m.; and Music in the Mountains, featuring sunrise, sunset and campground concerts.

During the last week,

the NHMF will present interactive workshops with Humanities Council Artist Marina Forbes. She will demonstrate and guide participants through the process of making Fabergé Eggs and Matryoshka (Russian Nesting) Dolls. Support for these family and outreach events is provided by the Lincoln Financial Foundation.

The NHMF will again be partnering with Lakes Region Airport Shuttle Service LLC as the exclusive transportation sponsor for its 2016 season. The company will provide airport shuttle service for musicians and staff as well as transportation to and from designated concerts and special events for ticket holders. Other season sponsors include the Bank of New Hampshire, MegaPrint, TOSA Foundation, and Jack and Dorothy Byrne Foundation.

Tickets go on sale March 21. Prices range from \$22-\$75 and can be purchased from the Silver Center Box Office at 603.535.2787 / 800.779.3869 (11 AM-4 PM, Monday-Friday) or online at www.nhmf.org.

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Preheat oven to 425°F. Grease pizza pan (or cookie sheet, or whatever flat pan you have) with olive oil and stretch the dough to cover, leaving a bit of a higher ridge at the edge. Combine the mozzarella and parmesan cheeses and spread evenly over the top of the dough. Open the can of tomatoes and drain well in a colander. Place drained tomatoes in a small bowl and mix in the salt, 1 tablespoon of olive oil, the oregano, and the minced garlic clove. Sprinkle the tomato mixture over the cheese, then, either bake it off as is for a delicious Pizza Margherita, or continue by layering on your choice of toppings. Bake for 12 to 15 minutes, or until crust is browned and cheese is bubbling. Allow to sit for at least 5 minutes before slicing to serve.

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